

Macaholics UNANIMOUS

The Official Newsletter of the Upper Keys Macintosh Users Group



March 2012 Volume 20 Issue 04

Stay Safe Online with Tips from Allan Miller

by Sue Beal

In February we welcomed back Allan Miller of Binary Engineering, Inc. on the topic of online safety and "information no one else tells you." It was eye opening! We Mac users get complacent about how safe we are, since we are not susceptible to all those ugly PC viruses. But when we go online, we open ourselves up to all kinds of threats. Allan did a great job of telling us what those threats are and what we can do to minimize their impact. It was scary, but in a good way. It's good to be aware of what we are being exposed to.

Allan's presentation was in two parts; part one gave us information about staying safe and secure online and part two talked about loopholes to bypass security.

Safety and security takes two basic forms: technological security, in that we secure our computers with technology, much like you lock the door to your home to protect it; and behavioral, in that we must act in ways to protect ourselves, be vigilant to be on the lookout for threats.

Think about the nature of the internet. It's international, so the laws that you're accustomed to for protection can't always be enforced. There's good and bad out there, and some people are willing to risk illegal activities for monetary gain. Today, almost 32% of the world's population is on the internet. Even if only a tiny percentage are bad guys, that's a lot of bad guys!

What are the risks of being online?

First, there's risk to your computer - you could get a virus, worm, Trojan horse or spyware without being aware of it.



Allan Miller is the Owner and Chief Engineer at Binary Engineering, Inc., a Miami-based boutique computer consulting company specializing in making computer technology helpful and affordable to small business and individuals. Check out his website, www.BinaryBackyard.com which is geared to help parents find safe material for their kids.



Smiles all around during the break.

Second, there's risk to your family - predators and cyber-bullies, piracy, invasion of privacy, over-sharing and stalkers.

And third, there's risk to your personal information - fraud, phishing, hoaxes, spam, identity theft and the selling of your information.

You can't attack the perpetrators of these risks, but you can defend yourself against them. That takes us back to practicing safe behavior, and fortifying your computer to make it secure.



OUR NEXT MEETING:

Thursday, Mar. 8, 2012
Meeting at the
Apple Store at The Falls
7pm



Meet the staff, take the tour,
learn about Lion, learn how to
access their services, like the
Genius bar and classes.

Find out what's new and
play with the toys!

Provide your own transportation and
meet us there... remember, you can ask
a non-Mac friend to join you and they
can shop the mall while we meet.

Defensive Safety Behavior

Avoid the "online equivalent of bad neighborhoods," like peer-to-peer file sharing sites and sites with "adult" content.

Minimize what information is available to steal, by sharing as little information as you can. Minimize using sites that "must have" personal information, and use a nickname/pseudonym whenever possible.

Be smart: If something does not look right, choose not to disclose any info.

continued on page two

Allan Miller posted his presentation (Power Point files):

Pay attention to the file names - the first two are from Allan's excellent fall presentation on "Doing it for Free." The third link is this one: "Stay Safe Online"

<http://binaryengineering.com/downloads/presentations/>

Here are PDFs for those who don't do Power Point:

<http://ukmug.pbworks.com/w/page/5624169/Links%20and%20Downloads>

continued from page one

Don't store your passwords/credit card information on websites or browsers.

Use only trusted computers for financial transactions (don't use cyber cafés, work computers, etc)

For families with kids, additional precautions are needed:

- Talk with your kids about what is considered private information
- Set up internet usage rules
- Keep internet devices in public areas
- Use a nicknames for your online persona
- Use a timer to limit internet use
- Use parenting controls and privacy controls on social sites

Security for your Internet devices

- Keep your system up to date with the latest patches and versions
- Look for the <http://> or the padlock before giving personal info
- Pay attention to the pop-up warnings
- Install an anti-virus program
- Backup your data regularly
- Encrypt your valuable data

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"BE-Safe"

Our BinaryBackyard provides a kid-friendly Internet

- * Kid-friendly * Filtered
- * Protection * Safe

Allan R. Miller

Chief Engineer - Binary Engineering, Inc.

786-361-7710

Chief@BinaryEngineering.com

<http://BinaryEngineering.com>

- Longer/stronger passwords are better
- Do not open ANY email attachments from strangers, even when they look legit, like UPS or AT&T
- Setup Google/Bing filters to prevent accidentally wandering into a bad site
- Subscribe to a DNS security service
- Use Ghostery/No Script to prevent cross site scripting attacks

Doesn't being on a Mac protect me?

