

## Weather and Road Conditions

Ants and mosquitoes can ruin a good picnic, but that's nothing compared to what a vigorous storm can do to a weekend at the beach. Before you leave, check out these Web sites to see whether the roads are passable and what kind of weather you will encounter.

- **AccuTraffic:** - From here, you can get the latest report about road conditions on American highways. Simply click Traffic, click a state, and then click Weather-Related Road Conditions. Weather reports are also available from this site.

<http://www.accutrafic.com>

- **USA Today Online Weather Almanac:** For travel planning, this site offers monthly climate data for cities the world over. Go here to find out what the average monthly high and low temperatures, rainfall, and snowfall are in a vacation spot that you're eyeing. (<http://www.usatoday.com/weather/walm0.htm>)

- **The Weather Channel:** While you're deciding whether to pack a sweater or umbrella, pay a visit to the Weather Channel. By entering a city or zip code, you can find out what meteorologists think the weather will be for the coming week at your destination. Do you remember what Mark Twain said about the weather? He said, "Everybody talks about meteorology, but nobody does anything about it."

<http://www.weather.com>

Increase your Web smarts nine-fold with this unique and comprehensive combination of nine great Internet guides in one! Check out *The Internet All-in-One Desk Reference For Dummies, 2nd Edition*.



## Formatting Word 2000

We've all been there: You're typing in Word 2000 and you've activated every imaginable character formatting option (color font, bold, italics, AND background color). Now, you just want to get back to plain, basic formatting but you don't want to turn off everything that you just turned on.

Well, you can easily turn off all character formatting in one quick motion by pressing Ctrl + spacebar. This key combo turns off all formatting features and brings you back to "Formatting Ground Zero."

*For more Word tips like this one, pick up a copy of [Microsoft Office 2000 Bible](#), by Edward Willett, David A. Crowder, and Rhonda Crowder.*

## Cartilage: The Human Shock Absorber

Cartilage is extremely important for the healthy functioning of a joint, especially if that joint bears weight, like your knee. Imagine for a moment that you're looking into the inner workings of your left knee as you walk down the street. When you shift your weight from your left leg to your right, the pressure on your left knee is released. The cartilage in your left knee then "drinks in" synovial fluid, in much the same way that a sponge soaks up liquid when immersed in water.

When you take another step and transfer the weight back onto your left leg, much of the fluid squeezes out of the cartilage. This squeezing of joint fluid into and out of the cartilage helps it respond to the off-and-on pressure of walking without shattering under the strain.

*Arthritis For Dummies, by Barry Fox, Ph.D, and Nadine Taylor, gives you a great body of knowledge about this prevalent disease.*

## Changing the Volume in Windows XP

Although Microsoft designed Windows XP to be easier than ever to use, the programmers stubbed their toe when it came to the most important function of all: changing the sound volume.

Here's how to put the volume control back where it belongs — right next to the little clock in the bottom right corner of the screen:

1. Click the Start button, open the Control Panel, and click the Sounds, Speech, and Audio Devices icon.
2. Click the Sounds and Audio Devices icon and select the Place Volume Icon in the Taskbar check box. A little speaker then appears next to your clock.
3. Click OK to close the window.

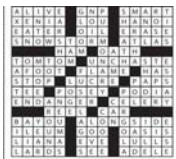
Now, if you need to turn the sound up or down in a hurry, click the little speaker by your clock. A sliding volume control appears, letting you turn the sound up or down by sliding the control up or down. Or, to turn the sound off completely, click the Mute box. Whew!

*For more information on customizing Windows to your liking, check out [Windows XP For Dummies](#), by Andy Rathbone.*

## Your Word for Today.

complement \KOM-pluh-muhnt\,  
noun:

1. Something that fills up or completes.



2. The quantity or number required to make up a whole or to make something complete.

3. One of two parts that complete a whole or mutually complete each other; a counterpart.

*transitive verb:*

To supply what is lacking; to serve as a complement to; to supplement.

*Complement is from Latin complementum, from complere, "to fill up," from com- (intensive prefix) + plere, "to fill."*

The American Heritage® Dictionary of the English Language, 4<sup>th</sup> Ed.

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## Wisdom to Live by.

The best thing to give to your enemy is forgiveness; to an opponent, tolerance; to a friend, your heart; to your child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.

*Francis Maitland Balfour*

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You must give some time to your fellow men. Even if it's a little thing, do something for others - something for which you get no pay but the privilege of doing it.

*Albert Schweitzer (1875 - 1965)*

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The spirit in which a thing is given determines that in which the debt is acknowledged; it's the intention, not the face-value of the gift, that's weighed.

*Seneca (5 BC - 65 AD), Letters to Lucilius, 100 A.D.*

## ISOC Customers say it best . . .

I wanted to take the time to let you folks at "isoc.net" know just how much I have appreciated the help I have gotten from you in the past. I have been a subscriber of isoc.net for maybe two years, and during that time I have called your office to ask what my problem is, well generally it was just that, MY problem, but whoever I might be talking to, did not tell me it was my problem and to call elsewhere, but instead they tried to help. I know that many of these times the only thing isoc.net could do for me was to try to talk me through my problem and/or guide me to a solution. I am really satisfied with your service, and I particularly like the fact that you scan my e-mail for viruses and let me know about them. Keep up the good work and the best of successes to you.

*James*

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## How to Reach us:

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## Read all about it!

The current Newsletter is now available at <http://bus.isoc.net/News.asp> for you to review and pass on to your friends and family.

If you have an interesting article, or something you would like to share in future newsletters, please submit it to [editor@isoc.net](mailto:editor@isoc.net). ISOC reserves the right to use or not to use your submission in part or in its entirety without further consideration for such usage.

To subscribe or unsubscribe to ISOC News on-line, just visit us at:

<http://bus.isoc.net/News.asp>

## Viewing Active Appointments

The basic Outlook Calendar views are the Daily view, the Weekly view, and the Monthly view. Other views of the Calendar, such as the Active Appointments view, are big helps when you're trying to figure out when you did something or when you will do something.

To view Active Appointments, follow these steps:

### 1. Choose View, Current View.

The view menu appears

### 2. Choose Active Appointments.

You see a list of appointments yet to come.

In Active Appointments view, you can see details of appointments that you have coming up in a list that's easy to read. You can also sort the view on any column, such as Location, Subject, or Start date by clicking the column's title.

*For more information like this, get a copy of Microsoft Outlook 98 For Windows For Dummies, by Bill Dyszel.*

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Once you lose customers to bad customer service, it is almost impossible to get them back.



Byrd Baggett

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## Stop over 99% of SPAM

ISOC's Spam filtering stops over 99% of spam in most cases, the spam is put in a special quarantine which you can access with a web browser in case something gets filtered that you want to get through.

It also allows you to maintain a white list of email addresses that should never be filtered, to prevent messages from associates from being filtered.

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