

# HAPPY THANKSGIVING FROM MTM

## MICROSOFT LAUNCHES NEW WEBSITE TO KEEP YOUR SOFTWARE CURRENT AND SAFE

Now you can get updates for Windows, Office and other Microsoft applications all in one place. Microsoft update is a new service that brings you all the features and benefits of Windows Update plus downloads for other Microsoft applications including office.

### Benefits:

#### Improve your computer's health and security.

Regularly update your computer with the latest software from Microsoft to boost the security and reliability of your Windows PC.

**Easy and flexible. Microsoft Update is easy to set up and use.** Download and install updates automatically, or customize the choices that are right for you.

**New features, better performance.** Every month, Microsoft releases new drivers and software that increase the performance and functionality of your Windows-based computer. Get enhancements as soon as they are available using Microsoft Update

### Getting Started with Microsoft Update

#### What is Microsoft Update?

It's the new website from Microsoft that helps you update Microsoft Windows and many other Microsoft programs that you've installed, such as Microsoft Office, Microsoft Exchange Server and Microsoft SQL Server, all in one convenient place.

#### Does it work with Automatic Updates?

Yes. If you turn on Automatic Updates using your settings in Control Panel, Windows will automati-

cally find and install high-priority updates for any Microsoft products that you have installed and that are supported by the website.

#### If I use Microsoft Update, do I still need to visit the Windows Update website?

No. Microsoft Update provides the same updates you find on the Windows Update website and more. Microsoft Update is designed to make it easier for you to update Windows and your Microsoft products in one place.

#### Do I still need to get updates from Office Online or use Office Update?

No, if you've installed Office 2003. If you use an earlier version of Office, you should still get updates from Office Online. Also, if you like to download fun or useful add-ons such as templates, clip art, and other media for any version of Office, you still need to go to [Microsoft Office Online](#).

Tip: To check which version of Office you're using, open any Microsoft Office program. Click **Help**, and then click **About (program name)**.

#### How often should I visit Microsoft Update?

That depends. If you turn on Automatic Updates, you automatically get the most important updates for your computer. You only need to visit the site to check for optional updates for your software and hardware.

If you do not use Automatic Updates, you should visit the site as often as possible and at least once each week.

#### How does the website work with my com-

#### puter?

Microsoft Update works with updating software in Windows. When you visit the site, the updating software identifies which version of Windows and other Microsoft products you use. This way, the website shows you only the updates that apply to your computer, not all updates published by Microsoft. The privacy policy describes which information is used to find updates your computer needs in more detail.

#### How often does Microsoft Update release new updates?

Security-related updates are released once a month. However, if a security threat occurs, such as a widespread virus or worm that affects Windows-based computers, Microsoft will release a corresponding update as soon as possible. Other types of updates can be released whenever they are ready.

It's a good idea to turn on Automatic Updates so that your computer can receive high-priority updates as they become available.

Need help "Using Microsoft Update"? Give us a call at 805.583.5585 or visit: [www.update.microsoft.com](http://www.update.microsoft.com)

Happy Thanksgiving

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## ERASE YOUR HARD DRIVE

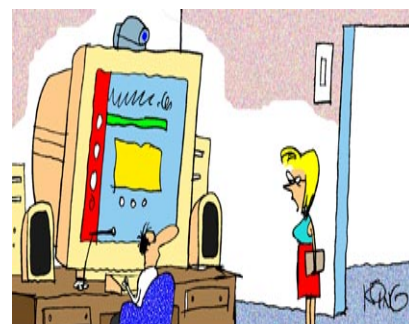
People give their old PCs away to family members, charities, and some end up for resale at the local PC repair shop without ever being properly wiped clean. Everything stored on your PC is on the hard drive. There was a two-year experiment done by MIT graduates Simon Garfinkel and Abhi Shelat where they collected 158 hard drives from various places (the web, eBay, PC shops, and businesses). Out of the 158 drives tested, 129 drives worked and hardly any of them were properly wiped clean. There were thousands of credit card numbers, private "adult" stuff, love letters, you name it, that was completely recoverable on these drives.