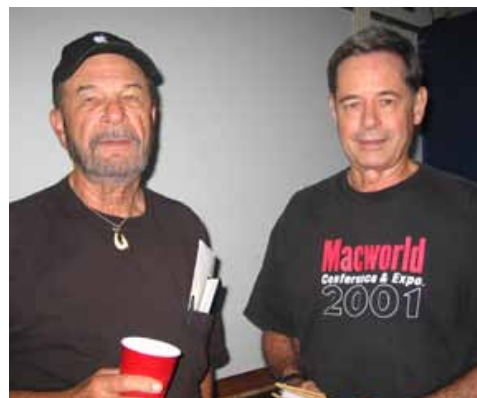
Being on a Mac is a great start for your defenses. OSX has built-in defenses - it's built to keep access limited to "need to know" (they call this "sandboxing"). There are parental controls, firewalls, password restrictions, an access warning system (you can't install anything without a password), automatic security and system updates... all good stuff.

What is lacking is anti-virus protection (for this look at ESET Cybersecurity for Mac (\$40) or ClamXav(\$free)). For pre-Lion Macs there are Socket-filter firewalls; Little Snitch (\$25) and NoobProof (\$free). And finally, you can install a digital signature requirement before allowing a program to be installed. Allan only touched on these and you'll need to do the research before deciding which of them is right for you.

Legal attacks on your privacy

Some of the attacks on your privacy are perfectly legal, and you've already agreed to them by participating on sites like Google and Facebook. You never read that agreement when you signed up, did you? You give away some privacy rights when you participate; you agree to give your personal information for using their services.

Even Apple is spying on us! The iTunes license agreement says this: "Apple and our partners and licensees may collect, use, and share precise location data, including the real-time geographic location of your Apple computer or device." In order to



Treasurer John Thomas and Jim Spencer in his rare, vintage MacWorld tee shirt.

use iTunes, iBooks, iCal, eMail, iCloud and other Apple Apps, we sign away some privacy.

Illegal attacks on your privacy

The gist of it is, there are people out there who want your computer. They want access to your iTunes or App Store account. And they put together networks of hijacked computers (BotNets) to give them computing power to do their bidding.

Botnets are used for both recognition in the hacker community and financial gain—they can 'rent out' the services of the botnet to third parties, for sending out spam messages or performing a denial of service attack against a remote target. Due to the large numbers of compromised machines within the botnet, huge volumes of traffic can be generated. Lately, the volume of spam originating from a single compromised host has dropped in order to thwart anti-spam detection algorithms – a larger number of compromised hosts send a smaller number of messages in order to evade detection by anti-spam techniques.

Other attacks on your privacy include identity theft, hosting of illegal software, manipulation of online polls, Google "Ad-Sense" abuse, keylogging and more.

continued on page three



Another full house; over 50 people attended in February!

If you run Boot Camp, VM Ware or Parallels, your computer is as vulnerable to viruses/worms/Trojans as any PC. A Mac is not protected by OSX if these PC emulators are used.

Is a Mac safe from PC viruses?

Yes. The OSX operating system isn't susceptible to the thousands of viruses plaguing Windows-based computers. No computer connected to the Internet is completely immune to all viruses and spyware, but OSX has built-in defenses designed with your safety in mind. The Mac web browser, Safari, alerts you whenever you're downloading an application — even if it's disguised as a picture or movie file. And Apple continually makes free security updates available for Mac owners. You can even have them download automatically.

But beware! If you run Boot Camp, VM Ware or Parallels, your computer is as vulnerable to viruses/worms/Trojans as any PC. A Mac is not protected by OSX if these PC emulators are used.

Other exposures

You regularly run programs on your Mac that are so much a part of using the internet, you don't even think about them. Java, Word, Adobe Reader... these programs and more expose you to vulnerabilities you may not be aware of. There are viruses/worms/Trojans out there that travel in PDF file scripting or Microsoft Word macros. (Remember that warning about not open-



Connie Parker donates to the club!

ing attachments from strangers?) Java has some huge security holes in it, but you pretty much need it to surf the web.

What can you do?

Stick to reputable websites and don't go to dubious ones.

If a website wants you to log in with your Facebook credentials, don't do it - it's a ruse to get your Facebook info so they can pretend to be you!

You can turn Java on when you need it and off the rest of the time to minimize exposure. In Safari this is under Preferences.

In Microsoft Word, tell it not to allow the use of macros. Macros are little programs executed under MS-Word, and this is how the bad guys get in. How you do this depends on your version of Word; go here for more info: <http://kb.iu.edu/data/agzk.html#2008>

Encryption - Safe Storage and Passage

Use FileVault to protect your files with encryption. How this works depends on what version of the OS you are running; the easiest way to learn more is to Google it and look for the OS version you have.





