Mac OS X
Snow Leopard
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YOUR GUIDE TO ALL THINGS MACINTOSH

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Columns 5

Books 46

Hardware 57

Software

Columns

Letter from the CEO

A Funny Thing Happened on the Way to the Internet

By Robert Pritchett

As you know, I have been rather vocal over the last year regarding issues on security, privacy, freedom, liberty and government. It has caused certain readers to stop subscribing and some staff to retire. However, my concerns have been amplified by current events and sadly, I feel I am being vindicated.

I don't know how much longer private and public businesses will be able to exist, as the current regime is rather anti-business and continues its efforts to take over the private sector. Hopefully companies like Apple Corporation will be able to stay below the radar, as long as certain individuals such as Al Gore stay on the board of directors and the company remains solvent and doesn't succumb to government takeover "bailouts".

My own personal consulting business is essentially null and void and has been for some time.

What has happened locally is that I am personally retrenching in preparation for that which is to come soon (flu pandemic, martial law due to more "false flag" activities, Internet site erosion and removals, etc.).

There are two things I did that I think adversely affected my computer (MacBook Pro with the latest Mac OS X) that really bother me; I went to download the latest graphic of the supposed Obama Birth Certificate and I also visited the "Cash for Clunkers" web site after Glenn Beck warned, "Don't Even Go There!". Like a moth to the flame, I did anyway, because I was looking for the page that discussed the government ownership of any computer and its contents if one were to 1) log in and 2) register on the government Dept of Transportation site.
I found they had changed the page. When I went to the history of the site, it didn't show and when I went to find the domain, it didn't show either.

Within a matter of minutes, the beachball effect began to occur on my machine, first with apps. It gradually got worse over the following days, to the point that I could not even boot up without the machine beachballing on the desktop for hours and keeping me from working.
I removed the machine from Internet access because it was working overtime in sending data "somewhere". I made frantic attempts to remove power and battery to see if that made any difference. It did not.

I had previously used Time Machine to backup the computer, so I didn't feel bad about trying first to find the cause through troubleshooting and using a guest account to no avail. I tried booting off the troubleshooting discs I had. They didn't work either. The machine would not allow me to boot off of them. This "attack" was nefarious!

So I wiped the drive and started over from scratch. I went to restore from backup for applications and files and those transferred okay, however, when I went back in time to get Email records and other files from my old user folder, I was given the "you do not have sufficient privileges" message, so all Email history and app registrations were essentially gone. Within a few days the latest Mac OS X update also was downloaded and the latest Security update was added.

Like I wrote earlier, I have no way of proving one way or another that either downloading the pseudo birth certificate or visiting the "Cash for Clunkers" site were the cause of my computers' weirdness, but it could be nothing more than "coincidence".

I do not believe in "coincidence". Do you?

As far as I can tell, things are all better now – for the moment. I removed all tracking cookies, all .exe files, all PC-based apps, Crossover, VMWare Fusion, Parallels. Adeona popped up, so I got rid of that again too. I also removed macFUSE (Google app that apparently installed itself as part of the VMWare Fusion install).

By the way, MacScan sees tracking cookies as spyware.

The way to remove cookies is similar now in both Safari and Firefox - > Preferences > Security or Privacy > Show Cookies and either remove all or remove those you don't want, assuming you recognize the site that is tracking your online movements.

You might enjoy reading the article by Dino Dai Zovi presented at the Blackhat USA 2009 on "Advanced Mac OS X Rootkits" - http://blog.trailofbits.com/2009/08/10/advanced-mac-os-x-rootkits/

How to Spy on a Mac OS X Computer - http://www.how-to-spy.com/how-to-spy-on-a-mac-os-x-computer.html

Keylogger Protection - http://mackeyloggerprotection.com/

Regarding Snow Leopard – Compatibility List - http://snowleopard.wikidot.com/

Sincerely,

Robert L. Pritchett

Interesting Reading

Grassroots Action Urged by World Leading Doctors, Scientists & Religious Leaders
http://web.mac.com/len15/FLUSCAM/Act_Now!.html
Vaccine Action Letter
http://www.vaccineactionletter.blogspot.com/
Vaccines Are Producing The Pandemic, Not The Flu
http://www.prisonplanet.com/vaccines-are-producing-the-pandemic-not-the-flu.html
Guillain-Barré syndrome
http://en.wikipedia.org/wiki/Guillain-Barré_syndrome
Swine-Flu Genocide
http://web.mac.com/len15/GenocideReport/E-Alert.html
Obama Care Passed In Stimulus Bill; More Treachery In Sept.
http://www.newswithviews.com/Devvy/kidd462.htm
Real "Astroturf" (Obamabots)
http://www.youtube.com/watch?v=3H8o6Sh7YqA
The Patriot Post
http://patriotpost.us/
Is Obama the secret son of Malcolm X?
http://www.oilforimmigration.org/facts/?page_id=284
The Real Food Channel
http://www.therealfoodchannel.com/
Processed People
http://www.processedpeople.com/
Tracking Cookies List
http://www.tenebril.com/src/spyware/tracking-cookies.php
Despite Others' Claims, Tracking Cookies Fit My Spyware Definition
http://www.mindfully.org/Technology/2005/Cookies-Spyware-Definition14jul05.htm
DATED: Worried about permissions?
http://www.macfixit.com/article.php?story=20090323124346806
Dr. Strangelove, or: How I Learned to Stop Worrying and Love the Bomb
http://en.wikipedia.org/wiki/Dr._Strangelove
Last secrets of Strangelove revealed
http://www.visual-memory.co.uk/amk/doc/0112.html
Glenn Beck on the New Republic, America['s Future
http://patriotsnetwork.com/
LenonFilms
http://www.lenonhonorfilms.com/videodownloadpage.html
Jeremiah 8
http://www.youtube.com/watch?v=EmMBlwyVeYc
God Bless the USA
http://www.youtube.com/watch?v=RssIN3ustUw

According to Hoyle...

Mac OS X 10.6 Snow Leopard: Xcode 3.2 Compilers
by Jonathan Hoyle

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In an industry that is perpetually bogged down in delays and late deliveries, Apple beat its own expectations and released Mac OS X 10.6 Snow Leopard at the end of August. Being a developer column, we will dive into the new developer tools. In particular, we are going to examine this month the new compiler options available with Xcode 3.2: gcc 4.2, LLVM and Clang.

gcc 4.2

We Mac developers tend to think in terms of versions of Xcode (the complete development environment provided by Apple), rather than versions of gcc (the open source compiler used by Xcode). Xcode 1.x was used to develop for Mac OS X 10.3 Panther, and it used the gcc 3.3 compiler, a very popular compiler used amongst Unix programmers. Despite its ubiquitous use, it lacked the full ANSI/ISO C++ compliance that was available in the gcc 4 line. So it was only natural that when Xcode 2.0 was released (as part of Mac OS X 10.4 Tiger), the default compiler was moved up to gcc 4.0. Although Xcode continued to evolve, with versions 2.1, 2.2, 2.3, 2.4, 2.5, 3.0 and 3.1 spanning over four years (incorporating universal binaries, Leopard support, 64-bit capabilities, etc.), the default version of gcc they used never exceeded version 4.0.1.

Four years is a long time in this industry. It is high time for a change. With Xcode 3.2, the default compiler has been updated to gcc 4.2 (although 4.0 is still available for users to select if needs be). gcc 4.2 was available as an option in Xcode 3.0/3.1, but it becomes the default in 3.2. There are a number of nice features to 4.2, in addition to tweaking ANSI/ISO adherence to be in even better compliance. Some of these features involve additional TR1 library support for the upcoming C++0x http://www.maccompanion.com/macc/archives/March2007/Columns/AccordingtoHoyle.htm standard. These include the **complex<>** and **random<>** classes, C compatibility header files and even a lock-free version of the **shared_ptr<>** class.

But the biggest benefit that gcc 4.2 brings to the table is *OpenMP* http://en.wikipedia.org/wiki/OpenMP, a multi-processor API which will take full advantage of those multi-core Macs that are selling so well now.

And unlike *Grand Central Dispatch* http://en.wikipedia.org/wiki/Grand_Central_Dispatch, *OpenMP* is not specific to Snow Leopard or even Cocoa, so can be used on code you build for other platforms. An example is best to explain it further:

Consider a simple, yet common, task of summing the values of two arrays and placing their sum in a third array:

```
for (i = 0; i < numItems; i++)
    z[i] = x[i] + y[i];
```

Suppose this snippet lives in a critical area of code which you would like to optimize. Machines with multiple processors could be used to parallelize this loop, by dividing the work across each processor core, dramatically improving performance. Unfortunately, writing the threading code and implementing the required mutexes to support this is quite complex, and would necessarily require a great deal of code debugging to get it right. If such a procedure is needed throughout different areas of the code, it gets even worse.

With OpenMP, however, only two directives need be added:

```
// parallelize this loop
#pragma omp parallel shared(x,y,z,chunk) private(i)
{
    #pragma omp for schedule(dynamic, chunk) nowait
    for (i = 0; i < numItems; i++)
        z[i] = x[i] + y[i];
}
```

The first #**pragma** informs the compiler which data objects are being shared across threads, and which is private. The second #**pragma** handles the **for** loop chunking. This code is an order of magnitude easier to write, as it simply directs the compiler to perform the parallelization. *OpenMP* is implemented by POSIX threads, thus making them quite solid and secure.

As mentioned above, *OpenMP* is a platform-independent standard and thus can be used in cross-platform code. So in addition to Mac OS X, you can compile this same code snippet in *Visual C++ 2005 Professional* and *Sun Studio*.

LLVM

One of Apple's newest compiler strategies is LLVM http://en.wikipedia.org/wiki/Low_Level_Virtual_Machine , which stands for *Low Level Virtual Machine*. LLVM is an open source compiler infrastructure designed for compile-time and run-time optimizations. Although LLVM targets itself nicely as a replacement for gcc, its internal philosophy is a bit different.

In LLVM, compilers are built as a set of reusable libraries and supports applications with shared components. Furthermore, it is designed for performance, with much faster compile times and more optimized code generation than found in gcc.
(Ask any former Metrowerks CodeWarrior user who had to move to Xcode, what they thought of gcc's performance.)

A compiler can be thought of as containing three parts: the front end (the language parser), optimizer, and the back end (code generator). The front end (obviously) differs from language to language, the optimizer may or may not, and the back end (if the compiler is written well) should be completely language independent. LLVM provides only these last two pieces, and relies on other (compatible) front ends. gcc 4.2's front end is written to be compatible with LLVM (which is why you'll sometimes see Apple documentation refer to its LLVM use as "LLVM-GCC 4.2").

It should be noted that although Apple is concerned only with three language front ends in Xcode (C, C++ and Objective-C), the open source LLVM with work with many other gcc front ends, including Fortran, Ada and D.

LLVM has nearly all of the major gcc 4.2 features, including blocks, stack canaries, OpenMP and the like. LLVM's code generation is significantly better for 32-bit compilation (particularly for Intel). Its 64-bit Intel generated code is about the same quality as gcc's, maybe marginally better. LLVM does not support 64-bit PowerPC compilation.

Clang

Like LLVM, Clang http://en.wikipedia.org/wiki/Clang is a non-traditional compiler technology. Clang however is only a language front-end, designed to be used with LLVM's optimizer and back-end. With Clang, all remaining vestiges of gcc can finally be removed. However, only Clang's C front end is fully complete. The Clang Objective-C compiler is usable, but not quite finished. Sadly its C++ (and by extension its Objective-C++) front end compilers will not be completed before 2011, so is not supported in Xcode 3.2. However, if you can use Clang, you will see a nearly threefold performance improvement, in compile times, a major improvement over gcc. (I can hear old CodeWarrior users now sighing "Finally!").

With a new front end, there are always concerns about language syntax changes in existing code. Many moving from Xcode 1.5 to Xcode 2.x (gcc 3.3 to gcc 4.0) a few years ago will remember having to make numerous code changes. These changes were, for the most part, good because gcc became tighter in its ISO compliance, and thus changes were made to essentially fix "badly written" code. However, moving from gcc 4.x to Clang should not involve nearly as many code changes, although some may be required.

One change is simply in defaults. In gcc 4.x, the default C compiler is the original (ancient) C89 parser. Users had to manually change to C99 to get more modern features. Clang correctly uses C99 as the default. Therefore, if you have some old code which is not C99 compatible (and you don't have time to fix it), you will have to change your Clang settings to use C89.

In Clang's Objective-C front end, a number of incorrect and deprecated constructs are not supported. These include various "bad" casting calls and sizeof() being used on NSArray. Here are some Objective-C examples which compile in gcc 4.x but fail in Clang:

```
[(myInterface *) super add: 4]  // should just be [super add: 4]
(int *) addr = val;     // casting an l-value is bad.  Use: addr = (float *) val;
sizeof(NSArray)     // use: class_getInstanceSize([NSArray class]);
```

Clang is also command-line compatible with gcc, so build script can be simply changed. For example:

```
/Developer/usr/bin/clang hello.c -o hello
```

Perhaps the best thing Clang brings to the table is better error and warning messages. This is yet another complaint that former CodeWarrior users have (rightly) squawked about over the years. Obscure and arcane gcc messages, which are often more deceiving than helpful, have been replaced in Clang with more appropriate and helpful ones. An example Apple itself has used to demonstrate this improvement is a simple one in which a missing header causes NSString not to be defined. In which case the following line of code will fail in compilation:

```
NSString *s = @"I like Clang";
```

In gcc, that compiler error looks like this:

```
Expected '=', ',', ';', 'asm' or '__attribute__' before '*' token
```

My God, we put a man on the moon 40 years ago, but we can't get a better error message than that? A definite WTF. With Clang however, the error message reads:

```
Unknown type name 'NSString'
```

A simple, but definite, improvement.

Conclusion

Things are really looking up in the Mac development world. Simply put, gcc 4.2 is better than gcc 4.0.1, LLVM-GCC 4.2 is better than gcc 4.2, and LLVM-Clang is better than LLVM-GCC 4.2. It's all good. Well, it may be all good, but sadly it's not all finished. Clang still does not have C++ enabled, making the most promising of the compiler technologies the least useful. However, unless you have some very fragile code, or are still compiling 64-bit PowerPC (and why would you be needing to do that?), you should be able to move to LLVM today.

Coming Up Next Month: More on Apple's development tools!

To see a list of all the According to Hoyle columns, visit: http://www.jonhoyle.com/maccompanion

The Use of Brackets — Their way or mine

By Harry Doc Babad

This Article was initially published in the Mid-Columbia Macintosh Users Group newsletter, *The Finder*, August 2009.

Introduction

Brackets ate the thingies, like commas, semi colons dashes (regular dash or *en* dash, or *em* dash) that literate folks and the rule bound call *punctuation* marks. The good news, except perhaps in France, is that following the rules makes it [perhaps (with a little bit of luck)] easier for your written material and its perhaps hidden meaning, to be understood by mere 'readers.'

The bad news is depending on your profession, your choice of employer, the genre in which you write or the client for who you write is —There are no real standards, which of course re rules. I've found, during my career, as I'll share below in greater detail, that there is a naming convention, and fewer than three or four *hard and fast* bracket use rules.

Bracket use rules Doc admits to following:
- If its in brackets, for formal or informal writing, it is not sacred and can be safely deleted. That helps you need to meet a word limit. Note, I did not bracket *formal or informal*, the sentence would I list meaning if the words was deleted.
- The editor or company's style guide is always right – they pay the piper.
- If you don't use brackets in an internally consistent fashion, whether someone else likes the way you chose their styles, you're an illiterate, uneducated and like not worth the trouble to read, worthless flake. Alternatively, you're a poet.

I've taken the liberty of either quoting or personalizing the themes or parts, doing my research, mostly from the Wikipedia with a bit from the About.com articles on brackets. Check out the link lists.

More about Brackets Than You Cared to Know

This article is about the use of brackets in fiction, standard technical report writing and my use of them in writing factual or narrative articles. I'll ignore the fact that today the most common and intensive use of brackets is writing computer code… Look at most pages of code and you'll be immersed in them. If you want to code, read a book or take a class or three — you'll even learn *proper* bracket use for code writing.

According to Wikipedia, "Brackets are punctuation marks used in pairs to set apart or interject text within other text." http://en.wikipedia.org/wiki/Brackets

There are four main types of brackets we'll look at:

- Round brackets, open brackets, or parentheses: (…), both American and British
- Square brackets, closed brackets, or box brackets: […], both American and British, and in computing.
- Curly brackets or braces: {…} writing genre specific, and
- Angle brackets <…>, Mathematics

Generally in American literary usage the word bracket usual refers to a parenthesis [round or curved bracket (…)] whereas in modern British usage it is usually the (square bracket). Several great sources about bracket use and more for would-be authors are:

Fowler's, The King's English http://www.bartleby.com/116/
Strunk's, The Elements of Style http://www.bartleby.com/141/index.html

The author(s) of the Wikipedia articles claim 'In American usage parentheses are usually considered separately from other brackets, and calling them *brackets* is unusual even though they serve a similar function to *parens*.'

At times when I write, I use nested brackets, [creating a wonderful of Germanic structure to my [(at times {overly long})] sentences. I catch hell from Julie W., who edits my purple prose when she has time. Ups, I've created a bracket hierarchy. Oh what fun and we're not even doing smiley faces!

Parentheses, an often general term, (…) sometimes called curved brackets, or just brackets, or, colloquially, *parens* — contain material that could be omitted without destroying or altering the meaning of a sentence.

Just Plain, Bread and Butter, Parentheses

Parentheses may be used in formal writing to add supplementary information, such as Sen. Edward Kennedy (D., Massachusetts) keeps battling his cancer. They can also indicate as a short hand designating the 'logic' …either singular or plural form for nouns—e.g., "the claim(s)".

Parenthetical phrases are often used extensively in informal writing and stream of consciousness based literature. A softer *visual* effect can be obtained by using a pair of commas as a sentence structure delimiter. Note: If a sentence uses commas for other purposes, visual (and idea) confusion may result. Additionally, parentheses have historically been used where a dash is currently used, in order to depict alternatives,

One style guide I've frequently used, explained that nested Parentheses ((with one set (such as this) inside another set) are common to some writing styles. It gave technical examples; but this article is growing like Topsey so…

It is claimed, by some grammar experts that nested brackets are not commonly used in formal writing (though sometimes other brackets [especially square brackets] will be used for one or more inner set of parentheses.) Duh! [In other words, *secondary* {or even *tertiary*} phrases can be found within a main sentence]. *Ups*, I'm not being consistent… figure out how!
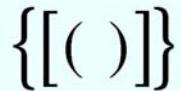
The style guides I used to learn technical writing require the hierarchy to be:

> **[**aaa**(**bbb{xxx}ddd**)**eee**]**… The literary rules say I should use **(**aaa**[**bbb{xxx}ddd**]**eee**)** which I find ugly.

> Remember, any of content inside parentheses or other brackets is independent of the rest of the text. So if an editor zaps the bracketed material, your prose should lose none of its meaning

To reiterate, the parenthesis *implies* that the meaning and flow of the text as a whole would remain unchanged were the parenthesized sentences removed.

Parentheses in mathematics signify a different precedence of operators. Wikipedia has a simple but clear write up of such usage.

"Box brackets or square brackets […]

"Square brackets are mainly used to enclose explanatory or missing material usually added by someone other than the original author, especially in quoted text. Examples include: *I appreciate it [the honor], but I must refuse*, and *the future of psionics [see definition] is in doubt*."

Square brackets are used in mathematics in a variety of notations, the details of which are out of this article's scope. Square brackets are also be used in chemistry to represent the concentration of a chemical substance or to denote a complex ion or other aspect of molecular structure. One client for whom I write (the editor) limits the use of square brackets to packaging a link. [www.3RFS.Org/.] Another requires links and email address to be put in angle brackets *<doc_B@OWT.com.>*

From my perspective, when writing technical articles or books, that I know will be formally formatted and stylistically edited; I also Superscripts, the accepted usage, drive my spell checkers crazy. […] to capture reference numbers that the editor converts to superscripts. MS Word has some book style templates that avoid this work-around but I've not learned their use. (Oh for a class on writing books with MS Word…)

Nested Parens — When I chose to need nested parentheses, I substitute square brackets to demark {accent/differentiate} the *outer* pair of parentheses within the inner pair. [English teachers shudder that this misuse, but it is now accepted practice.]
According to them deeper levels of nesting are needed, common conventions are to alternate between parentheses and square brackets at each level or to add the use curly braces. Use only the depth of nested parens that you think you need and then challenge that depth. Nested parens make for awkward reading.

Curly brackets or braces {…}

Curly brackets (also called braces, or "squiggly brackets") are sometimes used in prose to indicate a series of equal choices: "Select your animal {goat, sheep, cow, horse} and follow me". When I write it tend to use (e.g.,) format. I only use the curly bracket as the third nested level in a complex sentence.

Conclusion

Brackets of all shapes nested or straight up, have their place in writing. Use them judiciously and stay internally consistent with the styles you use. Also, no matter what you learned and from whom, the editor or publication style guide is always right, at least about punctuation.

Here's more links to probe:

When to Use Brackets… and more, by Grace Fleming, About.com.
http://homeworktips.about.com/od/writingrules/qt/brackets.htm
http://grammar.about.com/od/ab/g/bracketsterm.htm

Brackets By Richard Nordquist, About.com
http://grammar.about.com/od/ab/g/bracketsterm.htm

General Writing and Grammar Information Blog, http://en.allexperts.com/q/General-Writing-Grammar-680/period-1.htm.
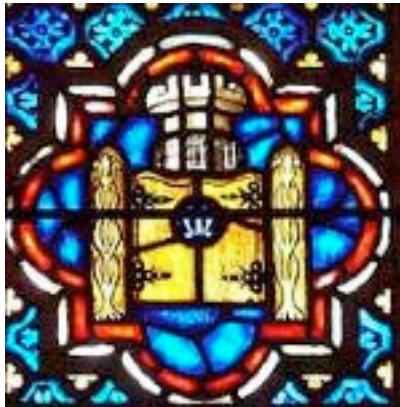
Views from the Ivory Tower

Is the PC dead?

by Ted Bade

I spend a bunch of my free time looking at what software is being released for my Macs. There are web sites like (VersionTracker) that track new versions of software and there are numerous web sites that review new software and talk about soon to be released things. I have noticed a trend over the past several months. There isn't very much that is new out there. As a matter of fact, I don't think there is anything new at all. Most of the articles I see are about some old tried and true software application being available for the iPhone.

In the world of PCs we see version 2010 of Microsoft Office http://en.wikipedia.org/wiki/Microsoft_Office_2010 , which still does the same thing version one did. They might have added some feature, or even removed some feature (you have to do something to make people interested in the next version!). But underneath it all, it is the same old software. Even our own MacOS X seems to have run into this. The new version, Snow Leopard http://www.apple.com/macosx/, is really just a big bug fix, very few new features.

There are two reasons for this that come to my mind. One is that companies are not willing to risk investing in new and interesting stuff, when they can make a fortune selling users the same software over and over again. The seconds is that, well perhaps our society has lost the ability to produce people who can dream up new and innovative ways to use a computer. Concept saturation.

(Ok, there are a lot of people who can create new and interesting software, but they all are using their abilities to write malicious software and to figure out ways to hack into other people's information.)

Think about it, what purpose is left for a computer to do? We can type text, format it for paper or cyberspace, edit and view graphics (both photos and motions video). We can edit and listen to audio. We have a variety of methods of communicating with others either interactively (text, audio, video or a combination), as well as time-shifted methods, like visiting a friends FaceBook or twitter page, or viewing their videos or pictures.

There are a variety of games to play. Shooting, puzzle, interactive, and more. But there are only so many variations of shooters that can be made before people begin to loose interest. Role playing games like World of Warcraft or A second Life, allow use to interact in environments that can't exist in our reality. They can even allow us to make up art of this alternate reality.

But again, there are only so many variations of the basic theme before the differences blur and it seems we are just playing the same old game over and over.

A program exists that supports or simplifies any hobby you can mention. Cooking, crafting, coin collecting, and lots more. People interested in keeping track of anything they do can find a program of some sort. Even people who need to track a medical condition can find a program to help.

Science and education have programs of all types to enhance or simplify things. There are programs to control microscopes, telescopes, ones to build molecules, one to study any subject you can think of, including how to use the computer!

Frankly, I cannot think of anything that I am interested in that doesn't already have one or more program concerning the subject. It has been a fun trip, but I really think we are reaching the end of life for the PC. Slowly, we are seeing the computer move from being the geek tool to becoming just another electronic appliance. Sure you need one to type letters, cruise the Internet, and manage your finances, music, and photos. But there are no new horizons, no new exciting applications to look forward to. I hope I am wrong, but I haven't seen anything in a long, long while.

It isn't even about processing capability anymore. I have never met a computer that couldn't take keyboard input as fast as I type! Seriously, the only reason I need a powerful computer is for playing powerful games, or for processing video. Yet a few years ago, I played some terrific games and had a blast on significantly slower machines. And I edited video on them as well. It just took a little longer. Guess what, I still do big editing jobs overnight. Now the computer goes to sleep sooner. The speed doesn't do a lot for me here!

