



## Our services include supply of:

Emergency and After Hours Service Response (under contract.)

Network infrastructure and Computer analysis

Customized design and supply of computers and servers

New Network Installation

Network and Computer Upgrades

WAN and LAN Design and Implementation

Set-up of wireless and wired Internet

Set-up of Back-up system

Repair of Computers

Specialize in Windows Small Business Server

Certified Microsoft OEM System Builder

Microsoft Certified Professional

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## The Prez Says

### Virus, Trojan Horses, Worms, Nastiness

*I have a firewall. I'm protected. .... Yeah!!*

It is a race between the virus protection companies, the hackers and others that create the viruses, Trojan horses, worms and such infections that can invade your computer. These wreak havoc in your computer and then send themselves to everyone in your address book to spread the misery to your friends and business associates. We all know that these infections are out there, but too many do not believe or realize that it really is their computer that is infected until it is too late.

The results of an infection can be as simple as the slowing down of all functions, usually occurring slowly so you do not really notice until programs stop working, to a tracking cookie that allows someone to read your key strokes and later access your "secure" sites. Business without the

up-to-date programs and protections available stand the risk of losing their data due to computer lock-up, losing their data to others and infecting their customers. Unfortunately, we see too many users who do not believe that this can happen to them.

*An unprotected computer on the Internet will be infected within about 16 minutes.*

All of the companies that offer protection against these threats are in a continual state of updating their protections to catch the latest threats. There are new threats daily. If you do not update your system daily, you are exposed to the threats. Most of the protection programs have the facility to allow you to choose automatic updates. You should choose that option.

For the best chance of avoiding infection you should have a firewall installed and opera-



Stefan Hellersperk,  
President of ACS Computers

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tional, *only one*. Also, you should have a virus protection program and two spy ware programs installed. Unfortunately any single protection program will not catch all of the nastiness. All of these should be run frequently to cleanse the system. This combination will provide you with the best protection for the most probability that you will not get infections.

If your system does get seriously infected, it will need to be professionally cleansed. Some of the infections add hidden files to your systems that cannot be easily removed and need professional care for removal. I would not recommend that you try this yourself.

Install the protections, update, be attentive to performance and changes. These are the keys for your peace of mind for the integrity of your computer operation and subsequently smooth operation of your business or home computer.



## Special points of interest:

- New Chamber Members
- Seven Keys for Happy Retirement
- Top Ten+ Threats
- Tech Tips
- Prez Says



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# THE ACS NET

Volume 1, Issue 4

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## Monthly Spotlight on-Sea Breeze Family Practice

Sea Breeze Family Practice (SBFP) was formed in November 1998 by Dr. Joseph F. Nutz. We provide care for the entire family. We are committed to our patients by providing care in the hospital or in the office. Our office is located at Bridge Park, 3004 Bridges Street, Morehead City. The Professional Park is located across from the Morehead Movie Theater and William's Hardware store.



Dr. Mona Ornelas-Staneck

Advisor for the Carteret County School System and Tar Heel Home Health. His civic involvements include the Morehead City Noon Rotary Club and RBC Centura Bank Board of Directors. His hobbies include fishing, computers, and activities with his children.

Our newest Physician to join SBFP is Dr. Mona Ornelas-Staneck who comes from Madera, California and left the sunshine state to attend medical school at Temple University in Philadelphia after graduation from California State University, Fresno. She completed residency in Portsmouth, VA at EVMS Portsmouth Family Medicine. Dr. Ornelas moved here with her husband, who is a local flight surgeon at MCAS Cherry Point. Her many interests in family medicine include women's health, pediatrics and preventative health. Dr. Ornelas enjoys outdoor activities with her new puppy in her free time. She is new to the area and greatly enjoys the local pace and friendliness.

Dr. Nutz is a native of Eastern Kentucky. He received his Bachelor of Science degree from the University of Kentucky. He attended medical school at Thomas Jefferson University in Philadelphia, Pennsylvania and completed a 3 year residency program to specialize in Family Medicine at Hamot Medical Center in Erie, Pennsylvania. He, his wife Petra, and 2 children, Steven and Jessie moved to Morehead City in 1995. They were blessed with their third child, Eric, in August 2002. He is past Chief of Medicine at Carteret General Hospital. He is the Physician

## Special subject-spell checkers

If you do some writing in another language, you can still spell check your work. Several



companies supply foreign language spell checkers. Search on Goggle for spell checkers or custom dictionaries. Several companies offer spell checkers for medical terms. Computer radio advisor Kim Komando says to add them to Word, first download and install the files. Then,

in Word, click Tools, then Options, then Spelling and Grammar. Click Custom Dictionaries. Select the boxes next to the new files.





"Fifty years ago, President Eisenhower began to change that"



"Make a retirement plan early"

**Carteret Chamber(8/14/06)**

- Ms. Jen Beasley**  
*Anew Visage Laser Skin Care Center*  
108 North 11th Street  
Morehead City, NC 28557
- Mr. and Mrs. David & Jennifer Hall**  
*Crystal Coast Links Magazine*  
2107 Brer Rabbit Place  
Kinston, NC 28504
- Ms. Dorothy Corter**  
*Ease My Day, LLC*  
122 Holly Springs Road  
Newport, NC 28570
- Ms. Anita McDuffie**  
*Elite Medical Transport*  
3110 Arendell St.  
Morehead City, NC 28557
- Mr. James Liles**  
*The Crystal Group*  
8752 Reed Drive, #6  
Emerald Isle, NC 28594
- Mr. Mark Suhrie**  
*M Squared Construction, Inc.*  
4315 NC 24  
Newport, NC 28570
- Ms. Tricia Bowers-Young**  
*Parent Trap, Inc.*  
2900 Arendell St.  
Morehead City, NC 28557
- Mr. Bob Burns**  
*Realty World—Bob Burns/ Bahama Bob*  
4747 Arendell St.  
Morehead City, NC 28557
- Mr. Steve Boggs**  
*The Talking Phone Book*  
1650 Military Cut Off Road,  
Suite 100  
Wilmington, NC 28403
- Captain Matthew Rimmer**  
*Slightly Salty Charters & Tours*



