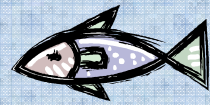


"Give a man a fish and he will eat for a day; teach a man to fish and he will eat for a lifetime."



Catch of the Day



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

Spy Games

by Kathy

Vol. 4, Issue 10, Nov 2009

Lately I've been seeing an increasing number of spyware and virus infections. Even computers with antivirus software are being compromised. This is because of the deceptive practices used by spyware in the first place. For example, a pop-up window claims your machine is infected and directs you to download a product to fix it. But the software you unwittingly download is not the solution, but the problem itself! The result is sluggish performance, relentless ads, and even an unusable computer altogether. How can you avoid being tricked in this way?

Don't heed unfamiliar messages. If you don't own software from McAfee, a pop-up message that is labeled "Norton" (or that is unlabeled) would be suspicious. Know the names of any antivirus or anti-spyware programs on your computer so you can recognize valid warnings.

Check before downloading software. Don't download anything before verifying it. To check the legitimacy of a product, search for its name at download.cnet.com. If you can't find it there, don't install it. (For instance, "Windows Defender" is real, but "System Defender" is spyware!)

Make sure you get your updates. This is usually done automatically by your software behind the scenes, but if you are alerted to a problem with the update, don't let it go too long before you address it. Go into your software and try to update manually. Outdated virus protection is no protection at all.

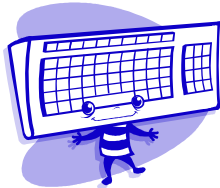
For more detailed advice, read US-CERT's article, "Recognizing and Avoiding Spyware" at <http://www.us-cert.gov/cas/tips/ST04-016.html>.

Service Spotlight: Digital Cameras



LTF Tech is still your source for training in using your digital camera to the max! Learn everything from the features of the camera itself to applying creative effects to your pictures! Learn to make beautiful holiday photos by calling (518) 724-0828 or e-mailing info@LTFtech.com.

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



Increase efficiency with keyboard shortcuts!

Control-C and Control-V: Copy and Paste

The powerful text-transferring capabilities of copy-and-paste are accessible through keyboard shortcuts. Once you have used the mouse to highlight text to copy to another place, press the **Control-C** shortcut. Then when you have clicked on the location to insert the text, press **Control-V**. (Mac users can substitute the Command key for the Control key.)

The Random Resource

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

Even without a digital video recorder (DVR) you can catch up on past episodes of your favorite TV shows using the Internet. The web site Hulu.com stores episodes of many popular programs from a variety of broadcast and cable networks. Viewing is entirely free, supported by advertising. The selection even includes a few full-length movies.

LTF Tech provides custom computer training and consulting. Visit the web site at www.LTFtech.com. To join the mailing list, make a topic suggestion, or for other information, e-mail info@LTFtech.com.
The Catch of the Day Copyright © 2009 LTF Tech. Please contact to request permission to copy or distribute.

LTF Tech
P.O. Box 14611
Albany, NY 12212-4611
(518) 724-0828