Leave It On or Turn It Off

There are two kinds of people in this world: those who never turn off their computer and those who turn if off after each use. The argument for leaving it on is that computers don't use much electricity, and that the wear and tear on moving parts is less. First of all, not using the switch protects it from wearing out. And some argue that letting your hard disk spin at a constant speed is better for it than letting it wind up and down. The argument for turning it off is that it uses less electricity and is less prone to power surges. There is no scientific proof that one way is better than the other. An Uninterruptible Power Supply (UPS), is good protection if you leave your machine on. The UPS will keep your machine running for up to 20 minutes. This gives you plenty of time to shut down your computer in the proper way. If you do leave it on, you should do a "restart" at least once a week.

Do I need Antivirus Software?

If you receive email and surf the Internet, it is critical to have antivirus software installed on your computer that protects it against malicious software. Malicious software includes viruses, spyware, or other unwanted software that can try to install itself on your computer any time you connect to the Internet. It can also infect your computer when you install a program using a CD, DVD, or other removable media. Comcast provides Norton Antivirus free, and if your Internet Provider is AT&T, they provide McAfee Antivirus free. Free Antivirus programs which can be downloaded from the Internet include AVAST, AVG and Microsoft Security Essentials.

SeniorNet of Little Rock
UAMS Center on Aging
Slot 748
4301 W. Markham
Little Rock AR 72205

SeniorNet
Bringing Wisdom to the Information Age.

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Should I buy an iPad?

The iPad is a tablet computer, produced by Apple. iPads are basically a larger version of the iPhone. If your computer interaction is primarily internet and email, then an iPad may be right for you. There are four types of iPads: Original iPad, iPad 2, iPad 3 and the iPad mini. If you are going to buy an iPad, consider the iPad 3 with retinal display or the iPad mini. All iPads come with three storage options: 16, 32 and 64 GB. If you buy an iPad, you will need a wireless network in your home. All iPads come with a wireless connection (Wi-Fi). If you add cellular data, the cost goes up and you will need a data plan. What can you do with an iPad? You can check your email, surf the internet, online banking, read books, download library books and much more. The iPad 2 starts at $399; the iPad mini starts at $329. Every spec on the iPad mini matches or surpasses what the iPad 2 offers, and it costs less money. The iPad3 starts at $499. and is the fastest, most powerful iPad that Apple has made to date. There are over 250,000 applications that can be downloaded from the internet. If you are thinking about buying an iPad for Christmas, considering attending the SeniorNet iPad workshop in January.

Check out our website:
littlerockseniornet.com

SeniorNet Staff Member Highlight - Karl Liss

Karl teaches the Introduction to Computer class at SeniorNet and manages the hardware and software installed in the SeniorNet classroom. He has been at SeniorNet for a year and is a Board member. Prior to that he was a volunteer instructor at LifeQuest and the Hays Senior Center in North Little Rock. Karl retired from a job in the computer industry. His career involved repairing computer hardware and programming computer software, and finally as a Supervisor managing the equipment and people working on a wide range of products such as personal, midrange, and mainframe computers. It is hard to pull Karl away from computers, as his hobby includes maintaining several computers in his household.

iPad Workshop
UAMS Institute on Aging
Room 2156
Friday, January 11, 2013
2:00 – 3:30 p.m.
Find Out About:
• Cost
• Storage
• Wi-Fi and 3G
• Data Plans
• Downloading Library Books
• Printing from an iPad
• And Much More
Costs for Workshops - $15.00
To register call our voice mailbox at (501) 603-1262 or email Joan McKinstry

Seniornetjoan2@gmail.com

No Classes in December

SeniorNet

2013 Computer Classes for Seniors (50+)

SeniorNet of Little Rock will be offering the following classes in **January**

Date	Days	Time	Course	Instructor
01/07/13-01/30/13	Mon-Wed	10:00-12:00	Fundamentals for Beginners	Bill Singley
01/07/13-01/30/13	Mon-Wed	1:00-3:00	Introduction to Computers	Karl Liss
01/03/13-01/29/13	Tues-Thurs	10:00-12:00	File Management	Al Taylor
01/03/13-01/29/13	Tues-Thurs	1:00-3:00	Excel	Ron Krueger

Classes will be held at the Donald W Reynolds Center UAMS Institute on Aging in Room 2156. If you are interested in enrolling in a class or obtaining more information about any of the classes, please call SeniorNet voice mail at (501) 603-1262 or send an email to seniornetjoan2@gmail.com.

Diane Hughes, Chairman   Little Rock Learning Center

SeniorNet Combines Board Meeting with Christmas Lunch

On Friday, December 7th, Little Rock SeniorNet held their Board Meeting in the Club House of Hunter's Green Community at the invitation of Diane Hughes, Little Rock SeniorNet Board Chairman. The Board met at the regular time of 10:00 a,m, Following the meeting, SeniorNet coaches joined the board for a festive Christmas Lunch.

Spam/Junk Emails

1. The first step is to recognize a spam/junk mail for what it is before your e-mail contact list is taken over for sending out more spam/junk emails.
2. Read the name and e-mail address of the sender.
amy smith asmith@email provider.com may or may not be legitimate.
amy smith 12Gh567p9fm@email provider.com is always spam/junk mail
3. Read the subject line. "Hey" is always spam/junk as is "Hi."
4. Look at the body of the e-mail message. If it is very simple and contains a link to a web address, it is spam/junk. Here is an example: "check this out" http://msnbc.com-in5.us/finance/ When you click on this link, a TROJAN within the link grabs your e-mail contact/address book and sends it to a remote site. This site then uses your contacts to send spam/junk e-mails. Usually when you open one of these links you see what appears to be a legitimate page from a newspaper.
5. If your Contacts List is highjacked and people in your Contacts start getting spam/junk email, you should immediately change or reset your password.
Bill Singley, SeniorNet Board Member

SeniorNet Coaches

Coaching is a good way to learn. If you would like to help coach one of the SeniiorNet computer classes, contact Diane Hughes, Board Chairman: stillcruisin@earthlink.net