Hi BEKNet Customers!

April showers may bring May flowers but they can also rain on your parade. Likewise, this April issue contains a mixture of "clouds" to watch out for and colorful opportunities to enjoy. It begins with a warning about fake BBB emails and tells you how to spot them in order to avoid phishing scams. We also include advice on what to do if you've been hacked on Facebook. The forecast is all sunny for the rest of the issue, where you'll find adorable videos, cool websites, and a beginner's guide to Pinterest.

The goal of each of our eNewsletters is to keep our subscribers informed regarding their Internet connection and to improve their Internet experience. We think you'll find this information interesting.

To see what's inside this issue, simply scroll down the eNewsletter or click on the links within the index to the left. Thanks for reading!

- The BEK Internet Team

Scam Warning - Beware Of Fake BBB Emails

Businesses and consumers across the country are being hit by an ongoing email scam that appears to be from the Better Business Bureau (BBB). The fake emails started late last year and have gone through a number of variations since then.

In one, people report receiving phone calls—in addition to emails—from scammers claiming to be from the BBB. These callers offer help to remove a virus from the recipient's computer. They claim the computer was infected when the owner downloaded a virus from an email scam using the BBB name. The BBB is cautioning not to give out any personal information to callers or to install or download any software they recommend.
Should you receive a suspicious email identified as being from the BBB, don’t click on any links or open any attachments; doing so could unleash a virus. You can test the links by using your mouse to hover over them. The destination of the links will appear in a small pop-up box next to the link or at the bottom of the screen. If the email is a scam, the website shown will not be a BBB.org URL. After you’ve confirmed the email you received is a scam, the BBB has asked that you forward it to phishing@council.bbb.org and delete it from your inbox. Also, make sure your virus software is up to date and run a virus scan.

BEK - Local News & Info! - Keep Informed About Your Local Telecommunications Cooperative

Internet Help Desk
The Internet Help Desk is available 24 hours a day by dialing 1-888-475-2361. The BEK Business Office is open from 8 a.m. to 5 p.m. Monday – Friday (Excluding Major Holidays).

BEK Bytes Spring Classes
Sign up today for the three remaining BEK Bytes classes:

Tuesday, April 17th – Computer/Internet Need to Know
Location: Reuben’s Restaurant in Napoleon, N.D.
Time: 6:30 to 8:00 p.m.

This lesson will cover such topics as Downloading, Viruses and Spyware, Tips n’ Tricks, what are and what to do about Programs Running in the Background, Why your computer may run slow, Shortcuts and as always, questions and answers as time allows.

Tuesday, May 1st – Getting the Most Out of Your Email
Location: Hazelton School
Time: 6:30 to 8:00

Want to get the most out of your email experiences? At this class, we will show you how to Send pictures and documents by using attachments, Resize pictures for email attachments, Why you sometimes can’t open an attachment, Send scanned documents through email instead of fax, examine your Email settings, show you how to Deal with junk email and teach you more about Webmail and Postini.

Tuesday, May 15th – Basic/Intermediate Microsoft Excel
Location: Sterling School
Time: 6:00 to 8:00 p.m.

In the first half hour of this class, the basics of Excel will be covered like Ribbon and toolbars reviews, Navigating within the document, Understanding spreadsheet terminology and Basic keystrokes. The Intermediate portion of the class will cover topics such as Using fill handle, Resizing rows and columns, Hiding columns, Understanding formulas, Splitting and unsplitting panes, Freezing and unfreezing panes, Charts, Creating data forms, Tracking changes and changing columns to rows and vice versa.

New Service - BEK Spyder WebWatch
What is BEK Spyder WebWatch?
It is web powered surveillance cameras that allow you to:

• Keep an eye on your business or personal property.
• Go back into history to see an event that happened.
• Download videos from specific times and save them on your computer for as long as you need.
It's quite simple. BEK installs your cameras and then you can log in to the portal from anywhere you have Internet access and monitor in real-time.

The great thing is that BEK owns the main server equipment. So other than the initial cost of cameras, there is no investment for you!