**Havelock Chamber**

- Chris Tompkins/Michelle Whitaker**  
*Flounders Seafood and Smokehouse*  
425 Hotel Drive  
New Bern, NC 28560
- John Randell**
- Randy Straight/David Caccuaro**  
*SwingZone Family Fun Park*  
4605 E US Hwy 70  
New Bern, NC 28560



**Notable Quotes**

- "You miss 100 percent of the shots you never take."*  
Wayne Gretzky
- "The person who says it cannot be done should not interrupt the person who is doing it."*  
Chinese proverb

**The interstate system at age 50**

A half century ago and before, people drove on narrow, two-lane roads. Fifty years ago, President Eisenhower began to change that. He launched the interstate highway system.

As the network took shape, cars and trucks could move along wide free-ways in one-third to one-half the time it took before. Today, the average U.S. consumer saves an estimated \$1,207 a year because the system speeds delivery of goods. That breaks down to \$696 in housing, \$376 in transportation, \$171 in food, and \$49 in apparel.

Travel on the system increased by 51 percent from 1990 to 2004, leaving 41 percent of urban interstates and 10 percent of rural interstates overcrowded. Frank Moretti of The Road Information Project says we must now develop a vision of a modern highway system to continue safe, reliable travel.

**Seven keys to a happy retirement**

To begin with, there's good news. Everywhere in the world, people say retirement is a better period of life. People enjoy retirement more than they did life in their 40s.



Some tips on how to make the most of your golden years:

- \* Make a retirement plan early in case you are suddenly laid off. Think of what you might do if you leave the work force.
- \* Expect to spend less. Satisfaction is found in relative wealth. What you have in the bank doesn't count as much as what you have in relation to what you expect or will be satisfied with.
- \* Pick your neighborhood. Economists at Harvard
- recommend that you choose a neighborhood you can afford rather than one you can barely afford. Save yourself from comparisons.
- \* Aim to retire at the same time as your spouse.
- \* If you don't have a traditional pension, buy an immediate fixed annuity that guarantees a lifetime income. Invest part of your nest egg and consider stocks for the rest.
- \* Plan to do some work in retirement. The Harvard economists say it increases satisfaction.
- \* Keep your friends. Seeing good friends regularly brings a great deal of enjoyment.

**Safe Halloween is easy when you plan ahead**

Parents are pretty good about cautioning children about such things as sharp objects stuck in apples, getting hit by a car, and going only to certain houses. Lesser-known Halloween pitfalls include carving injuries, allergic reactions to makeup, and costumes that interfere with mobility or sight.



Hand Injuries: The American Society for Surgery of the Hand says injuries to the flexor tendons that allow fingers to bend are up by 25 percent around Halloween. Even more disturbing, a high number of patients are between 7 years old and 15 years old.

These injuries could be from pumpkin carving which, done improperly, can cause serious deep puncture wounds. Parents can make pumpkin carving safer with inexpensive carving kits that provide tiny saws, rather than knives. Kids can also draw faces or designs on the pumpkins and leave the carving to adults.

Allergic Reactions: Dermatologists say allergic reactions to face paint are common.

*"never let kids use a candle as part of their costume"*

Problems include symptoms of irritation such as redness and burning. They recommend testing the paint on an arm a few days before Halloween to see if there is a reaction. Always remove the paint before bedtime.

*"Beware of pop-ups that state that your system is in danger"*

Dangerous costumes: Each Halloween emergency room physicians see injured kids who tripped on some crazy shoe, cape, or long skirt. They caution that one-size-fits-all costumes may not allow for the running around kids do on Halloween.

Adding inexpensive reflective tape will help drivers see the child at night, especially if the costume is black.

Always check to make sure that a costume's label says it's made of a flame-resistant material, such as nylon or polyester. And never let kids use a candle as part of their costume.

**Top Ten+ Threats of the Month\***

The following listing highlights the major threats to computer systems during the month of September 2006:

If your Anti-Virus program advises you that it cannot remove any of these threats you should contact your IT Department, or ACS computers for help in removal as serious damage can be done to your system and the threats e-mail them selves to others in your address book.

- W32.Chaim.B
- W32.Stratiion.AV@mm
- W32.Stratiion.AD@mm
- W32.Stratiion.AT@mm
- W32.Stratiion.AC@mm
- W32.Stratiion.D@mm
- W32.Stratiion.C@mm
- W32.Lunalight@mm
- W32.Areses.Q@mm
- W32.Spybot.AKNO
- W32.Womble.A@mm

\*Source symantec.com/enterprize/securityres

**TECH TIPS-Windows XP SP-1 and Pop-ups**

**Windows XP**

Microsoft will not give support to users running SP1 of Windows XP Home or Pro, after Oct, 21 2006, please update or contact ACS Computer Services.

**Pop-Ups**

Beware of pop-ups that state that your system is in danger and offer a free scan/download. These programs say they will help you

stop spy ware/viruses, when actually open up your system for infection. an example of these programs are 'Registry Cleaner' and 'Spy-Sheriff' If you have downloaded these programs Contact ACS Computer Services. In most cases these programs can be removed and all damage repaired. If you wait too long, you can lose all of your information

