



“As a business owner, I know you don’t have time to waste on technical and operational issues. That’s where we *shine!* Call us and put an end to your IT problems finally and forever!”
Larry Owens, President, IntegrIT Network Solutions, Inc.

Volume II, Issue 6
October 2009
Lynnwood, WA

Inside This Issue

How to make your computer a Halloween treat..... Pg 1

Meet our newest client: Emerald Citi Textile ... Pg 2

Find out the answer to the question: How Can I Get a Virus if I Have Anti-Virus Software Running? Pg 2

Learn about our Featured Client of the Month: Statton Glass..... Pg 3

Computer Tip of the Month- Protecting your computer from power surges Pg 3

Tips on what to do with leftover Halloween pumpkins Pg 4

What’s new at IntegrIT Network Solutions? Pg 4



**Bubble, Bubble
Toil and Trouble**

Bits-N-Bytes

“Insider Tips To Make Your Business Run Faster, Easier, And More Profitably”

Do You Have Ghosts & Goblins In Your Computer?

7 Warning Signs That Your Computer Is Infected With Spyware



Spyware is NOT harmless; it can be responsible for delivering a mountain of annoying spam, taking over your web browser, slowing down your PC, and serving up “sticky” pop-up ads. In some of the more extreme cases, spyware can actually steal your passwords, financial information, e-mail address book, and even use your PC for illegal activities.

Most spyware programs are designed to run undetected by the user, but there are warning signs like...

- #1. Your browser has been hijacked.** If you open your Internet browser and a strange-looking homepage pops up and won’t go away, chances are you have a spyware program installed on your computer. You may also discover that you cannot modify your browser settings and that your favorites folder has been modified.
- #2. You conduct a search, but another (unauthorized) browser completes it for you.** For example, you type a search term into Microsoft IE, but another browser pops up and lists various web sites tied to your search term. This is a surefire sign of a spyware infection. You’ll also notice that if you try to remove this program, it comes right back.
- #3. Your computer is unstable, sluggish, locks up, or crashes frequently.** Spyware programs run in the background taking up disk space and processor speed which will cause serious performance problems.
- #4. You constantly get pop-up ads displayed on your screen, even if you aren’t browsing the Internet.** Some of the ads may even be personalized with your name.
- #5. The send and receive lights on your modem blink actively as though you are surfing the Internet or downloading files online, even though you aren’t.** More than likely this is due to spyware programs sending and receiving information via your computer without your permission or knowledge.
- #6. Mysterious files suddenly start appearing on your computer,** your files are moved or deleted, or the icons on your desktop and toolbars are blank or missing.
- #7. You find e-mails in your “Sent Items” folder that you didn’t send.**

(continued on page 2)

ALL NATURAL WAYS TO STAY HEALTHY!

The flu season is here again, but you don't have to suffer through it. Prevention is your best defense against the flu. Here are six key ideas:



1. **Eat Well:** For your best shot at staying healthy this winter, make sure you get at least three servings of vegetables each day, and two servings of fresh fruit. In addition, opt for whole grains when you can, and make sure you're taking in at least two servings of milk or yogurt each day and avoid sugar.
2. **Wash Your Hands:** Wash your hands with hot, soapy water every time you use the bathroom and before every meal. To be sure you're really washing away the potential viruses and bacteria you've come in contact with, use hot water and really scrub your hands for at least 60 seconds.
3. **Get Plenty of Sleep:** To make sure your body is fully capable of fighting off illnesses this winter, create a consistent bedtime routine. This should include going to bed at the same time each night so that your body learns to anticipate sleep. As well, you might consider adding some habits that relax you at bedtime, such as a warm bath or reading a good book.
4. **Vitamin D:** We are learning more and more about the role Vitamin D plays in preventing disease and for a healthy immune system. Getting appropriate amounts of vitamin D is an excellent preventive strategy against the cold and flu, as it has such a strengthening effect on your immune system.
5. **Stay hydrated:** Drink, drink, drink pure clean water. Even though the temperatures are cooling, your body still needs plenty of moisture to stay healthy. It keeps your mucous thin and helps your mucous membranes resist infection.
6. **Stay active:** Exercise moves the lymphatic system, thereby helping to detoxify the poisons in your body. When it is cold outside, we are not as likely to go for a walk or do much work outside. However, there are plenty of activities to stay active even when it is cold.