I hate to think it is true, but I feel that the "software industry" has gone down the same road the Motion Picture Industry travels. Have you every wondered why there are so very few new and different movies? Or why there is yet another remake of some classic movie? It boils down to investment and risk. Movie makers would rather make moderate returns from a tried and true classic tale then risk a lot of something new and untried, that might or might not become a hit. I believe that big software developers might be in this same boat.

There might be people out there with some terrific new idea, but companies don't want to risk the investment it would take to get the product to market.

Which means if you are looking for true innovation in software, your best bet is to check out the shareware isles! These guys only risk their time and effort and probably have a need for the program they develop anyway. My appreciation goes out to them, the last innovators of the computer world!

I hope the computer as a tool of innovation isn't dead. I like playing with mine and finding new and interesting ways to use it. But frankly, we need something to invigorate the field. We don't need yet another extremely portable super tiny device that requires a microscope to see the display. We need a new output device that adds yet another dimension of reality, we need true to life sound, not simulated matrixed audio. We need input devices that don't tend to damage our bodies and that are so easy to use even an old guy like me could do it (!).

If you are one of those young innovators and read this and think I am wrong, prove it to me! Get out there and create a whole new world for our machine.

Until next month, keep on using your Mac!

The Northern Spy

Trucking the Information Superhighway

By Rick Sutcliffe
Technology News and Views Since 1983

The modern web (and, hands up all readers who remember the net before the Internet or the web) is fueled by information presenters and the content they provide. Everyone has something to say, and the web has become the ultimate democratic forum to do so--whether on a social networking site, via forums or bulletin boards for small snippets, or at one's own site for more substantial postings. The quality of that "information" is of course a topic for another discussion. So is the recommended process for starting a site. This month's rant is more concerned with the manner of its appearing. After all, the number of web pages numbers in the billions, so we're not finessing an ephemeral phenomenon here (say that fast five times).

Wearing one of his other hats (web host) the Spy recently informed customers that the FrontPage extensions he has offered on his Linux box must soon go away. After all, a product end-of-lifed as of 2003 must now be automatically regarded as a security risk, something most hosting companies realized and took action on a few years ago. Some might suggest that any MS product is a security risk, but FrontPage, to its credit, was satisfactory for many customers of modest needs and means over the years. Sadly, the decision to terminate this support means he stands to lose at least one customer who, faced with rebuilding her sites without the program, will migrate to a less security-conscious host. (One alternative: build the sites with FrontPage, but without using any of its extensions, then FTP the files into place rather than having FP send them there. Never mix both methods of uploading, though.)

Now, the Spy has never recommended FrontPage or supported it beyond providing the bare extensions. Neither does he in general recommend templates, site constructors (though he supplies some of them, too, via the Fantastico installer) or any proprietary site creation package on the desktop, including word processors. Why not? Let us count the ways.

First, (and worst) word processors, especially the notorious one from the aforementioned MS, generate very poor code. In particular, W*rd's code, especially if it includes graphics, may not even render for any browser other than IE, which is about as low a recommendation as code can get, given the notoriously standards-defying history of that browser series.

Note that despite this, the Spy does occasionally defy his own advice by saving and posting a page as HTML from NisusWriter. Under what circumstances does he prove his rule by breaking it? When it's a matter of getting critical information to one of his classes in a hurry and it's a one-pager full of text with a short lifetime, so performance and search engines don't matter and "pretty" isn't an issue.

Second, graphics and animation-intensive sites produced using products like Flash are simply too heavy for the web. By the time a long suffering viewer has patiently waited part of the way through a Flash introduction for real content to appear, it is time to browse elsewhere. Including animations and music in a website may give it a flashy (sic) look, but is a complete waste of eyeball and eardrum space. It turns visitors away more than on.

Third, the Spy has similar misgivings about Ruby and weighty Ajax frameworks (despite having created an Ajax framework of his own as an experiment). If they contain well-factored and lean code and are used intelligently and sparingly, they may reduce the ultimate page designer's time on task and improve page performance. However, at some point, the overhead (code size and so download volume) of ancillary scripts and other files itself impairs the user experience. For instance, page visitor counters are a complete waste of time and eyeballs. Who care how many times a page has been visited, except its creator? And, the hosting control panel statistics programs will tell you that and more without burdening readers with useless non-content.

Fourth, all proprietary web creation software has the same problems as FrontPage--portability through time and space. Someday it inevitably becomes obsolete, and so do the files it creates. What then? Or, the user moves her web site to a different host and discovers that the necessary extensions or file formats are not supported there because that host has a different site creation scheme. In either case, one must start over.

The bottom line: Despite the steep learning curve it is better in most cases to use a simple text editor and create your own HTML and CSS files by hand on your own home computer, then FTP them into place when all is functioning well. If scripts are required, it is usually possible to run a local server to test their performance before going live. (The Spy uses and recommends BBEdit for file creation and MAMP as his local server.)

Howumsoe'r, the Spy's recommended default middle lane solution is not practical for everyone. On the one hand, very high volume and high performance web sites require sophisticated creation, debugging, and support techniques and tools. On the other hand, many people have neither the time nor the inclination to learn HTML and CSS. Nor do they have the money to hire a designer. What to do in either case?

If travelling the express lane, the judicious use of sophisticated techniques and tools matters, sometimes a lot. Sites that will be hit hundreds of thousands or more times a day and/or that contain complex user-interface elements have to be fine tuned for maximum performance. That's when we turn to such books as Steve Souders' "High Performance Web Sites" (O'Reilly; reviewed here in November 2007, though it seems like just yesterday). Well, O'Reilly and Souders (with the help of some co-authors) has followed this one up with yet another fascinating performance-tweaking tome.

This time it's "Even Faster Web Sites", and it follows up on its predecessor with further practical discussions on how to ensure minimum loading and execution time for web sites that absolutely must perform at their peak. Topics include:

- loading scripts without blocking rendering and execution,
- coupling asynchronous scripts,
- loading scripts from other web sites than the page loading them (worth it for these suggestions alone),
- how to ensure that scripts are loaded in minimum time and yet execute in the correct order,

- positioning inline scripts,
    - writing efficient JavaScript code (note that because JavaScript is interpreted in the browser, the best techniques, though falling into similar categories, are not always the same as one would expect with a compiled language, where variable lookup references have already been pre-translated into memory accesses),
    - scaling with Comet (Ajax taken out from under the sink),
    - compression and image optimization,
    - positioning inline scripts,
    - sharding and flushing (you gotta read it),
    - using iFrames sparingly (the Spy has doubts about the wisdom of using them at all, which is why he went looking for alternatives),
    - simplifying CSS selectors.

HPWS and EFWS are not for everyone. But for those who do travel in the fast lane, and as usual for an O'Reilly book, the Spy recommends this one as highly as its predecessor. Comment: The work that goes into testing some of the ideas before they are presented in these books is nothing less than phenomenal.

In a slower lane and despite the Spy's reservations about site creation software, he notes that the SoftPress offering called Freeway 5 Pro (reviewed 5.4.1; there is also an Express version) appears to be a useful tool for the right people.

Installation is simple enough, and better than some programs. You buy a serial number, download, move to the folder you want to run from (does not have to be "Boot:Applications"), fire it up, enter the serial number (there is a free trial, though) and you're on your way.

The web site is assembled in a semi-WYSIWYG manner in a proprietary format, then "published" into a folder of the user's choice as a ready-to-view web site, which can in turn be uploaded to the live site directly from Freeway once the project is ready.

There are some nice features here. Sites can be laid out the old fashioned way as tables, or (by the click of a button) the right way, using CSS. Positioning text and graphical elements, and slicing the latter are supported. Text can be entered as an HTML element, and styled in WYSIWYG fashion (select, apply style from a dialog box, a menu, or keyboard shortcuts) and is published properly, using the "em" tag for italics, the "strong" tag for bold and with class-tagged paragraphs. It can also be turned into a graphic, useful when you don't want "bots" to read, say, an eMail address.

Blank lines are published with a paragraph and a non-breaking space rather than a break. Coloured text is published with a style containing the colour and not a font tag. Master pages are supported, and previews within the program are available. One can easily insert and populate forms, various action items, tables, buttons, rollovers, etc. There is a multitude of keyboard shortcuts. All good.

Utility is high, ease of use is good, code correctness good to excellent, versatility good. There is even a CSS file for fixing ie5 problems (sigh) that is linked in by default. The Spy's only quibbles are that styling code is placed on the main page rather than in separate style sheets, that text keyboard shortcuts are shift-command-key rather than the usual command-key, and of course, that there is no simple provision for incorporating custom scripts.

Still in all, this is a well-done tool, quite professional, and more than adequate to develop sites that are higher-end than the average amateur could come up with unaided. Since good quality, easy-to-read plain text files for the site are generated, one is not completely locked in to the proprietary file format in which the project itself is stored. If this is the kind of tool you need, the Spy suggests you give Freeway a whirl. He also invites readers to submit a paragraph or two on their own favourite web creation tool (even on other platforms than the Mac). If there are enough, he may do a column (with attribution) from edited versions of the submissions.

Logos/Libronix Bible Software (reprise)
No sooner reviewed (it takes the Spy a while), than Logos comes out with version 1.2 of its new Libronix-based Bible software for the Mac. This update has a few minor features and fixes, but a major addition under the search menu is worth an additional mention. Termed "Bible Speed Search" this option drives a quick search on a single selectable Bible version (or other resource). Very nice, very convenient. The Spy's only beef? The results are displayed in a table, which is a nuisance when copying and pasting into another application (Nisus Writer, where his sermons and Bible class lessons are composed.) Online Bible's search results are much easier to use in this respect.

Speaking of Online Bible
The Spy wondered if Ken Hamel's death might spell the end for the Mac version, but the folks at online-bible.com or OnlineBible.net (not .com for the latter) have now moved the OS X version out of its long beta and released it as version 4.0.3. Installation is a bit of a pain, because it automatically, and without asking, replaces the first copy of the program it finds (even if it installs the rest of its resources elsewhere), so all existing copies must be deleted or rendered invisible by compressing before running the installer. The latter may create an entirely new folder, and if so, all modules not installed by it as part of the basic package (user items and previous purchases) must be moved to the new folder. If the updated program does not run, it is likely that the preferences file created by the previous version has to be trashed.

This latest version has a nice UI, but no new features not found in the many betas issued over the last several years. It remains a serviceable basic tool for searching bibles in a variety of versions, and a low-cost alternative to Accordance and Logos for those with much more modest needs. Minor quibble: texts included on the CD/DVD packages since the Spy bought his are not available at the download site, so can't be retroactively added to an existing installation.

Sometimes you think rumours have come true as in the case of persistent stories that an 8G iPhone 3GS was in the making. To the Spy's errant eye Rogers seemed put the truth to that one by delivering a flyer this week touting its new plans available for just such a device. However, after the first version of this column was already written, more observant son Nathan pointed out that the ad was for the old model, the 3G and NOT the GS. Whoops.

No doubt this back-to-school ploy is aimed at slipping something into the pocket of returning students who couldn't afford the new 16G and 32G models, but it's hard to say whether this is merely a "normal" promotion for the time of year, or whether it smells like a clearance of an about-to-be discontinued model (perhaps not; the price isn't amazing). Could be a buy for some, , but it's too bad Rogers can't advertise its service and public relations, which the Spy rates as worse than abysmal.

As an even later word on his debacle with the "we-don't-try" telecommunications provider (see the last two month's columns), the Spy's bill this month boasted a brand new section proclaiming a contract expiry date of October 2009. Good thing he has all his previous bills, none of which contained this section. You decide, gentle reader.

Was adding this merely a spiteful act by the Rogers rep to bolster his own self importance and rub in some salt, or does it OTOH put the lie once and for all to the idea that a contract ever existed. After all, it both demonstrates that the billing system could display this if it had the information, and simultaneously revealed that it had no such knowledge until this month.

Nope. Wait for the next-gen iPod Touch to use as a PDA and Wi-Fi browser, but buy a cheap cell with no plan (this fact stated in writing) if you need mobile telephony as such. In the long run, there will be no phone companies anyway, and we'll miss them about as much as typewriters, key punches, bucket sorters, penny-farthings, TRS-80s, MS-DOS, and leaded gasolene.

Next Month
at about this time, the Spy is off to the annual members' meeting for CIRA, operator of .ca, so this column will likely be written above 10 km en route to the centre of the universe (Toronto, for the uninitiated). Perhaps he will write about the Snow Leopard, due to be released from its cage by the time this column is. Meanwhile, it's back to school, and another class of fresh minds eager to learn the intricacies of Plato, Locke, Paul, Milton, Boyle, Newton, and their like (in your dreams). Pray for him.

--The Northern Spy

Rick Sutcliffe, (a.k.a. The Northern Spy) is professor and chair of Computing Science and Mathematics as well as Senate Chair at Trinity Western University. He is also on the board of CIRA, operator of .ca. He's written two textbooks and several novels, one named best ePublished SF novel for 2003. His columns have appeared in numerous magazines and newspapers (paper and online), and he's a regular speaker at churches, schools, academic meetings, and conferences. He and his wife Joyce have lived in the Aldergrove/Bradner area of BC since 1972.

Want to discuss this and other Northern Spy columns? Surf on over to ArjayBB.com. Participate and you could win free web hosting from the WebNameHost.net subsidiary of Arjay Web Services. Rick Sutcliffe's fiction can be purchased in various eBook formats from Fictionwise, and in dead tree form from Amazon's Booksurge.

URLs
The Northern Spy Home Page: http://www.TheNorthernSpy.com
The Spy's Laws collected: http://www.thenorthernspy.com/spyslaws.htm
The Spy's Shareware download site: http://downloads.thenorthernspy.com/
WebNameHost: http://www.WebNameHost.net
WebNameSource: http://www.WebNameSource.net
nameman: http://nameman.net
opundo: http://opundo.com
Sheaves Christian Resources: http://sheaves.org
Arjay Books: http://www.ArjayBooks.com
Booksurge: http://www.booksurge.com
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Logos: http://www.logos.com/mac/
Accordance: http://www.accordancebible.com/
Online Bible: http://www.online-bible.com/maconlinebible.html
Soft Press (Freeway): http://www.softpress.com
MAMP: http://www.mamp.info
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Rants, Raves and Revelations

Micro Wave Cooking Hoaxes and Grand Other illusions

Why America is losing the International science, math and soon the innovation wars.

By Harry {doc} Babad © 2009
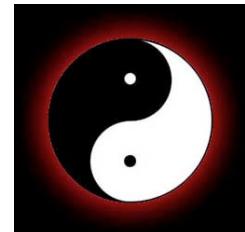
Introduction

I'm beginning the article with a rant about my perceived view of the world I live in as a middle class retired American who prefers a Corona to wine, my steaks rare and seared and like my eggs runny. Yes, I'm also a diabetic with high blood pressure and high cholesterol, who pups iron, at the age of 73, to even up the odds.

Then I will focus my despair on the folks who believe as truth information in articles like *Microwave Cooking is Killing People!* By Stephanie Relfe B.Sc. (Sydney) http://www.relfe.com/microwave.html/ Ms Relfe, whose degree is the equivalent of a US bachelor of science, abuses the scientist method, and provide no basis for her conclusions but hearsay based secondary sources. Such lack of documented and statistically verifiable proof based reasoning and the value of evidence appalls me. After I read the article I also checked the home page of her website… that too was an interesting experience http://www.relfe.com/index.html. In the last part of the column I will share my analysis, dispassionately I hope, of the lack of a demonstrated basis for Ms Relfe's claims.

I subsequently found, Googled, five other different websites had duplicated Ms Relfe's comments, even the order of her presentation, without adding more data… *Fear Mongering* anyone. Each of the sites I found made the issue more dire and fear provoking.

I will be doing this by usual use of Babad's last law of truth, or at lead demonstrated evidence, which is Where have all the (peer reviewed) and statistically based references gone.

Oh the other laws, you ask, well they are: (check Wikipedia) Murphy's, Finagles, Sturgeon's Laws, as well as Occam's and Hanlon' Razor and the Axiom of Unintended Consequences. In addition there's my perennial chase for the answer to 'what in it for the author or their underwriters.'

The Rant

Over the last few years, I have watched as the US losses it's best and brightest to fields other than science and engineering. Business Schools grow and prosper and their talented graduates lend their talents to screwing up the worldwide economies while earning fat-cat salaries whether their firms make money or not.

Our pharmaceutical and medical industry, including insurance companies, reap major profits, This while achieving no meaningful progress in improving stand of living for most of our population (obesity and chronic disease is rising) and 5-10% of our population has no insurance to cover medical costs. That's not really counting the folks who lose their jobs and are losing their insurance. Oh yes according to the Economist, Time Magazine, the National Institutes of Health, Business Week and the United Nation's World Health Organization, we're also the most expensive and most poorly delivered medical service in the 'first" world. A conspiracy you say, humbug.

Meanwhile our math scores are even lower than some third world nations and teachers unions will not allow merit pay or fight national standardized testing. Big Brother they accuse as they drive our nation further into mediocrity.

Let's not talk about radiophobia, that preventing nuclear power from being considered renewable, or the myth that intermittent power (wind and solar) can fill load needs white trying to get a handle on global warming. Oh, there's the folks who refuse to allow us to irradiate perishable food, to keep it save, our military does, while were falling more and more victims of food pollution. And of course all the proud folks in Europe who protect their uncompetitive farmers while blocking the use of genetically enhanced foods what would improve yields, improves nutrition, and can help feed the hungry.

Superstition, change resistance, and just a plain lack of the ability to deal with complex issues by evaluating cause and effect will do us in, all for the mutual benefit of the bureaucratically powerful. Count on it.

The only thing we have to fear is fear-mongering itself
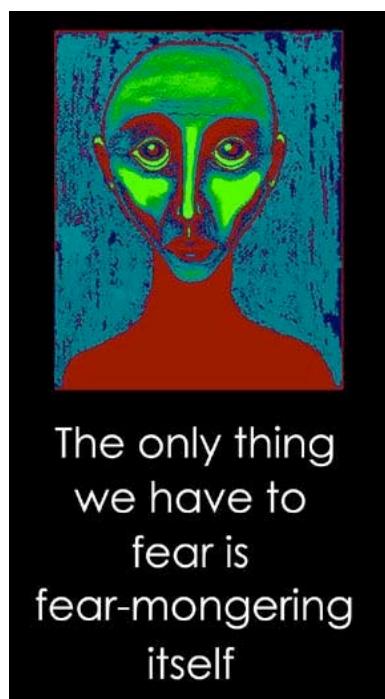
It may be fire rather than water the next time around, but its more likely to be run amuck climate, drought, disease and the slower dying, physically and intellectually, of populations from being deprived of the benefits that an energy rich independent self sustaining society can provide.

No I'm not espousing any form of government, only a government that supports top levels of technical, scientific, mathematical and logic based education. This requires the teaching of reading, language, reasoning skills. This all would lead by any mixture of emphasis, to the ability to analyze the things we see, hear and read, in a manner that separates the possible, plausible from myth and fantasy.

Why am I mad, what's the *Root Cause*. Quite simply and perhaps simplistically, it's the virtually total ignorance of how one goes about establishing cause and effect. How does one rationally, or when trapped in fear or confusion deal with uncertainty? You know dueling talking heads whose underwriters are not identified. It what the world turned to, getting out of the dark ages and light up the world during the renaissance.

It's reading between the lines of the talking heads by asking what's in it for them. Who paid the piper to get your vote, works hard pulling you strings to focus your outrage, or manage your beliefs. [See this action, listen-watch the Health care debates, Pay attention to business organizations who always predict dire, but as yet never filled consequences from things as varied as mandatory vaccination to control plague, *desalinizing water to offset drough*t, raising the mileage requirements and pollution limits on our transportation and energy production systems.

Or how about, going further back in time the folks who said the automobile and electricity were dire menaces to people, and should be stopped. And now to the present about all the brain dead children we were producing first from TV, then the internet and now by social networking. No, there is not free lunch, but without knowing how to balance risk and benefit, we might as well shoot our selves; if not, nature will do it for us… Gaea is very unforgiving and does not react to hot air and blowhard speeches. No what we do solving a problem, there's always the fourth law of thermodynamics – *the law of unintended consequences*… so do we bury our heads in the sand and become obsolete or worse yet extinct, or cast off blame making (CYA) and take the next step to fixing our local, national and global problems. From an astronaut's view-point, the earth is a very small place indeed.

Now Let's Talk about Microwave Cooking Is Killing People

In the Beginning — Ms Relfe starts her analysis by stating, "Microwave cooking is one of the most important causes of ill health. It is certainly one of the most ignored." Okay, now let's check the evidence. Is it hearsay, or based on published statistically controlled peer reviewed studies? Are the references to the sources of information clearly identified and available for review?
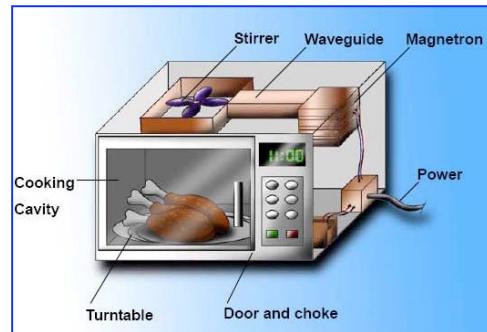
<u>The Babies Milk Caper</u> — I was willing to, at least initially, ready to ignore court cases – after all lawyers have to make a buck too. Also to accept the University of Minnesota in a radio announcement: that are not recommended for heating a baby's bottle. After all the research community internationally has now thoroughly documented that heat liberates the plasticizers used in most baby bottle manufacture that can cause babies immune and reproductive systems harm. Indeed such bottles have been removed from most American stores.

However the *true statement* that heating the bottle in a microwave can cause slight changes in the milk is also true for working mother who stores breast milk for their young children. I was unimpressed by the remaining information that there may be a loss of some vitamins. In expressed breast milk, some protective properties may be destroyed. That two maybes at least, with no supported recorded studies, at least I could find none when I googled the topic. Also what happened to the old fashioned idea of dripping a few drops of milk on your wrist... whether it's sink warming, wasting water, or a stove top heating.

This was followed by Deadly Microwaved Food — The studies cited involved eight individuals, including it appears one of the investigators, who were housed at the "Macrobiotic Institute at Kientel" and fed occasionally on raw, conventionally cooked and microwaved foods. Extensive blood tests before and after they foods were eaten suggested to the researchers that microwave oven cooked cause cancer.

Google search allow me to only find "… a discussion on another forum regarding microwave ovens and their safety. One of the pieces of evidence cited to support the contention that microwaves are unsafe was a study carried out in the early nineties by two Swiss individuals, Hans Ulrich Hertel.

One worked as a "food scientist" for an unnamed, but supposedly large Swiss Food Company (Nestle?) and Bernard H Blanc of the Swiss Federal Institute of Technology and the "University Institute for Biochemistry" (is that a real institute?) Alas neither I nor other investigators can find either the original article or any of the data, although it was supposedly published in issue number 19 of the Journal Franz Weber, which alas is not subject to peer review. Unfortunately neither the Hertel & Blanc studies were done on a large enough number of patients so that it's impossible to get any statistically significant results. Furthermore, none of the blood analysis results fell out of the normal range of variation and the eight individuals who took part were eating microbiotic food and likely to be have low-grade anemia, as has been widely document under such dietary conditions. {Yes I can provide peer reviewed multiple study references.)

The Russians Ban Microwave Ovens - This is the subject of the next focus of Ms Relfe's article. The scare factor is increasing geometrically.

Biosciences, alas suffered almost unrecoverable harm when the communists after WWII adopted Troirm Lysenko's theory as a basis for their study findings. The government-imposed adoption of Lysenko's theories of environmentally acquired inheritance contaminated much of Russian agricultural research at that time. http://en.wikipedia.org/wiki/Trofim_Lysenko During 1957 until the start of Perestroika, the Russian government studied the effect of microwaves on food at the Institute of Radio Technology at Klinsk, Byelorussia. However I've not been able to find copies of the relevant documents in which dose (time & radiation strength) were reported, not of the analysis methodology used. Now don't get me wrong, Russian science, even in the '60's was very good; but that generalization doesn't prove that the specific cited, unreferenced or available studies, were valid.

