



Internet Technologies Inc. FEBRUARY 2005 NEWSLETTER

VIRUS MAIL "SPOOFING": Most of the newer viruses use something called "mail spoofing". When they send the infected mail out, it grabs names from your address book and puts one into the sender address, and one into the 'to' address. Someone could get an infected mail that looks like it came from you when it didn't. It could have come from anyone you've ever e-mailed depending on how their address book is set up. That makes it very hard to track down the sender. Others just grab the domains from your address book and send e-mails out marked as from administration@whatever_your_domain_is.com, or support@ or helpdesk@ so it looks like it came from your Internet Provider and is important. We'll remind you again: mail from Max will come as admin@fsjames.com and *and will never have attachment!* Don't open any attachment you're suspicious of, and *never* reply to e-mails asking for personal info like passwords.

FOR YOUR OWN PROTECTION: Please keep your virus protection up to date and run it often. If you can't remove a virus then get your computer serviced, don't just keep using it. Don't download everything you see that says it's free. Keep your Windows current with Windows Update to fix security holes, and enable your firewall if you have ADSL. If you have ADSL and Windows 98 or Me then *get a firewall* like Sygate Personal. And we can't say this often enough: stay away from KaZaa. If you get a file sent thru MSN, save it and scan it before you click it. We hate to disillusion teenage boys, but complete strangers on MSN do not send you pictures of Britney Spears naked...

JUNK MAIL: we've promised way too many times already, but we actually have B-rock working in the back setting up a new mail server at this minute. I won't even say a date the filters go in service, because this is the Fort and a meteor could crash into the office an hour before it goes online, so we'll just put a big notice on www.fsjames.com after it works! Meanwhile you can use MailWasher to filter your mail to your own settings. The program and complete instructions are on our company website www.maxit.net.

FSJAMES.COM: Our website went down a couple times on the 24th and 25th when a router blew in the main Internet switching center (underneath the 5 sails building in Vancouver Harbor) and then the hard drive cooked right afterwards. You may have notice a partial site with errors for a few hours, but it was restored late on the 25th. It also took down websites on Uniserve's system, but the rest of the Net was still working.

TIPS: Ever get annoyed because the theatre ad on our web page is last week's or the week before? This happens a lot if you're using Internet Explorer. It will read the cached version on your hard drive no matter what you set things at. It annoys me most on forums, when it loads the page from 10 minutes ago and you miss new postings! You can *force it to reload* the new pages by holding down the CTRL key and clicking refresh! Even better, switch to Firefox browser!

Using Windows Me or XP? Turn off your System Restore! It's about the most useless thing on the OS now that every known virus hides itself there. You'll also save some hard drive space.

MSN splash screen: Nothing annoys me like computers that start up and MSN takes up your whole desktop. Look under Options and uncheck Start MSN when Windows starts. Sometimes you want to

use your system to play a game (or God forbid do some work) or go online without being pestered, and you won't need to wait an extra 10-30 seconds for MSN to start and log on before you use it.

PROGRAMS-STARTUP FOLDER: Everything in here starts up every time you start Windows, slows your computer and eats memory. Do you really need "Instant Dell Support" two years after your warranty's run out? Or Textbridge to always start and check for updates, when you've never even used it? Dump everything in here, unless you think it's absolutely vital. Even Office, because you can start it just fine by clicking on Word or Excel.

SPYWARE: You can download the latest AdAware at www.maxit.net. The other ones suck, and the one that pops up and says "You might be infected with spyware" *is spyware*. Don't listen to what the kid in Grade 9 says, go on a techie website and read up about spyware. AdAware is the Holy Grail of computer geeks!