

WAR ON SPAM

If you want to help the war on Spam there is a simple thing you can do and it is easy and doesn't take much time.

When you receive an e-mail that you wish to forward to one or more people you just **click on forward**. When that pane comes up you **hi-lite** all the **addresses at the top of the page**. Then **click the delete key** and all the addresses will be gone.

Spammers love these "forward" addresses. They make their databases from these, thus allowing more unwanted e-mail, usually solicitations, to be sent. Also, if you are sending to more than one person you can create a new address in your address book. You call it "Undisclosed Recipient" and use your own e-mail address. You put this "Undisclosed Recipient" into the "TO" slot at the top of your new e-mail message and put all other names in BCC (blind carbon copy). You will receive the message back to you but all the other people will not see that you have sent the message to anyone but them!

Surf 'N Stuff 'N Tips

FIREWALLS

A firewall makes your computer invisible to hacker probes. A favorite home firewall is Zone Alarm Personal, which is free. When you install it, you can choose to see or hide the alerts.

If they're turned on, and you get tired of them, right click the Zone Alarm icon in your notification area, at the bottom right of your screen. Click Restore ZoneAlarm Control Center. Click Alerts and Logs, and select Off. Click the X in the upper right corner, then click OK.

Get Zone Alarm at: <http://www.zonelabs.com>

DOG POUND

Very rarely do you find a Web site as focused as this one. It's called dogs in cars. It's nothing but pictures of dogs in cars. There are no cats in trucks or ferrets on motorcycles. Just dogs in cars. You'll find pictures of dogs from all over the world. If you've got a picture of your dog in a car, you should submit it.

TO VISIT THIS SITE, GO HERE: <http://www.dogsincars.co.uk/>

Surf 'N Stuff 'N Tips

Clinical trial

If you have an illness that is not responding to traditional or holistic medicine, you might want to take part in a clinical trial. Clinical trials are research studies that try new methods of treatment. This could be a new drug not yet approved, a drug used for a different illness, a device (like a Pacemaker) or something else.

WebMD has a matching service that will help you find a clinical trial. It also has information on the risks and benefits and what to expect if you participate.

TO VISIT THIS SITE, GO HERE: <http://my.webmd.com/medical information/clinical trials/default.htm>

MUSIC

In music a 64th note is also called a "hemidemisemiquaver."

<http://www.m-w.com/home.htm>

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