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North Central Kansas Community Network
Together with Cunningham Cable Co.

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Hello NCKCN internet members

Summertime is all about easy living, and we're doing our best to make things a little easier for you when it comes to your online activities. We begin this June issue with a warning about swine flu scams now spreading like a virus on the Web—it's easy to protect yourself if you follow basic precautions. You'll also find simple instructions for deleting the e-mail addresses of previous recipients before you forward an e-mail, and a shortcut for e-mailing a website link to a friend. Finally, browse through the selections in Great Sites for summer-ready resources including grilling tips from an expert, great deals on vacation condos, and a free tool that enables you to "see yourself slimmer" while getting ready for swimsuit season.

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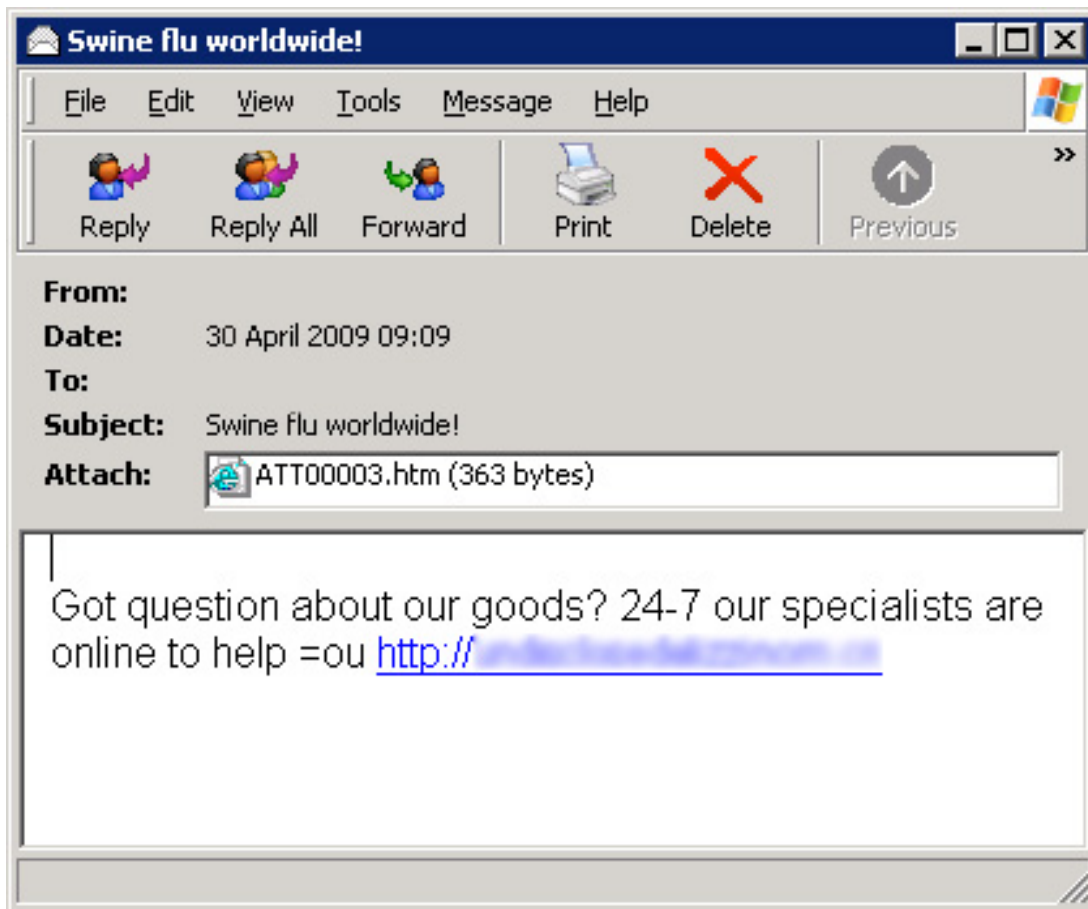
To see what's inside this issue, simply scroll down the eNewsletter or click on the links within the index to the left. Thanks for reading!

- The NCKCN Team

E-Mail Scam - Flu Outbreak Leads To Scam Outbreak

As they do with most every major news event, cybercriminals are attempting to cash in on the worldwide hysteria over H1N1 swine flu by using a variety of online scams. These include fraudulent e-mails selling swine flu survival guides or bogus vaccines and medications. One of the more serious spam messages contains a malicious PDF file that purports to answer frequently asked questions about the swine flu. When a user accesses the file, malcode within the PDF tries to drop another piece of malware onto the user's system. If a victim opens the file, their machine is immediately infected with a Trojan, which tries to steal sensitive data.

Here's an example of one of the many flu-related spam messages:

There have also been Search Engine Optimization (SEO) attacks where malware writers register domains related to the swine flu news event, and "game" the search engines' site-ranking algorithms to have their domains displayed among the top items when users search for information on the event. These bogus websites claim to have products available for purchase that will "prevent, treat and even cure" the swine flu virus.

Be on the lookout for e-mails and websites aimed at taking advantage of the current swine flu outbreak. To avoid falling victim to these scams:

- Get all the information you need about the flu from a reputable source such as the World Health Organization site at www.who.int/en/

- Avoid opening e-mail from an unknown source and do not click on links in the body of the e-mail or open any attachments.