Most people believe that deleting data and then cleaning out the recycle bin

does a sufficient job. This is NOT the case. When you delete something in windows, it just marks it to be overwritten. There is also a misconception that formatting a hard drive permanently erases stored data. This is also not true. A format just reconstructs the allocation table and checks the blocks on the disk. It does nothing actively to remove the data, it simply leaves it "unprotected". With both of these scenarios, a skilled person with the right software can recover data that was thought to be unrecoverable.

So, how do we erase this data on a hard drive for good? You can

physically destroy the drive, but that's not as easy as you think. You would be amazed at what people can recover data from. There are cases where people have drilled holes in the platters, and data could still be recovered. You can take it to a PC repair store that has a degausser that removes all the magnetism from the drive leaving it useless for good, but this can be way too expensive to justify the price for the common end user. You can write Zeros to the drive with the utilities at the hard drive manufacturer's site and that will stop most people, but experienced users can still recover it.



"The boss seems to think you have an unhealthy obsession with upgrading your computer. You're to check into rehab on Monday."

## Roast Turkey with Herbal Rub

Serving Size: 18

### Ingredients:

- 1 13-Pound WHOLE TURKEY fresh or thawed
- 1 Medium onion quartered
- 1 lemon quartered
- 1/4 Cup vegetable oil
- 1 Teaspoon dried thyme
- 1 Teaspoon dried tarragon
- 1 Tablespoon dried rosemary
- 1 Teaspoon salt
- 1/2 Teaspoon freshly ground black pepper

### Instructions:

1. Preheat oven to 325.
2. Remove giblets and neck from turkey and reserve for broth.
3. Rinse turkey with cold running water and pat dry with paper towels. Place onion and lemon quarters in neck and body cavities.
4. In a small bowl, mix oil with herbs, salt and pepper. With your finger tips, gently loosen skin from the breast without pulling off the skin.
5. Place 1 tablespoon of herb mixture under skin; replace skin. Rub cavities and outside of turkey with remaining herb mixture.
6. Secure the neck skin to the back with skewers. Fold wings under back of turkey. Place legs in tucked position. May be prepared to this point, covered and refrigerated for several hours.
7. Place turkey, breast side up, on a rack in a

large shallow (no more than 2-1/2 inches) deep roasting pan. Insert an oven-safe thermometer into the thickest part of the thigh, being careful it does not touch the bone.

8. Cover bird with a loose tent of foil. Roast turkey in a preheated 325 degree F. oven for about 2-1/2 hours. Remove foil and baste bird with pan juices. Continue to roast for about another hour until meat thermometer registers 180 degrees F. in the thigh.

9. Remove turkey from oven and allow to rest for 15-20 minutes before carving. Transfer to a large platter and serve with gravy.

Note: Yields 18 servings at 6 ounces per portion.:

## Ryan's Famous Pumpkin Nut Bread

Prep Time: 15 minutes

### Ingredients:

- 1 cup butter, melted
- 4 eggs
- 1 can (14-1/2 oz.) pumpkin
- 1/2 tsp. salt
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. ground cloves
- 1 tsp. ground nutmeg
- 1 tsp. ground cinnamon
- 1 cup sugar
- 1 cup brown sugar
- 2-3/4 cups flour
- 1 cup chopped nuts

### Instructions:

1. Melt butter.
2. Add eggs and pumpkin. Beat thoroughly.

3. Add sugars, baking soda and powder, and spices. Beat thoroughly until all lumps are removed.

4. Add flour. Beat thoroughly.

5. Add nuts and mix.

6. Spoon into 2 greased bread pans.

7. Bake for 1 hour at 350° F. Test with toothpick to ensure loaves are ready.

## MTM COMPUTER CONSULTING

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For more recipes visit:

<http://www.holidays.net/thanksgiving/recipes.htm>

## Aunt Polly's Sweet Potato Casserole

### Ingredients:

- 2 lbs. sweet potatoes, boiled, peeled and mashed
- 2 eggs, beaten 2 oz.
- margarine, melted
- 1/2 cup brown sugar
- 1 cup buttermilk
- 1/4 tsp. baking soda

- 1/2 tsp. nutmeg and cinnamon

### Instructions:

1. Preheat oven to 350.
2. Combine all ingredients and mix well. Will be very soupy.
3. Bake at 350° F for 1 hour.

## Stuffed Acorn Squash

### Ingredients:

- 2 acorn squash
- 2 carrots, grated 1 can (8 oz.)
- crushed pineapple 2 tbsp.
- dried white raisins
- 1/4 tsp. ginger

### Instructions:

1. Cut squash in half; scoop out seeds. Place in baking dish.
2. Combine remaining ingredients and spoon into squash cavities.
3. Bake at 350° F for 30 minutes or until squash is tender.

