



Today "Back to School" Safety is About More Than Looking Both Ways in the Crosswalk

We just walked 2 miles to school (up hill both ways). Today students navigate the sometimes dangerous world of cyberspace to get their education. Then after the homework is done, what are they doing on the computer? News stories about cyber bullying and identity theft remind us of the need for safe internet use.

These tips may help you and your children avoid problems:

- Discuss the perils of certain internet practices with your family.
- Place computers in areas of the house where you can monitor activities.
- Consider online filters such as www.bsafefhome.com or www.netnanny.com.
- Be aware of places outside the home where your child could get online.
- Restrict their use of instant message sites such as Yahoo Messenger and Eyeball Chat.
- Consider using monitoring software such as www.guardiansoftware.com or www.spectorsoft.com
- Better yet, direct your family to some positive places on the web such as:

www.factmonster.com Fact Monster is a free reference site where students, teachers, and parents can get homework help, using educational games and teaching tools. It contains references such as the Columbia Encyclopedia, Random House Dictionary, an atlas and an almanac. It also features quizzes, flashcards, a homework center and Flash-based games.

kids.nationalgeographic.com National Geographic Kids features different people, animals, and places each month with facts, games, and activities.

www.ipl.org/div/kidspace The Internet Public Library Kidspace features a directory of authoritative websites; links to online texts, newspapers, and magazines; and a helpful "Ask A Question" feature.

Some of these sites require sign-in information from you, so make use of all the great stuff out there, but keep reading for information on internet safety.

A Lesson for Internet Users of All Ages

When you engage in online activities, one potential scam to learn about is phishing, where crooks try to get you to divulge personal information through the use of legitimate looking emails and websites. Awareness of phishing tactics is the best way to avoid becoming the latest victim of these online thieves.

For example, you may receive an e-mail that appears to be from your bank, asking for updated account information. Don't fall for this plot to gain access to your accounts.

Another example is a recent one sent to mwt.net users which looked like this in the subject title: VERIFY YOUR "MWT.NET" EMAIL ACCOUNT.

It went on to say....

Dear mwt.net Email Account Owner,

This message is from the mwt.net messaging center to all mwt.net email account owners. We are currently upgrading our data base and e-mail account center. We are deleting all unused mwt.net email accounts to create more space for new accounts. To prevent your account from closing you will have to update it below so that we will know that it's a presently used account.

>> CONFIRM YOUR EMAIL IDENTITY BELOW

>> Email Username:

>> EMAIL Password:

The email continues with more bogus information, but just keep in mind that this Cooperative and the real Midwest Telnet Support Team already know your login information. We will not ask you to verify your password unless you call us for assistance. If you have answered any of these emails in error, please change your Midwest Telnet password now! You may do this at <http://www.mwt.net/userpw.html> or call your local office for more information.

Consider a virus protection plan such as SecureIT Plus, offered through the cooperative, which keeps viruses, worms, spyware, and keystroke loggers off your computer.

SecureIT Fresh Start Installation, for a one-time fee of \$34.95, gives you a friendly helpful technician who will take temporary control of your computer and complete the install. This one time fee and installation will:

1. Look for and remove previous anti virus software.
2. Check for infections/malicious software, terminate any running processes that are in the active spyware/virus list, identify hidden and high-risk software, remove malicious software and threats, and advise you on how to avoid future infections.
3. Remove any unnecessary start-up items for better performance of your PC after restart.
4. Install SecureIT Plus and ensure all components are updated and running, and apply any Windows critical patches.

SecureIT Plus is then billed on your monthly bill for just \$4.95 a month.

Again, follow these steps to protect yourself from phishing:

Do Not Reply to unsolicited messages, asking for personal information. Legitimate companies never solicit information this way.

Do Not Click Links in phishing messages which appear to go to a legitimate website, but actually redirect you elsewhere. Instead, use the phone to call the company's legitimate number or type the company's true web address directly into the browser.

Do Not Send Personal Information by Email, but if you must, make sure it's secure by checking to see if it has <https://> (the 's' means secure) in the web address and a padlock icon appears on the browser's status bar.

Do Not Go Without Up-To-Date Anti-Virus Protection and an Active Firewall which help to keep viruses, worms, spyware, and keystroke loggers off your computer. Finally, if you should fall prey to a phishing scheme, the Federal Trade Commission's website (www.consumer.gov/idtheft) provides in-depth information about actions you can take to prevent identity theft. ❖



Young Larry stopped by the corner grocery store and read the following list to the clerk:

10 lbs. sugar at \$1.25 a pound	4 lbs. coffee at \$1.50 a pound
2 lbs. butter at \$1.10 a pound	2 bars soap at \$.83 each

"How much does that come to?" asked Larry.

