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### North Central Kansas Community Network
#### Together with Cunningham Cable Co.

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## INSIDE THIS ISSUE:

**Surfer Beware**
Koobface Worm Targets Facebook Users

**Ask The Help Desk**
What Computer-related New Year's Resolutions Do You Suggest?

**Sites Of The Month**
Great Sites To Check Out In January

**Short Tutorial**
Making Your ISP's Home Page Your Start Page

## Hello NCKCN internet members

January is a time when many people like to set new goals and this issue can help with that process. If one of your goals is to be a better-informed computer user, don't miss the warning about the current Koobface worm as well as our suggestions for New Year's resolutions related to computer security and maintenance. For a fresh start to your online sessions, see the short tutorial on making your ISP homepage your start page. Want more new ideas for the New Year? The Great Sites list includes resources for better credit management, convenient trip planning, and healthy food and exercise options.

The goal of each of our monthly eNewsletters is to keep our subscribers informed regarding their Internet connection and to improve their Internet experience. We think you'll find this information interesting. If, however, you'd prefer not to receive these bulletins on a monthly basis, click here.

To see what's inside this issue, simply scroll down the eNewsletter or click on the links within the index to the left. Thanks for reading!

- The NCKCN Team

## Surfer Beware - Koobface Worm Targets Facebook Users

If you're on Facebook, be aware that a fast-spreading worm called Koobface is targeting users and trying to steal personal information such as credit card details. The Koobface worm sends a message to the Facebook user, supposedly from a friend, that says things like "you look funny in this new video" or "is it u there?" After clicking on the video link, the user is asked to download the latest version of Adobe Flash Player. Only after the user clicks on the fraudulent Flash update is the Koobface worm installed.

**Take a look at an example of a Koobface message below:**

This malware can then quickly seize credit card details in two ways - either by waiting for the user to buy something online and remembering the details, or by searching the computer for cookies from past online purchases.

With dozens of Koobface variants known to exist, security leader McAfee warns that the situation may get worse before it gets better. Should your PC be infected with the Koobface worm, Facebook suggests resetting your password and running updated antivirus software to purge the worm from your system. To learn more about security tips for Facebook users, go to http://www.facebook.com/security.

It's important to note that Koobface attacked MySpace users before moving to Facebook, and has also jumped to the social networking site Bebo. All users of such sites would be well advised to stay alert for suspicious messages.

*Back to Top*

## Ask The Help Desk - What Computer-related New Year's Resolutions Do You Suggest?

**Question:** One of my goals for the New Year is to do a better job of consistently taking care of my computer. Could you suggest some good New Year's resolutions with respect to computer maintenance and security?

**Answer:** Begin 2009 with a practical plan for computer maintenance, then resolve to stick with it. Once you develop a routine, you'll be able to avoid the big computer problems by staying on top of the little ones.

Make sure your plan covers the essential tasks including:

- Doing regular data backup
- Defragging your hard drive
- Updating your antivirus and spyware software
- Installing a firewall
- Updating and installing patches to your operating system
- Regularly deleting your trash bin, temp files, and any other files you no longer need

You may also want to make a New Year's resolution to digitize important financial documents and family photos and store them offsite for protection in case of a natural disaster like flooding. Find out if a local provider offers remote online backup, since these automatic services are often the most convenient option. If you choose to put your files on a CD or DVD, keep one copy in a safe deposit box and send another to a friend or relative in another state.

*Back to Top*

## Sites Of The Month - Great Sites To Check Out In January

### Bad Credit Hotel
http://www.controlyourcredit.gov - This site makes learning about credit fun with an interactive game set in the spooky "Bad Credit Hotel." The goal is to get to Room 850, representing a perfect credit score. You can also simply view the information in standard website format. Either way, you'll find out how to manage your current debt (including a handy budget calculator), what you need to know about your credit history and credit score, and why having good credit is beneficial.

