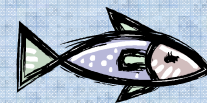


"Give a man a fish and he will eat for a day; teach a man to fish and he will eat for a lifetime."



Catch of the Day



Learn To Fish the vast ocean of computer know-how!

Swimming in Spam

by Kathy

Volume 2, Issue 6, July 2007

"Hello! I am bored today. I am nice girl that would like to chat with you."

Sound familiar? It's one of the latest trends in spam (junk e-mail). If you haven't gotten that one, you're probably getting the fake greeting cards and the prescription drug offers. Winning lottery messages from Nigeria? Those are so last month. What can you do about the deluge?

Use your e-mail's junk mail filters. Some spam may be inevitable, but it doesn't have to cram your inbox. Use an e-mail program that filters spam by at least putting it in a separate folder. [Mozilla Thunderbird](#) and [Google Gmail](#) are examples. Just make sure your filters aren't catching messages that are actually important.

DO NOT publicize your e-mail address on any web site. Automated spamming programs can "scrape" web pages to find e-mail addresses to bombard. Even if your address is not visible, but contained in the back-end HTML code, you may not be safe.

Change your e-mail address. Sometimes desperate spam calls for desperate measures. I heard of one person who has an interesting way of rotating his e-mail. Every year he creates an address from a combination of his name and the current year. For example, "bobjones2007@your-isp.com". Come January 1, he gets a new e-mail address reflecting the new year, and abandons the old one. His friends know the pattern, but his addresses are never active long enough to become a big target.



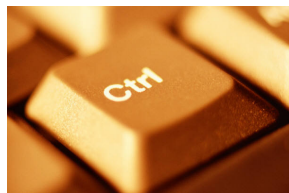
Service Spotlight: Digital Camera Training



Are your summer snapshots all you hoped? If not, call LTF Tech right away for **digital camera training**. Don't miss out on another memory! *Gift certificates available.*

Browse and purchase Kathy's own photos at www.LTFtech.com/gallery.

Shortcut of the Month (brought to you by the letter ...)



Increase efficiency with keyboard shortcuts!

Spelling and Grammar Check in Microsoft Word (F7)

Getting to spell-check in Microsoft Word can be faster than clicking "Tools" in the menu bar. It can even be faster than clicking on the little "ABC" icon in the toolbar. It's as fast as pressing the **F7** key on your keyboard. Try this shortcut in other programs that are part of the Microsoft Office software suite.

The Random Resource

...because your computer isn't just for computing

How "walkable" is your neighborhood? The web site Walk Score (www.walkscore.com) rates neighborhoods based on their pedestrian-friendliness. Enter an address and find the proximity of the nearest grocery stores, pharmacies, movie theaters, schools, etc. This is a useful web site if you're planning to relocate or take a vacation, especially if you don't have a car.

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