

The **MONTABELLO** Voice

an independent gazette

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February 6, 2020



Report from the January 9 Tech Club meeting

By Paul Foldes

How to get and use apps (also called applications or programs):

Similar to what we did last month with an iPhone and its App Store, we showed how an Android phone user gets apps. We directed them to the Google Play Store icon, and then opened it. We demonstrated a search and download of the Montebello BuildingLink app. We then opened it, logged in with Cheryl's account (with a complex password!) and perused some of the information available. We discussed variations of app costs, e.g., one-time cost, free (freemium model), in-app purchases, and subscription services.

Security! Security! Security!

We talked about the importance of using long, unique, complex passwords, meaning a mixture of upper and lower case letters, numbers, and special characters. We suggested some memorization techniques to remember them. We went further to talk about 2-factor authentication, password vaults (such as LastPass), and authentication apps that supply one-time passwords. We plan to talk more about these in future meetings.

Last month one of our members said that her daughter had been hacked when using a banking app. Upon further investigation they found that it was her PayPal account that had been compromised (and the bank had returned the money). Cheryl suggested that the PayPal account probably had had a weak password on it. We talked about what PayPal is, and advised that many financial institutions are mandating 2-factor authentication for added security. Again, we plan to talk more about this in future meetings.

We also demonstrated the "Have I been pwned" site, <https://haveibeenpwned.com/>, where a user can type in their email address and see if the address has been part of a data breach.

Lidl is coming!



If you like reasonably priced European food, then you're going to love shopping at Lidl. It's like Aldi and Trader Joe's, but much larger and with even more gourmet(ish) frozen dishes, appetizers, and meat. This popular German store is opening another location in NoVa. I especially recommend the bakery, where you'll find excellent fresh breads and pastries at a fraction of the cost of Whole Foods. – MK

Miscellaneous

We recommended that folks aged 55+ check for discounted plans from their mobile carriers.

One member volunteered that his hearing aids are Bluetooth-paired to his smart phone and the phone app directs call sound directly into his hearing aid.

We talked about "casting" with a Chromecast device, which we used to display the Android output.

We briefly discussed some communications apps: Facetime, Duo, Zoom.

Lastly we did a search engine query for "Best tech products of the decade" and reflected on some of the items (iPads, drones, Amazon Alexa's, Minecraft, etc.). One of our members offered that you can type almost any place name into Google, followed by the word "drone" and get outstanding drone video of the place.

Next month we plan to talk about Bluetooth pairing, about different device offerings, about websites that offer training, and emphasize security topics again.

Next MBTech Club meeting is February 20 at 7:30 pm. in Community Center Lounge. For more information about the club, please email mbtechclub1@gmail.com. 

Cover photo of Cody, Laura, and Zia courtesy of the Calderon-Olanders

The MONTEBELLO **Voice**

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Computer security and clean up resources

By John Powers

Many computers have a built-in anti-virus software but a surprising number do not, so contact your retailer. Very few, however, have software that fixes broken registry items, eliminates unnecessary add ons, junk, *et al* that slows down your computer.

Below are links to the seven programs I run weekly. For those who do a lot of surfing, an external hard drive is recommended. This is also a part of my weekly exercise in which I connect to the external hard drive, download my personal files and then disconnect. Once disconnected, I have eliminated the threat of a ransomware attack.

The first is Avast Free, which is good but I use Avast Premium Security, which has a fee but well worth it as it catches virus-laden emails and sites before I connect and am infected.

https://www.avast.com/en-us/lp-ppc-nbu-fav?ppc=a3&gclid=CjwKCAiA__HvBRACEiwAbViuU-hVC-jljC3kXBfWgw3jnm04Var2FDNP-jYoMPyo-tputpOWYaTs31FB0C-ruUQAvD_BwE&gclsrc=aw.ds

One of the major complaints we heard during Internet 101 was “my computer is running slow.” This has two possible causes: a) not enough memory and this will require a hardware change and b) too much junk stored on the computer. The following will help solve this problem. The first is Avast Clean-up that has a fee but I find this to be essential (there are other apps that will perform this function).

https://www.avast.com/en-us/lp-ppc-avast-cleanup-scan?ppc=z3&gclid=CjwKCAiAluLvBRASEiwAAbX-3GcjbB6k9rh_ydsR_szwxpWxm-2VSZJatKGRAGxLoc1TDKJd67iR-B4uBoCgTEQAvD_BwE&gclsrc=aw.ds

