

HOME COMPUTER SECURITY

A Community Discussion with
Mike, The Computer Guy
(Michael J. Sisenstein)

Monday 7:30PM, April 23, 2007

Berkeley Springs High School

Co-sponsored by:
Morgan County Adult and Community Education
WVU-Morgan County Extension Service
Morgan County Economic Development Authority
Morgan County Forum for Arts, Sciences and Technologies (**FAST**)

Terms and Concepts

Adware - gives you pop-ups - - pesky but safe
Bandwidth - Throughput/speed of Internet connection
Broadband internet - High speed Internet such as Cable or DSL
Browser - The program used to view the content of the Internet
Cable internet - A form of Broadband supplied by your cable company
Cache - a folder storing images from web pages, making them come up faster the next time you visit. (Doesn't have to re-download)
Cookies - identify you to prior websites for faster service
DSL - A form of Broadband supplied by your Telephone Company
Encryption - process of obscuring information to make it unreadable
Firewall - Device/software that controls internet connection to stop hackers
Hypertext link - Word/image that when clicked takes you to another place
Identity Theft - Theft of personal/ financial data
Inoculate operating system - lock out specific unwanted programs
IP address - A set of numbers that represents places on the internet
Patch - Additional software to correct problems with the existing version
Phishing - A false email that states that your personal info has been used and that you must log on and verify (see Identity Theft)
Ping - Command signal to a site that returns telling you IP address/status
Pop-ups - Unwanted browser windows that come up on top of what you are doing. (Caused by Adware / Malware or bad web sites)
Search engine - A website devoted to finding other sites by using keywords
Spoofing - An email that says it is from someone it is not really from
Spyware - Software that watches what you do on the internet.
URL - letters and words for an internet address (linked to IP address)
Virus - Malicious program that propagates when attached to other programs
Worm - A malicious program that propagates itself and stands alone
Key Logger- One of the most dangerous bugs out there. Once on your system it can collect everything you type (user names, passwords, card numbers and more) & send it out for identity theft actions.

Computer terminology

CPU - Central Processing Unit
PC/ Computer - The actual system
Video Card - creates the images on the screen from data stored.
Modem - the device that is used to connect to the Internet
Hard Drive - Storage place for long-term retrieval
Memory - Where information is stored to run programs & perform faster
Router - Device that acts as a traffic cop for signals on a network/Internet
Wireless - A network that uses radio waves instead of wires

Table of Contents

Page

- 1 Front cover
- 2 Terms and Concepts
- 3 Table of Contents

- 4 **Useful Protective Actions toTake**
 - surge protection
 - make password changes
 - managing browsers
 - use status bar to detect spoofed attachments
 - avoid clicking unknown links
 - report spoofed emails to warn others
 - content filtering
 - train your email spam filters

- 5 **Prevent Identity Theft**
 - use paper shredders and electronic shredders
 - check credit status

- 6 **Security Software to Use**
 - firewall
 - anti-virus software
 - spyware cleaner
 - electronic shredder

- 7 **Help to Obtain**
 - wikipedia.com
 - webopedia.com
 - antivirus.com
 - spywareguide.com
 - bytecrime.org

- 8 **Learn about *FAST***

Useful Protective Actions to Take

- 1.- **Surge Protection** and Uninterrupted Power Supply (UPS)
 - battery back-up for monitor & computer
 - surge protect router, modem, phone connections

- 2.- **Password Selection**
 - Use mixtures of eight numbers, symbols, letters and capitals
 - Make the combination easy to remember
 - Insert numbers or symbols into passwords
 - Revise any passwords that are known names or words.
 - Change passwords twice a year.
 - Store passwords in a password-protected or encrypted file
 - NEVER set your username as your password.
 - NEVER give your password to anyone.

- 3.- **Managing Browsers** and records of history, favorites plus careful attention to cookies, cache, browser helper objects and activeX programs

- 4.- **Use Status Bar** on your browser to look at and validate links you see in emails and webpages. Careful attention can help avoid harmful spoofing/phishing attacks. The lock icon tells you that you are on a secure page.
 - What to do with attachments??
 - NEVER OPEN AN ATTACHMENT FROM SOMEONE THAT YOU DO NOT KNOW!!***
 - Even if you know them, it could be spoofed. When in doubt, pick up the phone, call the person in question and ask if they sent you something - - or just delete it.

- 5.- **Avoid clicking on unknown links**
 - Manually enter email and website addresses to avoid hidden cross-site scripting in spoofing/phishing attacks.

6. - **Report** spoofed emails to the Federal Trade Commission (FTC) at spam@uce.gov or to the company being spoofed using spoofof@ebay.com, spoofof@paypal.com, etc. or to CastleCops volunteers at <http://www.castlecops.com/pirt>.

7. - **Establish** house rules so that your keystroke logging (spyware) does not violate wiretapping laws.