"Twenty-two dollars and thirty-six cents."

"If I gave you three ten dollar bills, how much change would I get?" said the boy. "Seven dollars and sixty-four cents," stated the clerk who appeared to be irritated by all the questions.

Larry said, as he disappeared through the door, "I don't want to buy the items. That's our arithmetic lesson for tomorrow, and I needed some help with it."

Moving or Disconnecting?

The Video & High-speed Internet Equipment Belongs to LaValle Telephone Cooperative

Avoid a charge of several hundred dollars on your bill by returning the video and high speed internet equipment that belongs to LaValle Telephone when you disconnect service. This generally includes set top boxes (either Amino or ADB), remote controls, the Comtrend modem, plus the appropriate power cords and Ethernet cables. Please dial 611 to report your intent to disconnect. If you are unable to return the equipment to our office or one of our drop-off locations, we'll help you make alternative arrangements.

You may drop equipment off at the following locations:

- LaValle Telephone Cooperative – Main Street, LaValle
- State Bank of Cazenovia – Main Street, Cazenovia
- Corner Express gas station – Main Street, LaValle

New Police & Fire Protection Fee

As passed by the state Legislature, and recently signed into law by Gov. Jim Doyle as part of the state's 2009-2011 biennial budget, beginning on September 1, 2009, we are required to collect a new fee of \$0.75 per month, per connection. The fee will appear on your bill as the "Police and Fire Protection Fee." It will be applied to all communications service connections with an assigned telephone number (i.e. landline, wireless, cable telephony etc.) including a communication service provided via a voice over Internet protocol connection (VoIP). The \$0.75 fee will be imposed for each of the first ten connections and one-tenth of the fee (\$0.075) for each additional connection per billed account. The revenue collected will be remitted to the state Public Service Commission and ultimately be distributed back to local units of government under the county and municipal aid program ❖

An Apple for the Teacher, Some Apple Crisp for You

A simple recipe the kids can help with:

Easy Apple Crisp

6 cups sliced apples 2 tsp. cinnamon
1 cup sugar 2 Tbsp. flour
2 Tbsp. butter

Mix above ingredients together and place in 9X13 pan.

Mix together the following ingredients and sprinkle on top.

1 cup melted butter 1 ½ cup quick oats Oatmeal
½ tsp. baking soda 1 ½ cup brown sugar
1 ½ cup flour ½ tsp. baking powder

Bake at 350 for 35-40 min.

People Helping People, Making a Difference in the World

Being "Green" used to be the stuff of environmentalists, college professors and the back to the land movement. Now "Going Green" is something that just about everybody wants to be a part of and you have to look no further than LaValle's very own CountryTime Gazette. The monthly magazine-style publication is the brainchild of Gus and Sue Traeder of rural LaValle. Between the covers are stories about living a more natural lifestyle with an emphasis on self-reliance.

The CountryTime Gazette motto reads, "People helping people, making a difference in the world, one step at a time." The publication is available for free throughout the area at retail stores, restaurants and other businesses. It features articles about saving energy, wind & solar, organic gardening, natural health & wellness, recipes, parenting, pet care, fishing & recreation, green living & your home, environmental news, resource guides and a free listing of community events. The Gazette also features articles written by area residents who have information to contribute that is useful to readers who are looking to improve the quality of their lives.

The Traeders also maintain the website: www.countrytimegazette.com which contains all the articles from back issues of the Gazette as well as the current monthly edition and events listings. Many of their readership prefer to get their information online and "save a tree" in the process. Website listings are also a free service to their area advertisers.

When it comes to Green Technology the Traeders are helping to educate others about Wind and Solar and how they can produce their own energy and save money on their utility bills. Gus offers a consulting service for renewable energy systems. He performs an onsite analysis for home and business owners on how they can reduce their costs through the use of energy saving products and renewables. When a plan is in place Gus makes sure the custom designed systems and products are drop shipped direct to the customer.

When time allows the Traeder family also hosts workshops and seminars at their Serenity Springs Eco-center on a variety of self-reliance topics a few of which are: renewable energy, organic gardening, living without electricity, emergency preparedness and heating with wood. Workshops are small and space fills fast because of their popularity. The Eco-center grew out of a farming operation that once supplied farmer's markets with fresh, organic produce.

Running two businesses and a family out of your home can mean double (or triple) duty for the Internet connection. Even though the Traeders live four miles from town everything works just fine. "We use the Internet for all sorts of things," Sue says, noting the research she and her family does on a regular basis. Whether it's coming up with ideas for projects, home remedies or going through business emails, it's all in a day's work at the Traeder home.

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