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**Hello NCKCN internet members**

We're right in the middle of winter and this month's newsletter brings you a flurry of information and ideas. Be sure to read the warning about fraudulent Social Security e-mail messages making the rounds, and check out the passport site regarding new air travel regulations. You'll also find instructions on how to refresh web pages to get updated information, and how to burn CDs containing your holiday photo files. To celebrate the snow season, visit the Great Sites section and discover more about the Iditarod race, ski resorts around the world, and International Polar Bear Day.

The goal of each of our monthly eNewsletters is to keep our subscribers informed regarding their Internet connection and to improve their Internet experience. To meet this goal, each monthly newsletter will usually contain information related to:

1. Warnings on a recent virus, e-mail hoax or security issue that may affect you
2. An update on new services and other local interests
3. An answer to a frequently asked Internet related question
4. Some fun, seasonal websites to check out
5. A short, step-by-step tutorial on an e-mail or browser related task

We think you'll find the information contained in this newsletter to be a valuable tool for enhancing your Internet experience. If, however, you'd prefer not to receive these bulletins on a monthly basis, click [HERE](#).

To see what's inside this issue, take a look at the index to the left and thanks for reading!

- The NCKCN Team

**[E-Mail Scam - Social Security Administration Warns of E-mail Scam](#)**

The Social Security Administration has received reports of an e-mail message being circulated with the subject "Cost-of-Living for 2007 update" and purporting to be from the SSA. The message provides information about the 3.3 percent benefit increase for 2007 and tells the e-mail recipients to update their personal information or their account will be suspended indefinitely. They are then directed to a phony site designed to look like the official Social Security website.

Once at the bogus website, individuals are asked to register for a password and to confirm their identity by providing personal information such as their Social Security number, bank account information, and credit card information.

Patrick O'Carroll, Jr., Inspector General of Social Security, reminds the public to always take precautions when giving out personal information. "You should never provide your Social Security number or other personal information over the Internet or by telephone unless you are extremely confident of the source to whom you are providing the information," O'Carroll said.

You can report receipt of the aforementioned fraudulent e-mail message or other suspicious activity to Social Security's Office of Inspector General by calling the OIG Hotline at 1-800-269-0271. A Public Fraud Reporting form is also available at OIG's website

at [www.socialsecurity.gov/oig](http://www.socialsecurity.gov/oig).

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## Ask The Help Desk - How Do I Get a Web Page to Refresh with Updated Information?

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**Question:** Sometimes I go to a web page that I know updates their content frequently (with stock reports, weather, news, etc.) but I can't get it to refresh/reload with new information. Is there anything I can do?

**Answer:** Yes, there is a trick you can try when this happens to you. When typing the site's URL (web address), add a question mark (?) to the end. Your web browser will think it's a new web page and will "refresh" it for you, displaying the updated content. If you need to keep "refreshing" on subsequent visits to the same web page, simply add a different letter(s) behind the question mark each time (i.e. ?glp) and the page will be downloaded with the most current information.

Why does this trick work? Your browser only downloads information in front of a question mark. However, since the whole URL changes (by adding the question mark and possibly other letters behind the question mark), the browser provides a complete "refresh" of the web page.

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## Great Sites To Check Out This Month

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### New Passport Site a Hub for Travelers

<http://getapassportnow.com> - In an effort to enhance security and efficiency at U.S. borders, new passport requirements went into effect on January 23, 2007. All air travelers entering the U.S. from Canada, Mexico, and the Caribbean (excluding Puerto Rico and the Virgin Islands) must now show a passport, even if they are U.S. citizens. The Travel Industry Association recently launched this "one-stop shopping" site to simplify the process for passport applicants. It features links to appropriate agencies for U.S., Canadian, and Mexican citizens and explains how and where to get a passport.

### Hit the Slopes

<http://skicentral.com> - If you want to go skiing but aren't sure where, this site is a great place to start. There's a mountain of information including links to nearly 8,000 sites offering ski resort details, snow sports news, and vacation-planning resources. You can get current conditions at virtually any ski resort in the world and view snow cams at locations from Aspen to Zermatt.

### International Polar Bear Day

<http://polarbearsinternational.org> - February 27th is International Polar Bear Day, a great time to learn more facts about our furry friends. For example, the five "polar bear nations" in which the bears are found include the U.S. (Alaska), Canada, Russia, Denmark (Greenland), and Norway. Explore this site to check out common myths and misconceptions about polar bears, see the photo and video gallery, and find out how you can support polar bear conservation projects.

### Hot Recipes for Cold Weather

<http://busycooks.about.com/od/favoriterecipes/tp/top10winterreci.htm> - Gathered here are 10 favorite recipes for winter meals — hearty comfort foods guaranteed to warm up your spirits on even the coldest days. There's Mexican Pizza, Slow Cooker Chicken Curry, Swiss Eggs, Herbed Oatmeal Bread, Monte Cristo Sandwiches, Crock-pot Beef Stroganoff, Indulgent Mac & Cheese, and more. If you're not hungry now, you will be after getting a taste of this site.

### Iditarod: Get Ready for the Race

<http://iditarod.com> - The Iditarod trail sled dog race is unlike any other event in the world. Each team of 12 to 16 dogs and their musher cover 1,150 miles across mountain ranges, frozen rivers, dense forests, desolate tundra, and windswept coastline. The adventure begins on Saturday, March 3rd. To get ready for the action, check out the official site of the Iditarod now. You'll find an interactive trail map, information on this year's teams, a history of the event — even a glossary of mushing terminology. Become an

Iditarod Insider and you'll also have access to daily video clips throughout the race and live streaming video events.

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## **Short Tutorial - Burning A Folder Of Photos Onto A CD**

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Remember all those heartwarming family photos you took over the holidays? Where are they now? If they're stored in a file on your computer and if your computer is equipped with a CD burner, make sure you also burn a CD as a backup in case of hard drive failure. (Note: If you have a DVD burner, the procedures are the same.) Here's how to do it:

### **Burning Images From Your PC To A CD Using Windows XP**

1. Open the "My Photos" folder or whatever folder your pictures are in.
2. On the folder window's sidebar, look for the "Picture Tasks" area.
3. Click your cursor arrow on the link "Copy all items to CD." You'll see a progress bar.
4. A bubble will appear at the bottom of your screen that says, "You have files waiting to be written to the CD. To see the files now, click this balloon." Go ahead and click on the balloon. The CD Drive window will appear.
5. Under the "CD Writing Tasks" area on the right side of the window, click on the link called "Write these files to a CD." The "CD Writing Wizard" will start.
6. Type a name for your CD and click the "Next" button.
7. Insert a CD into your burner and click "Next."
8. You'll see a progress bar as pictures are burned onto your CD.
9. When the project is completed, the CD will be ejected. Click "Finish" to close out of the wizard.

### **Burning Images From Your Mac To A CD Using iPhoto 6 And Mac OS 10.4**

1. Open the iPhoto application.
2. Select the album or albums you'd like to back up to a CD.
3. Click your cursor arrow on the "Share" menu and drop down to "Burn."
4. You'll see a little disk icon that acts as a gauge showing you the amount of disk space that you've used. Right next to the right side of that disk is a name field. Give your disk a name.
5. Press the "Burn" button. When your photos have been burned to the CD, it will appear on the desktop.

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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,

[The Staff at NCKCN](#)

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