

## Meet CFUS



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## CFUS Update!

**Industry: Aerospace**

**Service: Data Warehouse Development**  
**Technology: Oracle**

Constructed an enterprise-wide data warehouse for legacy data migration. Designed and developed a query presentation layer for Business Intelligence reporting.

**Industry: Publishing**

**Service: IT Staff Augmentation**

Provided Oracle developers, database administrators, UNIX system administrators, and application testers to support a multiyear custom Oracle system.

## Microsoft Outlook .vs Outlook Web Access .vs Outlook Express

**What's the difference between the three?**

**Here's a little information about Outlook Web Access vs Microsoft Outlook vs Outlook Express. (Then there's always Entourage for Mac, but that is not included in this post)**

**Other than their names, they are not related (except for the fact they are all Microsoft products) and they are NOT different versions of the product we all know as Outlook. This always seems to be a source of some confusion.**

**As a virtual assistant dealing with a variety of clients using any one of these, it's good to know the difference.**

1) Microsoft Outlook - the PC desktop application that is usually packaged with Microsoft Office. This is the full-featured product with the most bells and whistles and is the ideal product for business use. This is what many 3rd party providers create products for - addins. This is on your PC and the data is stored

on your PC.

It can be used to pull email down from ISPs (pop and imap accounts) AND can also pull information down from an Exchange Server if one is available to you. Microsoft Outlook in the Exchange Server environment has the most bells and whistles of all, complete with seamless sharing of information between users, booking resources (conference rooms), Out of Office Assistant, centralized Public Folders, remote access capabilities, the list goes on.

2) Outlook Web Access - a feature of Exchange Server. It's NOT the "web version" of Microsoft Outlook. It's a way to work with your Exchange mailbox via the web. Has always been more limited in features than Microsoft Outlook, although with each new version of Exchange Server Microsoft has GREATLY improved functionality to be more like Outlook the desktop application. I'm not even sure a web-based application can be as functional as a Windows application.

That's all programming stuff totally out of my realm. Anyway, Outlook Web Access = Exchange Server.

Exchange Server is a premium Microsoft server product for managing mail, etc. It's a fairly expensive solution to implement and maintain, and is usually used by companies with more than just a couple of users. If you are a small company looking for the functionality of Exchange server, but can't afford the big upfront pricetag, consider a hosted Exchange solution. A small monthly cost, but it can have it's drawbacks.

In an Exchange Server environment, it is where the data is stored: your mailbox, ie. inbox, contacts, calendar, etc. You have two products that have the ability to gain access to your Exchange mailbox, Outlook the desktop application found in Microsoft Office, and Outlook Web Access. Well, there's always mobile phones/devices that can pull data down from an Exchange Server, but you know what I mean.

3) Outlook Express - a free product that comes with Internet Explorer. It is NOT the "trimmed down" version of Microsoft Outlook. It has the least functionality and features of the three (after all, it is free.) Can be used to pull email down from ISPs (pop for

sure, I don't know about imap). Many use this for home usage. It has some other features similar to Microsoft Outlook, but not many. The one thing that makes this stand apart from anything else is its ability to access newsgroups using NNTP. It's what I

used years ago before Google groups came on the scene. There are some 3rd party addins for Outlook Express.

## Apple's iPhone Headed For Enterprise

CUPERTINO, Calif. -- Apple mapped out ambitious plans for the iPhone at an event here focused on the company's [enterprise plans](#) and support for independent developers via a software development kit (SDK).

Heading the list of enterprise-friendly features is support for Microsoft's Exchange server. Apple (NASDAQ:AAPL) announced it is working with Microsoft (NASDAQ:MSFT) to build support for Exchange directly into the iPhone to satisfy the needs of business users, who want to be able to receive their corporate e-mail, contacts and calendar information from company servers, and IT departments who want to be able to manage it.

Apple said it will be supporting Microsoft's ActiveSync protocol so the iPhone will work directly with corporate Exchange servers rather than what it said is the more complicated extra layer of communicating with a remote network operation centers (NOC)s ([define](#)), which devices like RIM's BlackBerry rely upon. "That's a more complex scenario that takes money and support and adds risk and reliability from time to time as we know," said Apple's vice president of worldwide marketing, Phil Schiller, in an apparent reference to a recent RIM [outage](#) that lasted three hours.

Gartner analyst Van Baker said the support for ActiveSync and Exchange, the SDK and tools Apple is planning to make available to IT managers to help them better manage iPhones on the network, sets up Apple for more corporate sales. "And let's face it, the code base coming from the Mac is pretty impressive. It's a robust developer platform," Baker told *InternetNews.com*.

"I don't think anyone has fundamentally redefined the UI on mobile devices more than Apple," he added. "A lot of the other phone manufacturers know how to tie features to buttons, but Apple's redefined development from hardware to software. That's disruptive."

Jobs ceded most of the speaking time here at the company's headquarters to other Apple executives and independent software developers, including [Salesforce.com](#), which showed versions of their applications tailored to run on the iPhone.

