



KINGDOM
TECHNOLOGY SOLUTIONS
— *making life better* —

Kingdom e-News

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Staying Safe on Facebook

Launched in 2004, Facebook had reached more than 600 million active users by January of 2011. Originally membership was limited to students at Harvard and soon expanded to other colleges. It next opened to high school students, and, finally, to anyone aged 13 or over. Today it is common for folks of all ages to be “on Facebook”.

Facebook is a mixed bag. It’s wonderfully entertaining and a great way to keep in touch with friends and relatives, but best approached with some caution if privacy and safety are to be maintained.

Start by familiarizing yourself with Facebook policy and their suggestions for safety while using their site. You will find some valuable information at these two links:

[://www.facebook.com/help/?safety#!/help/?safety=general](http://www.facebook.com/help/?safety#!/help/?safety=general)

[://www.facebook.com/fbsafety](http://www.facebook.com/fbsafety)

It’s important to remember that not everyone on Facebook is who they say they are. Use caution when accepting or sending friend requests. Using false names is a violation of Facebook policy, but you can be assured that, like in the real world, not everyone is being honest.

Identity theft is an issue both on Facebook and online in general, so protect yourself from being victimized. Don’t post your exact date and place of birth. Scammers can also use your address, email address, and phone number to take advantage of you, so don’t post those either. This information could be used to locate you offline. Limit information about your activities until after the fact. Sharing your plans beforehand could let someone unscrupulous know you will be away from home and invite a break-in.

Sometimes the most innocuous things can turn out to be dangerous. Take the quizzes or surveys that pop up on Facebook, for instance. They, too, may not be what they seem to be. Some are certainly legitimate entertainment; other may actually be soliciting personal information to harvest your data and get clues to your passwords.

It makes sense that controlling who can see your personal information pays big dividends in protecting your safety on Facebook. This requires a bit of effort because Facebook and other social networks often change their privacy features. Make it a point to keep up to date on current privacy settings and adjust them to match your level of comfort, using common sense.

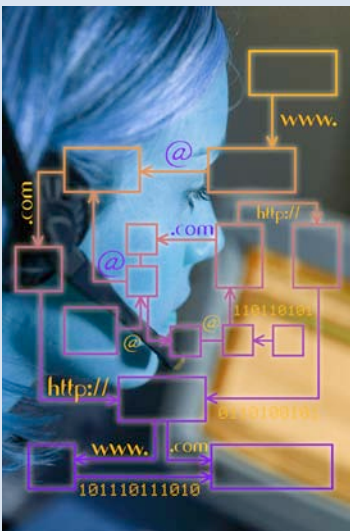
Next time you are on your Facebook page, head over to account and select Privacy. From the privacy page, you will be able to control how much of your profile the people who interact with you can see, such as status updates, photos tagged of you, lists of friends, and your wall. You are able to limit your profile to “everyone”, “friends of friends” or “friends only”. You can also edit your setting for using apps, web sites, and games.

The other significant part of Facebook security springs even more directly from you, the user. What you post is public and permanent, so consider of what you write and the photographs you upload. Embarrassing photographs, complaints about work, and rash comments can have far-reaching effects and will live with you for a long time.

Ask Tech Support

Question: Is installing more than one anti-virus program a good idea? Will two programs provide more protection than just one?

Answer: The answer to both questions is “no”. Installing more than one anti-virus program will actually provide less protection, not more. This may seem to be a contradiction, since more of a good thing is usually... a good thing. Logically, it would seem that if one anti-virus program doesn't catch something, the second program will take care of it. In this case, however, more than one anti-virus program will slow down your system, causing conflicts, instability, and crashes.



Anti-virus programs work by using an actual virus to detect other viruses on your computer. If you have more than one anti-virus application running at the same time, each program will think the other is a virus. They will block each other or try to eliminate each other.

If you're dissatisfied with the current antivirus program; uninstall it and then install a new anti-virus program. It is, by the way, entirely acceptable to have one or more spyware or malware protections programs installed on your computer, in addition to your anti-virus program.

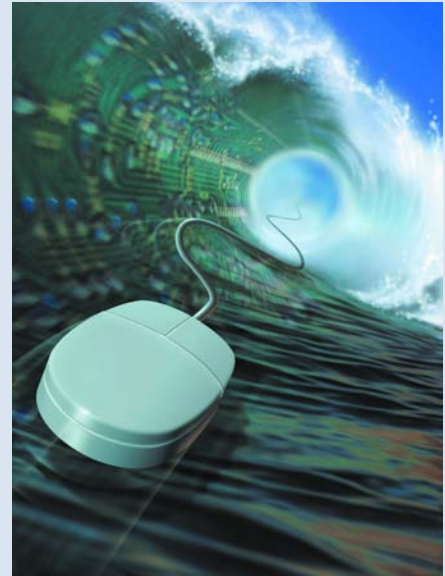
Sites to See

The Webby Awards have honored excellence on the Internet since 1996. One of their four categories recognizes outstanding web sites, and, this month, the Sites to See have been selected from the 2010 Webby nominees and winners. For more Webby Award sites, visit [://www.webbyawards.com/index.php](http://www.webbyawards.com/index.php).