(continued from page 1)

If you are experiencing one or more of these warning signs, chances are your computer is infected so you'll want to call us immediately to clean it up. If you are fortunate enough to have a clean bill of health, you'll still want to get a copy of our **FREE Report**:

FREE: "How To Keep Your Computer Safe From Crippling Pop-ups, Viruses, Spyware, & Spam, While Avoiding Expensive Computer Repair Bills"

To claim your **FREE Report** go to www.integrit-network/contactus.html and write OCT FREE REPORT or call Julie Rice at 425-787-0193.

Don't delay. Get the report today and be worry-free from those computer ghosts and goblins in no time flat.

Please Welcome Our Newest Client

We're thrilled to welcome our newest client! I want to extend a sincere "thanks" for the trust and confidence this client have shown in us:

Emerald Citi Textile of Everett

Thank You Colleen!

The #1 Question I get from my Customers:

How Can I Get A Virus If I Have Anti-Virus?

There is a myth out there among small business owners that if they have antivirus software installed, then their computers and network are safe from getting viruses. UNTRUE. This has been my experience when performing our FREE Problem Prevention Network Audit. Usually the business owner calls in a panic because one of the employees has unknowingly released a virus throughout the network and the computers are now operating at a snail's pace! And, inevitably, I am confronted with The Big Question: "How can I get a virus if I have antivirus software?" In one particular occasion, the small business owner had AVG free software installed on all desktops and no antivirus software on the server.

AVG is a reputable company and they do sell a small business version of their software. However, the FREE version is not intended for business use and provides only the bare minimum of protection. Furthermore, many of the workstations at the client site had not been upgraded with the latest FREE antivirus. The situation was so critical that I informed the owner immediately of this vulnerability and the need to correct it ASAP. The next day, IntegrIT Network Solutions, Inc. was in their office implementing the 3-Part Approach outlined below. This approach targets different vulnerabilities of a network environment.

- « Firewall (hardware) – Its purpose is to provide protections against outside intrusions – Hackers
- « Antivirus – Its purpose is to scan incoming email for Viruses, Trojans, Robots, and Keyloggers.
- « Spyware – Its purpose is to scan websites for malware, spyware, and tracking cookies.

Without all three of these configured or up-to-date databases, the bad guys have different ways to circumvent your antivirus software. For more detailed information, visit our website at <http://www.integrit-network.com> or follow us on twitter at : <http://twitter.com/IntegrITNetwork>. Stay safe!

“Who Wants To Win A \$25.00 Safeway Gift Card?”

*Take our monthly Trivia
Challenge and you could
be a winner too!*

It appears we stumped every-
one with our **Maple Syrup
Fun Facts** trivia quiz last
month. For those of you who
are wondering, here are the
answers...

1. How much sap does it take
to make a gallon of syrup?
Answer: 40 Gallons
2. Which country produces the
most Maple Syrup?
Answer: Canada
3. How many calories are in a
tablespoon of maple syrup?
Answer: 50 Calories

Now, let's move onto this
month's trivia question for a
\$25.00 Safeway Gift Card.

Halloween Trivia:

From which country did the
tradition of Halloween
originate?

- a) Germany b) U.S.A
c) Canada d) Ireland

*Call me right now with your
answers!*

425-787-0193



**We would like to
hear from you!**

Is there an article or a feature
you would like us to include in
this newsletter?

Do you just want to “sound off”
about something or share your
opinion with our other readers?

Let us know! Drop Julie a line at
julier@integrit-network.com

Client Spotlight: Statton Glass



Every month we choose a very special person to be our “Client of the Month.” It's our way of acknowledging clients and thanking those who support us and our business with referrals and repeat business.

This month's featured client is **John & Joyce Statton, owners of Statton Glass**, located in Lynnwood. Statton Glass installs and repairs glass doors, windows, and mirrors for residential and commercial properties since 1990.

Statton Glass has recently signed up for our “Rest Assured™” plan. Here's what the owners of Statton Glass has to say about us: *“Ever since we stopped trying to handle computer problems ourselves and enlisted the help from IntegrIT Network Solutions, it has been smooth sailing. They are always available to help solve our computer problem, whether it be done over the phone or someone has to come in. With the new computer system that IntegrIT Network Solutions installed for us, we now no longer have to worry about a computer crashing and losing all of the information on it. There is no stress or wasting time trying to figure out what is wrong with the computers. Everything has been simplified for us so we can focus more time on customers and work.”*

Thank you for being our featured Client of The Month, we appreciate you! As a token of our appreciation we're giving you a \$50 gas gift card!