 The Unnamed Russian Scientists, in part concluded:

Heating prepared meats in a microwave sufficiently for human consumption created:

- d-Nitrosodiethanolamine (a well-known cancer-causing agent)
- Destabilization of active protein bimolecular compounds
- Creation of cancer-causing agents within protein-hydrosylate compounds in milk and cereal grains; *Yep, the question is how much was formed and how much compared to what other cooking methods. Most of our analytical (chemistry) methods even in the '60 were more sensitive that any carefully measured epidemiological risk factors.*

Microwave emissions also caused alteration in the catabolic (breakdown) behavior of glucoside - and galactoside - elements within frozen fruits when thawed in this way;

Microwaves altered catabolic behavior of plant-alkaloids when raw, cooked or frozen vegetables were exposed for even very short periods; *I again don't know what the health effects would be compared to alternate cooking methods.*

Cancer-causing free radicals were formed within certain trace-mineral molecular formations in plant substances, especially in raw root vegetables; *Measuring free radicals in vivo (e.g., in a food) is about as tricky as an analytical problem gets. At issue is whether such radical survived in he cooked food, or after being eaten by conditions in the mouth or stomach.*

The unstable catabolism of microwaved foods altered their elemental food substances, leading to disorders in the digestive system; *How is significant defined? Compared to what? How were the disorder prove and against what test 'controls".*

Microwave exposure caused significant decreases in the nutritional value of all foods studied particularly:

- A decrease in the bioavailability of B-complex vitamins, vitamin C, vitamin E, essential minerals and lipotrophics. *This is contrary to published reports done with rigorous controls. In addition what does the term significant really mean, and compared to what.*
- Destruction of the nutritional value of nucleoproteins in meats
- Marked acceleration of structural disintegration in all foods. (T*hat's the point of cooking it,* broiling does it too.

Alas these studies, although possible cause for concern, were neither quantified, compared to other cooking methods, nor peer reviewed external to the then Russian system. Indeed studies have also found that by learning to cook his food, primitive man was able to make better uses of the food he scavenged, hunted or grew; the result a healthier 'animal'.

Once again I'm forced to conclude, that since it has been well documented that all forms of barbequing and roasting, as well a boiling food method effects similar to what the Russian found, the without more information, the data is useless for determining risk. The Russian reports, albeit poorly documented, do not according the international authorities, form the basis for alarm.

The article goes on to discuss

- Kinesiologists find Harm — The findings that kinesiologists found that microwaved found made patients more susceptible to allergies, and that their treatments were not effective on folks who ate microwaved foods. According to Wikipedia, Kinesiology, known as human kinetics, is the science of human movement. It is a discipline that focuses on Physical Activity. A kinesiological approach applies scientific based medical principles towards the analysis, preservation and enhancement of human movement in all settings and populations Kinesiologists work in research, the fitness industry, clinically, and in industrial environments.
- It is not to be confused with applied kinesiology, which Ms Relfe practices, a controversial alternative medicine technique related to chiropractic techniques. In wonder what her finding would be if she didn't know before hand which patients cooked extensively in microwave oven, and which didn't. In scientific parlance, and in required clinical studies, It's called running a double blind. I have to pass on this one since I don't have time to research this alternative medical practice. However I remain the eternal skeptic until faced by evidence I can measure, experiments I can repeat, as can other who may not be my friends.

- Microwaved Plastic Wrap Has 10,000 Times FDA Limits Of Carcinogens! — True that why manufactures tell you to use both microwave safe dishes and to remove food from plastic wraps before cooking them. Big deal, you can read and follow instructions can't you.

Final Thoughts

Where are the references to peer reviewed studies for topic discussed I this article? ["Hey is easy to raise fears on folks who cant read between the lines of pseudoscience, politically motivated scientific analysis or just self serving fear mongering. In addition such cant distracts our short attention spanned public from the realities of real life everyday hazards such as those I discussed in my rant.

With her opening statement that "*Microwave cooking is one of the most important causes of ill health. It is certainly one of the most ignored.*" MS Propaganda and issue blogs are an insult to the readers because they only provides excuses the writers to vent, not to prove their point. Studying eight people on a microbiotic diet is not a scientific study... where is the control group? What was considered a significant change compared top a normal population? How were the folks selected? Duh!

Heating prepared meats in a microwave sufficiently for human consumption created: d-Nitrosodiethanolamine (a well-known cancer-causing agent) – So does all broiling of meat. Let's cancel steaks, and grilled salmon too. "As a result of apparently unreviewed studies microwave ovens were banned in Russia in 1976. Alas vodka was not. The ban was lifted after Perestroika." I guess the Russians also gave up Lycenko at that time.

I guess resolving or cooling the cold war was bad for Russians health – Their mortality rate has gone way down since the cold war ended; microwaves became legal again. Hmm.

As an aside, Consumer Reports recommends, after testing microwave rather then stove top cooking for vegetables based on both flavor and nutritional factors. It's also significantly less costly energy wise. CO_2 pollution anyone? But then what do the CU staff really know!

Bottom line —As a radiation and things nuclear expert, I know are no chemical called radiolytic compounds formed in a microwave oven at legal doses. There is too little energy to do more that break an occasional bond and decrease, nutrients a small amounts if you are using appropriate microwave safe dishes make of glass, porcelain-clay, and some toxin-free plastics. Sure eggs curdle, meat and vegies become tender and if properly and thoroughly cooked, bacterial content in foods are lowered. But this is true of most cooking methods, despite my love for raw spiced ground steak (Steak Tartar) and pan-fried scrambled runny eggs.

You really want to protect your food supply? The trick is to kill the bacteria and other decay causing factors by sterilizing food with radiation a method approved for many foods by the FDA, yes higher radiation levels and times than a microwave produces or do an enormous amount of expensive testing to protect our food sources.

Harry Doc Babad – Iconoclast

PS
Although some of the information provided in the article is more or less correct, the relative risk suggests that I'll keep using my Microwave daily for heating left-overs, thawing and parboiling frozen vegetables (too lazy to use a steamer which also kills vitamins - All cooking does. After all it has been repeatedly demonstrated that raw food is harder to digest and provide overall less nutrients. Also I would kill for long lasting irradiated fresh strawberries and ripe tomatoes.

PPS
You want more information, check out **NUCLEAR IS HOT!**
http://www.energysolutionsfoundation.org/discs/Black/Nuclear_is_HOT.pdf *{A book for High-School Students}* **Subtitle:** *Everything you wanted to know about nuclear science and were afraid to ask* By: Raul A. Deju, Ph.D., Harry Babad, Ph.D. and Michael A. Deju. © 2009 The EnergySolutions Foundation. First Edition Published March 2009, ISBN Number 0615277543

The Responsible Macintosh

Safe, Secure & Polite Macin' Things We Should Practice

Recipe Managers aka Cookware Software Necessary Functions and
Features — Check them out and get what you need

by Harry {doc} Babad © 2009

Introduction

As part of my work with and review of various recipe managers I to often found my self-asking
what am I testing the product for. What function (capabilities) or interface elements do I seek
and value? What doesn't mater?

This list of functions for recipe managers serves to organize my thoughts. I have
intention of either sharing my priorities for great recipe collecting software not
attempting to tell you what product would fit you recipe collecting style and
needs.

Indeed with 25,000 recipes and a hoard of eCook books, I cannot use a recipe manager…. At 73,
I'd rather play and collect than organize. But that's me… make and bake them to your own
tastes.

Here are my lists of things to consider gleaned from the descriptions in the list of products I
share at the end of this article.

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Overall Collection Goal(s) Guidance
Find Your Style — Are you a collector, focused cook or tweener?
- Collector – Aggregates large numbers of recipes, including regional
  various and buys and reads recipe books for fun; only cooking some
  few.
- Cook — Collects/documents only those recipes that they have
  previously cooked, are planning or will likely to cook based on feedback from a friend, or
  have eaten in a restaurant or other gathering.

Collection Size — Alternative Collecting Approaches
- Hundreds (easy enough to enter this small number of recipes.)
- A few thousand (Do you have a good secretary, clerk or lots of time?)

- More…I've 26,000 and counting… No thanks, I'll skip the managing tools and use HoudahSpot/Spotlight and Easy Find to search my collection. …What fun!

Intro Conclusion — Use a recipe management program to maximize the accessibility of your collection.

My personal approach is to create and occasional tweak a multi-leveled hierarchy of folders to store my collection and your OS' system's 'finder' search tools to search the collection as described above.

doc_Babad

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The Nuts and Bolts of a Recipe Management System

Overall Goal for a Recipe Manager — Conveniently find view, print, sort, file, organize and save or even delete recipes. Remember if it ain't easy to use, we won't!

Attractive Functional Layout (GUI) — User interface is both intuitive and simple to use. Should include tools to ease page, or collection navigation Most of all, the interface must be intuitive and absolutely easy for a "I'm late cooking dinner" cook to use.

Flexible recipe views including a full-screen cooking view

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Recipe Entry From an External Source
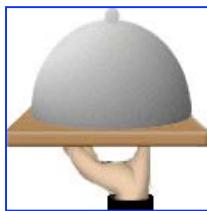
- Manually *enter* (typed) collected from traditional material (hand written recipe cards, newspaper/magazine clippings, store recipe sheets (in days of old), and Xerox's of book pages…
- Scan traditional material (typed recipe cards, newspaper/magazine clippings, store recipe sheets (in days of old), or Scanned book pages.
- Downloaded from the web (usually in PDF or at times text format) and the PDF contents to your electronic recipe manager's collection.

Importing Recipes and Recipe Collections

- Provides Useful (starter) Recipes Collections (Industry Councils, Web Sites, Others.)
- Vendor makes available additional recipe sets preformatted for their software, which some developers call a recipe cloud. This can include an online reader supported on line recipe collection.
- Some manager software supports collection of single recipe import for websites *or recipes on other recipe manager formats* (e.g., MasterCooks, Meal Master, Cookware Deluxe whatever their formats; popular formats such as SCX, MM, MXP, MX2 and NYC)
- Some products have focused New 'smart' website importers that learn how to import information from any specific recipe website
- Facilitates import of recipes from other sites and programs {e.g., Yum, Yahoo 360°, Food Network.com, Epicurious, Williams-Sonoma Recipes, Eating Well, CD Kitchen}
- Internet Recipe Search Research —has a built-in Web Resource Helper to maximize importing from hundreds of available mainstream or casual food blogging sites.
- Recipes can be or are displayed with modifiable, html-based templates
- Allow easy creation of Filters by meal course (salad, main dish, etc.) These have been called groups and subgroups in some product

Available Reference Materials, Built In Or Searchable

- information about Food handling and cooking safety
- Metric-English Conversions
- Food or Wine Pairing Information
- Cooking Glossary /// Thesaurus
- Provide Ingredient Substitution
- Nutritional Analysis — Included for individual recipes provide for developer provided recipe collections, Alternatively provide access the USDA SR16 Nutrition database for do it your-self folks.

Recipe Entry From an External Source

- Manually *enter* (typed) collected from traditional material (hand written recipe cards, newspaper/magazine clippings, store recipe sheets (in days of old), and Xerox's of book pages…
- Scan traditional material (typed recipe cards, newspaper/magazine clippings, store recipe sheets (in days of old), or Scanned book pages.
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Collection Export Capability

- Create personalized custom cookbooks
- Uses Recipe software DB Reader or multiple recipe output to a PDF file.
- Provides weekly or event menu planning support
- Interface with and export to Mobile Devices — Export via Email or text messaging
- Print the recipe itself
- Print out shopping lists (recipe, daily or weekly)
- Publish recipes to your blog

Database (recipe collection) Maintenance

- Eliminating duplicate recipes (This is a recipe content not a title issue – since duplicated recipes proliferate in the Internet, often with out a source citation)
- Delete identified multiple and duplicate recipes at once
- Facile editing of existing recipes including beyond ingredients and preparation instructions. (e.g., recipe ratings, recipe source, background information, chef BIO)
- Facilitates adding/modifying Preparation, Cook and Pre-Heat time.
  User can easily to modify the developers' organizational categories and add to categories or add or broaden recipe tag categories.
- Easily expanded 'categories' Groups with subgroups or entries (like my file folder system described in my articles and the older review of TheRecipeManager)
- Share the Wealth and Stay Updated — Recipe collecting is addicting – Assure easy or automatic synchronizing recipes between multiple computers.
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- Product can maintains ingredient, measures, and preparations database for consistency and quick data entry.

Recipe Entry From an External Source

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- Scan traditional material (typed recipe cards, newspaper/magazine clippings, store recipe sheets (in days of old), or Scanned book pages.
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Hassle-Free Individual Recipe Import Processes

- Drop, Drag, Tag and Edit Recipe Import Support
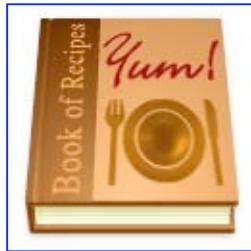
- Supports Text, RTF, MSW, PDF and possible other content input formats. Being limited to importing text only is an inefficient limitation; at least a product should import RTF data.
- Graphics Insertion – Food & Method Demonstration Images. This might include clips fro demonstration videos.
- High accurately when adding recipes (has a flexible yet strong built-in Import engine
- Provides Text Cleaning/Editing tools including a spell checker
- Recipe Scaling Tools— Rescale recipes by number of diners or by serving size
- Facilitate working with fractions
- Scriptable or site-specific templates for common recipe sources; Plugins may serve this purpose.
- Add personal notes, comments or stories into recipes
- Have a recipe rating system available.
- Add background information between chapters when building a custom cookbook
- Strong User Evolvable Multiple 'Item' Search Function — Find an individual or group of recipes by using any combination of the recipe name, course, region, ingredient(s), rating and more. Such simultaneous parallel multiple search attributes are critical to navigating large collections or eating off your refrigerator.

Straightforward Recipe Printing

- Available Styles/Format including Full page or Index card output (e.g., 8. X 11 or A4 are full page, 3x5 or 5x8 are US standard recipe card sizes)
- Automatic or simple recipe(s) to Shopping list generation, perhaps…by store and items
- Print (or view) your complete recipe index or a selected subset of your collection.
- Ease and Flexibility of Printing — Single item or batches of recipes, menus, shopping lists including customizable setting

Recipe Entry From an External Source

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System Requirements — If you ain't got it you cant use it
- Intel/PPC and OS X capable
- AutoSave and easy backup.
- Can create and utilize live links and internal hyperlinks
- Cross Platform Capability
- Collection Expandability — Number of recipes limited only by disk space. No artificially bounded storage capacity

User Support /// Technical Service
- Help Files, tutorial (import oriented mostly) or User's Manual
- Provides FAQ's or online user groups {not recipe swaps}
- Uses *s*imple, semantics to describe these Database Functions.
- Built-in Contextual Help.

A Partial Recipe Management Software List

A Cooks' Book 1.2.8

Computer Cuisine Deluxe 5.0

Connoisseur 1.3.1

CookWare Deluxe 4.2,

Epicurious *Widget* – Internet Search

MacGourmet 2.4 with Plugins

MacGourmet Deluxe 1.2

Organized Gourmet 3.0.3

Recipe Box 1.4.2

RecipeBook 3.1

Rezepte 1.1.1

Shop 'N Cook 3.4.3 & Pro

SousChef 1.2

TheRecipeManager 3.1.

Yum 3.2 Recipe Organizer

Yummy Soup 1.8

The icons sprinkled throughout this review come from the products I've listed

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Food Related Articles by doc_Babad:

Annotating and Making Text Recipes Pretty – *It takes more than one tool.* Rants, Raves and Revelations Column. macCompanion, March 2006, Volume 4 Issue 3.

Internet Recipe Hunting and Recipe Reformatting Tips Part I: Hints for the Intrepid Internet Recipe Hunter {with Julie Willingham.} macCompanion**,** December 2006, Volume 4 Issue 12.

Adventures in Recipe Hunting *– You're likely still looking in the wrong places and missing great food!* Rants, Raves and Revelations Column. macCompanion, March 2007, Volume 5 Issue 8.

Internet Recipe Hunting and Recipe Reformatting Tips Part II: Take a Shortcut with MS Word. macCompanion. January 2007, Volume 5 Issue 1.

Internet Recipe Hunting and Recipe Reformatting Tips Part III: Tuning Multiple-Page Complex PDF File {with Julie Willingham.} macCompanion**.** February 2007, Volume 5 Issue 2.

Mac OS X 10.6 Snow Leopard Pros and Cons

By Robert Pritchett

This seems to be as good a place as any to try and provide balance the pros and cons regarding Mac OS X 10.6 Snow Leopard. Apple Corporation had a year to work on this update. I suspect there will be a 10.6.1 etc. shortly, based on buzz and feedback. Bring on the Snow!

Snow Leopard Support - http://www.apple.com/support/snowleopard/
Enhancements and Refinements - http://www.apple.com/macosx/refinements/enhancements-refinements.html

Hard Drive Capacity Reporting Change - http://support.apple.com/kb/TS2419

Get Snow Leopard Family Pack (for $19, if you are eligible for the Amazon credit card) - http://www.amazon.com/?&tag=maccompanionm-20&camp=211493&creative=379993&linkCode=op1&adid=079Y43Q9J0FQDYKHVB6Y&

Snow Leopard Reviews

Pros:

http://www.zdnet.com.au/video/embed/22484430
CNET with Jason Parker

Andy Ihnatko - A speedy no-brainer upgrade -
http://www.suntimes.com/technology/ihnatko/1737229,ihnatko-apple-snow-leopard-review-082609.article   (Chicago Sun-Times)
Walt Mossberg - http://ptech.allthingsd.com/20090826/apple-changes-leopards-spots/ (All Things Digital)
Vincent Nguyen - http://www.slashgear.com/mac-osx-snow-leopard-review-2653922/   (Slashgear)
Matt Neuburg - http://db.tidbits.com/article/10504 (TidBITS)
Jason Snell - http://www.computerworld.com/s/article/9137175/Snow_Leopard_The_in_depth_review (ComputerWorld)
Gene Steinberg - http://www.technightowl.com/2009/08/the-snow-leopard-versus-windows-7-report-wheres-the-trust/ (Also posted as a Column article in this issue of *macCompanion*) (TechNight Owl)

Mitch Wagner -
http://www.informationweek.com/news/software/operatingsystems/showArticle.jhtml?articleID=2195002

92&cid=nl_IW_daily_html (InformationWeek)

MacWorld - http://www.macworld.com/article/142459/2009/08/snow_leopard.html   (Complete Coverage)

Wired - http://howto.wired.com/wiki/Upgrade_to_Snow_Leopard

9 to 5 Mac - http://www.9to5mac.com/snow-leopard-reviews Other Reviews

Cons:

Mac OS X 10.6 Apple Discussion - http://discussions.apple.com/category.jspa?categoryID=263

Glitches and Gripes - http://wiki.macworld.com/index.php/Snow_Leopard_Glitches_and_Gripes (MacWorld)

MacFixIt - http://www.macfixit.com/article.php?story=20090828091917560

Printers and Scanners - http://support.apple.com/kb/HT3669" title="Printers and Scanners   (Apple Support)

Rob Griffiths - http://www.macworld.com/article/142467/2009/08/106glitches.html (MacWorld)

Matt Hamblen - Palm Synch Issues - http://www.computerworld.com/s/article/9137223/Snow_Leopard_doesn_t_sync_with_Palm_OS_devices_? (ComputerWorld)

Eric Slivka Incompatibility List http://www.macrumors.com/2009/08/27/snow-leopard-application-incompatibilities-compiled/   (MacRumors)

Apple's List of incompatible Apps - http://support.apple.com/kb/HT3258

http://www.youtube-nocookie.com/v/1W-ygu6_aDc&h

This "rant puppet" tends to have a potty-mouth. Be warned!

TechNightOwl

The Snow Leopard Versus Windows 7 Report: Where's the Trust?

http://www.technightowl.com/2009/08/the-snow-leopard-versus-windows-7-report-wheres-the-trust/

By Gene Steinberg

As you may have noticed, Apple has lifted the confidentiality agreements on members of the press who got a somewhat early look at Snow Leopard. So the reviews are now pouring forth and, for the most part, the response is excellent, very much what you'd expect from a release that was actually never represented as a major upgrade.

What might come as a surprise to some, particularly if you're new to the Mac, is that Apple basically operates on the honor system when it comes to installing a Mac OS X upgrade. You see, there is no horrendously lengthy serial number to enter, and there is no network or online activation procedure that awaits you. There's no network check either, to determine whether or not two Macs are running a copy with the same license number, since there is no license number.

Yes, a fresh install may end with a brief registration panel, but you send only your basic contact info to Apple; they aren't going to use it as a gauge to determine just how many copies you're actually running on your home or business network.

The end result is that Apple expects you to be honest and buy the requisite number of user licenses for your Macs. There are family versions and, via Apple's enterprise sales channels, business licenses. However, they will not send the software police to your door unless they have evidence of some sort of heavy-duty piracy. Apple trusts you do to the right thing, and since they do not overcharge for their software, most Mac users do just that.

As to the Snow Leopard DVD that ships with the $29 package, it's a full installer. You don't have to have Leopard present, and you can restart and erase your hard drive if you prefer a clean installation rather than the standard "in place" upgrade. Even more surprising to some is the fact that you could actually use it to upgrade an Intel-based Mac running Tiger.

Yes, there is a special boxed version for $169 meant for Tiger users, which also includes iLife '09 and iWork '09. In essence, you are paying just $11 extra for the addition of Snow Leopard to the bundle.

So it essentially makes sense that there is nothing to stop you from avoiding the box and going straight to 10.6. Besides, if you are already running the latest versions of iLife and iWork, Apple still ends up earning an extra $18 in this encounter, when you consider the standard price for the two Apple software suites.

What reviewers are also discovering, to their surprise, is that you usually no longer have to concern yourself with an "Archive and Install" process to assure yourself of a stable upgrade. You can just run the installer and depend on Apple to have figured out how to address most potential installation troubles and be assured everything will proceed without incident. In fact, if you happen to have a power outage during the setup process, you'll actually be able to pick up where you left off.

You don't have to concern yourself about the technical niceties either. Indeed, I am already running Snow Leopard on my Mac Pro and 17-inch MacBook Pro. With a somewhat jaundiced eye, my son was skeptical when I suggested he upgrade his black MacBook to 10.6 as well. But his disbelief was short-lived. While he was at work, with his prior approval, I ran the installation; again it was a simple upgrade. When he returned, I asked him if he noticed much of a difference, and the answer was a surprised "no." That is a good thing.

Looking across the aisle, you just know that Microsoft doesn't trust anyone. They've played nasty tricks on users with versions of Windows and other products that are deemed as improperly activated, and they have so many versions and installation alternatives, the mind boggles. Basically it's far easier to just buy a new PC preloaded with whatever version of Windows you want and be done with it.

Of course by expecting their customers to be pirates by temperament, Microsoft does a lot to create the appropriate environment. While they will certainly audit businesses for evidence of illegal copies of their software, large numbers of individual users don't bother with legal copies. Windows piracy is rampant around the world, except for those who have simply given up on that misery and have migrated to Macs or to free alternatives, such as a version of Linux.

Now you are going to be reading articles from some media pundits over the next few months pretending that Windows 7 is a major upgrade, while Snow Leopard is little more than a glorified service pack. The truth is that the term "service pack" applies equally to Windows 7, which is mostly a cleaned up version of Windows Vista with a new name and some interface refinements (or at least changes) to make you believe that it's actually something new and different.

This is not to say that Windows 7 will necessarily be bad. The people I trust in the tech industry tell me that it's a pretty usable operating system, and that Microsoft did indeed address many of Vista's failures. That's a good thing, since so many companies went for Windows — and it doesn't matter much why.

However, even a successful Windows 7 launch won't convince Microsoft to trust their customers. Then again, they also forget that trust is something that has to be earned.

Books

3D Modeling in Vectorworks 2009

Reviewed by **François Lévy (reprinted with permission)**

http://www.francoislevy.com/blog/2009/08/review-3d-modeling-in-vectorworks-2009.html

Author: Jonathan Pickup
http://www.archoncad.co.nz/
http://www.nemetschek.net/training/guides.php
Released: August 2009
$75 USD
Pages: 154
Strengths: Clear instructions that are extensively illustrated; includes book, PDF, videos, and tutorial files. Covers NURBS modeling, features that Vectorworks has that both SketchUp and Revit lack. Combines tool-based tutorials and project-based vignette approach.
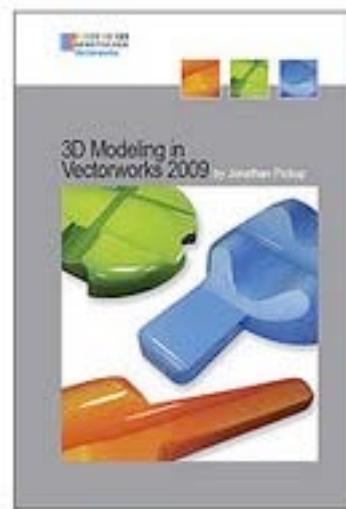
Weaknesses: A bit pricey at $75.

Introduction

The Vectorworks 3D Modeling Tutorial manual, by Jonathan Pickup, is a must-have workbook for anyone seeking to learn how to free-form model with Vectorworks. The manual will bring you to a competent level of 3D capability through exercises aimed at building a foundation of 3D Vectorworks skills. Specifically, you'll learn how to create 3D forms through the use of extrudes, sweeps, solids, NURBS, loft surfaces, and 3D primitives.

Recommendations and Tips:

- This tutorial can be used with any Vectorworks 2009 product. Measurements for the exercises are shown in both metric and imperial.
- This hard-copy workbook comes with a companion CD that contains exercise files, and the entire manual in PDF.
- View the PDF using Adobe® Acrobat Reader 8 or higher.
- The PDF contains embedded tutorial movies that demonstrate the steps of each exercise.

