

Subject: Your Van Buren Telco eNewsletter August 2010
Date: Tuesday, August 10, 2010 6:45 PM
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Conversation: Your Van Buren Telco eNewsletter August 2010



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For Windows Live ID Users

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Hello Van Buren Telephone Company Internet Customer

This August issue is filled with all kinds of tips to help you do all kinds of things, including outsmart scammers, save money, and make the most of your free time. It starts with a warning about a Windows Live ID scam that's circulating via e-mail, and a reminder to keep up your regular precautions against phishing. You'll also learn about the purpose of an IP address, and find out how to create compressed files and folders. We think you'll also enjoy the variety in our Great Sites section; these resources feature everything from caffeine counts in popular foods to 137 years of content from *Popular Science*.

The goal of each of our 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.

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 Van Buren Internet Team

Warning! - For Windows Live ID Users

If you receive an e-mail like the one pictured here that appears to be from Microsoft Customer Support, be careful. There are fraudulent e-mails now circulating that have a subject line about confirming your e-mail address for Windows Live ID. They are not from Microsoft as claimed, and are simply part of a phishing scam.

Ironically, the e-mail's message pretends to actually be concerned about the security of your personal information and recommends that you don't click on the links placed in the e-mail. Instead, it says to copy and paste the desired link into your browser's address bar.

From: Microsoft Customer Support <support@passport.msn.com>
Subject: **Confirm your e-mail address for Windows Live ID**
Date: June 29, 2010 1:22:33 AM CDT
To: [REDACTED]

Hello, [REDACTED]

Thank you for signing up for a Windows Live ID. Please follow the instructions below to confirm that you signed up for this account, or to cancel the account if you did not sign up.

CONFIRM ACCOUNT

To help prevent unauthorized account creation, we need you to confirm your e-mail address. We will use this e-mail address to send you important messages about your account. Also, some Windows Live ID sites and services may require a confirmed e-mail address.

To confirm this e-mail address, select and copy the following link. Open a browser and paste the link in the address bar. Press Enter or Return on your keyboard and follow the instructions that display.

[https://accountservices.msn.com/EmailPage.srf?emailid=dc/launch? \[REDACTED\]](https://accountservices.msn.com/EmailPage.srf?emailid=dc/launch? [REDACTED])

CANCEL ACCOUNT

If you didn't sign up for the account with this e-mail address and want to cancel the account, select and copy the following link. Open a browser and paste the link in the address bar. Press Enter or Return on your keyboard and follow the instructions that display.

[https://accountservices.msn.com/EmailPage.srf?emailid=dc/launch? \[REDACTED\]](https://accountservices.msn.com/EmailPage.srf?emailid=dc/launch? [REDACTED])

Microsoft reminds users that it will never ask you to provide your username, password, date of birth, country, credit card information, or other personal information via e-mail. And you should never enter your password anywhere besides the official Windows Live ID sign-in page.

Here are additional tips to help you avoid phishing scams:

- Your first level of defense is to secure your computer. To do this, keep your firewall turned on and make sure all of your software (including antivirus and antispyware software) is up to date, along with your operating system.
- Do not click on links within an e-mail unless you're absolutely certain about the source, and don't reply to suspicious e-mails.

Scammers know that a small percentage of users will fall for their tricks. Armed with information, you don't need to be one of them.

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Getting Ready For Back To School

It's back to school time! Here are some sites that can help you with the transition.

- <http://momshomeroom.msn.com>
- <http://kidshealth.org>
- <http://www.usa.gov>



- <http://www.amazingmoms.com>

If you don't have a high speed Internet connection at home now might be a good time to check out VBT's Megaband service to give your kids the opportunity to research and do their homework at speeds up to 3 mbps. Give us a call, 319-293-3187, or stop by our office for more information.

Check us out and see what we can do to make your life more convenient and keep you connected to family and friends. Our revised website is <http://www.vbtelco.com> See why we say Van Buren Telephone Company is where technology meets tradition. We've been serving the villages since 1923

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This Month's FAQ - What Is An IP Address?

Question: What exactly is an IP address and what is its purpose?

Answer: An Internet Protocol (IP) address is an electronic serial number that takes the form of four numbers separated by dots; an example would be 10.50.50.50. Every machine connected to the Internet—computer or any other Web-enabled device—has a unique IP address. Wherever you browse online, send an e-mail or instant message, or download a file, your IP address functions like a vehicle license plate or a finger print to enforce accountability and traceability. IP addresses are used by routers to forward messages from one computer to another over the Internet.



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

Curb Your Caffeine

www.mayoclinic.com – If you're like most adults, you probably drink some combination of coffee, tea, soft drinks, and energy drinks each day. While these beverages can give you a boost, too many of them can be harmful to your health. Mayo Clinic's "caffeine content" site recommends no more than 500 to 600 milligrams of caffeine per day. This helpful site also shows you the amount of caffeine in many popular brands, including foods and medications you might not have considered.

Get It Write

www.paperrater.com – High school and college students will appreciate this handy tool. PaperRater analyzes academic papers for plagiarism, spelling, grammar, style, word choice, and readability. This free service is maintained by linguistics professionals and graduate students, and allows you to correct many common mistakes before you turn in your papers. The site also includes a vocabulary builder and a blog with helpful writing tips. It's like having an English professor at your service 24/7!

