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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Redirecting Your Mail When You Move**

**By dan the roommate man**

**Redirecting Your Mail When You Move by dan the roommate man**

Have you recently moved into a new apartment? Wonder why your mailbox is empty? Did you remember to redirect your mail?

It's difficult to remember all of the things you need to take care of before leaving your apartment. You've got hours of packing, cleaning and toting, and no matter how organized you are, 99% of the time, you'll end up forgetting something. Whatever you do... just make sure you don't forget to notify everyone about your change of address.

There are two ways to do this:

**The Hard Way:** Your local post office will provide you with change of address cards free of charge. You are responsible for filling them out, paying for postage, and mailing them out on time.

**The Easy Way:** Visit [MoveCentral.com](http://MoveCentral.com)! This company has created a simple, comprehensive service to help save you a little of the time & money typically wasted on changing your address. Rather than worrying about getting to the Post office during business hours and manually filling out the address change request cards, you can fill everything out on-line –any time of day or night– for free!

Before you register for this service, you will need to comprise an address list of all groups you receive mail from. Think of your Alumni Organizations, Catalogs, Newspapers, Magazines, Clubs, Credit Cards and National Organizations.

Boris, a MoveCentral representative says, "(our) personnel use proprietary software and a comprehensive database to notify companies and organizations of your address change quickly and accurately."

You can have MoveCentral contact 5 companies or 500 companies – they don't put any restrictions on the number you sign up for. They will contact any company you like within 24 hours of your sign up. They'll even notify your Post Office.

## Redirecting Your Mail When You Move

Beware that just because the companies are contacted immediately doesn't mean they will act immediately. Boris advises "To avoid interruptions in the delivery of your mail, it is best to give the companies and organizations you receive mail from plenty of advance warning. MoveCentral's address change service works best if you register 4 to 6 weeks prior to your move".

Either way Remember to:

1. change your driver's license
2. change your checks to reflect the new address
3. Visit [www.fec.gov](http://www.fec.gov) so you can register to vote
4. Notify the IRS – even if you don't want to – by requesting a change of address form from (800)

829-3676 or downloading it from [www.irs.gov](http://www.irs.gov).

Since 1989 dan the roommate man has helped 1000's of people find roommates. Need help? Contact him at 800-487-8050 or [www.roommateexpress.com](http://www.roommateexpress.com)

### **How to Prevent Virus thro' Email**

**By Dilip Dahanukar**

#### **How to Prevent Virus thro' Email by Dilip Dahanukar**

Recently my Norton Anti-Virus (NAV) detected a virus coming through email. This happened as my preview pane was open in the Inbox and it opened the virus email automatically as soon as it was downloaded. The NAV could not repair the file so I had to delete the infected file. I found to my utter horror that deleting the file disabled my browser. It also disabled my CD writer. I had to save my data using Iomega 250MB zip drive which fortunately worked but only in the slow SAFE mode of Windows! Ultimately I had to Quick Restore my Compaq computer. It took me 2 days to reload various programs and data! This could have been avoided if I had taken a few simple precautions. I have written out these precautions as tips on how to configure the email program so that you can prevent a disaster like mine.

Tips for configuring both Outlook Express (OE) and Microsoft Outlook (MSO) particularly to block viruses hitting your computer automatically. These precautions will save you a lot of trouble.

1. Switch off the preview panel in the INBOX. This prevents any virus getting into your system by automatic opening in the preview pane.
2. Switch off the "include this account when receiving mail or synchronizing" for every account you have. You can do this by

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disabling (no tick mark) on this feature, which you will find by menu chain: Tools, Accounts, account–name, properties, General. This will ensure that the mail is not flowing–in automatically.

3. Before downloading mail, access the mail on the net. Most of these webmail sites show the size of the files, which unfortunately is not a feature with either OE or MSO. Any mail over 100KB is suspect should be deleted. Also delete any junk mail. Only download and receive mail that you want to save on your computer.

4. To download and receive mail, don't click on Send/Receive on the mail Tool Bar, but go into Tools, and move the cursor on "Send/Receive" and move right to get a sub–menu where you select the precise account, with which you want to send or receive.

5. Send by clicking on the small arrow next to "Send", and selecting the precise account by which to send. The mail will wait in the Outbox till you send through the Tools, Send/Receive menu as given in 3 above.

step–by–step tutorial. A Templatemakes it even easier!

<http://www.netbizzquick.com/WhatPop.htm> Check it out! Contact the author at <mailto:dilipsd@vsnl.in>



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