Prevent Identity Theft

Read the useful information provided by Wayne Porter at http://www.spywareguide.com/articles/article_show.php?id=19

Monitor status of your Personal Credit Report, Social Security account and credit card statements

Obtain a credit file disclosure with information in your credit file maintained by a consumer reporting company. Three consumer credit reporting companies jointly provide a secure way to request and obtain a free credit report in accordance with the Fair and Accurate Credit Transactions Act. <http://www.ftc.gov/opa/2004/06/factaidt.shtml/> The Act entitles you to an annual disclosure report. For example, see: <http://www.annualcreditreport.com/>

Report identity theft to the FTC at <http://www.ftc.gov/bcp/edu/microsites/idtheft/>

Security Software to Use

Firewall

There are many good firewall programs out there but most are too complicated for the average user. Windows provides a firewall that is adequate for most users. Some others that work well (but take some training) come with your Internet security packages, i.e. Trend, F-Secure, Norton's.

Anti-virus

Trend Micro's Pc-Cillin (good and user friendly)
F-Secure (Highly rated but costly)
Norton's Internet Security (good but not so user friendly)
CA Antivirus
Bitdefender

Anti-Spyware (Spyware cleaner)

X-Cleaner Deluxe
Spybot Search and destroy
Xoftspy
AVG Anti-spyware (but not the anti-virus)
Pest Patrol

Electronic shredder

X-Cleaner Deluxe

Help to obtain

These URL addresses have good general advice

<http://www.wikipedia.com/>
<http://www.webopedia.com/>
<http://www.antivirus.com/>
<http://www.spywareguide.com/>
<http://www.bytecrime.org/>

Also contact:

Mike - The Computer Guy has an office at 884 South Washington, Berkeley Springs, WV 25411 and can be reached at 304-258-5514 or mike@sisenstein.com

URLs for computer / technology - information / help

<http://www.pcmag.com/>
<http://www.cnet.com/>
<http://www.winmag.com/>
<http://help-site.com/>
<http://support.microsoft.com/>
<http://ipchicken.com/> IP information and your current IP address

News groups (application/interest specific information - provided by the client's internet provider)

These are special interest groups to ask people for help and to learn ways to make your programs/interests give you the results that you want. Find links to them with your news reader/email program.

Virus / Spyware information / programs

<http://www.trendmicro.com/en/home/us/home.htm> (free online scan and virus information)
<http://www.bitdefender.com/scan8/> (free online virus scanner)
<http://www.ewido.net/en/> (AVG Anti-Spyware 7.5, Anti-Spyware program is excellent but antivirus is the worst) 30 day trial
<http://www.safer-networking.org/> (Spyware information and removal program – Good one that's free)
<http://www.xblock.com/> (Spyware information and removal program – Good one but is not free)

Curious about Curiosity? Join the Morgan County Forum for Arts, Sciences & Technologies (**FAST**).

In 1743, Benjamin Franklin started the country's first forum where people could communicate their **records and interpretations of "all philosophical Experiments that let Light into the Nature of Things, tend to increase the Power of Man over Matter, and multiply the Conveniences or Pleasures of Life."** Then, the study of Nature that we now call science and technology was called "natural philosophy" and the club was called the American Philosophical Society.

Its members included doctors, lawyers, clergymen, merchants, artisans and tradesmen like Franklin. They helped America's economic independence by improving agriculture, manufacturing, and transportation. They also helped prepare Lewis and Clark about scientific, linguistic, and anthropological aspects of their exploration of the Louisiana Territory.

In 2003, the Morgan County Forum for Arts, Sciences and Technologies (**FAST**) began community discussions to help all Morgan County residents find ways to "**let Light into the Nature of Things, tend to increase the Power of Man over Matter, and multiply the Conveniences or Pleasures of Life.**"

This evening discussion of computer technology is one of a series of informal education events to advance the use of arts, sciences and technologies in daily life. **FAST** is a tax-exempt, non-profit charitable corporation under IRS Code, Section 501(c)(3). It is supported by grants, donations, membership dues, and other income related to its purpose. Its primary mission is informal education to advance the use of arts, sciences and technologies in the daily lives of individuals in Morgan County.

FAST supports community theater projects, radar speed signs, discussions of films and books on nutrition and health, the "*Morgan County Menu*" booklet, the Piano Laboratory, the Hands-On Room at the Morgan County Fair and the Fair Exhibit Contest Awards (see information at <http://www.fastlearner.org>) plus a wide range of informal learning experiences, including advanced training.

Families are invited to start planning ideas now for novel and informative exhibits for the 2007 County Fair Exhibit Contest when over \$1,000.00 in prizes will be awarded again. See details at <http://www.fastlearner.org/> An added special 2007 award will be for the display that best fits the idea "Sound Bytes & Music". All entries can be from individuals or groups with NO age limits.

People can send tax-exempt donations to **FAST**, P.O. Box 674, Berkeley Springs, WV 25411. Visit the **FAST** website at <http://www.fastlearner.org> or contact us at wemlands@att.net

Be a **FAST** learner!