137 Years of Popular Science

www.popsci.com – Rocket ships, dinosaurs, sports medicine, computers, and the future of technology—*Popular Science* has covered it all in its 137 years. Now, the magazine has partnered with Google to offer its entire archive for free browsing. Each issue appears just as it did at its original time of publication, complete with period advertisements. It's a fascinating trip down memory lane for science buffs.

Cool Summer Treats

allrecipes.com – There's nothing more refreshing on a hot summer day than a cool, creamy treat. This site offers dozens of recipes that feature ice cream, including ice cream sandwiches, sherbet, sorbet, and ice cream pies and cakes. For each recipe, you can read reviews, write your own, save to a recipe box, or share with friends. You can also check out videos, and subscribe to the baking newsletter.

Dog-friendly Destinations

www.dogfriendly.com – Remember poor Snoopy being turned away by the sign that read "no dogs allowed"? Don't let this happen to your pooch! This travel site lists accommodations, parks, attractions, stores, and outdoor restaurants where dogs are welcome all over the world. You can search by location (country, city, state), or by destination, such as campgrounds, beaches, attractions, and dog parks. And don't forget to check out the site's blog for the latest dog news.

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Short Tutorial - Creating Compressed Files And Folders

Compressing files and folders decreases their size so they take up less storage space and can be transferred to other computers more quickly than uncompressed files. (You might think of this process as the electronic version of using vacuum-compression storage bags for extra clothes or blankets.) It's particularly handy, for example, when you have a long list of files to e-mail to someone, since you'll be able to attach just one compressed (or zipped) folder with everything in it instead of attaching 10 or 12 files individually. To create compressed files and folders, follow the steps below:

Creating Compressed Files and Folders Using ...

Computer Operating System: Windows XP

1. Using the "My Computer" method, click your cursor arrow on the "Start" menu and then click on "My Computer."
2. When the My Computer window opens, locate the file or folder you would like to compress.
3. With the file or folder selected, click on the "File" menu. Select "New" from the resulting drop-down menu and then select "Compressed (zipped) Folder" from the secondary drop-down menu.
4. When the compression is complete, your new zipped file will appear; the icon for the file or folder will appear to have a zipper on it. Type a name for the new compressed file and press the "Enter" key.
5. Alternately, you can right-click on the file or folder you would like to compress and select "Send To" and then "Compressed (zipped) Folder" from the resulting pop-up menu.

Creating Compressed Files and Folders Using ...

Computer Operating System: Windows Vista

1. In Windows Explorer, right-click the file or folder you would like to compress.
2. When the pop-up menu appears, select "Send to . . ." and click "Compressed (zipped) folder" from the submenu.
3. A compressed file is created using the name of the folder or file you are compressing. The icon for the compressed file or folder looks like a bundle of books with a belt

around it to indicate its compressed status. (Note: If you have a separate compression application installed, the icon may look different.)

4. You can add files or a folder to an existing compressed folder. Simply drag and drop the files or folder on top of it and the new material is automatically added.

Creating Compressed Files and Folders Using ...

Computer Operating System: Windows 7

1. In Windows Explorer, right-click the file or folder you would like to compress.
2. Go to "Send to . . ." and click "Compressed (zipped) folder."
3. A compressed file is created using the name of the folder or file you are compressing with the file extension ".zip" added to the end. The icon for the compressed file or folder has a zipper on it to indicate its compressed status. (Note: If you have a separate compression application installed, like WinZip, the icon may look different.)
4. You can add files or a folder to an existing compressed folder. Simply drag and drop the files or folder on top of it and the new material is automatically added.

Alternate option:

1. In Windows Explorer, click to go to the folder in which you would like to create a compressed file. This can be any folder on any drive.
2. Right-click anywhere in the pane of Windows Explorer that lists the folders and files. Make sure you do not click on a sub-folder.
3. From the pop-up menu, go to "New" and then click "Compressed (zipped) Folder." A compressed folder named "Compressed (zipped) Folder.zip" appears. The icon has the "zipper" image, indicating it is a compressed file. This is an empty compressed file, waiting for you to add material to it.
4. Rename the file in some way that is meaningful to you.
5. The file now can be treated like any normal folder; you can drag other folders or files into it or out of it. The folders or files you drag into it will be compressed.

Creating Compressed Files and Folders Using ...

Computer Operating System: Mac OS X 10.5

1. In the Finder window, click your cursor arrow on the file or folder you would like to compress.
2. Click your cursor arrow on the "File" menu and select "Compress '[the name of your file or folder]'" from the resulting drop-down menu.
3. When the compression is complete, your new zipped file will appear with the existing file or folder name and will now show the extension ".zip" added to the end of its name. The icon for the file or folder will appear to have a zipper on it.
4. Alternately, you can right-click on the file or folder you would like to compress and select "Compress '[the name of your file or folder]'" from the resulting pop-up menu.

Alternate option:

1. Click your cursor arrow on the file or folder you would like to compress.

2. Right-click your cursor arrow on the selected file or folder and select "Compress '[the name of your file or folder]'" from the resulting drop-down menu.
3. When the compression is complete, your new zipped file will appear with the existing file or folder name and will now show the extension ".zip" added to the end of its name. The icon for the file or folder will appear to have a zipper on it.

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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, click [here](#).

Thanks for your business!

Best regards

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