BEK Spyder WebWatch is available in the BEK Communications area, Bismarck and surrounding areas in North Dakota. Our technicians and sales people will come and survey the area you wish to monitor. They will then recommend a configuration of cameras to suit your needs. Once the cameras are installed, you will be setup to remotely check in on your cameras at your convenience.

For more information, call us at 1-888-475-2361.

**Foundation for Rural Service Offers Summer Internship for Rural Students**

NTCA, a national telecommunications association is looking for an Intern to join its philanthropic arm, the Foundation for Rural Service (FRS) full time during the summer. Responsibilities include planning fundraising and educational events, attending and staffing their annual youth tour, assisting in the delivery of their college scholarship program, researching economic development programs, updating the FRS web site, assisting with social media, attending meetings on rural policy or telecommunications topics and some occasional administrative tasks.

Position requires strong interpersonal skills, proficiency in normal office equipment including knowledge of MS Office and the Internet. A college student residing in or from a rural community preferred. This is an excellent opportunity for a student interested in a career in event planning, economic development, fundraising, telecommunications or the non-profit arena. The salary is $7.50/hr and their office is located near the Ballston Metro station in Arlington, VA.

Visit their website at [www.ntca.jobs](http://www.ntca.jobs) to learn more about the Foundation for Rural Service and download the application. Applications should be submitted by April 27th.

**Telecom Career Exploration Academy**

The Telecom Career Exploration Academy is a great opportunity for 8th-11th graders who are thinking about a challenging, high skilled career in the Telecommunications industry.

The Telecom Career Exploration Academy will be held in the Bismarck Public Schools Career Academy building on the campus of Bismarck State College, June 4-7. Several agencies have partnered together to offer this great opportunity to current 8th – 11th graders. These agencies include Bismarck Public Schools, Bismarck State College, Telecom Training & Safety and several local independent telephone companies throughout the region, including BEK Communications.

Those attending this academy will be introduced to the new skills of emerging networks including: fiber optic and wireless data transport, internet-protocol based television (IPTV) and more. Classroom activities will focus on activities and tours designed to build insight into telecommunications skills and knowledge.

**Hurry, the deadline for applications is April 13, 2012.**

The Bismarck State College Foundation will be offering $1,000 scholarships in related studies to three (3) students attending the academy. This is a unique opportunity for students to learn more about telecommunications career fields. For more information regarding the Telecom Career Exploration Academy, contact your school counselor, or Tammy Heick, Academy Coordinator at 701-250-7911 (Telecom Training & Safety) or tammyh@telecomtrainingsafety.com.
Two To View - A Couple Of Amazing Videos You Don't Want To Miss

**Fascinated by Flushing**
Gizmo the cat just can't get enough, flushing the toilet again and again and again. Who knew swirling water was so fascinating? Perhaps Gizmo's owners should get this cat interested in cleaning the toilet as well.

**"I Feel Happy of Myself!"**
After learning to ride his bike, this young boy gives an impromptu speech of celebration and inspiration. His sweet words contain lessons for all of us about continuing to practice in order to "get better and better at it."

This Month's FAQ - What Should I Do When I've Been Hacked On Facebook?

**Question:** What should I do when I've been hacked on Facebook?

**Answer:** First of all, we're sorry to hear you've been the victim of a "Facecrook." You probably discovered the problem when you were denied access to your Facebook page after the hacker changed your password. But have no fear; you can reclaim your account and get your Facebook life back in order.

You'll need to reset your password and make sure it's secure. If you're not logged in, you can reset your password by clicking the "Forgot your password?" link on the Facebook login page.

If you're already logged in, you can reset your password by going to your Account Settings page located in the Account drop-down menu at the top of every Facebook page.

When choosing a new password:

- Use a combination of at least six numbers, letters, and punctuation marks.
- Don't pick a word from the dictionary.
- Don't pick something you've used as a password on another site.
To reduce your chances of getting hacked again, be careful before signing up for a new Facebook application; they are often the gateway to these kinds of problems. In particular, watch out for applications with "too good to be true" promises as well as those that request you invite half of your friends before you get full functionality.