What I Learned

I'm an advocate of the strategic use of Building Information Modeling (BIM) in architectural design, I've trained professionals in the use of **Vectorworks** (a BIM product) for over a decade, and I've taught Vectorworks in universities. So, I have both a practitioner's and teacher's interest in what's available for 3D users of Vectorworks. Lately, I've been reading Jonathan Pickup's new training manual, *3D Modeling in Vectorworks 2009*. Pickup is a New Zealand architect, longtime Vectorworks user and trainer, and author of several training manuals for my favorite software application. He's well-known in the Vectorworks community, and has scores of short online videos demonstrating Vectorworks tips and tricks—check him out on **YouTube** and **Twitter**, or look up his **Vectorworks web site**.

3D Modeling in Vectorworks 2009 is both a spiral-bound reference manual and accompanying disc; the disc contains a PDF version of the manual and Vectorworks tutorial files. These are clearly explained in step by step instructions, accompanied by copious screen shots. From the PDF, the user can follow embedded links to watch short videos that further illustrate the accompanying text. While the book title suggests it's best used for Vectorworks 2009, even users of Vectorworks several versions back will still get a lot out of this manual. One note: the multimedia PDF should be opened in Adobe Acrobat, rather than for example Preview, in order to access the embedded video links.

Whenever approaching a topic as rich and potentially complex as 3D modeling, a trainer is faced with a quandary. Should individual tools and commands be taught methodically, from simplest to most complex, but without the contextual benefit of a project? Or should the training consist of a project vignette that offers the user a context for the varied relevant tools, but may not have the logical rigor of the tool-based approach? Pickup has organized his book to take advantage of both methodologies; as a trainer myself, I greatly appreciate that.

Part One of the manual is almost half the book and covers basic 3D modeling: extrusions, multiple extrusions, sweeps, basic NURBS operations, to name a few. Rather than being a dry rehashing of the extensive online Help already built into Vectorworks, Pickup offers insights into the underlying logic of the tools and commands he covers, explaining them in a way that makes using them less of a "black box" experience for new users. From my own training experience, his explanations make a great deal of sense.

Part Two begins the work of applying some of the abstract tools in Part One to actual architectural applications, such as developing a site model from NURBS. This section provides helpful insights for those who might want to develop quick massing or presentation models from Vectorworks, effectively using the program as a kind of "SketchUp plus". This section also demystifies the Working Plane, a concept that for some reason seems to intimidate users who are new to using Vectorworks in 3D.

Part Three takes the user through a small bus stop project, effectively resolving the quandary I referred to earlier. The project may be unrealistically small in scope and not accurately represent most users' actual work flow, but it does offer an opportunity to apply the concepts previously covered on a manageable scale.

Conclusion

Throughout, Pickup addresses topics clearly and succinctly. NURBS, which have traditionally overwhelmed users new to 3D, are covered in a highly approachable manner, if not in tremendous depth. This is appropriate for users first learning 3D work. The accompanying videos are short and to the point, and the author strikes a good balance between keeping the viewer's attention and covering the material fully. Needless to say, having print, video, and sample files all together covers the bases for all kinds of learners. The book stops short of addressing lighting and rendering, which properly are another subject. Personally, I'd recommend Daniel Jansenson's older but still excellent *Renderworks Recipe Book* (Imageprops.com, $25 eBook) as a follow-up manual.

Apple Training Series: Mac OS X Directory Services v10.5 - A Guide to Configuring Directory Services on Mac OS X and the Mac OS X Server

Reviewed by Robert Pritchett

Author: Arek Dreyer
Peachpit
http://www.peachpit.com/store/product.aspx?isbn=032150
9730
Released: July 24, 2008
Pages: 432
$54 USD, $65 CND
Requirements: Mac OS X 10.5.3 Leopard or later,
having read both the *Server Essentials* and the *Support
Essentials* books and already have the ACTC certification
and knowledge of SSH protocol and command line
interface.
Skills Assessment Guide
ISBN: 9780321509734

Strengths: Provides the background necessary for
implementing Directory Services in the Enterprise on
Mac-based servers.

Weaknesses: Fewer misprints than previously found in the earlier version. (This print is from
2009.)

Introduction

This reference provides in-depth technical information on Mac OS X and Mac OS X Server's
directory services architecture. System administrators and IT professionals will learn the details
of how to deploy Mac OS X and Mac OS X Server within a multiplatform, heterogeneous
environment, with an emphasis on integrating user accounts and authentication processes. This
book is a perfect study aid for the Directory Services exam, and also serves as an in-depth
technical reference for experienced system administrators and engineers.
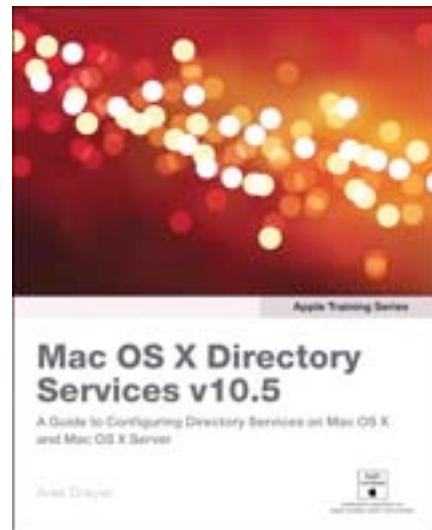
This reference follows the learning objectives of the Directory Services exam, which is one requirement toward the Apple Certified System Administrator (ACSA) certification, Apple's highest level of IT certification. Chapter tests reinforce the knowledge gained along the way.

What I Learned

Open Directory isn't quite the same as Active Directory, but they can be integrated.

It seems all roads lead to http://www.afp548.com/

http://www.bynkii.com/archives/2006/04/active_directory_open_director.html

Conclusion

If you want to go for the ACSA, then this is a good book to work through.

Learning Flash CS4 Professional: Getting up to speed with Flash

Reviewed by Robert L Pritchett

O'REILLY®

Author: Rich Shupe
http://oreilly.com/catalog/9780596159764/
Released: April 2009
Pages: 390
ISBN: 9780596159764
Requirements: Adobe CS4

Strengths: Provides an excellent place to start to learn Flash CS4.

Weaknesses: None found.
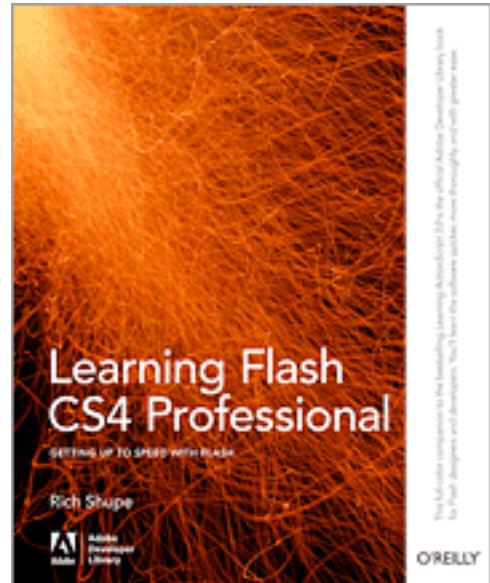
Introduction

Learning Flash CS4 Professional offers beginners and intermediate Flash developers a unique introduction to the latest version of Adobe's powerful multimedia application. This easy-to-read book is loaded with full-color examples and hands-on tasks to help you master Flash CS4's new motion editor, integrated 3D system, and character control with the new inverse kinematics animation system. No previous Flash experience is necessary.

This book will help you:

- Understand Flash fundamentals with clear, concise information you can use right away
- Learn key concepts and techniques in every chapter, with annotated screenshots and illustrations
- Develop an ongoing project that utilizes material from every chapter
- Practice new skills and test your understanding with constructive exercises
- Learn how to package your work for distribution on the Web and through AIR

      desktop applications
- Download sample files and discuss additional Flash features on the companion blog

What I Learned

I think these 4 reviewers on Amazon.com say it best – they all gave it a 5.

http://www.amazon.com/Learning-Flash-Professional-Developer-Library/dp/0596159765/ref=sr_1_1?ie=UTF8&qid=1250706676&sr=8-1

It is a companion book to *Learning ActionScript 3.0*.

The author treats the readers like intelligent adults.

The content is nicely and logically presented.

Conclusion

Adobe CS4 is a huge suite of programs that work well together and Flash is the eye-candy for websites and video that helps put pizzazz into the picture. I'm looking forward to reading other technology books by Rich Shupe. I hope they are as good as this one.

Running Windows on your Mac

Reviewed b y Robert L Pritchett

Author: Dwight Silverman
Peachpit
http://www.peachpit.com/store/product.aspx?isbn=0321535065
Released: February 22, 2008
Pages: 256
$35 USD
Requirements: Intel-based Mac, VMWare or Parallels and MS operating system
ISBN: 978-0-321-53506-1

Strengths: Compares Boot Camp, Parallels and VMware Fusion

Weaknesses: Does not get into Virtual box or non-MS-based options, such as Crossover.
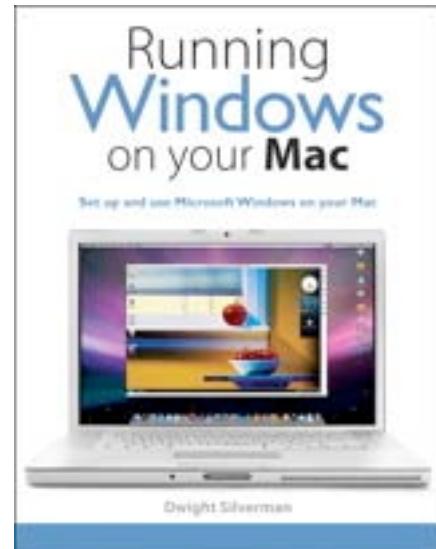
Introduction

Now you no longer have to choose between Mac OS X and Windows! The latest Macs from Apple can run both Mac OS X and Windows, so you're not limited to just one operating system. Running Windows on your Mac explains how this simple technology works and walks you through every phase of the process of setting up Windows on your Mac. Are you a Windows user who's buying your first Mac? A Macintosh user who needs to run Windows software? Or just a computer user who wants the best of both worlds? There's something in this book for everyone. You'll find detailed instructions for installing Windows on your Mac in three easy ways; a friendly guide to the Mac for Windows users; and a handy reference to Windows for Mac users. in this book, you'll learn how to;

- Load and configure the two most popular Mac OS X virtualization programs, Parallels Desktop for Mac and VM ware Fusion.

- Install Windows easily, either in Parallels or Fusion, or with Boot Camp.

- Keep your Windows installation in top shape, free of viruses and spyware.

- Run Windows applications alongside Macintosh programs.

- Add your new Mac to an existing Windows network.

Explore the intricacies of a new operating system, whether it's Mac OS X or Windows.

What I Learned

- Fusion supports dual-core CPUs and has less load, making it more attractive for processing-intensive Windows apps
- Neither Parallels or Fusion support FireWire connections, and not all USB ones either.
- Parallels comes with a free install of Kaspersky Anti-virus and has a nifty P2V utility to make virtual copies of running Windows configurations
- Boot Camp is better for Windows gamers, since it isn't running in a VM session
- Good job discussing Vista, less so on XP Pro
- Virtualization is not discussed

What is not discussed is how well these will perhaps work under the next Mac OS X to be released real soon now. But then check the date when the book was written.

This book caters more to the casual user and not to geeks or power users.

There are good comparison charts, but the book leans towards VMWare Fusion.

Conclusion

This book is designed to get Joe Sixpack interested in looking at the Mac from the perspective of a PC user and showing that they do not have to give up anything when migrating to the Mac.

Apple Training Series: Xsan 2 Administration

Reviewed by Robert Pritchett

Author: Robert Kite, PhD
http://www.peachpit.com/store/product.aspx?isbn=032150
9730
Released: December 14, 2008
Pages: 312
$54 USD, $65 CND
Requirements: Mac OS X 10.5.3 Leopard or later. Xsan
2.
Skills Assessment Guide -
http://training.apple.com/pdf/xsanadmin-sag-v2.pdf
ISBN: 978-0321613226

Strengths: Prepares one to pass the exam for the Apple
Certified Xsan 2 Administrator.

Weaknesses: None found.

Introduction

Xsan is a 64-bit cluster file system specifically designed for small and large computing
environments that demand the highest level of data availability. This book takes an in-
depth look at Xsan 2 components, requirements, topologies, and installation challenges.
System administrators and other IT professionals will learn about storage and network
terminology; about the deployment options offered by Xsan 2 and how to plan a
deployment; how to identify the basic structure of Xsan volumes; how to work with client
and server configurations; how to manage failover; and about controlling user access to
SAN volumes.
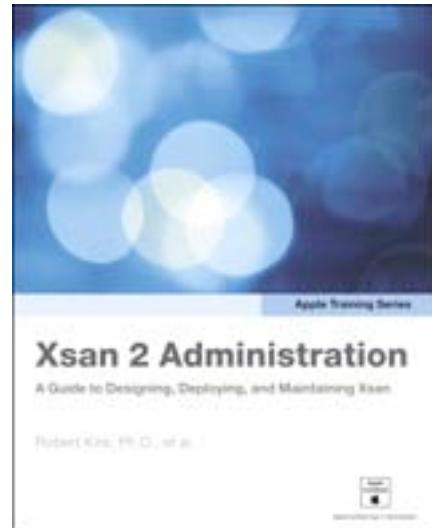
What I Learned

 If you can master this, you are going places. What is interesting to me is that Apple Corporation discontinued the Xserve RAID because the physical components had become commodity items in the industry, but then released Xsan 2. http://www.mactech.com/news/?p=1010222

http://www.apple.com/xsan/

Conclusion

There are precious few books on Mac-based storage systems. This is one of the best. And there aren't that many certified Xsan administrators running around either. Want job security?

Belkin TuneBase FM with HandsFree

Reviewed by Robert L Pritchett

BELKIN.

Belkin
http://catalog.belkin.com/IWCatProductPage.process?Product_Id=492841
Released: June 1, 2009
$90 USD

Requirements: Auxiliary port from onboard radio system. (Cable not included.)
1-year warranty.

Strengths: Claims of hands-off iPhone conversation-capability.

Weaknesses: Requires an auxiliary port radio connection to be useful. Packaging is over-engineered. Use only in "quiet" vehicles.

Introduction

Belkin's new TuneBase FM allows you to pick up a call on your iPhone while in the car, hands-free, making it the most convenient way to talk in your car. It also lets you enjoy music from your iPhone or iPod on your car stereo.

Always get the best channel

ClearScan technology automatically searches for the clearest FM frequency to ensure the best possible transmission from the TuneBase FM.

Convenient placement

The thoughtful design of the TuneBase FM lets you use it without removing your iPhone or iPod from its case. The TuneBase cradle also easily repositions your iPhone horizontally to view turn-by-turn directions and videos.

How to answer calls in the car

- Listen to music from iPhone in the car
- When call comes in, TuneBase FM fades out music
- Answer the call by simply pressing a button on the TuneBase
- The call's audio will come through the car stereo
- Safely talk using speakerphone feature

What I Learned

This unit replaces an earlier version.

If you do not have an auxiliary port available on your vehicle's radio system, you are SOL. There are no aux port cables included in the package.

There is a rubber ring included for those who might have a sloppy cigarette-lighter adapter (auxiliary power port) in your vehicle.

If you are able to get past that obstacle, then there is the issue of static and road noise when the iPhone is connected for hands-off functionality.

I am able to keep the iPhone in its leather case when it is cradled, but phone conversations really sucked in the Ford E-350 diesel van. Shouting is not an option.

Static also seems to be an issue when using this unit for listening to iPhone-based music through the vehicle speakers.

Belkin recognizes the proximity mic issue and has a special insert in the instructions regarding placement of the iPhone for speaking.

I think Belkin needs to rethink their packaging strategy. I was very afraid I'd tear the unit apart while trying to remove it intact from the over-engineered box and plastic.

Conclusion

For the price, the TuneBase FM with HandsFree ought to include an auxiliary speaker cable that can handle the external interference. After all, Belkin included one (3.5mm) in the less-expensive TuneBase Direct Hands-Free unit that costs $20 USD less.

In the truck, the gooseneck part of the unit was long enough, because I have two aux power ports next to the steering wheel, but the speakers are in the vehicle doors, so hearing the other end of the conversation wasn't optimal and I'm sure they weren't too excited to hear me talking/shouting over the vehicle and road noise.

Use this in a "quiet" vehicle.

Software

CookWare Deluxe 4.2

A Recipe Manager to help organize your recipe collections

Reviewed by Harry {doc} Babad © 2009

Digital Fried Chicken, LLC
http://www.digitalfriedchicken.com/CookWare.html
For a demo of this product:
http://www.macupdate.com/info.php/id/10033/cookware-deluxe

Requirements: Mac OS X 10.4 or later. A PC version is also available
Released: 27 January 2009   **Download Size:** 35.2 MB
Cost: $35.95 USD, $35.95 CND, £ 22,14 UK, €25.16 EUR

Strengths: Easy to use, feature rich, well documented, and customizable, with excellent developer support.

Weaknesses: Fewer top-level primary categories than I'd prefer.

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> Sidebar #1: Reviews were carried out on my iMac 2.8 GHz Intel Core 2 Duo with 2 GB 667 MHz DDR2 SDRAM running Mac OS X version 10.5.7

> Sidebar #2: **Disclaimer**: When reviewing software I will often use the developer's product, functions and features descriptions. Because of this unless I'm quoting directly from *another source*, I do no cutter up the review with quotation makes. All other comments are strictly my own and based on testing. Why need I rewrite the developer's narratives, if they are clearly written?

Introduction Including Publisher's Summary

This is the fourth of five recipe management related article I've written for this September, macC issue. Key to understanding my review criterion is the first article in which I define potentially useful functions (how things work) and features (toys and tools) for any recipe management product. [See: *Recipe Managers aka Cookware Software Necessary Functions and Features.]* For the reviews of other recipe managers see the rest of this issue of macC.

According to its developer, CookWare Deluxe [CWD] makes collecting and organizing your recipes really simple. The concept of CookWare Deluxe is to be very easy to use without giving up features. Dragging and dropping recipes into CookWare Deluxe makes adding recipes really fast. You can drag recipes from your Internet browser or word processor directly into CookWare Deluxe, add an image or a video, categorize it and you're finished. I agree, read on…
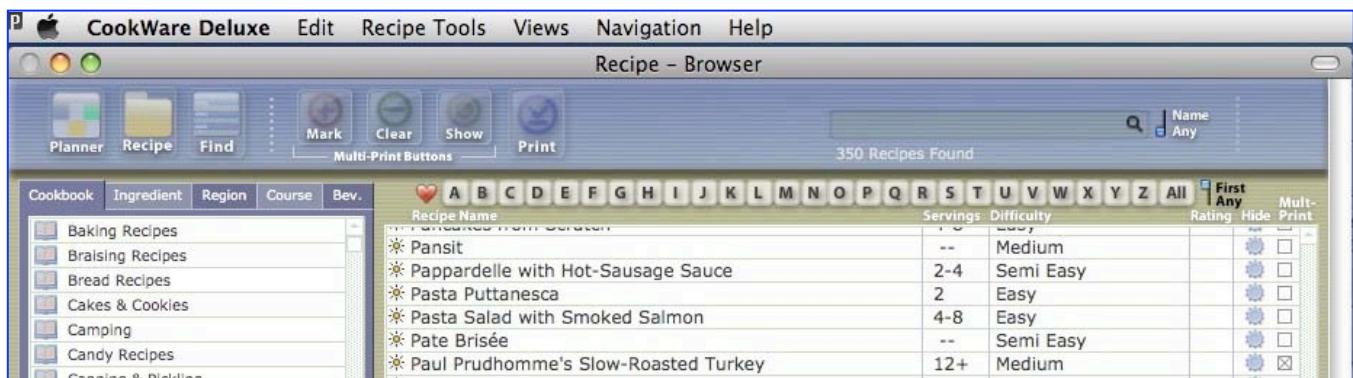
Cookware Deluxe Main Window with its Menubar — Just for Recipe Browsing

Getting Started
This is a well-developed Macintosh application. Drag it to your applications folder. Start using it in demo mode or type in a password. Decide which preference settings you prefer. Check out any readme files. You're good to go. If you're new to this kind of software, genre, check out one or more of the following:

- A Users Manual, included in the vendor download or its help files, or
- Start to Mac-around and see what you can do from scratch.
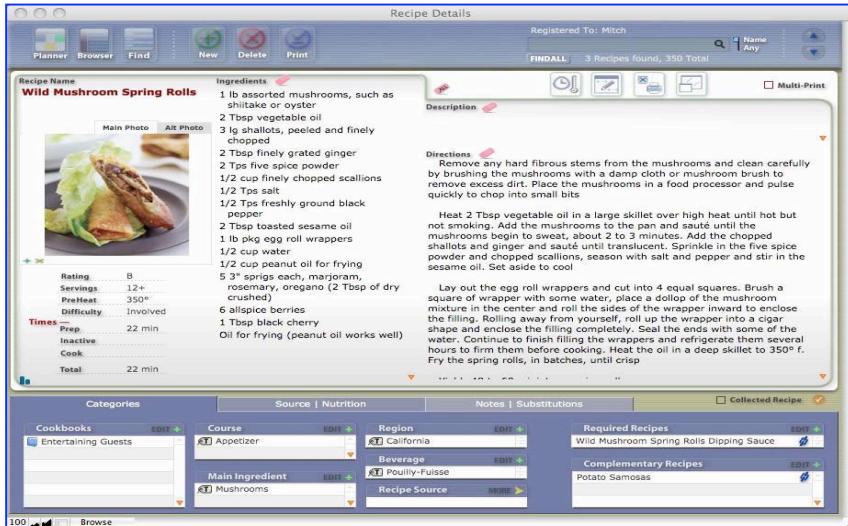
Wild Mushroom Spring Rolls

Using the Software

I took three approaches toward testing this product. First, I attempted to individually import a test set of recipes from my own collection. Then I downloaded the CWD recipe collection packs, installed them and browsed to see how these affected the browse, search and other software functions.

The software comes with 350 high quality recipes, with two other recipe sets available for modest prices. Recipe Set 1 includes 750 recipes for $6.95 and Recipe Set 2 contains 470 recipes for $3.95.] According to the developer, these recipes are hand-selected because they're delicious and/or classic. Finally, I found a large collection of *Master Cooks* recipes {See the PS for Links} and added a set of 631 Chinese recipes. Hurrah, it all worked.

Added Review Focus — I was particular interested in the scope and flexibility of category creation including the ease changing (adding or deleting listed items.) CWD comes with four categories; *Cookbooks, Course, Main Ingredient and Region*.

One always-disappointing aspect of the categories (aka classifications) in CWD or any other product is that I view the world though different glasses than the developers. I like to have a unique category called cooking methods; so hope that someone will allow, the addition of top-level categories.

Cooking Method	
Baking	Roasting
Barbecuing	Sautéing
Braising	Slow Cooker
Deep Frying	Steaming
Fire Pit	Stewing
Grilling	Stir Frying
Poaching	
Pressure Cooking	
Preserving	

Why Is This Important — Categorizing recipes makes it easier to group related recipes together and to create Menus. It is also an order of magnitude easier to find an individual or group of recipes by searching for its combined characteristics (labels) including the main ingredients, cooking method, Special diet (often defined in cookbooks) and region or cookbook. These are like the chapter headings, indices, and cutout tabs in recipe books or index boxes full of recipes.

> An analogy to searching with such tags {category-item} would be, using a music database for a 1,000+ CD collection, to find all the albums on which Paul Desmond plays Take the "A" Train. Alternatively, how may different versions {jazz, folk, blues, bluegrass) of the St James Infirmary Blues do I own.

Test Set for Testing Importing Features — This test set included imports from several of my favorite websites, imports of several PDF formatted recipes, and finally importing from MSW documents in txt, rtf and doc formats. All recipes I used had images associated with them. Some of my recipes, in addition, had tips and background information. Although I usually combine cooking directions and tips into the same 'window' I prefer to keep background discussion found on many food blogs separate. The next few sections summarize my experiences with the product, sometime in the developer's words if they *exactly* fit my test results.

