



Quick Looks

SecureIT+

***Spyware and how to avoid it
iPods, Music & the Internet***

Alltel Data Tools (file transfer and internet)

SecureIT+ Computer Protection

Three common problems regarding keeping your computer CLEAN and SAFE

1) I don't know what I all need protection from

- some have anti-virus software but don't update Windows, or have a firewall, etc

2) I don't know what programs I need

- too many choices, need something different for each type of protection, which are best, etc.

3) I don't know how to update and use them

- about 60% of virus problems I deal with involve people with AV software on their computer

So what happens then?? People might assume whatever AV programs are on their computer must be working properly or they just go without and figure problems won't happen to them.

SecureIT+ is a comprehensive computer protection service from TCC. You download this program to your computer and it automatically keeps itself updated and keeps your computer clean and working fine. SecureIT+ also offers guaranteed protection! Some of the highlights of SecureIT+ include:

Virus Protection - Uses Symantec Corporate Edition AV (higher level than Norton's) Updates and scans are automatic.

Spyware Protection - Uses Spybot software; free already, but this one is automated.

Windows Updates - Downloads security patches after testing them to keep your OS protected

Parental Controls - Block undesirable content, lock Internet down with password, limit time allowed online for each user in your house and get monthly reports of activity. A must for parents.

Free Support - Excellent help desk will really go the extra mile to help you. This level of support is not offered for free by any other AV program - usually \$30 or more per call.

Remote Assist - Allows the technician to go into your computer and fix problems remotely so you don't have to sit there with them taking orders and clicking around.

Spyware and How to Avoid It

Spyware has gotten to be a bigger problem than viruses. While spyware is often found in the same shady corners of the internet as viruses and often can wreak the same kind of havoc as viruses, they are different. Different enough that your anti-virus program will probably NOT find or remove spyware.

What is Spyware?

Spyware is a general term for marketing programs that can “spy” on you, collect data from your computer, download and launch pop-up ads at you and recruit more spyware into your computer. You can get spyware from most “free” games, file sharing programs and browser add-ons you can download. You can also invite spyware into your computer by clicking on a pop-up launched by a web site you visit.

What will Spyware do?

Well, it may start with an increase in junk mail or a few web pop-ups, even when you aren't visiting a site you thought would use a pop-up. Then you might notice a lot more junk, a lot of pop-ups, new icons on your desktop or start menu and your home page could change. Then you will start to notice a slow down in your internet speed and the feeling that there are programs running in the background. Ultimately, your internet will slow to a crawl or not work at all and then Windows will have a hard time sharing your computer resources with the spyware and Windows might fail to operate. Because spyware is automated, it will progressively get worse and worse all by itself until cleaned.

How do you clean existing Spyware?

1. Check Control Panel for downloaded programs that might have contained spyware and remove them. Look for music sharing programs (Bearshare, Limewire, eDonkey, Kazaa, iMesh, Gnutella) or browser add-ons like Search Bar or casino games or any other free novelty programs.
2. Get SecureIT+. Includes spyware protection and the professional installation includes a quick computer clean up. Some spyware cases will need to be cleaned before SecureIT+ can be loaded.
3. Download spyware removal software such as Ad Aware or Spybot from www.download.com. After the program is downloaded and installed (click Open after download is finished) you need to update the software (update button in program) and SCAN YOUR COMPUTER. You may need to scan from “Safe Mode” (F8 when computer boots up) if existing spyware blocks attempts to remove it.
4. Take computer in to a professional or reformat/recover computer completely. If this looks like the best option, get a USB memory stick and save any pictures, addresses, files and data that you do not want to lose.

How do you prevent Spyware?

1. *Don't download free stuff off the internet (games, file sharing programs, cutesy things, etc)*
2. *Don't click on pop-ups unless it's a legit pop-up from a legit web site. NEVER click on a notice that pops up to the center of your screen that says your computer “has spyware/viruses” and proposes how to fix it. Legit programs don't do this.*
3. *Don't go to free online gaming web sites or any other notorious areas for spyware.*
Hint: if there are lots of blinking or flashy ads, you are probably on a risky site.
4. *Update and scan your computer weekly or at least monthly with spyware removal software. If you have SecureIT+, this is done automatically for you.*

iPods, Music & Internet

Music is a HUGE part of the internet these days. From streaming radio stations to downloadable MP3s, there's a lot going on. Here's some of what you can do:

1. Listen to radio stations (real and internet-only) online. Open Real Player or Windows Media Player and click "Radio" link, choose a format and click a station to listen.
2. Put a music CD in your computer and Real Player or WMP can save it as computer files so you can listen at any time without using the CD. You can also transfer songs to an MP3 player
3. Download songs/albums from iTunes.com, Rhapsody, Napster, Amazon, Walmart, etc. For about \$1 per song, you can start your collection. Listen through your computer, transfer to an MP3 player or burn into a CD (if you have a CD burner drive)

Notes: Online radio stations are not always reliable. You may have to try a few to find one that comes in that day. Downloading songs using file sharing programs (Limewire, Bearshare, Kazaa, etc) is a BAD idea. These programs contain spyware that can damage your PC and you may run into copyright problems over the downloading and transferring of such content.

Apple iPod (Shuffle, Nano, Touch or Classic) A sleek, stylish, high-capacity portable music device. Highly popular with a wide range of available accessories.

1. Getting Started

Get an iPod
Download iTunes from www.itunes.com
Open iTunes and go through installation prompts

2. Load CDs onto Computer/iTunes

Open iTunes
Put CD in the CD tray
Click "Yes" at prompt to load CD into iTunes
Wait for CD to copy into iTunes
Add another CD or move on to loading iPod

3. Shop for music/tv/movies at iTunes

Click links in iTunes for popular titles or use search feature at the top
Click song(s) you are interested in
Go through checkout to pay for song(s)
They will now show up in your media library

4. Connect iPod, Authorize & Sync

Connect your iPod
You may be asked to Sync iPod (this is okay but you will need to Sync again if you have purchased music)
Click on your iPod listed on the left
Click "Store" at the top
Click "Authorize Computer"
Type in your iTunes login/password (you can authorize 5 computers to play purchased content with)

5. What Now?

From now on, when you open iTunes and plug in your iPod, it will automatically Sync and download any new content on your computer to your iPod.



Alltel Data Tools (Tethering)

Alltel launched a new service in 2007 so people can have high-speed internet on their computer through their cell phone. With speeds between 130k and 256k the speed is not super fast but it's certainly better than dial-up AND is available wherever you can get a good digital signal. Initially marketed to over-the-road drivers and salesmen who need mobile connectivity, this service is becoming a hit with homes where Cable and DSL are not available but cell signal is.

What do you need?

- Data Kit (cord and CD)
- Internet feature on your cell plan (\$25/mo unlimited; does not use minutes; no contract)

Let's Go One More Step

The Data Kit by itself works great just to connect your phone to your PC so you can transfer songs, pictures, contacts and schedules. You are connecting to a fully functional phone so you can even send text messages that you type on your computer.

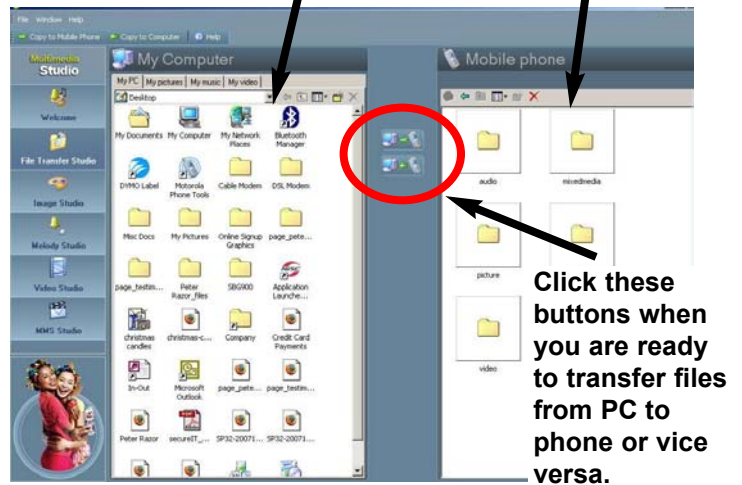
1. Insert CD
Install software
Connect phone
Open program



2. Click Multimedia Studio OR Internet Connection
Multimedia Studio opens screen below. Internet Connection establishes a connection (phone goes "dormant") Start surfing!

Files on your PC; navigate to find and select the files you want to transfer or open folders where you want to put files from your phone.

Files on your phone categorized by type. Click files to transfer to PC or open folder to save files from your PC.



Other Tips and Info

Also offered are wireless data kits (Bluetooth) and cell cards for Internet that go in the side slot on a laptop so you do not need to use your phone or contend with compatibility. Motorola Phone Tools does not work with Windows 95 or 98. Data kits are available for other models of phones.