### Great Tips for Group Trips
http://www.triporama.com - If one of your New Year's resolutions is to travel with a group of friends or family, you'll want to visit this site. It has all the tools you'll need to organize, plan, and finalize that girlfriend getaway or buddy trip. You can send invites, create an itinerary, assign tasks, share online articles, and post comments to settle on the details. Be sure to take advantage of featured deals, and use the group travel guide to narrow your search.

### Cute Overload
http://www.cuteoverload.com - Here is one place you can go for a guaranteed smile in stressful times. Photos and videos of adorable animals are posted, along with cute comments from submitters and viewers. The site allows you to find your favorite kind of cuteness by searching categories. In addition to checking out the photos, you can browse for cute products, find a cute pet, get a daily cute e-newsletter, and submit your own cute shots.

### The Scoop on Soup
http://www.eatingwell.com/recipes/collections/healthy_soup_recipes.html - Looking for a great way to stay warm this winter? This site provides healthy soup recipes with a wide range of ingredients like vegetables, cheese, fish, beans, meat, grains, and even fruit! Many of the recipes take 30 minutes or less to prepare, and they all include nutrition information and easy-to-follow instructions. Soup with a salad and bread makes a satisfying meal, and leftovers can be used for easy lunches.

### Train at Home
http://www.exerciseequipmentexpert.com - Maybe you've decided that this is the year you'll shed those extra pounds, run that marathon, or adopt a healthier lifestyle. This site provides useful information if you're considering a home gym as part of your plan. A personal trainer helps you navigate the waters of the exercise equipment industry, and shares product reviews and equipment guides. You can also submit a question on the "Ask the Expert" page to get advice for your particular home gym needs.

*Back to Top*

## Short Tutorial - Making Your ISP's Home Page Your Start Page

**Making Your ISP's Home Page Your Start Page Using ...**
**- Web Browser:** Internet Explorer 7
**- Computer Operating System:** Windows XP or Windows Vista

1. With Internet Explorer open, click your cursor arrow on the "Tools" button located at the upper

right corner of your screen on the Command Bar. Select "Internet Options" from the resulting drop-down menu.

2. When the Internet Options window opens, make sure the "General" tab is selected.

3. From the "General" tab under the "Home page" section, hit the delete key on your keyboard to erase the URL (Web address) that is currently listed. Then type or paste in the Web address of your ISP.

4. Click on the "Apply" button and then click "OK" to accept and save your changes.

**Making Your ISP's Home Page Your Start Page Using ...**
**- Web Browser:** Mozilla Firefox
**- Computer Operating System:** Windows XP or Windows Vista

1. With Firefox open, click your cursor arrow on "Tools" in the menu bar and then select "Options…" from the resulting drop-down menu.

2. When the Options window opens, make sure the "Main" tab is selected.

3. From the "Main" tab under the "Startup" section, type in the Web address of your ISP in the "Home Page:" field.

4. Click on the "OK" button to accept and save your changes.

**Making Your ISP's Home Page Your Start Page Using ...**
**- Web Browser:** Mozilla Firefox
**- Computer Operating System:** Mac OS 10.4

1. With Firefox open, click your cursor arrow on "Firefox" in the menu bar and then select "Preferences…" from the resulting drop-down menu.

2. When the Preferences window opens, select the "Main" icon.

3. In the "Startup" section, type in the Web address of your ISP in the "Home Page:" field.

4. To accept and save your changes, click on the red circle in the upper left corner of the window to close it.

**Making Your ISP's Home Page Your Start Page Using ...**
**- Web Browser:** Safari
**- Computer Operating System:** Mac OS 10.4

1. With Safari open, click your cursor arrow on "Safari" in the menu bar and then select "Preferences…" from the resulting drop-down menu.

2. When the Preferences window opens, select the "General" icon.

3. In the "Home page:" field, type in the Web address of your ISP.

4. To accept and save your changes, click on the red circle in the upper left corner of the window to close it.

*Back to Top*

We hope you found this newsletter to be informative. It's our way of keeping you posted on the

happenings here. If, however, you'd prefer not to receive these bulletins on a monthly basis, click <u>here</u>.

Thanks for your business!

Thank You

<u>The Staff at NCKCN</u>

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