

FREE OR HELPFUL ITEMS

- **Stream movies to your iPhone, iPad**
- Netflix is a great service if you love movies. You just pay a monthly subscription and watch all the movies you want. You also have the ability to stream movies over the Web.
- You can watch Netflix movies on the iPhone, iPod touch and iPad. You can also manage your queues. If you see a movie that's DVD-only you can still have it sent to your house.
- **Cost:** Free (requires Netflix subscription)
- **Link:** <http://itunes.apple.com/us/app/netflix/id363590051>

A game to help your memory

- Games like crossword puzzles and Sudoku can help build our mental capacity and brain function.. It's a self-explanatory game much like Concentration.
- You match all of the cards with their twins. Once you've completed the game, you'll see how long it took. The shorter the time, the better you did.
- **Cost:** Free **System:** Windows XP only
- **Link:** wellcraftedsoftware.com

Free voice and video calling

- Skype is a great way to make calls over the Web. They are completely free for PC-to-PC calls. You can call regular and international phone numbers for a small fee.
- Skype isn't just for computers, though. You can also use it on your iPhone. Make calls over Wi-Fi or 3G. Again, it's free to call other Skype users.
- Skype can run in the background. It will notify you when someone is calling. You can also use Skype instant messaging when you can't talk.
- The latest version of Skype also includes video chatting. And it also works over 3G as well as Wi-Fi. Currently Skype's video feature only works on the iPhone 4 and new iPod Touch.
- **Cost:** Free **Link:** <http://www.skype.com/intl/en-us/home>

Publish movies to the Web with Live Movie Maker

- Windows Live Movie Maker is a great program for editing videos.
- It isn't perfect. That's where plug-ins come in. These handy extensions can really enhance the user experience.
- Movie Maker accepts plug-ins that customize the programs' abilities. .
- Two plug-ins let Movie Maker publish content directly to the Web. Both are titled LiveUpload. One lets you upload to Facebook. The other uploads videos to YouTube.
- After you download either plug-in, open it to install it. Then start up Movie Maker and click on Publish>>More Services. You should now see an option to publish to Facebook or YouTube.
- **Cost:** Free **System:** Windows, Vista, 7
- **Links:** [LiveUpload to Facebook](#), [LiveUpload to YouTube](#)

Simplify bulk e-mail sending

- If you regularly send out e-mail messages to large groups, you need a good e-mail list management program.
- Dada Mail is a powerful program that is capable of sending numerous messages easily. Outlook, Thunderbird are not. It runs on a server, so you'll need access to one. If you have a Web site, you can use your host's server.
- You can send announcement-only messages, or you can use it for discussion lists. It handles opt-in/opt-out requests. But the features are too great to list.
- Before you start installing Dada Mail, read the instructions carefully. Make sure you can handle it before you get started.
- **Cost:** Free There is a Pro version available for a fee.
Link: mojo.skazat.com

Speed up your programs

- By default Windows gives running programs the same priority. An equal amount of resources is given to each.
- But Windows does give you some tools to adjust the priority of certain programs. Unfortunately, it's a tedious and complicated process. And it's not very dynamic. So you can't switch priority on the fly.
- TopWinPrio, however, gives you complete control over program priority. It runs in the background and quietly checks what programs are running. It then automatically assigns a higher priority to the program you're using.
- That means the program you're using right then gets more system resources. And it starts to operate better.

- You can choose how much higher the priority rating should become. You can also set how often TopWinPrio checks on your running programs.
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- You can choose how much higher the priority rating should become.
- **Cost:** Free **Link:** www.lunaworx.net
- **System:** Windows XP, Vista, 7

Test your computer's security

- There are many programs and processes that affect your computer's security, such as Flash and Java. Your Windows settings can also create vulnerabilities.
- The [Secunia Personal Software Inspector](#) and [Microsoft Baseline Security Analyzer](#) will help you rest easy. Both are free on Kim Komando's website or use the links here.
- http://secunia.com/vulnerability_scanning/personal/ or
- <http://technet.microsoft.com/en-us/security/cc184924.aspx>

Update your programs

- There are more programs on your computer than you could list. You may not even recognize some that need updating. How are you supposed to know what needs attention? **Secunia Personal Software Inspector (PSI)** can help.
- It will scan the programs on your computer and it will tell you exactly which programs need to be updated. It will give you the necessary links to the updates.
- **Cost:** Free **Link:** secunia.com **System:** Windows XP, Vista and 7
- [Microsoft Baseline Security Analyzer](http://www.microsoft.com) is another program you could use and it is free also. Go to www.microsoft.com and download it.

Update all the programs on your computer

You've installed all the necessary security programs. You keep Windows up to date. You should be fairly secure, right? Well, what about the dozens of programs you use every day? Many could be an entry point for attackers.

Keeping Windows and your security software up to date is critical. But other programs can hide vulnerabilities. Their creators often patch these security holes. But many won't update automatically. It's up to you to run the latest version.

I personally use CNET Tracker which sends me an email notifying me to update the program and supplies a link to do it.

<http://www.cnet.com/techtracker-free/?tag=nl.t700>

Get answers to radiation questions

- Nuclear power is not the only source of radiation. Microwaves, airport scanners, Wi-Fi and cell phones all emit radiation.
- There are different types of radiation and not all of them are harmful.
- Radiation Answers was created to explain what radiation is and how you come into contact with it and learn about the effects of exposure to radiation.
- It also discusses modern radiation myths and controversies. If you are concerned about radiation, this a good site for you. www.radiationanswers.org

Print from your iPad NOT FREE

- Apple's AirPrint is a pretty neat feature. But sadly, it doesn't work with very many printers. Don't worry though. There's still a way to print from your iOS device.
- It's called PrintCentral. With this app, you can print to just about any wireless printer. But the printing isn't limited to wireless printers.
- It can also print to any printer that's connected to a computer. The computer just needs to be on a wireless network. It's a great solution for your AirPrint woes.
- **Cost:** iPhone: \$8, iPad \$10