Here's a couple of good links to tutorials for newsgroups I use them a lot and find them very fast and loaded with good stuf
http://www.smr-usenet.com/tutor/smartpar3.shtml
the best newsreader I've found (but not the only one recommended)
http://www.shemes.com/index.php?p=features
The best way to search newsgroups
http://www.newzbin.com/
Not all ISP will carry the best binary groups it varies from one provider to another there are some pay newsservers out there with good retention time and a large number of groups. Anyway happy hunting.