Adding Recipes — The publishers claim "Simply drag a recipes from your Web browser or Word Processor directly into CookWare Deluxe, categorize it and you're finished!" This was the first thing I tested. It couldn't be that easy, could it? Yes it indeed was. Of all the products I've whether reviewed or tested for personal use, the Cookware deluxe software was the simplest when adding new recipes. This included either typing in the details manually, or moving in formation from an external (to CWD) such as from a website, PDF or MS Word document. What you add is auto saved, so you don't have to remember to do it yourself.
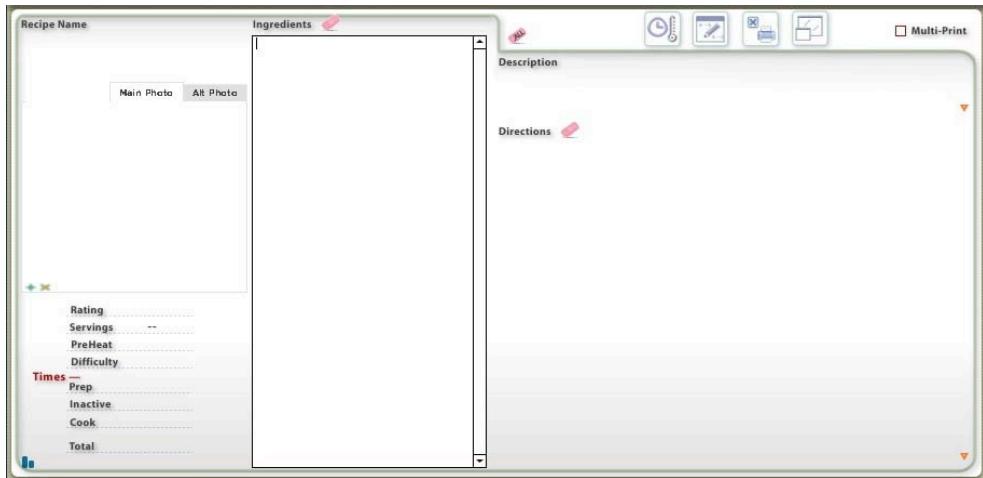
Initial Blank New Recipe Window

To get started just use the command ⌘-N. *Recipe Details* window is where recipes are viewed and where new recipes are created. After you have typed in your recipe or dragged it from some other source, click the Eraser icon to automatically reformat (clean-up) entered text to make your recipes consistent throughout your collection

It's best to add additional information such as: *Rating, Servings, Preheat, Difficulty, Prep time, Inactive time, Cook time and a Photo.* This information is very helpful when finding recipes, knowing how long it will take to make, how difficult it is, and how many people it will feed, etc.

Adding a Picture (from the developers User Manual) — Each recipe can hold two photos. You can easily add a photo by dragging it in from a Web browser or add it using the "+" **[B]** button (located at the bottom of the photo frame). In addition, you can add photos by using the "Add/Delete Main Photo", "Add/Delete Alt Photo" or "Add/Delete QuickTime Movie" Menus found under the "Recipe Tools" Menu. When using the "+" button or a Menu function, a dialog box asking to locate the photo will be presented.

The dialog box contains a checkbox in the lower corner "*Store only a reference to the file*". *Make sure this checkbox is unchecked*; otherwise, your photos will not be exported on back up. Here's what that checkmark does... when it's checked, it stores an "Alias" of the photo in CookWare Deluxe but not the actual photo, it's just a link to the photo stored somewhere on your Hard Drive. So when you perform a backup it doesn't get the photo because it's not really in CookWare Deluxe.

[A] This indicator will show when there is a photo or movie inside the Alt tab - it's simply a shortcut so you don't have to look to see if it contains anything**. [C]** Displays a larger version of the photos.

There are a large number of acceptable image formats: psd, gif, pct, eps, jpg, mac, tiff and png. These include windows only formats: bmp, pcx, wmf, sld, drw, pic and cgm. Quick-Time movies can also be added.

Adding/Changing Categories —One tool that makes searching a large collection easier is the ability to label recipes with category information. CWD comes with five predefined categories; beverage (wine and beer mostly), cookbooks, course, main ingredient and region. Of these, I found the *main ingredients* and regions the most useful.

I'm not a wine collector or drinker and use *vin ordinaire* to cook with, so ignored the *beverage* category. Although the and course category was potentially useful, I often find my self eating things like frittatas and omelets for dinner and a salad from breakfast so my selections were potentially redundant. Perhaps the most troublesome category to me was the *cookbook* category. It mixes what I'd call cuisine types (barbeque, comfort food, curries, kebobs) with cooking methods (steaming, wok cooking, pressure cooking, out door grilling). In addition items like Caribbean, Mediterranean, flavors of Asia or of India belong on the regional list.

See 'discomforts' for a deeper insight into my concerns with categories as provided. The occasional triple redundancy makes searching awkward so I obliterate the items that are redundant within a category. This is neither a fast or completely satisfactory approach since I make input mistakes. These are correctable, but time never-the-less consuming. Since I have over the years, created a document that contains almost all of item I want to index, by category. A batch cut and paste would be nice. Most of you will not likely do more then double or triple CWD category item lists.

Make no mistake, those missing or those mismatches between an item and the category in which it is listed can easily, if time consuming, be fixed to meet my picky standards. Well almost. If you correct the category set in CWD into which you've added lots of recipes, you must manually, yes one at a time, redesignate (select and check) the specific category item in each affected recipe.
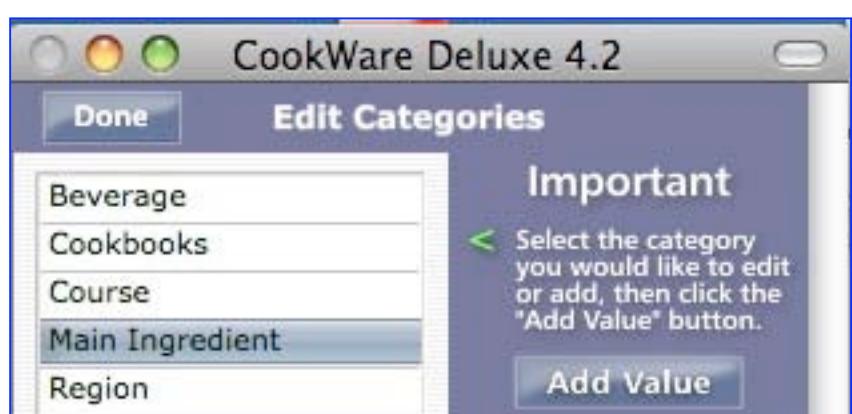
Indeed when adding *Master Cooks* recipes, which were seldom internally categorized, I had to manually, create any needed *category-list tags for each interesting recipe* to ease finding it. After

all I've now have almost 2500 recipes in my review CWD test collection; tag of miss out on great recipes. The good news is that when your importing items one at a time, making is easy. If you need a new tag [CookWare Deluxe Menu > Recipe Detail View > Recipe Tools > Edit Categories] its just as easy.

Importing Recipes — CookWare Deluxe only imports files that have been exported from it or from the Extra Recipes Sets and some versions of MasterCook. CookWare Deluxe does not import recipes from other recipe software makers or text files, etc.

The Five Import Functions Are:
- Import Past CookWare Recipes: to import your backup from previous versions of CookWare Deluxe.
- Import Extra Recipe Sets: to import the Extra Recipes Sets that are available for purchase.
- Import Backup Folder: for importing a CookWare Deluxe 4.2 or greater backup folder.
- Import Collected Recipes Folder: to import your Collected Recipes folder. This is useful for synchronizing files between computers.
- Import MasterCook Recipes: to import .mxp files exported from MasterCook. Note - this import generally takes a very long time to process.

To import MasterCook recipes go to the File Menu and choose Import, then Import MasterCook Recipes. These recipes take an extremely long time to import! CookWare Deluxe has to remove thousands of characters and try to figure out what goes where. It's doing an incredible amount of calculations, so please be patient and Do Not Force Quit. *Be sure to start this process when you have plenty of time to wait for the computer.* Fortunately, this only needs to be performed one time since after it's imported it will be formatted correctly for CookWare Deluxe. The users guide also provides instructions for exporting recipes from MasterCooks to ease importing them into CWD.

Annotated Additional Selected Key Features List (from the publishers website}

Shopping Lists — One of the features of CookWare Deluxe is it's ability to create a Shopping List ready to take to the market or maybe email it to your spouse for pick-up on the way home.

Enhancing Your Recipes — No its not just adding a clove of garlic, its adding overall useful background information to your recipes. Add nutritional data, food pairing, use the quantity conversions to feed a crowd, capture cooking temperatures and more in your recipes. Alas adding background is a one at a time action; but that's the way most of us cook — once recipe at a time. Of course, you only have to add such information once — CWD remembers.

In addition, if you have Internet access, helpful Internet resources, including recipe searching are available from within CookWare Deluxe. Of course what you find to cook, can be transferred to anew recipe in your collection. Find additional recipes with a couple clicks by using a built-in Web Resource Helper. (I did not test this web associated feature since I prefer recipe hunting in food blogs as a way of chilling out after a hard days work.) There's more; read the help files.

Kudos

Product Overview — An excellent description of the product function and how termed are defined is provided on Page 4 of the user manual. Read it, it makes functions such as Navigation, using the Recipe Browser, crating import/export Templates or Menu Sets easy to understand. Using a Meal Calendar, creating Shopping (market) lists for a recipe or a meal is straightforward. Enough, I've already discussed Categorizing Recipes and importing recipes or recipe collections. This is a much under recognized product.

Recipe Linking Function — You can link recipes together two ways: Recipes that complement another recipe or are required to make the recipe are easy to create. I cheat and double enter the later category twice — once in the complete all needed ingredients for cooking a 'whole meal deal' and separately for the needed sauce, salsa or presto.

Recipe Pack Availability — No time for entering your favorite recipes into *the CookWare Deluxe*? Collections of recipes are the simple answer! Simply download a recipe collection of your choice and import delicious recipes into your favorite recipe book. The two "packs" contain over 1200 high quality recipes, which not only get you started by actually provide examples around which you can learn to use and navigate around in CookWare Deluxe. I do wish that these packs were free, but times are tight all over. You can always import your own collection of the massive *Master Cooks* compendia.

Discomforts

I Needed to Do Surgery on Categories – I needed to make some significant changes to the categories defined in CWD to bring it into conformance with my own recipe collecting system. The product provides five category groupings. (See the image in the preceding section. Until I discovered a faster way to deal with removing categories I was forced to do so one at a time in a two-step process. First select the item top be deleted [the right side X in the list window], and then move to the delete window to do so). Oh my aching wrist. I did find a quicker way of consecutive single item deletion, — hold down the option key while selecting. I could discover no way to batch delete my selecting multiple items.

Creating a New Category — I would have like to create a new top-level category called cooking methods by removing them from the existing *cookbooks* list. I have not been able to figure out how to do so. Why, I want to separate cooking methods from what I call cuisine specialties. (See *Adding/Changing Categories.)*

Conclusions and Recommendation

This software is easy to use. The database related language, recipe mangers are a data based product, is straightforward and easy to relate to.

If you'd like to add more recipes to CookWare Deluxe (unlimited numbers can be added,) additional recipes can found using only a couple clicks by using CWD's built-in Web Resource Helper. Mitch, it developer says, "Spend your time cooking recipes not searching and typing them." If you need to convert serving sizes or ounces to liters you can use the built-in conversion helper. I love ex-British empire sites and they're mostly metric these days. You can also send a recipe to your friends via e-mail with just a click. The built-in help especially useful, and the spell checkers, for two finger typists, makes CookWare Deluxe even easier for me to use.

You can print single recipes or a menu, even a small index for quick reference. Maybe you'd like to put your recipes into a three-ring binder; CookWare Deluxe prints tab-like descriptions for each recipe so you can easily find them. You can add details to a recipe such as a photo, notes and much more.

The ability to find a recipe in CookWare Deluxe is excellent. You can find a recipe by using any combination of recipe name, course, region, ingredient, rating and more. (That of course assumes you have added category tags to them. It's simple and fast!
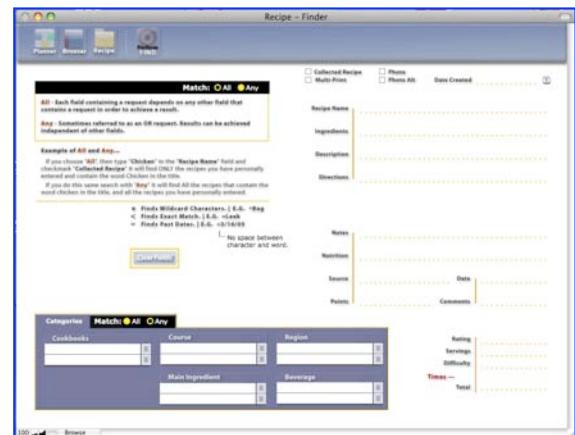
The under $40 product, the going rate for good easy to use recipe managers, is an acceptable price for any who want to abandon shoe boxes full of food spilled index cards or shelves full of books with no master index list of recipes in your dozens to hundreds or more cookbooks library. What is your time worth? How many hours will it take to find mother's polish onion-poppy seed crackers; wherever it's hidden.

Despite its ease of use and well-organized focused and complete help materials, Mitch at Digital Fried Chicken provides great customer service, answering question promptly and in a helpful manner. This is a great recipe management tool – try it — buy it! 4.5 macCs, why, because I'm a stingy grader who does believe in grading on a curve.

Appendices and Post Scripts

Sources of Master Cook Recipe Collections (These are the most interesting content rich sites I found when surfing.)

- Bill Wight's Food and Recipe Page http://home.earthlink.net/~wwwca/
- Nameless Site http://mc6help.tripod.com/RecipeLibrary/RecipeLibrary.htm
- Master Cook Site http://home.earthlink.net/~kitpath/MC/FormattedRecipes.htm
- MAD's Recipe Emporium http://www.madsrecipes.com/

If you find more good collections, send me a message at hbabad@maccompanion.com

Finale 2010 – Finale Music Notation Software

Reviewed by Robert L Pritchett

MakeMusic, Inc.
7615 Golden Triangle Drive
Suite M Eden Prairie
MN 55344-3848 USA
Tel: 952-937-9611 Fax: 952-937-9760
http://www.finalemusic.com/Finale/Default.aspx
Released: April 2009
$600 USD, Updates $120 USD
Demo: http://www.finalemusic.com/Finale/Demo.aspx

Requirements: Mac OS X 10.4 or later, 512MB RAM, 600 MB hard drive space, additional 2 GB for VST/AU sounds. Windows XP/Vista. MIDI interface, mic

Features: http://www.finalemusic.com/Finale/Features.aspx
Resources: http://www.finalemusic.com/Finale/Resources.aspx

Strengths: Mature program.

Weaknesses: None found.

Other Reviews:
http://www.maccompanion.com/macc/archives/September2007/Software/Finale.htm
http://www.musicradar.com/gear/all/computers-software/notation-software/finale-2010-214710/review
http://www.musicedmagic.com/music-notation/finale-2010-music-notation-software-review.html

Competitor: Sibelius

Introduction

Finale 2010 – the world's most powerful music notation software – lets you express your creativity and love of music. Compose, arrange, notate, and print engraver-quality sheet music.

Entering Notes From MIDI to your mouse, from scanning to Finale's exclusive MicNotator, no other software offers you more note entry options.

SmartMusic Support and Music Education Worksheets Exclusive SmartMusic support, over 300 customizable Music Education Worksheets, and Finale's Exercise Wizard are just a few of the many reasons Finale remains the first choice of music educators worldwide.

Linked Parts and other Timesavers Finale includes dozens of time-saving tools like Linked Parts, Multiple Page Editing, Band-in-a-Box Auto-harmonizing, ScoreMerger™, SmartFind and Paint.

Redesigned for 2010 Vast areas of Finale have been updated for 2010. From Percussion Notation and Chord Entry to Rehearsal Marks and Measure Numbering, common tasks have been automated and simplified to save you time and to easily make your music perfect.

World-Class Sounds More than 350 instrument sounds from the renowned makers of Garritan Personal Orchestra, 100+ sounds from Tapspace Virtual Drumline, AND the ability to add any VST/AU Instrument or Effect Plug-in means Finale offers the very best in playback.

Record/Import Audio Give arrangements authenticity and life with a real vocal or instrumental track. Only Finale lets you record or import a mono or stereo audio file to enhance playback.

What's New in Finale 2010

- Percussion Notation: we've simplified the process of getting notes on percussion staves to look--and playback--exactly the way you want them to.
- Automatic Rehearsal Marks: use a keystroke to enter rehearsal marks and Finale automatically sequences them correctly and dynamically updates them when you delete, insert, or move any rehearsal mark or measure.
- Music Education Worksheets: Finale now includes hundreds of ready-made, customizable, music education worksheets designed for K-12 students.
- Chords: Change or delete notes without changing your chords. Attach chords to measures--whether or not they contain notes or rests--and have the chords appear and playback correctly.
- Garritan sounds: Finale now includes more than 350 world-class instrument sounds from the makers of Garritan Personal Orchestra. Free new sounds include organ, a variety of electric guitars, five octaves of handbells, and a brush drum kit.
- Graphics Support: export as .JPEG and .PNG and import as .JPEG, .PNG, .BMP, and .GIF in addition to previously supported formats of .TIFF and .EPS.

- Broadway Copyist: inspired by the golden era of handwritten Broadway scores, the Broadway Copyist hand-written font offers a lighter, classic appearance.
- VST/AU Support and Updated Aria Player: Finale now supports all third-party VST/AU Instruments and Effects, providing users with unlimited sonic possibilities. Updated for Finale 2010, the Garritan Aria Player simplifies the process of changing MIDI channel assignments.
- Measure Numbers: control measure-number alignment, positioning, and fonts separately in your score and linked parts.
- Scanning Improvements and More: New Smartscore Lite scanning interface enables you to specify the instrumentation so that your staves will automatically be properly transposed and configured for playback. Also new are transparent selection handles, exporting lyrics to a word-processing document, and improved help documentation.

What I Learned

Musicians are a curious bunch. They get used to one system and they find it challenging to move to another, especially if it tends to be a bit complicated. We reviewed earlier versions of Finale, but this one seems to be about the best so far.

Here is what Chad Criswell had to say in *MusicEdMagic*;

> "The Finale music software, although by all rights a very mature, solid product, also had a few quirks that made certain tasks more of a chore than they were worth. On the top of the list for me was always percussion note entry. No matter how hard I tried I could never get Finale (or any other music notation software program for that matter) to enter the notes the way I wanted them in an easy to understand manner. The way that Finale 2010 solves this issue is almost genius in its simplicity. They have added text based tool tip style comments that change based on which line the note is being placed on. With this new percussion notation system there is no longer any doubt that the sound you intended is actually the sound that will play back. It is a very simple solution, but also one that makes the entire process of entering percussion notation so much easier.

> Finale music software has also traditionally had an issue with chord entry. Until Finale 2010 a user had to attach individual chords to notes, a process that was time consuming and also quite annoying. The newly improved chord entry system removes the need to attach chords to notes, instead the chord symbols function as independent entities that can be positioned in the measure in any way the composer sees fit. Moreover, entering in the chords is as simple as typing them in with letter keys.

> For music teachers the expanded selection of music education worksheets is a welcome addition, as is the inclusion of graphics support for all of the major image formats. Until Finale 2010, the Finale music software programs could only import TIFF and EPS files. Now JPG, GIF, PNG, and BMP files can be imported as well, allowing a teacher to add visuals and other images to their worksheets or musical scores.

Other improvements such as the introduction of smart rehearsal numbers are also quite welcome, making changes to the letters and numbers automatically as new marks are added or removed from the score."

I tried to get my dad to review this app, but he got his house replaced instead and didn't have time or inclination. He's "old school" and writes music by hand. He never mastered the earlier version of Finale because he said it was overly sophisticated.

Daphne Kalphon said she prefers Sibelius and is doing a review of that app instead.

Last time we reviewed this, some things didn't work on a Mac. They do now.

Conclusion

You have a choice, Finale or Sibelius. I'm more familiar with Finale. Daphne is more familiar with Sibelius. Do the demos and find out for yourself which works best for 2010.

FreeSync - simple software transfers iPod music and movies to Mac

Reviewed by Christina Phelan

sales-sky@iskysoft.com
Released: July 19, 2009
Download:
http://download.iskysoft.com/isky-freesync-intel.dmg
Free.
Requirements: Mac OS X 10.4 or later, 512 MB RAM,
Strengths: Recovers deleted iTunes libraries. Copies music and videos from iPods and iPhone to Macs.

Weaknesses: Icon issue.

Introduction

iSkysoft Freesync is a free application for Mac users to manage and backup iPod and iPhone files by transferring music and movies from your iPod or iPhone to your Mac, fast and easily. When you accidentally delete your iTunes Library, you can use this application to recover all your iPod or iPhone contents with a few clicks, saving you the trouble of downloading or repurchasing all your music and movies from iTunes store. Freesync is designed to provide Mac users easy solutions in situations like having a hard disc reformat, getting a new Mac, moving music or movies from on computer to another.

Transfer iPod and iPhone content to Mac, including MP4, M4V, MOV format videos and MP3, M4A format audios. Backup your iPod and iPhone music and videos on your Mac or a portable hard disc.

Support multiple iPods or iPhones connected to Mac simultaneously and working with all the music or movies display in iSkysoft Freesync.

Note: iSkysoft Freesync only reads data from iPod and iPhone, so it won't bring any damage to the original data in iPod and iPhone, or result in data lost.

What I Learned

Like many other people who have iPod, I use iTunes to sync content to it. And it's all right until my Mac crashed and my whole iTunes library was gone! There was no way I could copy iPod music and movies back to iTunes. I know that some third-party application can do this, and I tried this free program "FreeSync", an app developed by iSkysoft Studio.

The program automatically detects iPod and displays some info of it when you connect iPod to Mac, including capacity, available space, music, movies. I notice that it also supports iPhone, nice! It a pity that it doesn't support new iPhone 3GS and firmware updated OS 3.0.

The main interface of this program is simple and clear, so you don't need to read through the manual and you can use it like an old hand. To be honest, the interface is not stylish. It's weird that they have other icons, but you won't be able to use them. But it's OK, we don't wanna look for a gift horse in the mouth.
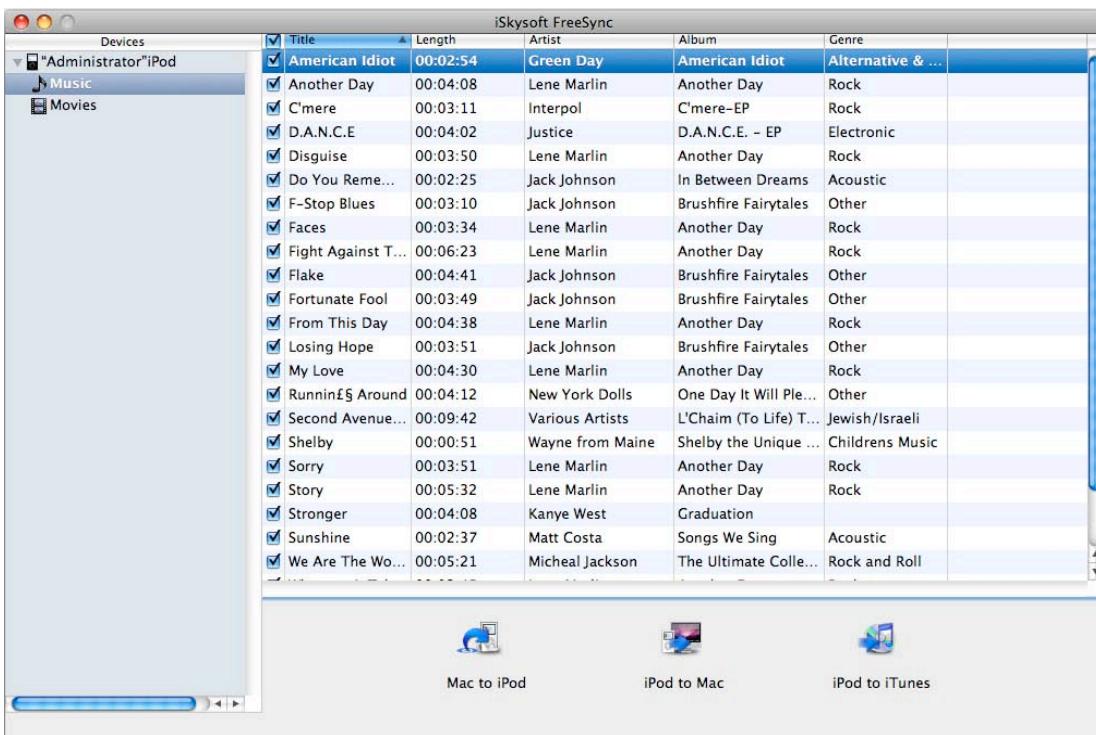
At first, I just tried to transfer about 25 songs, and it was done in a flash, really fast! Select the songs you wanted to transfer, and then click "iPod to Mac" icon and it starts transferring. A progress bar will show up during the archiving process. When the transferring is done, a dialogue will tell how many songs were transferred successfully and how many fails. I never failed to transfer my movies but did fail to transfer one song.

Conclusion

This program is very easy to use and it generally meets my needs, transferring my iPod music and movies to Mac conveniently. If this program has search function, that would be better. Sometimes I want to get access to some particular songs before transferring. All in all, I like it.

TheRecipeManager Version 3.1.3

One of the first and still the most powerful of the available Macintosh recipes managers

Reviewed by Harry {doc} Babad

TheDataManager, Inc.
http://www.therecipemanager.com/
No demo appears is available but the product comes with strong support and a guarantee.

Requirements: Mac OS 10.5 or later. Intel/PPC
Download Size: Ca 100 MB
Cost: $40 USD for a download or a boxed product, $45.71 CND, £25.47 UK, €24.93

Available for the Macintosh and PC (Windows Vista, XP and 2000) as a download or as a physical product. Family Packs for 3 or 5 for users with several computers and family are available.