## Moist Glazed Ham

### Instructions:

(The secret is in the basting.. Don't skip and don't skimp.)

1. Preheat the oven to 400 degrees
2. Remove the rind from a large whole ham and score the fat in the traditional diamond pattern.
3. Stud it heavily with whole cloves and place it in a large roaster.
4. Pack One whole pound of brown

sugar on to the top of the ham just as thick and as high as you can pack it. Don't worry about the part that falls off it will be left in the pan to melt into the glaze

5. Put this in the 400 degree oven for thirty to forty minutes until the brown sugar begins to melt.
6. Then pour one can of Classic Coke over the ham very gradually trying not to wash off the melting sugar.

7. Reduce the oven temp to 325 degrees.

For the remaining basting you will use a mixture of half burgundy wine and half pineapple juice basting every 30 minutes for 4 hours. Be sure to dip up the pan juices and spoon them back up over the top too. The idea is to keep the meat super moist for the whole time it is cooking.

You may "tent it" with foil the first 3 and a half hours and I always do if I have a lot going on and might become distracted. This will be the best tasting ham you have ever ate so be willing to devote a little extra time to it.

## Cranberry Chutney

### Ingredients:

- 1 Package (12 ounces) fresh cranberries
- 1/2 Cup balsamic vinegar
- 1/2 Cup sugar
- 1 Teaspoon nutmeg
- 1 Teaspoon cinnamon
- 1 Teaspoon cayenne pepper
- 1 Teaspoon cumin

### Instructions:

1. In medium saucepan, over high heat, combine cranberries, vinegar and sugar; bring to a boil.
2. Reduce heat to medium-low and add nutmeg, cinnamon, cayenne, and cumin
3. Simmer 20 to 25 minutes or until mixture is very thick, stirring frequently.

## Mashed Sweet Potatoes

### Ingredients:

- 4 medium sweet potatoes, peeled
- 1 tbsp. butter
- 1/4 cup milk
- 3/8 cup brown sugar
- 1 tsp. cinnamon

### Instructions:

1. Boil water.
2. Peel potatoes and cut into small cubes.

3. Put in boiling water. Let cook until potatoes are soft.
4. Remove potatoes, place in bowl.
5. Mash potatoes with potato masher or mixer.
6. Add butter and milk; stir.
7. Add brown sugar and cinnamon, stir.
8. Dish onto bowl or plate.
9. Sprinkle cinnamon lightly over top.

## Basic Turkey Gravy

### Ingredients:

- 1 Package Neck, heart, gizzard from TURKEY giblets
- 1 Medium carrot thickly sliced
- 1 Medium onion thickly sliced
- 1 Medium celery rib thickly sliced
- 1/2 Teaspoon salt
- 1 TURKEY liver
- 3 Tablespoons fat from poultry drippings
- 3 Tablespoons all-purpose flour
- 1/2 Teaspoon salt

### Instructions:

1. In a 3-quart saucepan, over high heat, place neck, heart, gizzard, vegetables, and salt in enough water to cover.
2. Heat to boiling. Reduce heat to low; cover and simmer 45 minutes.
3. Add liver and cook 15 minutes longer. Strain both into a large bowl; cover and reserve broth in the refrigerator.
4. To make gravy, remove the cooked turkey and roasting rack from the roasting pan. Pour poultry drippings through a sieve into a 4-cup measuring cup.
5. Add 1 cup giblet broth to the roasting pan and stir until the crusty brown bits are loosened; pour the deglazed liquid/broth into the 4-cup measure. Let the mixture stand a few minutes, until the fat rises to the top.
6. Over medium heat, spoon 3 tablespoons fat from the poultry drippings into a 2-quart saucepan. Whisk flour and salt into the heated fat and continue to cook and stir until the flour turns golden.
7. Meanwhile, skim and discard any fat that remains on top of the poultry drippings. Add remaining broth and enough water to the poultry drippings to equal 3-1/2 cups.
8. Gradually whisk in warm poultry drippings/broth mixture.
9. Cook and stir, until gravy boils and is slightly thick.
10. Provides 14 servings at 1/4 cup per portion.

