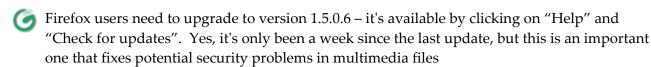
Brian Gongol's Security Update

Weekly Checklist for August 5, 2006 See <u>www.gongol.com</u> for updates throughout the week

Urgent this week:



Important to do every week:

- Run a backup of your important computer files and store it in a safe location.
- Update your anti-spyware software and run it. If you need free anti-spyware software, visit http://www.safer-networking.org/en/spybotsd/ and download Spybot Search and Destroy.
- Update your anti-virus software and run it. If you need free anti-virus software, visit http://free.grisoft.com and download AVG Anti-Virus.

Other recommended security measures:

- Set up a limited-access user account on your computer and use it for most purposes. See http://www.gongol.com/howto/createalternateadmin/ for complete instructions.
- Use Firefox, Opera, Safari, or another web browser. See http://www.gongol.com/howto/getanewbrowser/ for complete instructions.

Other helpful links:

- Listen to the WHO Radio Wise Guys Saturdays from 12:00 2:00 Central via streaming audio at http://www.whoradio.com/ or on 1040 AM.
- Get a professional website for under \$500 at http://www.northernrepublic.com/