This will download the free version of Spybot Search and Destroy

[https://spybot-search-destroy.en.](https://spybot-search-destroy.en.softonic.com/download?utm_medium=paid&utm_source=pikoya&utm_campaign=pikoya_search_google_ads_us&utm_content=us&utm_term=wl)

[softonic.com/download?utm_medium=paid&utm_source=pikoya&utm_campaign=pikoya_search_google_ads_us&utm_content=us&utm_term=wl](https://www.superantispyware.com/download.html)

Ditto Super Antispyware

<https://www.superantispyware.com/download.html>

Ditto CCleaner

https://www.ccleaner.com/ccleaner?source=cpc&gclid=CjwKCAiAluLvBRASEiwAAbX3GeI0n-gRfNw3YPh8FcIvslXPSffDUuWtn7_LAIJGLQogWw9y1CEn9qRoC-CSwQAvD_BwE

Ditto Malwarebytes

<https://www.malwarebytes.com/mwb-download/>

Ditto AdAware (this is duplicative of some of the above and is less important but I still run it weekly)

https://ad-aware.en.softonic.com/?utm_medium=paid&utm_source=pikoya&utm_campaign=pikoya_search_google_ads_us&utm_content=us&utm_term=all



The Polaris Ensemble – Mark Hill, Katherine Murdock, and Audrey Andrist – performed compositions by Bach, Bruch, Bartok, and Gershwin on February 2. The concert was sponsored by the Montebello Music Club.

Photo by Dian McDonald

2019 Montebello Bowling first half champs



The Monday League: Jackie Fleming, Alex Beiro (subbing for Jim Weatherly) and Diane Fitzgerald. Missing is Julius Murphy.




The Wednesday League: Gator Wallace, Gus Maris, Amanda Maillette and Jeff Burke.

By Mark Woods

The Monday Night Montebello Bowling League is proud to congratulate our First-Half Champions. Julius Murphy, Diane Fitzgerald, Jackie Fleming and Jim Weatherly prevailed over the first 16 weeks of the season. The rest of the league was chasing them for most of the first half of the season. However, January starts the second half and the rest of the league are ready, willing and somewhat able to challenge the first-half champs.

The Wednesday Night Bowling League recently crowned their First-Half Champions as well. After 15 weeks it came down to the last night in order to determine a champion. In the end, Amanda Maillette, Gator Wallace, Gus Maris and Jeff Burke prevailed. Since it came down to the last week, the rest of the league thinks they have a chance in the second-half. Stay tuned!

Both nights will have a League Champion crowned in April! If you would like to be placed on the sub list (no weekly commitment) please contact Mark Woods at 703-498-0143 or stop by the lanes any Monday or Wednesday after 7 p.m. and ask for Mark.



The Montebello Voice is created with the help of neighbors like you. We invite you to participate and contribute your opinions, articles, stories, and insights for our community to enjoy.

What to write about?

- ✓ Book, music, and film reviews
- ✓ Great restaurant discoveries
- ✓ History
- ✓ Hobbies
- ✓ Interesting facts
- ✓ Local theater (Kennedy Center, Arena, Signature – and so many more venues!)
- ✓ Museums and new exhibitions
- ✓ Recipes
- ✓ Vacation and travel experiences
- ✓ What's up in Old Town Alexandria
- ✓ Whatever is on your mind
- ✓ Your personal stories

We are always looking for interesting and insightful articles to share with our readers, your neighbors. No matter how long or how brief, we would love to publish an article by **you**.

Submitted by Holden Coy

where are they now?



It's already been two years since we traded our views of sunrises on the Potomac for sunsets over the Rockies. And though our mountain views are wonderful, we still miss Montebello. We read through *The Voice* and look at the pictures and recognize some of our former neighbors and reminisce about how wonderful all of those events were. Being away has shown us what a great and awesome community Montebello really is. Admittedly, while living there we sometimes complained about things like management, deadlines and rules, and the meetings – oh, so many meetings. But we now realize that all of that is necessary to run a great community. We also realized what great friends we made while living there. Neighbors that became close friends, many that we still keep in touch with and some that have even come here to visit 😊

Ironic isn't it? Sometimes that's what

it takes to really appreciate a close friendship...being far away.

