



Brian Gongol's Security Update




Weekly Checklist for July 1, 2006

See www.gongol.com for updates throughout the week



Urgent This Week:

-  Use extra caution when opening Microsoft Excel documents for at least the next two weeks. A couple of vulnerabilities have popped up that put Excel users at risk of attack. Most importantly, don't open any Excel spreadsheets you receive by e-mail unless you expected to get them. Run a virus scan of every single Excel file you receive before opening it.
 -  Keep an eye on your credit record. The recent data losses at the VA, USDA, and in Nebraska all highlight the fact that you're not in complete control of your own personal data, but you are capable of taking matters into your own hands to protect yourself.
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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.
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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.
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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/>