"If they know how to use an iPhone, they'll know how to use Salesforce," said Chuck Dietrich, vice president of Salesforce.com's (NYSE:CRM) mobile division. "We're bringing over 63,000 platform applications to the iPhone."

The handful of developers doing brief demos each said they only had two weeks to work with the SDK and were pleasantly surprised at how easy it was to use. Electronics Arts and Sega showed off some eye-catching games that took advantage of the iPhone's built-in accelerometer which lets you navigate by simply moving the iPhone up, down, left and right, rather than having to rely on a joystick or controller.

### An enterprise-ready iPhone?

Schiller said that, while the iPhone is "an amazing device," there have been a lot of things "holding it back from being huge in the enterprise." He then ticked off a series of features that enterprise companies felt would make the iPhone more appealing to big com-

panies. Apple plans to deliver all of these features in the software update due out in June.

Heading the list is "great e-mail integration" with push e-mail from servers. Similarly, he said enterprise customers want calendar and contact information pushed out to their devices, a standard feature of RIM's BlackBerry devices. IT departments will also be able to use Exchange Server to remotely wipe the iPhone clean or inoperable should it be lost or stolen. Rounding out the list, the iPhone will provide access to global address lists, built in support for Cisco's IPSec (network security), VPN and certificates.

The finished iPhone SDK isn't out yet. Today, Apple released a beta version of the iPhone SDK, with the full version and commercial availability of applications built using these new tools, slated for June. A new Apple App Store will be launched online this June as the exclusive way for developers to distribute applications built using the SDK. Apple CEO Steve Jobs said the App Store would insure Apple has a measure of quality control and security over what applications get distributed. He claimed the goal isn't to make money for Apple but to sell more iPhones.

"This is the best deal going for distributing mobile applications," said Jobs.

The deal is that developers get to keep 70 percent of whatever they want to charge for their applications, while Apple keeps the remaining 30 percent for hosting, marketing and distribution.

The developer doesn't have to pay for credit card or other transaction fees. If they want to offer applications for free, there's no charge. Jobs said this is the best way even the largest developer could hope to reach every iPhone user. New applications and categories will be featured much as music titles are on Apple's

iTunes store.

Jobs said Apple will only restrict distribution of certain applications like pornography and any "malicious" programs that spread viruses or malware. A few other categories he didn't mention but that were shown on the screen

were "bandwidth hogs" and "Unforeseen." Jobs also said Apple will be able to track anyone that distributes malicious software allowing the company to "turn off the spigot" and distribution. "We can track who did it and tell their parents," joked Jobs.

## The Right Exercise Shoes

Cross-trainers? Tennis shoes? Running shoes? Aerobic footwear? There seems to be a different kind of shoe for every activity on the face of the earth, and none of them are cheap, either. You are to be excused if you've been wondering whether all those different varieties really are necessary to conduct a proper workout. Here Dr. Stephen Pribut, a leading Washington, D.C., podiatrist, helps separate the facts from the fiction.

**The running shoe:** This top-selling style of exercise shoe is not only a suitable choice for running, but also good for walking and other lower-impact activities that do not involve repetitive lateral motion. But if you are looking for a shoe to participate in the kind of activities that do involve a lot of repetitive lateral motion, like basketball, tennis, and squash, or activities with excessive jumping, such as aerobics - watch out. Wearing running shoes for any of these activities practically invites injury, Pribut warns, because they lack adequate support around the ankles.

- **Basketball and tennis shoes:** They

should be judged on whether they offer good traction, good ankle support, and firm cushioning. "The extra money you spend for shoes that fit these criteria will pay off in the medical bills good shoes help you avoid," says Pribut. Some new models that boast flared soles to enhance ankle support also help to prevent the kind of ankle roll-overs that result in painful torn ligaments and sprained or broken ankles.

- **The cross-trainer:** A more recent addition to the athletic shoe panoply, cross-trainers are an economical alternative to purchasing different shoes for every sport. Designed for maximum versatility, cross-trainers can be worn for running, walking, racquet sports, and aerobics, as well as some indoor-court sports such as basketball and volleyball. Though cross-trainers are versatile, Pribut advises that serious runners are best off wearing real running shoes, because cross-trainers lack the sufficient amount of cushioning and ankle support

required for regular jogging.

- **The walking shoe:** These are designed for the serious race-walker. They are a needless and expensive investment for those who jog as well as walk for exercise, though. The majority of running shoes are better for your feet than most walking shoes anyway, Pribut says, because running shoes provide more wiggle room for your toes.

**Shoes with air-cushioned soles:** Air-cushioning sounds high-tech and therefore helpful, but it can cause more problems than it can prevent. Although air-cushioned athletic shoes provide helpful shock absorption, they lack a firm shank below the back of the foot, Pribut warns. A firm shank and a slight heel lift prevent the arch of the foot from dropping down too far when the foot moves. If the foot drops too far, it can cause a shift of bones and the development of a variety of podiatric deformities.

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