Sites Of The Month - Great Sites To Check Out In April

- **Go Easy On Your Eyes**
  [protectyourvision.org](http://protectyourvision.org) – With heavy computer use can come Computer Vision Syndrome (CVS), which commonly results in symptoms such as eyestrain, headaches, blurred vision, and dry eyes. To help prevent these problems, take a look at this site. You can set up your choice of automatic signals to remind you to periodically take a break from the computer screen and rest your eyes.

- **What’s Up With Upcoming Movies?**
  [moviepilot.com](http://moviepilot.com) – What movies are coming to theaters? And what will they be like? Here’s a very convenient resource for movie fans that lets you search by theme channels—all the way from Action to Zombies. Read plot summaries, find out where the movie is in the production process, and discover whether it’s expected to be "Hot" or "Not".

- **Tips to Improve Gas Mileage**
  [fueleconomy.gov](http://fueleconomy.gov) – In light of rising gas prices, now’s a good time to learn how to drive down your costs through better gas mileage. This U.S. Department of Energy site offers tips on how to drive more efficiently, keep your car in shape, plan and combine trips, and choose a more efficient vehicle. There’s also a Fuel-Saving Tip of the Week.

- **Titanic's 100th Anniversary**
  [photos.denverpost.com](http://photos.denverpost.com) – This April marks the 100th anniversary of the sinking of the Titanic. Here you can browse through a poignant photo gallery of artifacts retrieved from the Titanic, some of which will be auctioned by Guernsey’s Auction House this month. The images include a section of the hull, china, jewelry, spectacles, and a chef's hat.

- **Lighten Up Spring Meals**
  [www.simpleanddelicious.com](http://www.simpleanddelicious.com) – Going from winter to spring isn't just about changing your wardrobe. It’s also an opportunity to make seasonal revisions to your meals. Now that it's spring, check out the refreshing ideas on this site for lighter menus that take advantage of the grill and encourage you to pile on the produce. How about a Primavera Stuffed Tomato or a Honey-Raspberry Parfait?

Short Tutorial - Setting Up A Pinterest Account And Starting To Pin
Pinterest is an online pinboard that lets you organize and share images of your favorite things—from baked goods to craft projects to inspiring quotes. It's an invitation-only website, so to get started using it you need to ask a friend who's already on the site to invite you. Once you receive your email invitation, click the link to set up your account. The Pinterest wizard will take you through the following steps:

1. **Choose a sign-in method.** Use your Facebook or Twitter login to automatically connect to those accounts. Your Pinterest activity will show up there. For an account without connections, use a unique Pinterest user name and password.

2. **Choose topics of interest.** Your choices dictate what shows up in your home page Pinterest feed.

3. **Choose a few people to follow.** Pinterest makes suggestions from your other social networking accounts.

4. **Set up your first pinboards.** Use the default names or change them to ones of your own creation. You can edit pinboards and names anytime in the future.

Once you've set up your Pinterest account, here's what to do to begin pinning:

1. **Browse other people's pinboards** to get ideas before you start pinning yourself. Use Follow buttons to find and follow people and pinboards. Hover over a pin to Repin, Like, or Comment on other people’s pins. For more options, click on the image. You can send the image to your Facebook or Twitter feeds, or easily embed the image in your own website.

2. **Add the Pin It button to your browser** so you can start pinning. You'll find a tutorial in the About menu. Using the Pin It button automatically embeds the address of the website into the pin so followers can find the original image and information about it.

3. **Press the Pin It button while browsing.** Pinterest will show you the images you can pin from that page. Choose the one you want and click on it. It will give you a chance to choose a pinboard and add a comment. Use the @ symbol before a name to mention Pinterest friends; they'll receive a notice.

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We hope you found this newsletter to be informative. It's our way of keeping you posted on
the happenings here.

Thanks for your business!

Happy Surfing,

BEK Internet Team
Internet Insights

Problems with your internet service? Need to ask a question?

Call Toll Free 1-888-475-2361
or email bekcomm@bektel.com

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