## THANKSGIVING DAY

### Celebrating a Harvest of Tradition

The fourth Thursday in November, Thanksgiving Day, ushers in the "official" start of the Christmas season in our modern day world. Marked with parades, huge family meals featuring turkey, gravy, and all the trimmings, day-long displays of athletic prowess—or not, as sometimes happens—with wall-to-wall football, which does make one question whether the turkey or the pigskin is the featured course of the day, and the appearance of Santa throughout malls and stores, the festival has become a *commercial* event in which the origins and meaning of the day are almost totally obscured. The modern day Thanksgiving is a far different occasion than the original.

### Thanksgiving's Beginnings

It is widely assumed that the first Thanksgiving occurred in 1621 and was celebrated by the Pilgrims, English settlers, and local Native Americans. It will come as a surprise to many that **1)** the meal in 1621 was not the first Thanksgiving in North America and, in fact, not even a thanksgiving feast, **2)** turkey was probably not served and **3)** there were no Pilgrims!

The Native American people had celebrated the harvest, in one form or another, for several thousands of years prior to European colonization. The first documented "thanksgiving" observance actually occurred in 1578. An English adventurer, Martin Frobisher, held a

formal ceremony in what is now known as New Foundland to give thanks for having survived the long ocean journey.

In addition to the settlement in Canada, the Spanish, French, and the Dutch all had settlements in North America and would have carried the old observances marking successful harvests to their new homes as well. It is not surprising that the early arrivals to the Plymouth Colony would also have had their rituals. In point of fact, the new arrivals did not know how to farm and it was the Native Americans who, as established farmers, taught the ways of planting and harvest.

### The First Thanksgiving Day

If the event in 1621 *wasn't* a Thanksgiving celebration then the question arises: *What was it?*

A large celebration was held to which important members of the Native American community were invited, and which was, in all likelihood, a secular celebration of the harvest—certainly not a "day of thanksgiving," as would have been understood by these colonists. In their faith, a day of thanksgiving would have marked the end of a period of fasting and prayer.

The *huge* celebration, which has been de-



scribed in historical records, certainly did not fit this mold. That this clearly was a singular event is apparent in that there is no record that it ever was repeated.

The first real Calvinist Thanksgiving followed the ending of a drought in the summer of 1623. In the manner of their faith, these settlers spent the time in religious ceremony to give thanks rather than at a fully laden feast. Nevertheless, this celebration has become the model for our modern day holiday.

### Thanksgiving Today

Thanksgiving, as we know it today, has come a long way from the Pilgrim's harvest festival in 1621. It is an event that seems, as each year goes by, to reinvent itself and to expand its meaning to larger vistas. Maybe this is the real significance of the occasion; for as we continue to change and grow as a people, there are an increasing number of things for which we can be thankful.

### Thanksgiving Day

## OCTOBER SPRING BUCKS WINNERS

😊 Greg Celeya owner of Advanced Chiropractic

😊 Norma Vergara of Amcal Housing

**A Special "THANKS" for the business referrals.**

**Referrals are our best source of new business, but more importantly, it tells us that you are confident and satisfied with the service that we are providing you.**

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## Thanksgiving Funnies

1. Why do turkeys go gobble gobble?
  2. If April showers bring May flowers, what do May flowers bring?
  3. What cat discovered America?
  4. What key has legs and can't open door?
  5. What happened when the turkey got into a fight?
  6. What sound does a space turkey make?
  7. What kind of vegetable would you like on Thanksgiving?
  8. How can you send a turkey through the postal system?
  9. Why was the turkey invited to play in the band?
  10. What do you call a turkey who receives an electric shock?
1. Because they never learned good table manners!
  2. Pilgrims
  3. Christofurry Columbus
  4. A turkey
  5. He got the stuffing knocked out of him
  6. Hubble, Hubble, Hubble
  7. Beats me!
  8. Bird Class mail
  9. Because he has the drum sticks
  10. A jerky turkey