A little update from us. We originally moved to Denver to be close to Cody's family in Nebraska and that has really paid off. We see them very often now, and that has been nice. We can drive or just get an hour flight. Cody first started working for the city of Denver as a CSI but that job was not a good fit. Administration was not good, hours were awful, and the environment at the office was very different from what Cody was used to. So we were very close to coming back to Virginia, but there was another city that was hiring at the time. Cody gave it a try before throwing in the towel and ended up getting that job. Now he is a Crime Scene Analyst for the city of Lakewood. It fits perfectly with his personality, hours are wonderful, they are super family-friendly and he gets along with everybody at the office (of course!). And he can even take

the bus there. Summary: he is really happy there.

As for me...I have different little jobs. My main one is working at my dream store. It is a Refill Shop! Yes, you read it right a REFILL shop. People can bring their own containers from home and refill them there. For example, your shampoo container is empty, you can just rinse it out and come to the store to refill it with more shampoo. We have all kinds of products like laundry detergent, deodorants, toothpaste tablets, and as well as many other cool and unique items. It is wonderful! The idea is to eliminate the single use of plastic (i.e., create zero waste in our consumption of goods) which is filling up our planet and oceans. Those who know me, know that keeping these waste products away from the planet is my strange passion. If you would like to learn more, visit <https://www.joyfill.co>.

My second job is teaching Spanish in

where are they now?

a school as an after school class. I go there twice a week and teach kindergarten student some Spanish basics. I like it! My other little gig is being an editor of a web page called Hulafrog. Which is basically a calendar and weekly news for parents in the area. It is a national website that has local editors in different areas, my area is Lakewood, Colorado (www.hulafrog/lakewood-co).

Lastly, my favorite “job” is being a MOM. Little Zia, the little bundle of joy that was born to us while we lived in Bldg. 2, is already turning 3! She keeps me busy most of the week and all of us busy most weekends. She is a happy girl, loves to dance, read, talk to every-

one, and loves dogs. Not in school yet, but hopefully next fall.

As I told you before, we still keep an eye on Montebello’s news and I was sad to learn that one of my proudest achievements at Montebello might come to an end. The Environmental Club has gone leader-less. This club was such an accomplishment in a community like Montebello. There was so much to do to get it started. But once it was up and running, it was wonderful. Interesting people would come together, committed people would bring their amazing ideas and most importantly we all wanted to see a change happen. So if you are reading this and think you

might be one of those people who care about our planet and wants to continue to see “green” changes toward a more sustainable community in the place where you live, please reach out to Amy (amyboatright@msn.com) the most recent leader of the club, for next steps and leadership. Let’s not let this club be forgotten, it is important!

Who knows when we will tire of the mountains and Cody’s family and come back to our family and friends and our “beautiful mountain” home in the East? If that happens, I’d love to have this club still around for us to pick up right where we left off. 🏡



Serenity at Huntley Meadows

Photos by Sue Allen

I'm a Yankee Doodle Dandy

By Raymond Houck

“Yankee Doodle” is a well-known American song, the early versions of which date to before the Seven Years’ War and the American Revolution. It is often sung in the United States today and is the state anthem of Connecticut. The melody is thought to be much older than both the lyrics and the subject, going back to folk songs of Medieval Europe.

We all sang the song when we were children and know the refrain:

*Yankee Doodle went to town
A-riding on a pony,
Stuck a feather in his cap
And called it macaroni.*

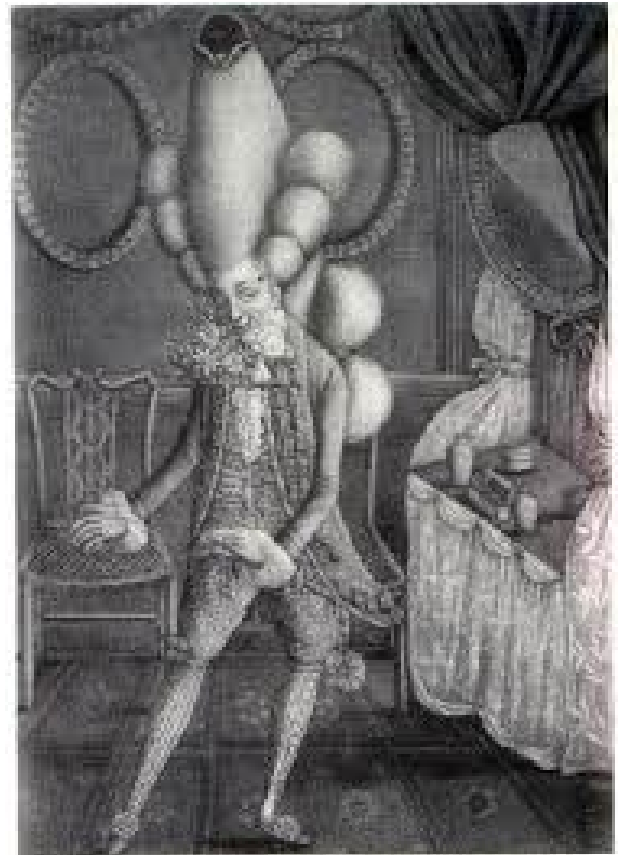
Macaroni? What does that mean? He called his hat’s feather after *pasta*? No. But now for the rest of the story...

