



**Bandwidth?**  
page 2

**Another FITness  
Program**  
page 3

**Anti-Virus Corner**  
page 3



University of Missouri,  
Lincoln University,  
U.S. Department of Agriculture  
& Local University Extension  
Councils Cooperating

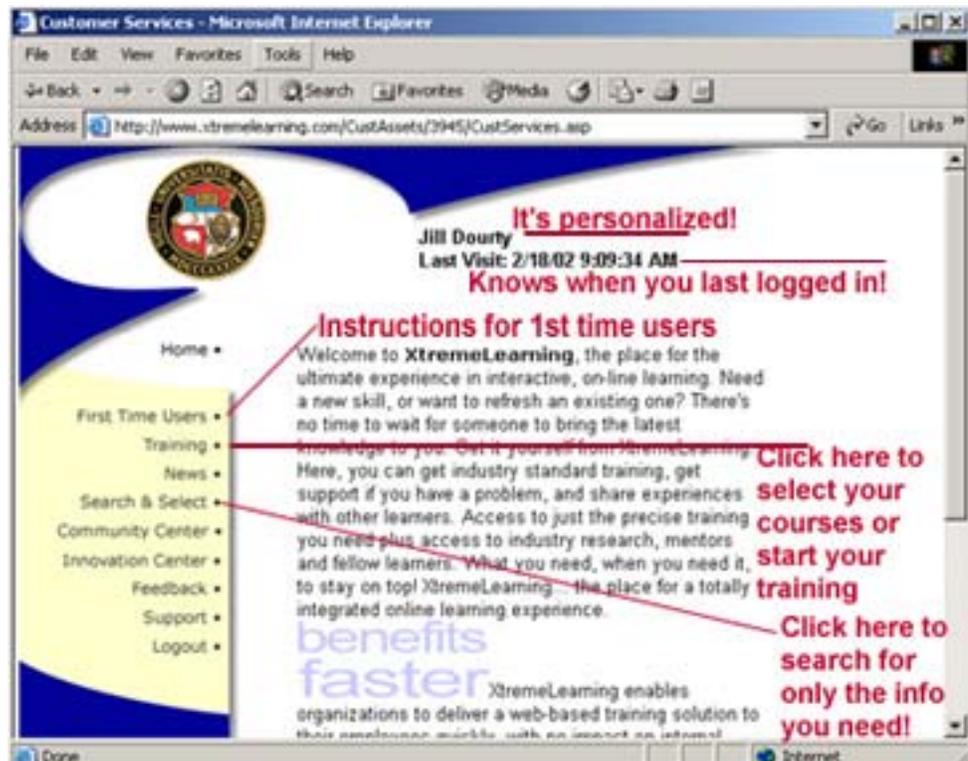
University Outreach and Extension  
does not discriminate on the basis of  
race, color, national origin, sex,  
religion, age, disability or status  
as a Vietnam-era veteran  
in employment or programs.

## Xtreme Learning from NETg

By Jill Dourty

You have been waiting patiently, and now it's here! We finally have over 700 information technology titles available to you from NETg. NETg calls their online courses "Xtreme Learning" as it is the ultimate opportunity for you to gain the information you need. These courses are web browser-based which means there is no player to download and install on your local machine. Your account is already setup-your login name and password to take these courses are exactly the same as your email login and password! You can choose what you want to learn about by customizing your very own training plan and then you set the pace for each course! A special feature worthy of noting is the Search and Select option. You can search for information on a particular subject, and then select the information about that subject which will satisfy your needs. Now you can find out what you need, when you need it!

Anxious to get started? In your web browser, access <http://etcs.ext.missouri.edu/netg/index.htm> and click on "Access Your NETg Courses" to login. Use your email login name and password. When you are logged in, you will see a screen similar to the following:



When you click on "Training", you will see a screen with the option to →



Even if you have never accessed NETg courses before, you will have to click on "Modify Plan" to get started. One convenient feature with NETg is that you cannot add the same course more than once to your individualized training plan. (However, you can take the course as many times as you want.) For more instructions on how to login to NETg, please visit <http://etcs.ext.missouri.edu/netg/netginstruct.htm>.