[://wechoosethemoon.org/](http://wechoosethemoon.org/)

We Choose the Moon

This powerful web site about the space program is an interactive exhibit from the John F. Kennedy Presidential Library and Museum. The site is comprised of eleven stages, each allowing visitors to follow the historic moon landing of Apollo 11 minute by minute. Explore archival photos, listen to mission audio, and view stunning video as you relive – or witness for the first time – this exciting event.



[://www.bakespace.com/](http://www.bakespace.com/)

Bake Space

“Come for the food, stay for the conversation.” Bake Space is a cooking site with a social media leaning, “a grassroots, online community where people from around the world gather to share recipes, build new friendships, learn from one another and express their passion for all things food-related.” Membership is free, and as a Bake Space member you can post, search and swap recipes in real-time, build and customize your own “online kitchen,” raid the “virtual pantry” (forums), upload videos, create blogs, get inspired, share your passion and learn from other members by tapping into a mentor program. The folks at Bake Space say the site is “as easy to use as making toast.”

[://www.beliefnet.com/](http://www.beliefnet.com/)

Beliefnet

This web site is the largest spiritual site on the Internet. Independent and not affiliated with any spiritual organization or movement, their stated mission is “to help people find, and walk, a spiritual path that will bring comfort, hope, clarity, strength, and happiness.” The world’s major religions, as well as other faiths, are addressed in special sections. Visitors to Beliefnet will find devotional tools, access to spiritual teachers and clergy, commentary, forums, and discussion groups. Sections on health, entertainment, love, and family round out the site,

[://brokenscrets.com/](http://brokenscrets.com/)

Broken Secrets

Do you enjoy little known facts and trivia? Then you will like this blog about “interesting thing you don’t know *yet*.” Since the material is so eclectic, a random selection of topics may be the best way to pique your interest. Articles include “Some People are

Genetically Predisposed to Dislike Broccoli”, “Why Suit Jacket Pockets are Sewn Shut”, “Grocery Store Designs are Based on Psychology”, and “How to Watch Blocked Internet Videos”. In short, the reader can count on being surprised. The site is regularly updated, and the secrets can be delivered by email, RSS feed, Kindle subscription, Twitter, or by liking the Facebook page. You can even share your secrets. Submission need only be “anything useful or interesting you know and believe most others don’t.”

[://www.babycenter.com/](http://www.babycenter.com/)

BabyCenter

This web site is definitely the premier source for baby and kid information online. Their statistics are impressive. BabyCenter reaches over 78 percent of new and expectant moms online in the United States, and 7 in 10 babies born in the United States in 2009 were BabyCenter babies. The site is available in twelve languages and serves 22 countries. Based on those numbers, this site may not be news to you. For those not in the know, BabyCenter provides advice from hundreds of experts around the world, medical advisory board-approved information, friendship with other moms, and support at every stage of child development, starting at pregnancy.

Remote PC Malware & Virus Removal

Malware and virus infection can happen to any of us, even the most cautious. If you find your PC has caught a bug, getting back to normal has gotten easier with Remote Removal. For a charge of \$69, Kingdom technicians will connect to your computer where it sits via a broadband Internet connection. Once connected, the following services can be performed:



- Scan for and remove all viruses and malware
- Delete old restore points
- Create a new restore point
- Configure Windows Operating System updates and security patches to update automatically
- Enable basic Internet Security functions
- Optimize start-up and verify shut-down processes
- Update anti-malware and anti-virus definitions (if already installed on your computer)

Removal is performed on an appointment only basis. You can expect it to take approximately one hour.

Mini-Tutorial: Evaluating Internet Health Information

Most doctors probably cringe a little when a patient begins an appointment saying “I looked on the Internet, and...” This tutorial video from the National Library of Medicine will help you become a more informed consumer of the health information available online. About 16 minutes long, the video explains in clear and easy to understand terms how to determine if the information you have found is reliable. Follow this link, [://www.nlm.nih.gov/medlineplus/webeval/flash_detection.html](http://www.nlm.nih.gov/medlineplus/webeval/flash_detection.html), and click on the yellow “Start the tutorial” box.