In the late 1700s, male dress was heavily influenced by the French court of Louis XIV, the Sun King. Typical were the long-powdered wigs, white make-up with spots of rouge, lots of lace and silks, oversized and frilly cuffs on sleeves, high-heeled shoes...you get the picture.

In the 18th century, England and France, the leaders of taste, were rival squads of aristocratic young men who gave themselves names such as Incrédibles (no, not the cartoon superhero family) and Muscadines.

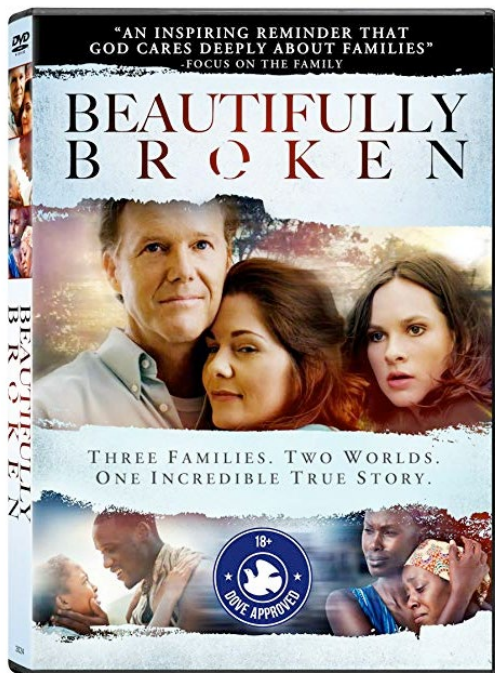
One of the trendiest groups was the Macaronis. The Macaronis gained their name from their grand tours of Italy, where they acquired a taste for Italian pasta and the fashion styles there. Sometimes they would balance a tri-cornered hat on top of high ornate wigs. Macaronis received their share of mockery from the then American Colonies.

So now if you wondered about the seemingly non-sensical lyrics to the song “Yankee Doodle,” those crazy words are referring to these Macaronis, not the kind by Kraft that we find in the grocery store!



A Yankee Doodle Dandy was a badly dressed American fool, who is being mocked for being so clueless that he put a feather in his hat and thinks he achieved the high style of the chapeau-wearing Macaronis.

Now you know the rest of the story! 📖



The gripping film, *Beautifully Broken*, tells the story of three families caught up in the Rwandan tragedy who struggle to survive and learn to forgive.

The movie, produced by Compassion International, will be shown at Groveton Baptist Church, 6511 Richmond Hwy, on Feb. 22 at 6 p.m. For free tickets, email into@grovetonBaptistChurch.org. There will be a separate program for elementary age children. – *Karen Barnes*

The Montebello Voice wants to hear from you: musings, travels, announcements, photos, book reviews, commentary, memoirs, essays, analysis, poems, suggestions, club news, recipes, and free ads

A twice-monthly publication for the residents, by the residents

equality for all!



Historian, writer, and actress Mary Ann Jung was back on February 3 as activist Elizabeth Cady Stanton. Stanton's Declaration of Sentiments was a revolutionary call for women's rights. As usual, audience members participated in reenacting history. The event was sponsored by the Activities Committee.

Photos by Dian McDonald



groovy '60s



Photos by DJ Scott Compton

inspirations



Joel Miller's photographer friend, Tom Albano, spoke at Montebello on January 29 about his work for three major TV networks and how the rest of us can take better photographs.

Photo by Dian McDonald



Narrative artist Helen Zughaib discussed her recent work, Syrian Migration Series, which was inspired by Jacob Lawrence's Great Migration Series. Her self-portrait, Map of Home, on the left, captures her fractured identity: the outline of her native Lebanon, the water and the mountains, her beloved cat, paint brush, and hand of Fatima necklace. For more about the artist, go to <http://www.hzughaib.com>.

Photo by Dian McDonald



cup of joe

Photos by Dian McDonald



cup of joe



cup of joe



cup of joe



cup of joe





Impeachment

Painting by Azita Mashayekhi