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**Block Spam with An Easy Behavioral Change**

**By Catherine Franz**

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E-mails now have a connection back to their servers. I will leave the technical aspects out of this article. Instead, I will walk you through how information from your computer is getting back to them.

You have probably experienced this already, an e-mail lands in your box with many symbols in the subject line created with the Shift Key plus a Number Key. This is the most common one. For example, it may look like this:  
&\*)(\*&^%\$! Except the length of the symbols are longer.

When you click on it to delete it, any further action, including the deletion of the e-mail seems to go into la-la land. In other words, you can do anything else. This may last up to a minute or two depending on your computer speed. You have just been pinged and information is going back to their server saying there is a live connection.

In addition, because the symbols change all the time, it's difficult to block them unless you use a program like Spam Arrest.

Here is an easy way and excellent way to protect from this and all you have to do is change the way you dial in and out.

## Block Spam with An Easy Behavioral Change

If you have a DSL line or any other type Internet connection that is open all the time. Control how frequently you allow e-mails to upload into your system. If you use Outlook, you go into Tools, Options, select the Mail Delivery tab and change "check messages every" 30, 60 or 90 minutes. This also helps on time management if e-mails are eating up too much of your time.

Next, after all your e-mails are uploaded into your software, whether you set the time management feature above, close off the Internet connection. It will not stop the lost 30 or 60 seconds these e-mail lock up your computer but you have cut off any possible pinging.

After you close the Internet connection, read, review and delete the e-mails. After completing this, you can go ahead and reopen the Internet connection, and send your responses.

If you have a dial-up connection, you can do this same method, except you will ignore the Mail Delivery option mentioned earlier.

This actually isn't just happening on e-mails with these symbols. There are other programmed e-mails dumping cookies on your computer. I will not address how to remove cookies in this article. To find out how your software can remove your cookies use F1 (help) on your keypad in your e-mail software to find the answer before. WindowsXP also has additional information for removing cookies under: Start, Help and Support.

Catherine Franz, a eight-year Certified Professional Coach, Graduate of Coach University, Mastery University, editor of three ezines, columnist, author of thousands of articles website:  
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### **Finding The Best Anti Spam Solutions**

**By Oliver Turner**

Before you start finding the best anti spam solutions, there are some simple steps that you will have to take care in order to avoid spam. Make sure that you share your email ID with only those whom you know well. For other services, make use of email services that are web based. Beware of spam bots. They are programs that are made to accumulate the email IDs throughout the net for preparing a mailing list. This list is used to send all unsolicited mails to users. Try to use the form of email that do

## Block Spam with An Easy Behavioral Change

not does not display your address in the webpage code. Install various kinds of anti-virus and other anti-spyware programs. Keep updating the version frequently. Email configuration should be done to disable the features that identify an email while you are downloading some images.

### Easy Anti Spam Solutions at your Service

Now that you have taken all the basic precautionary measures, it is time to look for the program oriented anti spam filters. You can use the SpamPal identifies the well known spammers with the help of spam blacklists. eXpurgate, requiring two different email IDs, works well in filtering spam. POPFile are very effective in categorizing and separating the unsolicited mails from the personal messages. For POP accounts, Death2Spam is extremely effective. MailWasher Pro is secure and a time-saving spam filter that also protect your computer from viruses. Some of the other effective spam filters include Spam Bully, Spam Inspector, and Zaep. Another effective spam filter is the Spamihilator that takes the help of Bayesian filters to protect the email accounts.

You can even block the spam with the help of spam blockers. Anti spam for outlook includes Spam Bully that keeps your inbox free of spam. They work with Bayesian Spam Filter that makes use of artificial intelligence along with server blacklists to filter in only the wanted mails. They often put forth a password to be typed in correctly by unfamiliar sender so as to allow that mail into your inbox. Some of them are pre programmed where the know spammers are inserted. They accordingly block them. Some of the programs filter the emails based on the keywords used in the mails. Some of the email spam filters are configured and can be easily customized. Thus, with some basic knowledge about spam and the anti spam software, you can easily find the best anti spam solutions.

We offer the best anti spam solutions. Find it only on

.All about spam blockers on

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