**Attention:** For the first time, after you have logged into NETg, clicked on "training" and then selected a course to begin training, you will get a "security warning" asking if you want to install and run a specified program. This is from the National Education Training Group, Inc. (AKA NETg). Please check the box in front of "Always trust content..." and click yes to proceed into the course. You will not get this security warning again.

#### Special Note on Legos®:

We will continue awarding you with Legos® as you pass courses in NETg. However, we are still trying to determine the logistics on the reports we will be receiving from NETg containing this information. Please print out your passing scores and keep track of them just in case I miss a chance to award you your Lego(s)®!

Also, please note in advance, ETCS is getting a makeover on the web. We have a new face which is still in development. There will be many new features designed to make your technical life easier! Stay tuned...there will be more news about it in the next issue of *Inner Circuits*.

All 700+ NETg Xtreme Learning courses are geared toward a certification track, if desired. If you wish to be Microsoft Office User Specialist (MOUS) certified, here is your chance! For more information on NETg or courses for certification, please contact me, Jill Dourty by email ([DourtyJ@missouri.edu](mailto:DourtyJ@missouri.edu)) or by phone (573/882-2096).

# Bandwidth?

By John Myers

Back in September of 1998, I wrote an *Inner Circuits* article about bandwidth. In the article I explained the concept of "packet collisions". This condition occurs when there is so much traffic on your Internet line that your data collides with another person's data and results in you having to wait. Culprits of this situation mentioned in the article are Net radio and Pointcast. Programs like these are constantly sending data to your computer, and using up the limited bandwidth that you share with everyone in your office.

Newer culprits to consuming bandwidth are programs like Napster and KaZaA. These programs are used to download multimedia files to watch and listen. These programs make your computers distribution points for others to download from. Every file you download in these programs is accessible to all who also have the program. With the small bandwidth that we have out in the counties, it is very easy for the programs to consume all the bandwidth.

A new player in bandwidth consumption is a plug-in to your web browser called ChainCast. This plug-in is required by some radio stations (Clear 99 is one) to allow you to listen to their station over the internet. ChainCast is a program that rebroadcasts the radio station to others on the internet. We have seen the problem in multiple locations where only one person in the office is listening, but the outgoing bandwidth is entirely consumed, both 56Kb and 384Kb lines.

To find out if you have this installed in your browser, first start IE. Then click on "View" for IE 4 or "Tools" for IE 5 and newer, and then click on "Internet Options". On the "Internet Options" window in the "Temporary Internet files" section click on the "Settings" button. Then click on the "View Objects" button. If you see "CCMPGui Class", then you have installed the ChainCast plug-in. To remove this program, right click on "CCMPGui Class" under the Program File column and choose "remove".

You have to remember that what you do and what you install on your machine can effect others in your office. There is a lot of "neat" software out there on the internet, but it can affect you and everyone else in your office. Make sure there's a good reason to install software on your machine before you do it.

# Another FITness Program

By Bill McFarland

When I fly into Washington DC, I always like to land at the National airport, and take the Metro Yellow Line directly to the Smithsonian Station. I know how to get to where I want to go, I don't have to ask for help, and I get there pretty efficiently, as long as whatever I wanted to do is located around the Smithsonian Station. The capability of following a set of learned instructions repeatedly, however, does not help me much when I am instructed to go to the L'Enfant Plaza, or Foggy Bottom stations, - they weren't on the Yellow Line. Or what if the Metro wasn't running, like early one Sunday morning? In other words, I hadn't really mastered getting around Washington DC very well, especially if anything changed, or went wrong.

Sometimes I think navigating through the Information Technology (IT) maze may be like getting around Washington DC. I found a fascinating report on the Web that addresses the idea of IT mastery, as opposed to computer literacy. The report is at the National Academy Press, and is called *Being Fluent with Information Technology*.<sup>1</sup>

Here are some pertinent excerpts I would like to think on:

*This requirement of a deeper understanding than is implied by the rudimentary term "computer literacy" motivated the committee to adopt "fluency" as a term connoting a higher level of competency. People fluent with information technology (FIT persons) are able to express themselves creatively, to reformulate knowledge, and to synthesize new information. Fluency with information technology (i.e., what this report calls FITness) entails a process of lifelong learning in which individuals continually apply what they know to adapt to change and acquire more knowledge to be more effective at applying information technology to their work and personal lives.*