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Allan says it's "very safe." Don't forget the password, however, *no one can help you!*

When sending sensitive info over the internet always look first to make sure the site name begins with **https://** (the "s" is for Secure. And look for the padlock icon in the address bar area. Never, ever, ever email sensitive information or attach documents with private information.

Every device that connects to the Internet needs its own security. Even Apple TV, TIVO and gaming devices are at risk.

Watch for Apps that share your contacts! There's a new social networking site called Path that takes the address book from your phone and sends it in plain text. Anyone intercepting that will have access to everything in your contacts! (They're working on a fix!)

Speaking of giving away your contacts... please remember when you forward an email, remove the email addresses embedded in it, and use BCC to keep your recipients list private. This helps reduce spam.

Reducing Risk

Hacking leads to security breaches, for example, jailbreaking your iPhone, iPod or iPad means you've removed the digital signature required for access. It also means you've opened it up to viruses and other malware.

Protect those passwords!

Don't use the same password over and over again. It's easy to remember but one breach and your entire kingdom is at risk!

We tend to store passwords in our browsers because it's easier to use that way. But for most browsers, that means it's also easy for anyone with access to your computer to go in and retrieve all those passwords in plain text! (Try this if you use Firefox: Got to Firefox -> Preferences -> Security -> Saved Passwords -> Show Passwords. Yep, there they are!!)

Last Pass is a free App that keeps all



your browser passwords secure while still providing the autofill capability you love. <https://lastpass.com/>

Bypass Filters and Firewall Restrictions

Many hackers use a proxy website, which is essentially a web page within a web page, to circumvent web filters and to surf the web anonymously. This can be used for good, like in countries where the government doesn't want to allow certain information to be accessed, but it's also dangerous.

Peer-to-peer sharing

Beware of sites that allow you to download content (movies, music, programs) for free that you know you should be paying for. Bit Torrent is one of these. They avoid the letter of the law about giving you illegal content by breaking the content into pieces and then pulling it from several places to send it to you. This is illegal and opens up your machine to the type of folks who think hacking is fun.

MegaUpload, RapidShare, and even YouTube can also provide illegal content. Stay away from pirating and buy your content from reputable sources. iTunes, Amazon, Spotify, or Pandora — all good.

Hide your tracks

Delete your history from your browser, and delete cookies to keep where you've been a secret. (It's deleted from your computer, but not from your internet provider's logs, so in case you're doing something you never want the authorities to see... this won't help you!)

Note to parents: kids know how this works. Look for suspicious gaps in browser history. It means your kids are hiding where they've been! Did you know that by law you are supposed to be 13 years old or above to use the Internet? Try and enforce that one!

Honeypots

Used by law enforcement and bad guys alike, honeypots give you something for "free" but they also take something. This looks innocent enough; like they just want to make sure, by using the "captcha", that there's a real person at the other end. But what could be happening is that they are accessing another site by netbot and need your human eyes to decode the captcha so they can get in!

We Welcome Abby Bellard, Computer Tutor!



Looking for help syncing your iPod or Android to your computer? Looking for some idea what that even means? If you answered yes to both questions, then you may be in the need of the services of Abby's Computer Tutors. The business was started two months ago by Abby Bellard, who recently moved to the Keys from Ormond Beach.

Bellard's background includes professional photography, and teaching photography and graphic design at the college level.

Her art work has been shown in museums and galleries nationwide.

These days she is concentrating on the technology she has become accustomed to over the years, and feels her services are in need by both young, and old and experienced and inexperienced computer users.

Abby's Computer Tutors's services cover: Home tutoring for all ages and skill levels; Both Mac and Windows navigation and file management; photo scanning; social networks like Facebook, Skype and LinkedIn; and Word PowerPoint and Outlook.

Abby will go to your home or business, and she takes groups and families.

Abby's arrival to the Keys is actually a homecoming. She grew up in the Keys and went to a private high school called the Abbot School, which was located around mile marker 98 in the 1970s.

She went on to earn a bachelor's degree from Columbia College in Chicago. Her concentration was in digital media and photography. Bellard also holds a masters of fine arts degree from The School of the Art Institute, which is also in Chicago.

For more information about Abby's Computer Tutors, call (305) 453-6983.



This is a "captcha."

Firesheep

Firesheep is used in WiFi hotspots. Anyone on the same WiFi network can intercept your session cookie. A session cookie identifies you, for the length of the session, with your credentials to access the site. Anyone on the same Wifi with evil intent can grab that information and impersonate you. This is where being on padlocked https sites is very important for your protection. Firesheep is the name of the program the thief uses.