Audience: Any and all dedicated recipe collectors who want to manager their growing or large existing recipe collections to optimize their usefulness.

For normal Collectors and avid cooks and recipe traders —

For collectors with large numbers of recipes to enter —

Strengths: Easy to personalize classifications schemes, extremely strong search engines, and the ability to export to either TTRM cookbooks or single recipes into email, as text, were outstanding. Features.

Weaknesses: I found, as an individual with a 26,000 recipe collection who might want to enter 1-2% of my favorites into TRM, the software was capable of meeting my needs, but alas it provided no silver bullet. A virtual secretary or intervention free batch processing would be nice… dream on Doc. My major discomfort was lack of spell checking. However being able to find hidden recipes by their characteristics overcome my aversion to redundant data entry.

Previous Reviews: TheRecipeManager 2.0 macC Review, by Harry (doc) Babad, December 2005, Volume 3 Issue 12

Sidebar #1: Reviews were carried out on my iMac 2.8 GHz Intel Core 2 Duo with 2 GB 667 MHz DDR2 SDRAM running Mac OS X version 10.5.8

Sidebar #2: **Disclaimer**: When briefly reviewing share-freeware I will often use the developer's product, functions and features descriptions. All other comments are strictly my own and based on testing. Why need I rewrite the developer's narratives, if they are clearly written?

Introduction Including Publisher's Summary

I have both previously reviewed, and at times beta tested earlier versions of TRM. I've worked with three members of the TRM development staff: Larry, Barcot, Kelly Burgess, and Jeff Eckert. They remain the most responsive folks of any team I've interacted with while testing software for macC. I also appreciate how; over the years responsively Louis Gorham answered my at times dumb questions. [Sometimes even great user guides don't help.]

I agree with the publisher's description "TheRecipeManager is an innovative, and obviously award winning software application that allows you to store all your recipes and search through them at any time. Ingredients, photos, instructions, nutritional information, and much more, are all accessible from one easy-to-use interface."

Although I did not need all of the goals which the developers sought to achieve in TRM, the seemed to have met one ones important to me — I paraphrase from the ReadMe file. Namely, (1) give people the ability to find anything they want in a recipe collection as quickly as possible; (2) allow people to input their own *individual* recipes rapidly and with *relative* ease; and less important to me (3) allow people to share their recipes. This was something I could not do with version 2.x, although my fellow macC reviewer and avid cook, tried – oh how we tried.
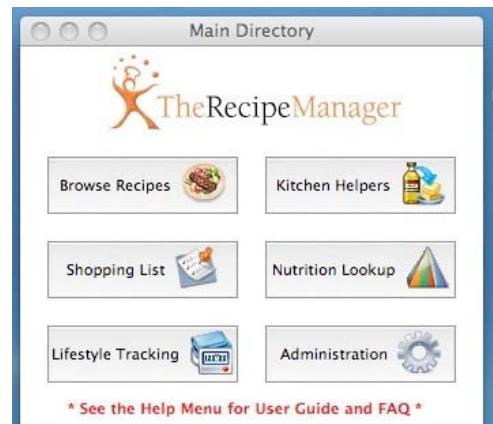
Getting Started

This is a well-developed Macintosh application. Drag it to your applications folder. Start using it in demo mode or type in a password. Decide which preference settings you prefer. Check out any readme files.

Specifically, installation is very straightforward - your CD-ROM (or downloaded disk image) contains a single installer package. Double-click the icon and follow the installation instructions. It's that simple. This application will work for everyone on your computer, with each different account user having his or her own recipe data. There is more about using TRM by multiple users of your computer in the ReadMe file.

If you're new to this kind of software, genre, check out one or more of the following:

- Check out the developers' home page and the accompanying FAQs for a quick overview of what the software can do.
- A Users Manual, often included in the vendor help files is worth reading, no, studying if you plan on being a heavy user with scads of recipes to import and share.
- Start to Mac-around and see what you get.
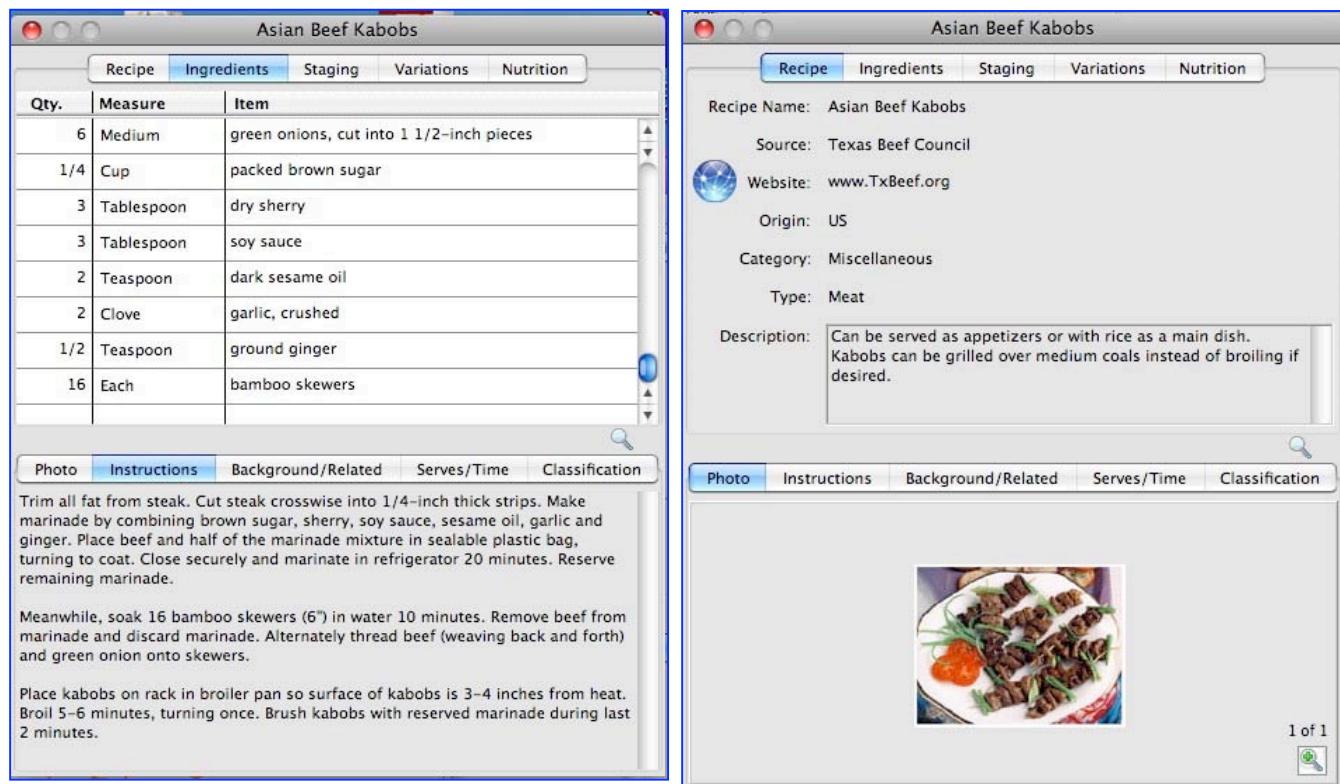
Figure: A sample of a TheRecipeManager Recipe in two views.

Installing TheRecipeManager from the download will start you out with a single cookbook, a data file named TheRecipeManager Recipe.ckbk that contains about 200 recipes. In your Applications >TheRecipeManager folder you'll find an "Additional Cookbooks" folder

containing several extra cookbooks. If you use a downloaded installer, you'll find these additional cookbooks available for downloading from our website. You can simply copy any or all of these extra cookbook files (their names also end with *.ckbk*) into the Cookbooks folder in your [User >Documents > TheRecipeManager User Data folder.] The next time you start TheRecipeManager, they'll be available in your cookbooks library. You can also easily import your TRM collection from version 2, but this may introduce a few duplicate recipes into you collection. I had previously added five of the 10 extra cookbooks into TRM version 2, so got more than my fair share of duplicates. More about fixing that that later.

There is also an easier way - if your copy of TheRecipeManager is running when you navigate to the Additional Cookbooks folder, you can simple drag those additional cookbooks to TheRecipeManager and drop them on the recipe browser list - they will automatically load themselves and be available for your immediate use.

As an aside, if you are installing from TRM CD you will find that there is both a Mac and Windows (XP / Vista) installer. No mater which platform you use there is no practical limit, except disk space, to the number of recipes you can and index.

Using the Software

I took two approaches toward testing this product. First, I attempted to import a test set of recipes from my own collection. Since I had already copied some of the earlier cooks books to TRM 2.0, those were migrated to my TRM 3.0 installed collection. Then I downloaded a few new (to me) recipe collection packs, installed them and browsed to see how these affected the browse, search and other software functions. The software comes with 200 high quality recipes.

In particular I was interested in the scope and flexibility of TRM's classifications creation system found under the administrator functions.

This includes the ease changing (adding or deleting individual listed items.) Classifying recipes makes it easier to group related recipes together and to create Menus. It is also an order of magnitude easier to find an individual or group of recipes by searching for its combined characteristics (label) including the main ingredients, cooking method and region or cookbook. These are like the chaptered headings and tabs in recipe books or boxes full of recipes.

> An analogy to searching with such tags {category-item} would be, using a music database for a 1,000+ CD collection, to find all the albums on which Paul Desmond plays Take the "A" Train. Alternatively, how may different versions {jazz, folk, blues, bluegrass) of the St James Infirmary Blues do I own.

Test Set for Testing Importing Capabilities — This test set included TRM imports from several of my favorite websites, imports from several PDF formatted recipes, and finally importing from my collection of MSW documents in rtf and doc formats. All recipes I used had images associated with them. Some of my recipes, in addition, had tips and background information

associated with them. [Since most of the tips are recipe associated, I did not attempt to add them to the [Main Directory > Kitchen Helpers > Tips] which is fortunate since there seem to be no easy to add an additional tip to the collection.

Although I usually combine cooking directions and tips into the same 'window' I prefer to keep background discussion found on many food blogs separate. TRM meets my needs. The next few sections summarize my experiences with the product.

Adding Individual Recipes— The publishers suggest, "Simply copy a recipe from your Web browser or Word Processor directly into TheRecipeManager, categorize it and you're finished!" There were three ways to do so. Detailed manual entry, one I would use if typing a handwritten recipe for the first time. The other were extremely useful when working with any text enable material (website, PDF or MSW document.

> As part of normal collecting, I gather up recipes from OCR'd book pages, downloaded as a PDF from a website, accumulating up home created MSW documents or by grabbing (drag and drop) recipes directly from a website into a text or word processor. I then enrich the recipes, as needed, by finding a representative image to add to the recipe. Therefore ease of recipe addition was the first thing I tested. Adding items to TRM couldn't be that easy, could it?

Yep, it took less than 2 to 5 minutes to manually add a recipe's details from a document or website, and tag it with appropriate Classify specific tags. The time depended directly on the number of ingredients the recipe used. [TRM Menu > Recipes > New Recipe (-N).]

TheRecipeManager

1,123 of 1,123 in 12 cookbooks

Search by Name

Recipe Name	Category	Type
Adobo Marinade	Marinades & Rubs	Meat
Aegean Island Ham Sandwich	Sandwich	Meat
After-Work Beef Pot Roast Dinner	Entree	Meat
Afternoon Apple Snacks	Dessert	Fruit
Alaska Caper Butter Sauce	Sauces	Seafood
Alaska Drawn Butter Sauce	Sauces	Seafood
Alaska Halibut Royale	Entree	Seafood
Alaskan Oyster Fry	Appetizer	Seafood
All American Pork Baby Back Ribs	Entree	Meat
All-Star Pork Meatballs	Entree	Meat
Almond Pork Tenderloin Skillet	Entree	Meat
Almond Rice	Side Dish	Pasta &
Almond-Stuffed Pork Chops	Entree	Meat
Amelia's Italian Pork Pita Pockets	Entree	Meat
American Pork Barbecue	Entree	Meat
Americas Cut Mushroom	Sauces	Gravies
Americas Favorite Pork Chops	Entree	Meat
Angels on Horseback	Starters	Seafood
Anytime Apple Carrot Muffins	Dessert	Fruit
Appetizer Fruit Cocktail	Appetizer	Fruit
Appetizer Meatballs	Appetizer	Meat
Appetizer Meatballs	Appetizer	Meat
Apple & Spice Pork Roast	Entree	Meat
Apple and Dried-Cherry Chutney	Sauces	Fruit
Apple and Lemon Custard Tart	Dessert	Fruit
Apple and Tomato Chutney	Chutneys	Fruit
Apple and Wilted Lettuce Salad	Salad	Fruit
Apple Beet Salad	Salad	Fruit
Apple Blue Cheese Slaw	Salad	Fruit
Apple Bran Bars	Dessert	Fruit
Apple Brandy Custard Tart	Dessert	Fruit
Apple Bread Pudding	Dessert	Fruit
Apple Bread Pudding with Almonds and Dri...	Dessert	Fruit
Apple Butter	Sauces	Fruit
Apple Buttermilk Bread	Breads	Fruit
Apple Buttermilk Cake	Dessert	Fruit

Recipe | Ingredients | Staging | Variations | Nutrition

Recipe Name:
Source:
Website:
Origin:
Category:
Type:
Description:

Photo | Instructions | Background/Related | Serves/Time | Classification

- 30 mins. or less
- Apple
- Barbecue
- Beans (Legumes)
- Beef
- Berry
- Bread, Vegetable & Herb
- Bread-Bakers Mailing List

Adding a new recipe to TheRecipeManager v2 Recipes

After all, the source material is text, sort of, or behaves like text when doing a cut and paste operation. However, inserting a long 20-30-item list of ingredients is especially painful to a type A personality like me. In the *New Recipe Mode* TRM does not directly allow you to cut and paste a full ingredients line either in groups or one at a time. (E.g., 2 pounds brussels sprouts, washed thoroughly) takes three steps to add the quantity, measure and item description for each ingredient. .

Gratifyingly, the developer has provided two alternative solutions, which I describe below. They are using a copy of a recipe copied to the OS's clipboard to insert a complete *virtual* recipe, sans image, in a working temporary TRM file. By following instructions you create an in situ template that that TRM can accept by defining the various recipe components (e.g., background, source, website, ingredients, instructions, some classifications).

The result gets added to your selected cookbook, and is now a part of the collection. Add an image, establish more detailed classifications and there you are. This worked quire well and it reduced recipe entry tome to less than 2 minutes for even the most complex recipes.

I found adding a recipe to TRM using the clipboard method absolutely easy. Why? All my recipes are laid out in a manner that is relatively consistent with the way the software deals with recipes. Later on, after the article goes to my publisher, I fool around with adding two or more recipes to TRM simultaneously. Hey, I'm on a roll! Even one at a time is fast enough.

Adding Recipes via the Create Template Import Function — The second used an actual template form, which you fill in with recipe details in accords punctuation and letter limit requirements. Once again, add an image if you like, set classifications and the recipe integrates into your collection. As I discuss below, I had trouble with this mode. The guys at TRM are checking out why, as this review goes to press. When I know how I glitched the template, I figure out which method, clipboard, or template works best for growing my TRM collection. No matter, I've already entered the recipe by using the clipboard method.

TRM provides you with a Create Template Tool. [TRM > File Menu > Create Import Template] This functionality eliminates some of the typing tedium. For example in a 5-ingredient recipe, you would many have to enter 15 items into the ingredients window, tabbing to get from one field to another (e.g., the quantity, measure and ingredient names are separately input. This is okay for adding a few recipes at a time, but grows old quickly when needing to enter a dozen recipes, for a gourmet dinner party.

Folks, I've at least 500+ recipes in my finder-folders based 26,000-recipe collection I'd love to access via TRM. More if it was that easy.
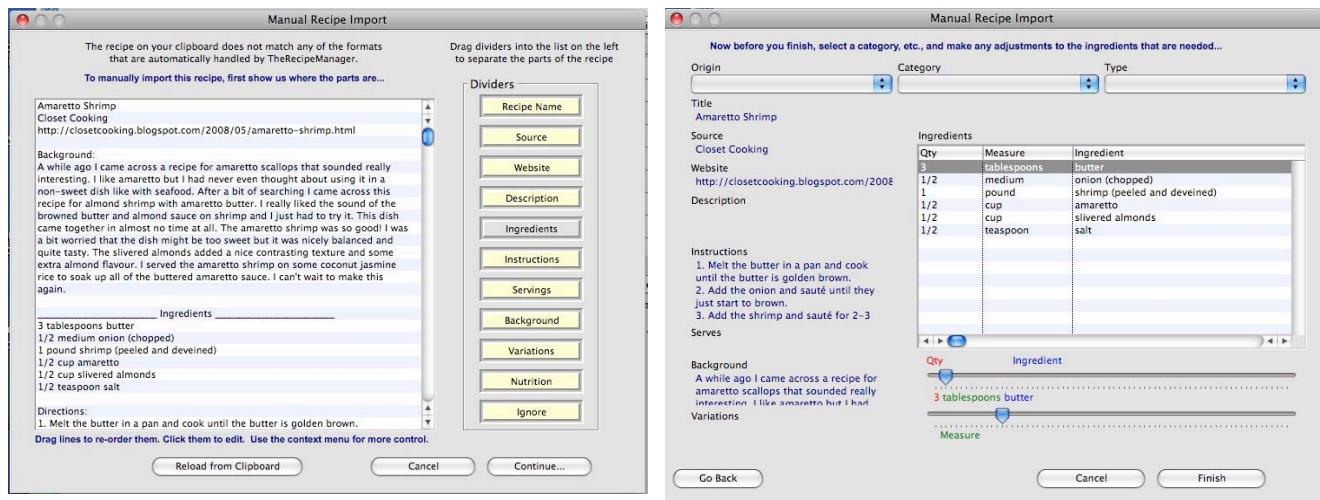
Figure – Note the sliders used to adjust the ingredients to fit in their column (quantity, measure and Item description).

Wow, makes adding recipes really easy. You can cut and paste recipes components from your Internet browser, a PDF file in Acrobat Pro) or word processor into the template in a stepwise manner, and add it to your collection. In TRM, then classify it for easy search, add a picture - you're done.

Adding Pictures to Recipes — This is ant easy thing to do if you have a jpeg file available. Just copy the image onto the Finder's clipboard and paste it into the images(s) filed. One, picture, two… no matter. You can track parts of the whole cooking procedure if you want to create a how to do it for your less experienced friends. On the negative side dropping and dragging an image, which works in MSW from Google images, or copying it from a PDF does nothing. No image is transferred to TRM.

Adding/Changing/Relocating Categories —One tool that makes searching a large collection easier is the ability to label Categories, called classifications by TRM, with recipe specific tags information. TRM comes with four predefined categories (Classifications): categories, types, origins and classifications (e.g. ingredients and more). Of these, I found the *main ingredients (e.g., classifications) and* origins the most useful. I've added literally dozens of items to these listings.
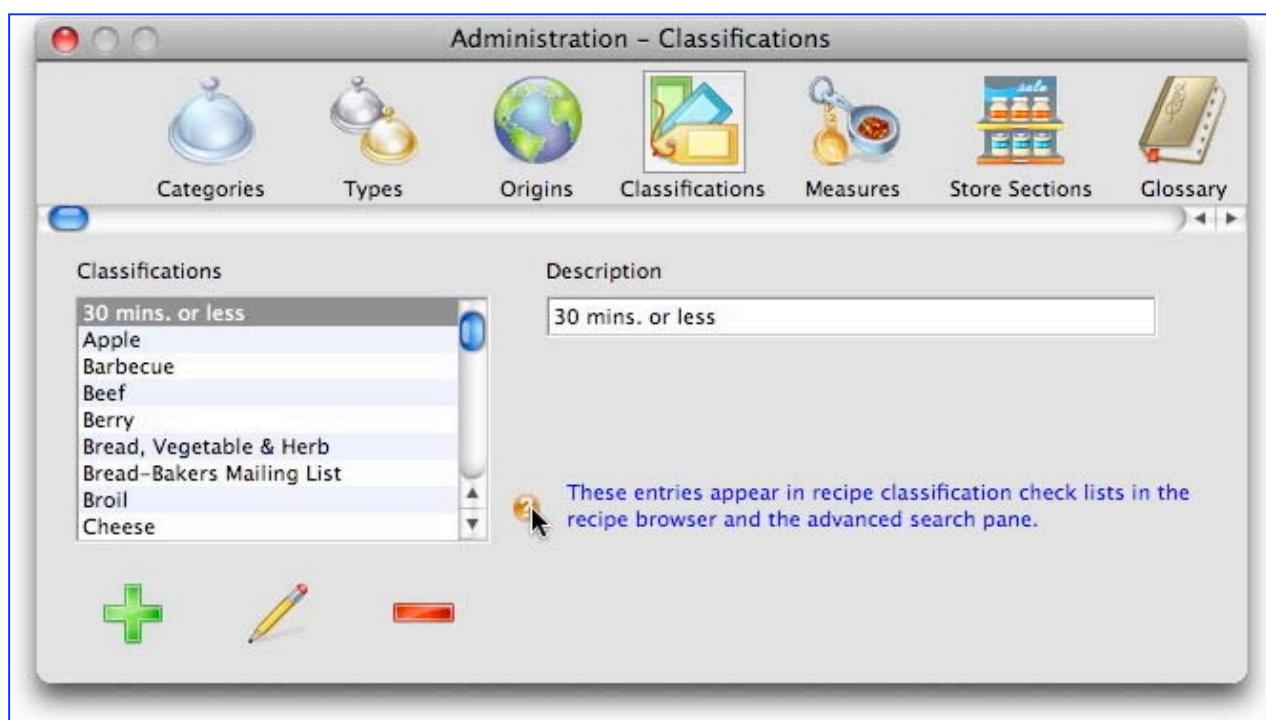
When you add or modify a recipe the entire list of classifications is available to you for additional checking as you may require. When you are in browse mode, the only classifications displayed for a recipe are those that have been checked.

Make no mistake, these missing tabs or those mismatches between an item and its tag location in which it is listed can be easily fixed to meet my picky standards. Select the 'Administration' option from the 'View' menu. This will open the Administration window. On the Administration window you will see a range of areas that you can customize. Select the 'Classification' button and on the right hand side you will see a list of the current classifications. From here you can use the buttons at the bottom of the window to add, modify and remove items.

Well almost. If you correct the Classify set in TRW into which you've added lots of recipes, you must manually, yes one at a time, redesignate (select and check) the specific classification item (search tag) in each affected recipe. {Note, I'm still bugged by one semantics' element. Guys, you use the term classification to mean both the listed focus groups (which I call categories,) as well as the individual listed sub-tier items which are of course item lists. And then again, you actually have a listing called categories (meal or function description.) Okay, a rose by any other name… but there's got to be better semantics.

Importing TRM Formatted Recipes Collections — Importing TRM Cookbooks — No time to enter your favorite recipes into TRM? The developers make at least 9 other cookbooks available, free, for your use. They may not be exactly what your mother or grandfather cooked but are well excellent starts for cooking for any meal or occasion. The software also has a built in template that recognizes both Master Cooks formats, collection of which are available on the web.

Simply download a recipe collection of your choice and import delicious recipes into your favorite recipe book. The downloads contain over 200 high quality recipes, which not only get you into high gear as a collector, but actually provide examples around which you can learn to use and navigate around in TRM. < http://www.therecipemanager.com/>, then click cookbooks in the left hand column.

Annotated Selected Other Key Features List (In part taken from the publishers web pages and Users Manual)

- Simple and attractive but slightly busy user Interface that after a few tries becomes second nature to you.
- The software auto saves your inputs as you work, as do all professional database managers.
- User definable Categories Tags lists — There are no, alas ways to add a new classification, which I'd prefer.

