

This Free E-Book is brought to you by Natural-Aging.com.

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

Whose Watching You?

By John Leigh

Whose Watching You? by John Leigh

Whose Watching You?

By John Leigh

Copyright © John Leigh 2003. All Rights Reserved

We all love 'Freeware' right? After all it's human nature to want something 'free'. There are some very good freeware programs out there, Simple to download, simple to install, simple to get started with, especially when you don't have a lot of money to buy all the programs you want or need right?

Well..... There's always a Well... isn't there.

If you have installed any freeware, there's a good chance that you've also got some advertising – supported software too. Working in the background, downloading banner ads – pop ups etc.

Then there's something different – spyware – collecting information about you and your Internet related activity.

How does spyware get onto you computer? Usually downloaded as part of or in addition to the freeware application. You install the program you have downloaded then another user agreement pops up that you click 'OK' (how many read all the user agreement – you should). Sometimes spyware is 'misnamed' as freeware. Then when you uninstall the original program

Whose Watching You?

the spyware can remain.

What Can You Do?

A good first step is to install a firewall. ZoneAlarm is a good very popular firewall. A firewall stops spyware 'reporting back home' when surfing the Internet. You have good control over what is allowed to have access to the Internet.

Get a copy from

ZoneAlarm www.zonelabs.com/store/content/home.jsp

Others include

Tiny <http://www.tinysoftware.com/>

Sygate Personal Firewall 5.0 www.sygate.com

You can approve or deny access for any application. If an application tries to access the Internet for the first time, you will be asked whether to allow or not.

Watch Out!

Always read the user agreement of any software you install. Watch out for phrases like 'occasional or periodic use of your Internet connection in the background' or enhanced browsing. Watch for extra user agreements and install windows popping up. It's easy to click OK without realising it's not for the original software clicked on earlier.

Be Gone!

Some spyware can be removed from the add/remove programs in the control panel. The best way is to use a program such as Lavasoft's Ad-Aware (which comes in three options – basic – plus and Pro). I like this program and use it a lot. <http://www.lavasoft.de/>

Simple to use – this scours your system, scanning your registry and hard discs searching for any adware and spyware. Anything that is found can be quarantined and/or removed.

If you have a program that you think is spyware check it on spychecker database at

Whose Watching You?

<http://www.spychecker.com/>. If it is adware and not spyware then spychecker usually tells you.

Protect Yourself

Here's those addresses again

ZoneAlarm <http://www.zonelabs.com/store/content/home.jsp>

Tiny <http://www.tinysoftware.com/>

Sygate Personal Firewall 5.0 www.sygate.com

<http://www.spychecker.com/>.

<http://www.lavasoft.de/>

Written by John Leigh. Editor and Publisher of Leigh Resource E-zine. To Subscribe send a blank email to : leighresourceezine@globemarketing.com and receive a

5 part mini course or visit <http://www.leighmarketing.com>

John Leigh is editor and publisher of Leigh Resource Ezine for resources, information and software products to help online business.

Why I Watch Birds

By Chuck Fitzgerald

Why I Watch Birds

Chuck Fitzgerald C2005. All Rights Reserved.

I've been in-and-out of bird watching my whole life. I've just recently gotten back "in" the wonderful world of Bird Watching and have I ever missed it! There is something about birding that makes everything right in the world. OK, that may be a bit of exaggeration, but when I'm birding everything is right in MY world. If you are a fellow bird watcher you understand what I'm talking about. If you haven't given it a try yet, let me suggest to you a few reasons why now is the time to see why birding watching is the number one spectator sport in North America. Here are the reasons Why I Watch Birds.

I watch birds because I can do it anywhere and anytime. I don't have to travel to distant locations or schedule entire weekends to bird. I watch birds in my car, through my office window, in my local park and in any of dozens of bird sanctuaries within the greater Phoenix area.

I also like birding because it is an inexpensive sport. With nothing more than a pair of binoculars and

Whose Watching You?

a reference book, I am successfully equipped to watch birds. I keep both of these items on a counter in my kitchen and use them frequently as I study birds at our backyard feeders. I have seen over 100 different bird species in my backyard alone!

Birding exposes me to nature's beauty, it takes me to nearby places I've never been to and it introduces me to great people who enjoy the same things I do. My birding hobby has connected me to individuals and organizations who are passionate about protecting our sport. Together we have worked to save and enhance natural birding habitats and have help to educate others, both young and old, on wildlife stewardship.

I love to bird because it slows me down a bit. Much of my life is frenetic and full of stress so I look forward to a birding walk where I can escape from the madness – even if it is only for a short while. I also love bird watching because it has connected me and my family to a common activity. For all of us, birding is not a destination. It is the key ingredient that adds an enriching flavor to each of our outdoor activities. Birding has been a lifetime hobby of mine and I know the fun I have had with my family while birding has ensured my children and grandchildren will also be lifetime birders.

The most important reason Why I Watch Birds is it is Fun! Take someone you care about on a birding trip to your local park. Not only will you have a good time, but you'll be setting them up for a lifetime of bird watching enjoyment. Bird watching is the perfect activity regardless of your age, your health or your location. Whether you are 8 or 88, Get Outdoors and Get Birding! You'll be glad your "in" the wonderful world of Bird Watching.

Chuck Fitzgerald, The Outdoor Guy, is the owner of Arizona based BackCountry Toys, an online outdoor gear store. To get maximum enjoyment out of your Outdoor Life, visit

where you'll find great gear and the Fact & Tips e-newsletter, "FreshAir."

(800) 316-9055.

Whose Watching You?



This Free E-Book has been brought to you by Natural-Aging.com.

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