COMPUTER MAINTENANCE TIP

*Storm Season is Upon Us...
Protect Your Computer from Power Surges!!*



If the power supply to your computers are suddenly cut due to a sudden storm or rolling blackout, bad things can happen. It can blow components of your computer that it may take time and much expense to fix. Here are some simple things that you can do to protect your computers and other electronics from the damages that are possible from a power surge.

Use a High Quality Surge Protector: During a power surge or spike, there is excess voltage in the electrical lines above that which is normal. A high quality surge protector can absorb the excess voltage preventing it from damaging your system. It is important to do your homework before you purchase a surge protector. You should compare the ratings and ensure you are getting a good quality surge protector.

Power Down and Unplug your Systems During Bad Weather: This is a tip that most users disregard, but powering down and unplugging the computer system during bad weather is the best way to safeguard against a power surge. It is important to remember that while a surge protector helps, it is not a guarantee against a direct lightning strike.

Consider Using a UPS (Uninterruptible Power Supply): A UPS can protect your system from damaging power surges by allowing your system to remain running after a power outage. A built-in battery inside the UPS unit allows it to accomplish this. This enables users to save their files and shutdown the software properly. Many high quality UPS units have the capacity to automatically power down the computer system and save any data that was work in progress.

The Lighter Side



Random Fun Facts:

- « First novel ever written on a typewriter: "Tom Sawyer."
- « The first product to have a bar code scanned was Wrigley's gum.
- « A Boeing 747's wingspan is longer than the Wright brother's first flight.
- « Apples, not caffeine, are more efficient at waking you up in the morning.
- « Iceland has the highest concentration of broadband users in the world.
- « On average, a 4-year-old child asks 437 questions a day.
- « Sound travels about 4 times faster in water than in air.
- « A snail can sleep for three years.
- « In 32 years there are about 1 billion seconds!
- « The Hawaiian alphabet consists of only 12 letters.
- « The king of hearts is the only king without a mustache.
- « Google's name is a play on the word googol, which refers to the number 1 followed by one hundred zeroes.
- « The human eye blinks an average of 4,200,000 times a year.
- « State with the highest percentage of people who walk to work: Alaska.

Check Out What's New at IntegrIT Network Solutions, Inc.

We've made some changes in our office to better serve you. Here's what's going on:

-  We have a new ***Blog*** page where you can find daily tips and cool stuff like free offers and more! Take a look and set a bookmark.
integritnetworksolutions.blogspot.com
-  You can now follow us on ***Twitter*** at twitter.com/IntegrITNetwork
-  Become a fan of IntegrIT Network Solutions on ***Facebook*** and stay on top of all the latest news and information all aimed at providing you with useful information for your small business, including tips on how to keep your computers and network running smoothly.
facebook.com/pages/IntegrIT-Network-Solutions-Inc/140974282049
-  We've gone ***Paperless*** and made it easy for you to receive and pay bills. Sign up today to receive your monthly bill via email then pay those with MasterCard, Visa, or AMEX. Call Pam at 425.787.0193.
-  We can help you with ***Financing*** your new equipment purchasing needs!! Please call Pam at 425.787.0193 for more details.

Remember to submit all your support tickets to...

support@integrit-network.com



The benefits of e-mailing your support issues is that our system assigns a reference number for you to refer to for follow up and to identify on invoices. It also allows us to offer you better service and tracking of the issue from beginning to end.

Seven Ways to Use Your Leftover Halloween Pumpkins

When Halloween is over, what do you do with all of those leftover pumpkins and jack-o-lanterns? Actually, there is plenty you can do, from educational activities to feeding your family. Read on to find out seven different ways to use your leftover pumpkins.



1. Donate them to a farmer. Farmers can use the leftover pumpkins to feed some of their livestock.
2. Toast and eat the seeds. Just add a little salt, and you have a tasty snack.
3. Save the seeds and plant them next year. You can grow your own pumpkins. It will be fun and educational, and it may even save you money. Just remember to plant seeds from at least three or four pumpkins. You want to make sure that you have a mix. Pumpkin plants come in either male or female, and you will need both to produce pumpkins instead of just vines and flowers.
4. Make the pumpkins into pumpkin puree for pumpkin pies, pumpkin bars, pumpkin butter, pumpkin soup and all sorts of great treats.
5. Create centerpieces and thanksgiving displays with your Halloween pumpkins.
6. Turn a pumpkin into a turkey with the addition of feathers, construction paper, or felt.
7. Compost the pumpkins for a rich addition to your garden.