- Quickly finds recipes by using either broad general category such as: Name, photo available, and cookbook if you know that information. Better yet, use the advanced search features. Since I have collected scads of recipes, I prefer to use the more focused administrative classifications with which I tagged a recipe. [E.g., categories (which meal or meal function), types of recipe (chutney, sandwich, salad, soup). In addition, you can label the country or regions of a recipe's origin, and add to and use the more general 'classifications' listing (principal Ingredient holiday, diet, and cooking method).]
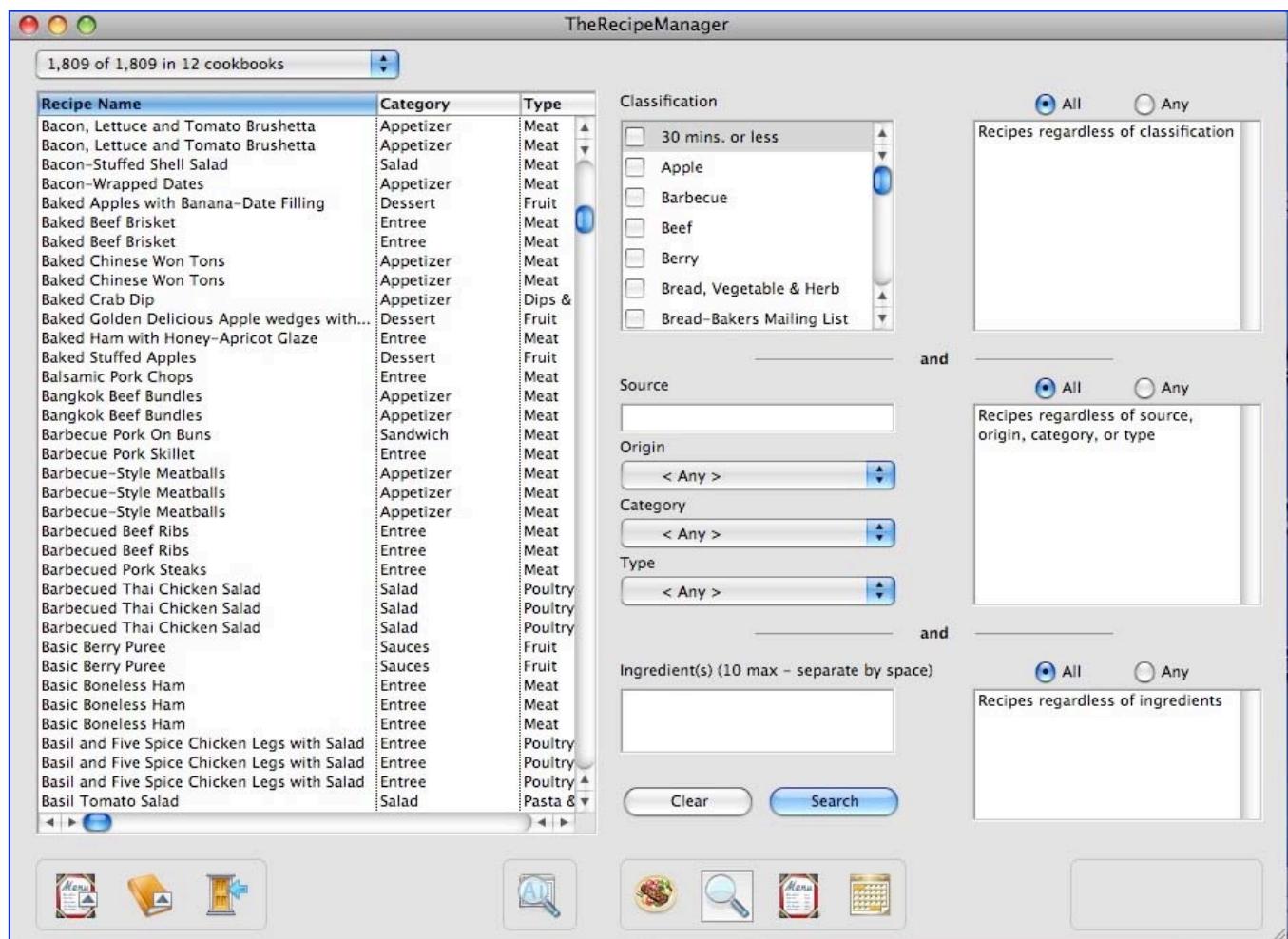
- A Unique New Recipe Photo (Plus) Browser Window. The new window allows you to review all your recipes simply by scrolling through images that have been attached to various recipes. You can quickly review the images by name, Classify or type. If you see a recipe that you want to know more about, you can quickly jump to all of the info of any recipe you choose
- Extensive Kitchen Helpers and a Nutritional information lookup files

- Easily Backs-Up your entire recipes collection [TRM > File > Back Up My Data]. I do this to a thumb drive after each detailed recipe entry session. I also backup my entire hard drive, as bootable volumes, to external hard drives.
- Print a single or multiple recipes or a whole menu.

Items I Don't Need or Use… But many of you will *love* them —
- View multiple recipes at once. The software allows you to 'tear off' multiple recipes so you can view all the details of several different dishes at one time. I use this feature occasionally to allow rapid transfer of common ingredients from an existing to a new recipe.
- Ingredient insertion autofill shortcuts (I seldom use this feature, preferring drag and drop or cut and paste operations. There's less for me to remember.
- Ingredient shortcuts for phrases you use regularly. This is TRM's *Text Expander* like feature.
- Store and Add video content to your recipes, demonstrating how to prepare ingredients.
- Graphically view the nutritional makeup of your recipes as line, bar and pie graphs
- Lifestyle tracking — Track your health. Enter and monitor, your weight, blood pressure, blood sugar, exercise performed, food intake and create graphs so you can watch trends over time.
- Health Related Print Capabilities — Default print templates that will allow you to print your Food Intake information three different ways now. You will also find you have more control over what is included in those printouts

Kudos

Users Manual — The well-drafted 60-page Users Guide provided, up from 33 pages in version 2.x as a searchable PDF format. It answered all of my questions, so this time I almost did not have to rely on the clear and timely support offered by the developers. The two page FAQ is also both well written and helpful.

Creating Cookbooks — Create multiple independent cookbooks. Search multiple separate cookbooks and create and schedule meals from different cookbooks. Highlight your favorite recipes, create a new cookbook and email it to your friends and family members, sharing your cooking treasures. Of course they must be using TRM. [See: http://www.therecipemanager.com/TRM_Help/OSX/Cookbooks/Cookbooks.htm/

Publisher's Responsiveness to Questions — As always I push software, at times beyond what it feature set seems to allow. The folks at TRM were extremely responsive to my questions on some of the more advanced featured work, and enable me to either replicate them or create a work around that met my needs. Guys, thank you.

Discomforts

Absence of Effective Drop and Drag – Unlike other recipe managers I could not use the ubiquitous drop and drag method to transfer text from any of the formats/locations in which recipes are available my hard drive or the Internet. I usually download recipes to PDFs or create them in MSW word from a scanned paper copy or even one typed afresh from an old handwritten index card. I don't know if this limitation is unique to Omnis, but I do know it works with any FileMaker based recipe manager or for that matter my collection of FMP databases.

Limitations of the Edit Functions — Neither copy/paste nor cut and paste from the finder or any source document I tested, worked to allow me to add items *as a group* to the *administration function categories*. Since I had complete list for the various recipe classifications I use, namely a data dictionary. Being able to copy items would have not only saved me time, but also prevented spelling mistakes – I type poorly with two fingers. However I could easily copy information from an external recipe into the *instructions* window depending on the import or edit mode used.

Who Ate the Spell Checker — No spelling checker, and not even Spell Catcher X [SCX] worked with the product. Why, there was no way I could get selected into the SC clipboard. Neither selecting a text section, say I n an instruction window or using TRM copy feature made the text available to the program. I don't know if this limitation is unique to Omnis or an omission on the developers' part. If most people spell as badly as I do, when typing they share my sorrow. I would be ashamed to send anyone an unspellchecked cookbook. Sharing cookbooks is one of TRM most powerful feature, why encumber them with spelling mistakes made while entering information into a recipe or classification?

Conclusions and Recommendation

TRM 3.0 is one of the very few recipe software package that lives up to the claim that it makes it easy to add and organize *all* my recipes in one place.

 Its powerful search capabilities make it a trivial task to find just the right recipe quickly, based on single or multiple criteria. Although the publisher touts its cookbook creation features, I don't trade cook books, only my 3 DVD recipes collection set, 26,000 recipes not counting my collection of eCookbooks all organized in nested folders linked by alias'.

I without hesitation give this fine, attractively priced product— 4.5 macCs for normal collectors and avid cooks and recipe traders However, for collectors with large numbers of recipes to enter who spell as badly as I do, also only 4.0 macCs. This may nor be completely fair since it relatively easy, but adds time, to copy a typed source-based recipe first into MS Word, spell check it and then use TRM's clipboard or template mode to add it to a collection. But, I even misspell classification information so…

Although there is no demo mode available, the support and developer guarantees make it a sound investment.

Appendices and Post Scripts

Upgrade Path — It really is available at the second page of the buy pages. When you enter the buy page, you will not see an *upgrade* selection, you will only see a TheRecipeManager item and 2 items relating to Friends and Family Packs. If you want to purchase an upgrade from version 1.x or 2.x, simply enter a '1' in the Quantity field for TheRecipeManager and click on the 'continue' button near the bottom. On the next page that appears you will see a 'Coupon/Promotional Code' field - if you enter a valid registration code (remember to include the dashes) from version 1.x or 2.x you will automatically receive the upgrade price of $15 - your discounted price will be displayed on the checkout page.

Powerful Multiple Users Preferences Support — The individual user preferences, for multiple user configurations, tracks where your recipe data is and what locations windows were in the last time you closed them. Some windows (like the Cooking View) allow you to make the font size smaller or larger, column widths wider or narrower and arrange how the ingredients and instructions are displayed. The preferences track that information and more for you as well.

If you ever want to go back to default settings, just throw away your preferences file (Go to: User > Library > Preferences > TheRecipeManager v3 Prefs) - a new one will be created the next time you open the application.

Sibelius 6

Reviewed by Daphne Kalfon

888-4-SIBELIUS toll-free 24 hours a day
email: infoUSA@sibelius.com
2001 Juniperio Serra Blvd, Suite 200
Daly City, CA 94014

Released: May 2009.
$599 USD
Requirements: Mac OS X 10.4.9 or later. 512MB RAM, 550MB hard disk space, DVD-ROM drive.

Strengths: Sibelius contains new features that you would be hard pressed to find anywhere else, such as Magnetic Layout, Versions, ReWire support, and SibeliusMusic.com which allows to you earn an income from electronic sales of your scores around the world, or to just share and exchange scores with others.

Weaknesses: None found.

Introduction

This is the link to download the Sibelius 6 demo, which lets you try out most of the new features in the software. It includes sample scores and a user guide. From this link, you can also take a tour of the new features or read about what's new:

http://www.sibelius.com/cgi-bin/download/get.pl?com=sh&prod=sibdemo
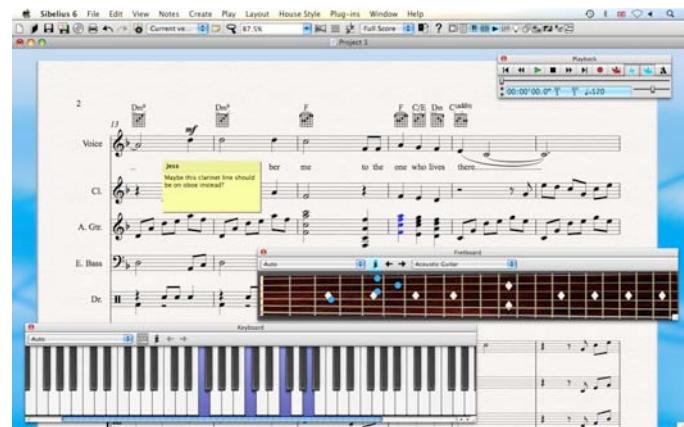
For documentation, Sibelius comes with the "What's New" Sibelius Handbook and the detailed Sibelius Reference, both as pdfs within Sibelius under the "documentation" sub-menu of the Help menu.

Installation was quick and straightforward and even more so now because the new Sibelius Player is included with the program.

New Features

As a Sibelius 5 user, I was mainly interested in checking out the new features of Sibelius 6:

Magnetic Layout
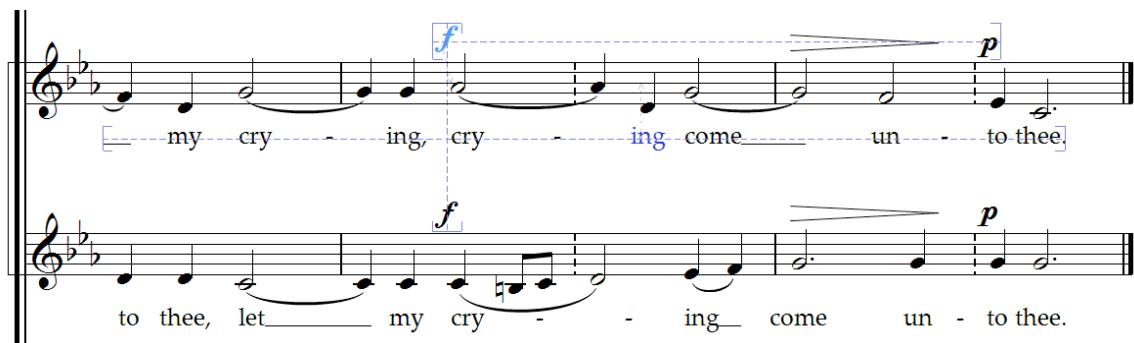
I love magnetic layout. Everything is automatically (or should I say auto-magically) readjusted as you move things around in your score. Dynamic markings, lyrics, rehearsal marks, crescendos and all kind of other symbols are moved accordingly as you make changes in your score thus avoiding awkward placements and collisions. This saves a lot of time from having to make those kind of adjustments manually yourself as you write your music.

Slurs/phrase marks, which were always difficult to readjust and reshape after making changes to your music, work great now, and can be easily reshaped by dragging from the various access points along the phrase line to get it perfectly and easily positioned over the desired notes.

Playback

The Sibelius Sounds Essentials sound library is included with Sibelius and now includes more sounds each from Garritan Personal Orchestra, Garritan Jazz and Big Band, Garritan Concert and Marching Band, Sibelius Sounds Choral and Tapspace Virtual Drumline. These sounds now play back through the built-in Sibelius Player as Sibelius no longer uses the Kontakt Player 2. I tried out many of these sounds and found the quality to be good.

Mixer interface and navigation make it easy to switch between the different libraries, for example between GPO and JABB, depending what kind of sound you would like to have for,

say, trumpets. The mixer contains new controls for various instruments that may require it, such as EQ for guitar, electric bass and drums, intonation and timbre for brass and woodwind, distortion for guitar, and tremolo speed for vibes and electric keyboards, and each staff strip now contains controls for reverb and chorus. I tried out several of these and they seem to work quite well.

ReWire support

Though I haven't tried it myself, thanks to ReWire, Sibelius can now be used in conjunction with Digital Audio Workstations such as Protools, Cubase, Logic, GarageBand and more. The two programs will run in sync with each other, which means that now you can integrate any audio tracks into your Sibelius project or augment your audio project with tracks created in Sibelius.

Live Tempo

Live Tempo, another new feature, worked just great in a test score I created for jazz ensemble. Following the easy instructions in the manual, I started tapping a key on my laptop keyboard, and the score started to play back at that tempo. Any subsequent changes I made to how fast or slow I tapped that key, were immediately followed. Upon playback, all tempo changes I had tapped in had been recorded and any awkwardness in the music that I heard during tapping had now been smoothed out. This is a great tool for when you want a have a more nuanced, realistic performance. You can adjust how much nuance you would like with Live Playback.

Versions

Versions is another great new tool. Sibelius keeps track of the various versions of a project that you have created over time, and each time you close a project you've been working on, a default window comes up reminding you to create a new version of what you've been working on. In addition to providing a version number which includes the date and time created (this information can be changed to whatever you like), the default window also has a spot for you to write in some comments as well.

Keyboard and fretboard windows
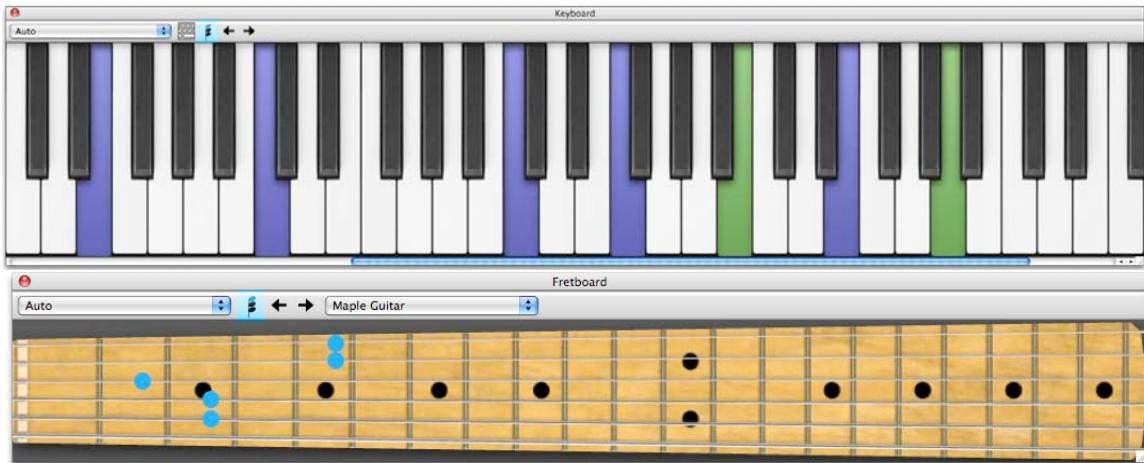
Sibelius now boasts resizable piano keyboard and guitar fretboard windows, from which you can enter notes or chords by clicking on the keys or frets, or if you prefer, you can enter notes via your computer's QWERTY keypad. I've tried both and they work just fine.

When you choose chord mode on the piano keyboard, you can enter chords of as many notes as you need, and if you choose QWERTY input, I found that I can enter up to 6-note chords at a time – pretty impressive!

I also tried plugging in a small USB controller keyboard to see how it would work in Sibelius and it worked instantly and without any problems. This device can be used for note entry of any instrument sound that you are using to create your musical work.

Now that I've made the switch to a new Mac laptop (13" MacBook Pro), as I'm sure many Sibelius users are also doing for mobility and convenience, I was concerned that I may no longer be able to use my preferred method of note entry, which is by way of the numeric keypad. This method allows me to choose between the various kinds of note lengths (sixteenth, quarter, eighth, etc.). But a quick search in the reference manual and I found it in the Preferences file menu: choose "menus and shortcuts" and choose the "Notebook/laptop" option.

Chord Symbols

Chord symbols, another new feature, is easy to use and you don't need to know all the symbols. Just type in your chord name using the standard suffix elements (these are listed in the manual) and Sibelius will recognize it and automatically create whatever special symbols are needed for that chord. Both the text chord symbols and guitar chord diagrams look very good on the score.

Wrapping Up

If you've been using Sibelius 5 you'll find it easy to just pick up where you left off when you start using Sibelius 6 but users of earlier versions may need a little more time. All changes, improvements and fixes in Sibelius 6 are listed and explained in the "What's New" pdf.

I highly recommend this software to anyone who is writing or dealing with any types of music scores, whether you are a beginner, a music education teacher, copyist, publisher, film composer, arranger, or industry professional. Music educators can learn more about the network version of Sibelius here:

http://www.sibelius.com/products/sibeliusedu/6/classroom_control.html

Word Counter 2.10

Counts the words entered into a text field
Reviewed by Harry {doc} Babad

Supermagnus Software

David Hanauer — Supermagnus Software
http://www.supermagnus.com/mac/Word_Counter/index.html

System Requirements: Mac OS X 10.5 or later; Intel/PCC, xx MB Hard Drive Space; Other.
Release Date: Download Size
Cost: Donationware — Do It, it's a great product.

Strengths: Just the tool I needed to meet all my editor's requirements and to help simplify my purple prose.

Weaknesses: Not worthy of note.

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> Sidebar #1: Reviews were carried out on my iMac 2.8 GHz Intel Core 2 Duo with 2 GB 667 MHz DDR2 SDRAM running Mac OS X version 10.5.7

> Sidebar #2: **Disclaimer**: When briefly reviewing share-freeware I will often use the developer's product, functions and features descriptions. All other comments are strictly my own and based on testing. Why need I rewrite the developer's narratives, if they are clearly written?

Introduction Including Publisher's Summary

So why should you want to count words. If you twitter, you character is limited --- Ups your use of characters is limited. Letters to the editor always contain space limitations as to articles for other print publications you might write. Too often, for a verbose type like me, Internet comment blocks also often limit your input.

After all, who has the time to read our purple prose. …I've been told word limits impose discipline, but like crating Haiku, the lesson has never taken. So like the nail that cost the kingdom, as long as I want to post my tuned thoughts under word constrained circumstances {word limits} I need a tool.

Manual counting is a drag, and just when my prose seem just right, the web page gives me a Bronx cheer: you know brrrrratzzzz!

That why stumbling onto Word Counter, MacUpdate, appealed to my curiosity. As noted by its developer, David Hanauer, Word Counter is an application that performs a word count and a character count and more.

Getting Started

This is a well-developed Macintosh application. Drag it to your applications folder. Start using it in demo mode or type in a password. Decide which preference settings you prefer. Check out any readme files. You're good to go. If you're new to this kind of software genre, not even using the properties check in your present word processor, check out one or more of the following:

- A Getting Started File
- A Users Manual, often included in the vendor help files
- Start to Mac-around and see what you get.

This of course assumes you care about word count, redundancy, FOG index or readability. If not, skip the rest of this article.

Using the Software

Beyond checking your word count and character count the product can also help assist you in meeting writing related goals whether they be imposed by an editor or self created. It can be used independently or in conjunction with other applications such as TextEdit, Microsoft Word, Pages, TextWrangler, and others, as well as with any application whose words can be exported to either txt or rtf.

Word Counter also can automatically update the count based on a user-defined time interval. It can show the progress achieved towards a set goal for the total number of words and characters. Hurrah – take that — you sadistic editorial page Gestapo at my local paper!

To begin with I did a word count on short and medium size documents originally created in MSW, Adobe Acrobat Pro, and formatted as Rich Text Format (RTF) I also checked out text exported from VoodooPad and DEVONthink.

My Real Tests — I decided it might be interesting to check my co-authored purple prose against President Lincoln's Gettysburg address, downloading the later from the Internet. It was one of item I had to memorize in elementary school, and was shorter the Hamlet's soliloquy.

In addition, having helped write a high school student-level text book aimed on explaining the wonders of things nuclear, it was time to check whether we succeeded. So the other half of my test was checking the preface {2 pages with images and tables) and first chapter Why Nuclear (13 pages) from "Nuclear is Hot" which I reference at the end of this article.

My Word Counter Learning Curve — My problem, at least initially with the product, using it *cold turkey*, was learning how to do more than a simple word count. After counting a document, I checked all of Word Counter's menu items looking for something that would provide me with the promised additional information about my document. *Well, I checked almost all the menu items.* What I did not check were the items listed under [Word Counter > Menu > Window.]
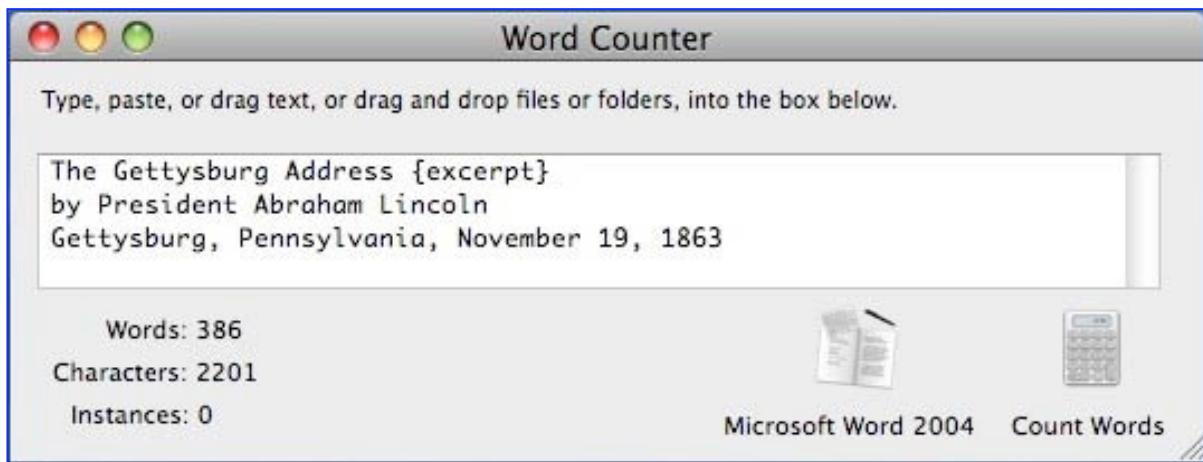
Why, hmmm, assumptions… because that is the place on a menubar where open windows hide and I had only one Word Counter document open. So, in desperation, well not really Watson – just an obvious Holmesian choice… I read the about file. I'll summarize what I found below for your enlightenment.

To access features and gain information, other than simple count you need to perform two operations. In order to use the frequency or other options option the document to be summarized or analyzed must be open in either the main Word Counter window or in a TextEdit window (depending on the current data source for the action).

First, obviously so, you must count a document in Word Counter. Word Counter imports your selection or whole document into its main window. Then it the Windows Menu you Item!

For example to analyze a word frequency count, The Word Frequency window can be accessed from the main menu [Word Counter > Window > Word Frequency.] Similarly, you can access Readability Statistics by seeking further down on the Windows dropdown menu.

Press the Count or calculate button to begin the analysis.

For Counting Word Frequency — Once the count is complete, Word Counter, for frequency, will display every word that appears in the document as well as how many times each word appears and how long each word is. Columns can be sorted by clicking on the column name/column header. This can be useful if you want to know how many words longer than 10 characters you are using, or to see if your choice of words may be repetitive.

I've attached, as illustration below, the statistics from nuclear is hot, working from the final published PDF draft. You do know that when using a PDF as a counting source Word counter eliminates all images, leaving spaces where the occurred. But it left the figure captions so I deleted them before doing my count — the copied material is after all, a standard, like TextEdit, text-processing window!