Allan wrapped up by saying that his intent wasn't to terrify us; just to make us more careful, more aware, and more defensive. Don't be complacent. Take a pro-active role in staying safe and secure online!

Abby's Computer Tutors

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clean up harddrive, organize and transfer files
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Macintosh Systems Solutions Course Schedule : March 2012

Saturday, March 3rd, 10-11 AM
Introduction to OS X Lion
Free : No registration required

Get an up-close and personal look at the powerful features in OS X Lion and see how it changes the way you experience everything on your Mac. We'll show you the basics, including: connecting to the Internet, navigating the computer, connecting a printer, and organizing files.

Saturday, March 10th, 10-11 AM
Mail, Contacts, Calendars
Free : No registration required

Learn how to compose e-mails, send stationary, add attachments, and organize your inbox with Apple's Mail program. We'll also show you how to keep your life in order with Apple's iCal and Address Book, and how easily they integrate with the Mail application.

Saturday, March 17th, 10-11 AM
iTunes 10 Essentials
Free : No registration required

iTunes lets you organize and play digital music and video on your Mac. And it's a store that has everything you need to be entertained. In this course, we'll show you how to import music, organize your iTunes library, purchase and rent media from the iTunes Store, and how iTunes can be the perfect DJ or music entertainment for your party.

Saturday, March 24th, 10-11 AM
iPhoto '11 Essentials

Find out why iPhoto makes it easier than ever to organize, enhance, and share your entire digital photo collection. We'll show you new ways to make your photos look their best with professional-quality image adjustment tools and create impressive prints, photo books, and calendars.

For more information, stop by the store or call 305-293-1888.

Ask for Education Director Ashley Angle.

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Apple Authorized Sales, Service, and Training from Key Largo to Key West. Cool.

4 Must-have Documents

from Karen Beal

I've been doing some reading and learning - thought this was a very helpful site. If you walk through the dialog, it explains stuff pretty well. Supposedly it is about \$2,000 worth of legal docs if you had an attorney do them - and it chooses the right ones for your state and situation.

Easy to work through. Just thought I'd share before I forgot... maybe that is the sign that I need to do this exercise :-)

<http://www.oprah.com/own-americas-money-class-with-suze-orman/4-Must-Have-Documents>



A rare photo of Karen Beal (she's usually behind the camera!) with balloon flowers by Kathy Miller. The balloon flowers were given to Allan Miller after the meeting, for him to take home to his kids. Kathy is also known as Cuppy Cake the Clown and is available to deliver balloon bouquets or entertain at parties and events. Call Sue at 451-4601 to request her contact information.

HELP A NEWBIE!

Every meeting we get a couple of new users who have a lot of questions and anxiety about learning to use their Macs. Introduce yourself to an unfamiliar face. Even if you don't think you're an expert (who does?), you probably know a few things that can help them!

It's what UKMUG is about!



FREE CLASSES IN KEY WEST!

Macintosh™ Systems Solutions has a free class almost every Saturday morning at the store in Key West! Visit them at 1001 Truman Avenue at the corner of Grinnell. They offer a wide range of classes for new and experienced Mac users. Stop by for all your Apple sales, service, and training needs, or call 293-1888.



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<http://www.apple.com/retail/thefalls>

Macaholics UNANIMOUS

is the official newsletter of the

Upper Keys Mac Users Group

A nonprofit organization devoted to the use (and sometimes abuse) of the Macintosh computer. Subscriptions are \$25.00 for one year. Contents © 1993 - 2011 by the Upper Keys Macintosh Users Group except where noted. All other rights reserved.

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Free Manual for Newbies Mac Users!



This 69-page PDF guide (from Makeuseof.com) supplies you with numerous tips, tricks and free applications.

Download it from <http://ukmug.pbworks.com/>

dummies.com

is a great place for useful and brief Mac Tips and Tricks! Check it out!



Come at 6:30 for the Beginners Circle:

Bring your laptop and your questions at 6:30, and for a half-hour prior to the main meeting we'll have experienced folks available to help, one on one, or in small groups.



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Got Stuff for Sale or Giveaway? Need Something? Email ukmug@bellsouth.net and I'll post it here.

Needed: QuarkXpress 7.5

I have a friend in the market for a Mac version of QuarkXpress 7.5. If you know of anyone with that who'd be willing to sell reasonably or give away, please let me know. Contact Sam Vinicur at sev165@bellsouth.net

Needed: Flat Screen Monitor

I am looking for a new (to me) monitor. Contact Denise - 305-304-2837 or denisemalefyt@gmail.com

Free Copier

Canon PC920 - used - works fine. Closing my office. Call or email Gail Batchelor - geckokl@earthlink.net or 305-852-4282

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