- Make sure your antivirus and antispyware software is up-to-date and all operating system security patches have been installed.

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Ask The Help Desk - Before I Forward E-mails, Am I Supposed To Delete The E-mail Addresses Of The Previous Recipients?

Question: Whenever I get an e-mail with a funny joke or video, I enjoy forwarding it to family

and friends. But I heard that it's viewed as inconsiderate to not delete the e-mail addresses of the previous recipients before I forward e-mails. Why is this? And how do I delete the addresses?

Answer: There are a couple of reasons why it's preferred to delete the e-mail addresses of the previous recipients before forwarding e-mails. First, it can be annoying for your recipients to have to scroll down through a seemingly endless list of addresses before they get to the "guts" of the message. More importantly, addresses left exposed in circulating e-mails can be easily harvested by spammers and other cybercrooks.

Fortunately, it's very easy to delete these addresses before you forward e-mails. And your family and friends will thank you.

Whether you are using Outlook Express, Windows Mail or Mozilla Thunderbird for PC users, or Mail.app 3.1 for Mac users, simply highlight and then delete the "From" and "To" e-mail addresses **within the body of the e-mail** before you forward it.

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Sites Of The Month - Great Sites To Check Out In June

WHO on Swine Flu
http://who.int/en - Looking for authoritative information about the H1N1 flu virus (otherwise known as swine flu)? The World Health Organization (WHO) website is a good place to get it. This comprehensive site offers public health guidelines, updates on reported cases, pandemic status alerts, travel advice, and FAQs.

Instructables
http://instructables.com - Go here to learn how to do just about anything better. The site features instructions for do-it-yourself projects in a wide variety of categories such as arts and crafts, games, gardening, music, pets, and technology. User-friendly videos and photos guide you through the projects, and user comments offer firsthand accounts of what it's like to work on them.

Go Condo
http://pickpackgo.com - Take a trip through vacation rentals at hundreds of locations worldwide. Now is a great time to find a good deal on a condo and, since condos have kitchens, you can also save on restaurant costs by cooking for yourself. To use the site, just enter your destination, travel dates, preferred price, and other details to get your results. Photos and visitor comments provide a realistic description of each property.

The Grilling Coach
http://thegrillingcoach.com - It's grilling season! And if anyone knows grilling, it's Richard Myers, otherwise known as The Grilling Coach. This site offers detailed instructions about all things related to grilling including recipes, safety instructions, how to improve your grilling skills, and grill buying guides. Check out the instructional videos for more "hot tips."

View the New You
http://weightview.com - Ever wonder what you will look like when you lose those extra pounds? Now you don't have to wait for it to happen to find out. The WeightView site allows you to upload a photo of yourself and specify how much weight you'd like to lose, then sends

you back an image of you at your target weight. You can use this image to motivate yourself to stay proactive about your goals. Check out the blog and join the community for additional support.

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Short Tutorial - Shortcut For E-mailing A Link To A Friend

What do you do when you discover a great website and want to e-mail the link to a friend? Do you copy and paste the URL from the address bar into the body of your e-mail message? That method certainly works, but many browsers offer a feature that makes e-mailing a link even easier by setting up the e-mail for you. Just follow the steps below for the browser you use:

E-mailing a Link Using ...
-Web Browser: Internet Explorer 7 or 8
-Computer Operating System: Windows XP or Windows Vista

1. With Internet Explorer 7 or 8 open and while on the webpage that you would like to e-mail, click your cursor arrow on "File" on the menu bar, select "Send" from the resulting drop-down menu, and then select "Link by E-mail..." from the subsequent drop-down menu.

2. Your default e-mail program will open and a new e-mail will automatically appear that contains the link to the webpage you selected within the body of the e-mail. The subject line will also automatically populate.

3. You simply need to add the recipient's e-mail address in the "To:" field and write a message in the body of the e-mail if you choose.

4. Next, click on the "Send" button and your e-mail containing the link will be on its way.

E-mailing a Link Using ...
-Web Browser: Mozilla Firefox 3.0
-Computer Operating System: Mac OS X 10.5, Windows XP, or Windows Vista

1. With Firefox open and while on the webpage that you would like to e-mail, click your cursor arrow on "File" on the menu bar, and select "Send Link..." from the resulting drop-down menu.

2. Your default e-mail program will open and a new e-mail will automatically appear that contains the link to the webpage you selected within the body of the e-mail. The subject line will also automatically populate.

3. You simply need to add the recipient's e-mail address in the "To:" field and write a message in the body of the e-mail if you choose.

4. Next, click on the "Send" button and your e-mail containing the link will be on its way.

E-mailing a Link Using ...
-Web Browser: Safari

-Computer Operating System: Mac OS X 10.5, Windows XP and Windows Vista

1. With Safari open and while on the webpage that you would like to e-mail, click your cursor arrow on "File" on the menu bar, and select "Mail Link to This Page" from the resulting drop-down menu.

2. Your default e-mail program will open and a new e-mail will automatically appear that contains the link to the webpage you selected within the body of the e-mail. The subject line will also automatically populate.

3. You simply need to add the recipient's e-mail address in the "To:" field and write a message in the body of the e-mail if you choose.

4. Next, click on the "Send" button and your e-mail containing the link will be on its way.

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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 here.

Thanks for your business!

Thank You

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