Preface

Average Sentence Length	88.8		
Average Words Per Sentence	18.2		
Long Words (7 or more characters)	186	Flesch Reading Ease Score	47
Short Words (3 or fewer characters)	257	Flesch Reading Ease	Difficult
Syllables	1090	Flesch Reading Ease Grade Level	13 to 16 (College)
Monosyllabic Words	370	Flesch–Kincaid Grade Level	11.2
Polysyllabic Words (3 or more syllables)	121	Flesch–Kincaid Reading Age	16.2

Chapter 1

Sentences	203		
Average Word Length	4.9	Flesch Reading Ease Score	43
Average Sentence Length	106.7	Flesch Reading Ease	Difficult
Average Words Per Sentence	21.8	Flesch Reading Ease Grade Level	13 to 16 (College)
Long Words (7 or more characters)	1228	Flesch–Kincaid Grade Level	12.7
Short Words (3 or fewer characters)	1656	Flesch–Kincaid Reading Age	17.7
Syllables	7423		
Monosyllabic Words	2501		
Polysyllabic Words (3 or more syllables)	859		

Eat your Heart Out My Purple Prose is Meaner than Yours — For those of you who want to know more about readability tools, specifically the using the well-known Flesch-Kincaid readability formula and others first take a read at the Supermagnus web sites description called "About Word Counter. It's almost a manual, with richness usually unheard of in either shareware or commercial software; let along donorware.

http://www.supermagnus.com/mac/Word_Counter/index.html/.

Then checkout the Wikipedia article about the Flesch-Kincaid readability test. Another favorite of mine is the Gunning fog index, again available in Wikipedia.

You can take advantage of Word Counter's ability to provide various statistical measures to help judge the readability of text. As you can see in my analysis and counting illustration, it's a long-long list.

Dear talented David, how about, in your next update, create just one more teeny-weeny preference pane that lets me pick which analysis items I want to display 44 items is a bit too much for my instantaneous needs. If I don't like my initial selection, it's a preference; I can always change them to meet an alternative statistical analysis readability criterion.

Hey its okay, every tech editor I've worked with has accused me of having my head in a *fog* when writing, despite the fact that I often got kudos from my managers/publishers/reviewers *after* having my purple prose professionally fixed.

Annotated Selected Key Features List
The three most out standing features of this fine product are:

Counting Words & Characters in a Wide Array of File Types — Word Counter can handle widely diverse but common file types including plain text (txt, text), rich text (rtf, rtfd), Hypertext Markup Language (htm, html), Microsoft Word (doc). It also easily deals with Microsoft Word XML (wordml), Apple's web archive (webarchive), the Adobe Portable Document Format (pdf), and others. Therefore I don't have to dump, paste and cut, what I'm writing into text edit or worse compose in that application.

Helps you Meet Annoying Word Limits — This program will prove useful for writing an abstract, article, manuscript or other document with a strict limit on the number of words or characters allowed.

Bulk Searches of Folders Full of Draft Book Chapters — In addition to its other features, Word Counter can perform bulk counts on multiple files and folders simply by dropping them onto the window. Word Counter can also count the number of times a particular word appears in a document. It can even create a sortable summary table of all words in the document, with the number of times each word appears and the length of each word. Last month I reviewed WordDumpCM 1.0.5 - *A tool for simply extracting and counting the number of words in a document,* which had some comparable features. Indeed it was a junior subset, as it were, to Word Counter. *See MacCompanion,* Volume 8, Issue 7 July 2009, pages 86 to 90.

<u>*Progress Tracker Another Feature*</u> — Using the Progress Tracker feature you can set a goal for the total number of words or characters you wish to type. Word Counter will then display the progress towards that goal in the small, floating Progress Tracker window. By default, a yellow warning icon will appear if you are at or above 90% of the goal and a red warning icon will appear if you exceed your goal (above 100%). Alas I ran out of time to try out this feature, but the next word/letter count constrained document I write, it will get a thorough workout. Or perhaps it's me that will get the work-over.

Discomforts

Too Late, Much too Late for Nuclear is Hot — Fortunately available to me for *Nuclear Energy and the Use of Nuclear Materials* — During the last several years I've coauthored and published two high school level textbooks. One is aimed at students, the other, at their teachers.

> Since most of my career was spent witting technical articles and reports for both my employers and for journals, my experience in communication at the required levels was minimal. MS work allowed me to [File > Properties > Statistics] to generally check whether what I was writing was too complex, but it was severely limited in flexibility. Ultimately the book was worked over by a fine technical editor, but I had only limited tools available to be self-correcting.

> Therefore my co-author and I evaluated the first editions of our books were the hard way. I'm scheduled to develop a second edition of the teacher's manual this fall, since much about my industry has changed. I'm looking forward to testing on some of my material, both old and updated. The later will be written at a junior college reading level, so will be accessible to both teacher and many of their students. Thank you David Hanauer.

The great news is that we met out goals, and both Word Counter and the book's reviewers say it's a very readable book.

Conclusions and Recommendation

Download this excellent product. Use it to better understand how well you communicate in writing. Don't be like your elected officials, but do check out their prose in the congressional record. Folks, long term readers, I almost, never despite our editor in chief's misgivings that I'm too tough, give a product 5.0 macC's rating but here it is: 5.0 macCs to acknowledge a great and to me totally useful needed product. I'll never come close to winning a Pulitzer or a Nobel Prize in literature.

Perhaps I'll gain formal fame and writing acknowledgements for a *knobl* prize… but I love to write and Word Search will make it harder to get away with fog, and make it easier for me to write more clearly for any given audience.

Were else can you get all of this for Free?

Oh, knobl is the Germanic term for garlic, actually the formal word is *knoblauch*, but the idiom is knobl.
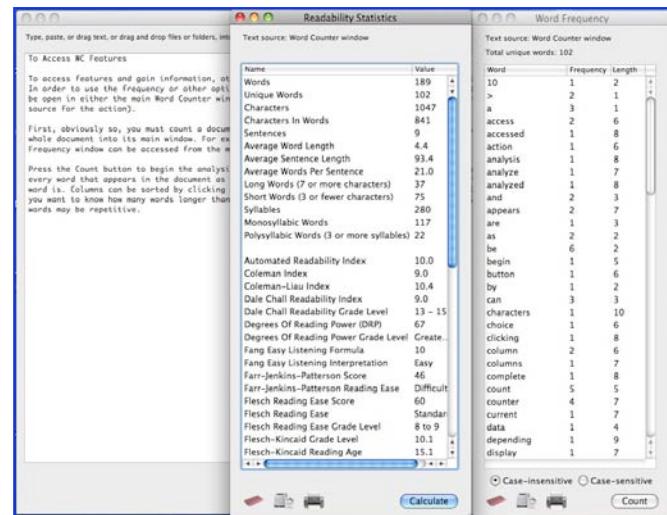
References

- *The Gettysburg Address* by President Abraham Lincoln*,* Gettysburg, PA, November 19, 1863. http://showcase.netins.net/web/creative/lincoln/speeches/gettysburg.htm

- **NUCLEAR IS HOT!** — *Everything you wanted to know about nuclear science and were afraid to* ask. {A book for High-School Students} By: Raul A. Deju, Ph.D., Harry Babad, Ph.D. and Michael A. Deju. © 2009 The EnergySolutions Foundation. First Edition Published March 2009. ISBN Number 0615277543
  http://www.amazon.com/Nuclear-Everything-Wanted-Science-Afraid/dp/0615277543/ref=sr_1_1?ie=UTF8&s=books&qid=1249086638&sr=8-1

- *Flesch-Kincaid Readability Test*, from Wikipedia, the free encyclopedia, Updated 25, July 2009. http://en.wikipedia.org/wiki/Flesch-Kincaid_Readability_Tests

- *Gunning Fog Index*, from Wikipedia, the free encyclopedia. Updated 25, July 2007, http://en.wikipedia.org/wiki/Gunning_fog_index. Separate from this text, which I use for quickie checks, I love the SMOG (Simple Measure Of Gobbledygook) index, also found on Wikipedia.

- *Readability Tests*, from Wikipedia, the free encyclopedia, Updated 2, March 2009. http://en.wikipedia.org/wiki/Readability_test'

Yum 3.2

The Mac way to organize your recipes

Reviewed by Harry {doc} Babad

Dare to be Creative Ltd.
http://www.vendorwebsiteURL.com
For a 15 day unrestricted demo of this product:
http://www.macupdate.com/info.php/id/10225/yum

System Requirements: Mac OS X 10.5 or later.
(Older versions are still available via the website)
Released: 08, May 2009   Download Size 2.5 MB
Yum speaks English, German, French, Italian, Spanish, Simplified Chinese and Danish.
Cost: $26 USD, $30.5 CND, £17.5 UK, € 21.0 Euros

for *casual* recipe collectors

for *serious* recipe collectors

Nested Folders for pack rats like me.

Strengths: Manage your recipes and shopping lists on your Mac and your iPhone in a straightforward manner.

Weaknesses: Search features too limited for serious (1000 plus) recipe collectors.

Previous Reviews: None

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Sidebar #2: **Disclaimer**: When briefly reviewing share-freeware I will often use the developer's product, functions and features descriptions. All other comments are strictly my own and based on testing. Why need I rewrite the developer's narratives, if they are clearly written?

Introduction Including Publisher's Summary

I have long been interested in cooking, actually from the age of 11 or so. I cooked my first dish, not being allowed to use the gas stove, by passing hot water over noodles – yuck even with butter and salt, until they are sort of tender.

I've since both cooked for my family, at times extended, and collected recipe books and scads of recipes across all media formats. I've also written about recipe collection and recipe collection and formatting for macC. The basis (criteria) for my current reviews of four recipe management software packages is found in the article *Recipe Managers aka Cookware Software Necessary Functions and Features*. This F&F document is what I'll base this months, and future, recipe management software reviews. A quick MacUpdate search I found at lease 2 bakers dozen packages that allow you to manage your recipe collections. The F&F document is my aide to making the right choice. It could be yours.

According to its publisher, "Yum is your ultimate recipe and cook book manager. Add your favorite recipes, organize them into categories, assign them ratings, print them with custom layouts, create shopping lists from the ingredients, and many more features." It is especially designed to add recipes at lightning speed with Yum's convenient interface. Yum even lets you scale the recipe so you can cook for more or less people than originally intended by the recipe.

Getting Started

This is a well-developed Macintosh application. Drag it to your applications folder. Start using it in demo mode or type in a password. Decide which preference settings you prefer. Check out any readme files. You're good to go. If you're new to this kind of software, genre, check out one or more of the following:

- The Getting Started File on its web page http://creativebe.com/yum/index.html
- Or, Start to Mac-around and see what you get.
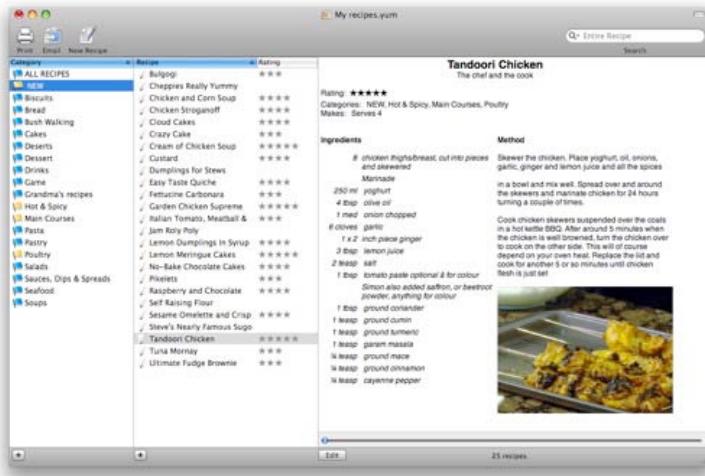
A sample Yum recipe – Tandoori Chicken

Adding Recipes — I was able to add recipes, by cutting and pasting text from web sites, PDFs, and MS Word documents (text, rtf & doc) easily. This was especially true when I learned, by fooling around, to first paste the entire recipe (to the clipboard and pasted them into the ingredients box, cooking directions and tips) into the methods box. Then I coped the ingredients list, and pasted them using the *paste ingredients* button. That was faster than pasting one ingredient at a time.
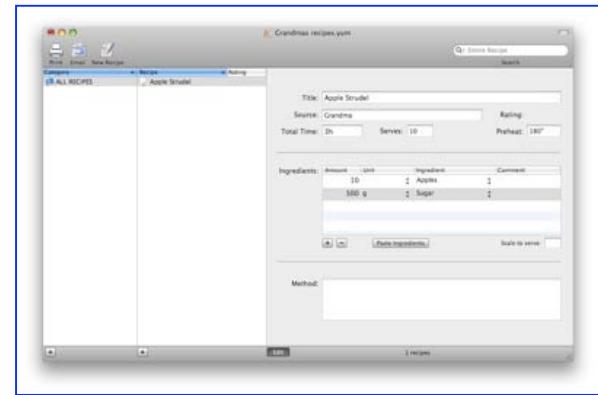
Adding a Picture — This was a bit more complicated depending on the images source.

- If I had a JPEG image, dragging into the bottom of the methods panel was quick and easy. (Note no pasted image could be resized.)
- Directly copying an image from a PDF (Adobe Acrobat Pro) resulting pasting only its link. To capture the image I had to import the image into GraphicConverter, my imaging software, and save it to the desktop as an image (jpg).
- Neither could I directly copy and paste an image from MSW document. This to has to be converted to a separate image.
- Google images, using safari could not be copied and pasted BUT I could download the image, adding a jpg identifier, and then drag and drop that image into Yum
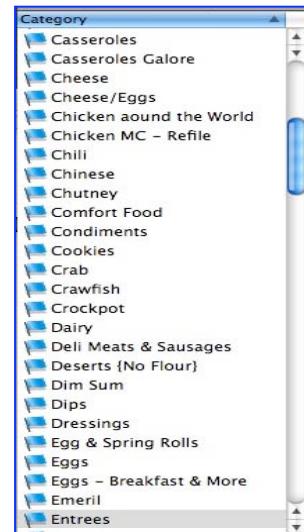
I wish there were an easier way, or that the information provided by the developer had been more detailed. But on the good side, I was able to import and categorize a new recipe in less than two or three minutes.

Categories — Finally, in preparation for my tests I created a partial (100 item) category list based on my folder based recipe collections and such indexing tools from a blog site or three. Although this took about an hour, it's a one-time job and adding an additional category to less than a minute. The need for new categories, my self-indulgence, was a response to my wanting to be more specific with a new recipe. But that number almost tripled when I found MC recipes to import, laying waste to my almost mutually exclusive item list.

Features

Yum is a recipe collection manager for organizing your own recipe collection. *I've provided an annotated selected key features list* {Source YUM website}

- Several printing options with customizable page layout. Print recipes on album cards or other 'index' cards. — *I tested this only in US letter format, since I never use recipe cards, at least not after I bought my first Macintosh SE-30.*

- Recipes can be easily scaled to suit your 'guest' list or event. — *A simple to use feature. Shopping list are also easy to create.*
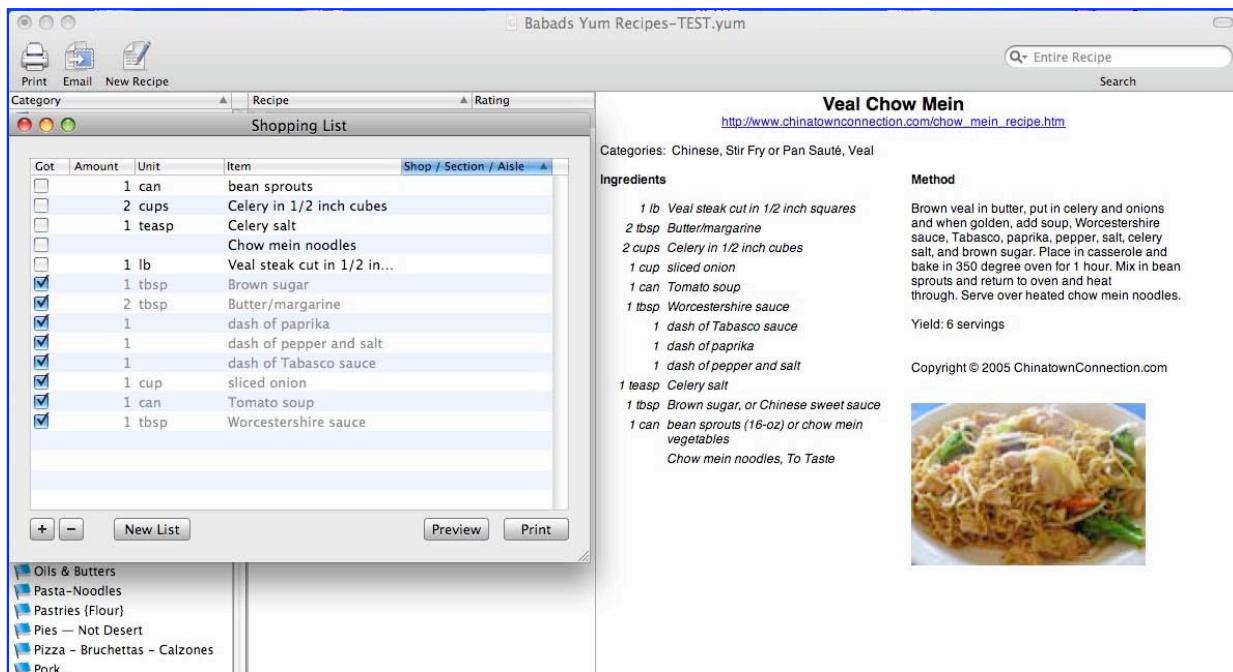
- Recipe text can be fully formatted including fonts, styles, and paragraph settings. — *I have simple needs, but the feature worked well. However much to my dismay undo did not work in edit mode, at least not using the command-Z shortcuts.*

- Graphics (photos) are included (copy/paste, or drag/drop) within the recipe (method) text. *— This ability was limited and awkward, but could be made to work. See the preceding section for details.*

- Recipes can be imported from MasterCook [MC] export files, which are in *.mxp* format, or from other Yum collection files. They can be exported as Yum files or as text files. *— I did not have Yum export files so could not test this import filter, but export to text worked fine.*

  I did a Google search and found a source of MC recipes that were easy to import. http://www.grassrootsrecipes.com/links.rhtml. Many of the links on this site were broken, but the ones that weren't gone had real treasure chests (files) of Master Cooks Recipes. My only import problem with these, perhaps in the way I accepted creating multiple category's, that each recipe I imported, as a set, had its own unique categories, named differently from those I'd created, which I may sometime sort out.

- Indexing by category,. Each recipe can belong to any number of user-defined categories. *– This worked flawlessly for the recopied I added, but after importing a bakers half dozen MC recipe books, it worked too well. [This is a database dictionary entry discipline issue – different folks created variously naked and mutually overlapping categories all of which were captured during the MC recipes import process.]*

- Recipe email function (uses your default email application) *— Yep.*

- Help & FAQs *— A short dozen-long FAQ list, which are clearly written. Yum help is limited to the simplest of cases and not realistic in this world of the Internet as a source of most collections other than your old hand written ones or Xeroxed from cookbooks.*

Kudos —Yum is an easy to learn and use recipe management tool for this who want o computerize and access small collections. Although it has no multiple category searches, allowing you top use the contents of your frig, in one search, for supper, it makes you scattered recipes accessible despite requires single item category searches.

Discomforts

Ease of Recipe import — Although it is simple, very easy to use; Yum is appropriate for your use, if you only need to type or copy/paste a limited number of total recipes, small collections. It is ultimately a database flexibility search thing, a complexity for which Yum wasn't designed.

I prefer software, with stronger filters allowing me to directly import and 'place' recipes directly from the web, or from PDFs., usually by crating a template for that site or format. That filter becomes available for future imports of similar source recipe documents. Yum will take the pasted text and parse it so that you can insert all the ingredients in one step and it will split it up for you! Similarly, but manually, you can deal with steps wise cooking direction. But…

Perceived Severe Import limitations — I could not directly import:
- XML v.1 file, exported from a PDF file
- An HTML file exported from a web site
- A web Archive exported from a web site
- I could not directly import MS Word 2004 recipes in either txt, rtf or doc formats
- Direct imports from PDF did not work since their formatting was ignored by Yum's filters.

The only way to import information from these *forbidden* file types was to enter information was to enter the ingredients line by line using cut and paste and the method all at one in a single paste. However, eventually by mistake, I learned a workaround for batch entry of ingredients.

I accidentally entered the complete recipe (ingredients, method, tips, background) into the *method* window. Then I was able to batch copy all the ingredients as I discussed previously. However under all import conditions cleaning sometimes paragraph separated text up to meet my methods section formatting requirements was tedious and time consuming.

Adding Extra Windows — I wanted to create separate windows for both background information and tips, but could not figure out how to do that. Adding tips to the directions window is okay, but to me, background information is another matter entirely.

Creating Categories — There were no suggested examples for categories, unlike all, other products I checked, so I need to develop them from scratch. This can be daunting task for some one unfamiliar with this sort of exercise {e.g., meal type, diet cuisine (source country,) cooking method, main ingredients… An easy out was to add my own extensive collecting categories, or to find a blog based list you like and copy them into the categories draw, but the process is extremely awkward and indirect.

Conclusions and Recommendation

For folks with limited needs and collecting ambitions, this is an easy to use and learn product. For such individual it is certainly a 4.0 macC product.

For serious collectors who need simultaneous multiple category access to their large collections more access to their recipe databases it is workable but… I found the limited import capably, especially of images, disheartening. For serious recipe collectors try another product. 3.0 macCs.

Advertisers Index

Alternative Energy User Group
http://maccompanion.com/RenewableEnergy/index.htm

A Better Handyman and Contractor Service
http://www.abetterhandyman.net/aboutus.html

Apple Corporation
http://store.apple.com/AppleStore/WebObjects/BizCustom?qprm=484614&cid=AOS-US-KOW-BPRO&aosid=p212&kbid=1137

Amazon.com - macCompanion Store
http://www.amazon.com/gp/homepage.html/002-5842389-7443202

Century Roofing
http://www.centuryroofing.biz

Coleman Galleries
http://www.colemangallery.com/

OxySilver
http://www.oxysilver.com/index.asp?AffID=108

Serving the Puget Sound Area for Home Improvement.

http://www.abetterhandyman.net/aboutus.html

Serving the Puget Sound Area for all roofing needs.

http://www.centuryroofing.biz

http://www.oxysilver.com

Advertising Information

Contact Robert Pritchett, our Ad and Marketing Director, for working through the process of advertising with us.

rpritchett@maccompanion.com

We are the Macintosh® Professional Network (MPN), Limited Liability Corporation (LLC). MPN, LLC continues to evolve, ever since its creation in 1996 as a way to reach out to those who use computers for a living in an effort to make their lives easier and their work both enjoyable and profitable.

We also provide monthly book, hardware and software reviews at *macCompanion*. We offer ways and means for folks to get comfortable using the Macintosh™ created by the Apple® Corporation in the multibillion-dollar computer industry. We know that bad software doesn't live long in the Mac™ environment. On the other hand, good computer equipment and software becomes great as the word spreads, and we are very good at helping to spread it. Our suggestions over the years have also helped improve many successful products in use today. Through kind and gentle efforts, we have been able to help many people move to better tools-of-the-trade so they can be more productive in their work.

Besides our website and consulting efforts, we also create *macCompanion* as a freely available PDF-based monthly. It averages about 100 pages per month. July 2006 was the 4th-year anniversary of this labor of love. The *macCompanion* staff is an all-volunteer team of writers and reviewers from many parts of the globe, and they also have a great wealth of knowledge and experience in their backgrounds. That base of talent also continues to keep growing as the Macintosh Professional Network expands.

Advertising with macCompanion

We have some advertising options you may choose from, and multiple months receive a 20% discount for both website and PDF-based ads. All advertising must be paid in advance. We accept credit card payments via PayPal, checks, money orders, by regular mail and cash in US currency by hand, if you meet us face-to-face.

Site Ad Rate

We offer website ads for a fixed-budget price of only $100 per month on our site. Following the KISS principle, we accept banner ads in only one size at this time - 468x60 pixels (per the Interactive Advertising Bureau standards for a Full Banner Ad Interactive Marketing Unit.) The ad will be rotated through with other ads, and there is no limit to how many you want to include.

The billing cycle begins based on the first day the ad placed on the site and is renewable on a monthly basis. This can begin immediately or at any time.

Affiliations

We do affiliations, and work with those who have made arrangements with online affiliate systems, or we deal directly with you if you have created code, and have a contract we can sign. Check out the Bazaar on our website at http://www.maccompanion.com/bazaar/bazaarindex.html

Sponsorships

We also accept sponsorships. Please let us know if you would like to sponsor *macCompanion*!

If you are as excited about our *macCompanion* readership as we are, please download the contractual terms and conditions documentation that are online in PDF format, or we can send them to you as an attachment. We'd enjoy having an ongoing working relationship with you too.

Well that's it for this issue. Please come back again next month!
The *macCompanion* Staff