*Fluency with information technology requires three kinds of knowledge: contemporary skills,*

*foundational concepts, and intellectual capabilities. These three kinds of knowledge prepare a person in different ways for FITness.*

This 199-page report describes contemporary skills as those we generally train on, such as what buttons to click to accomplish a specific task in Word. They were nice in labeling these contemporary as opposed to just temporary skills. The issue is that almost every year the software is going to be upgraded and what skills we have obtained may need to be revised, and additional skills are now called for. The prediction in the report is that the more FIT one is, the more likely it is that one can cope with, and even embrace with enthusiasm, the fast and ever changing IT environment because one will have more foundational concepts and intellectual capabilities with which to work.

I worry about how we should provide opportunities for our faculty and staff to get more FIT. In a preceding article in this *Inner Circuits*, we are announcing a web-based training opportunity, which certainly has value. But it primarily applies to only one of the three knowledge areas of the FIT requirements.

I also worry about the FITness of our clientele, who are ever increasingly embracing IT at their work, school, and at home, either because they want to, or because they have to. In a report published this month: *A Nation Online: How Americans Are Expanding Their Use of the Internet*, <http://www.ntia.doc.gov/ntiahome/dn/html/toc.htm>, by the National Telecommunications and Information

Continued on page 4

## Anti-Virus Corner

### Current Norton Anti-Virus Versions



#### Program Versions:

Program: 7.50.846

Scan Engine: 4.1.0.6

#### Virus Definition File:

Version: 40213av

Date: 2/13/02



(Your versions should be at this level or greater.)

See <http://etcs.ext.missouri.edu/tips/default.htm> for instructions on updating your anti-virus.

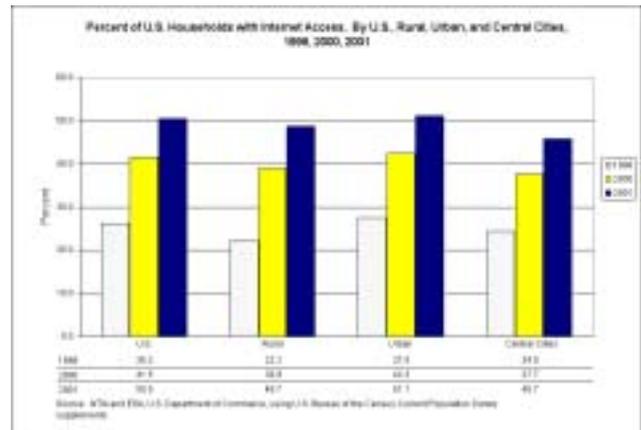
Administration (NTIA), I see that more than half of all American households are on the Internet. Almost 60% of all households have a computer. The data summarized in this report is from Census data surveys from September 2001. The primary conclusion stated is:

*The Internet has become a tool that is accessible to and adopted by Americans in communities across the nation. Approximately two million more people become Internet users every month, and over half of the population is now online. Those who have been the least traditional users - people of lower income levels, lower education levels, or the elderly - are among the fastest adapters of this new technology. As a result, we are more and more becoming a nation online: a nation that can take advantage of the information resources provided by the Internet, as well as a nation developing the technical skills to compete in our global economy.*

Here is one of the many charts from the report showing how Internet access has doubled just since 1998, in all four of our target audience areas, including Rural.

Data are also presented by state, and Missouri comes in at just under 50% of all households connected to the Internet. Will we play a role in the FITness of these people in our state? I would

appreciate your ideas and your perspectives on these ideas from your viewpoint, and FITness achievements.



<sup>1</sup> National Research Council. Commission on Physical Sciences, Mathematics, and Applications. Committee on Information Technology Literacy, Computer Science and Telecommunications Board. Being Fluent with Information Technology. Publication. (Washington, D.C.: National Academy Press, 1999) <http://search.nap.edu/html/beingfluent/>

**Inner Circuits Mailing List Corrections/Additions -**  
Send an email message to ETCS or call 573-882-2096 to correct an address, add someone to or delete someone from the mailing list.

**Extension Technology & Computer Services**  
22 Heinkel Building  
University of Missouri  
Columbia, MO 65211  
573-882-2096  
FAX 573-882-7927  
<http://etcs.ext.missouri.edu/helpdesk>