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## Hello Van Buren Telephone Company Internet Customer

The spotlight is on connections with family and friends in this December issue. You'll learn how to make the most of your tweets to them on Twitter, and get instructions on uploading videos to YouTube. In Great Sites, we feature resources to help you manage family finances, bake sweets with North Pole recipes, navigate the rules of etiquette, build a family medical record, and reminisce about the Sesame Street gang. Of course, there are foes online as well as family and friends. So we begin with a warning about phony IRS e-mails that attempt to steal personal information from recipients. Stay alert this season, and have a wonderful time with those you care about.

The goal of each of our monthly 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. If, however, you'd prefer not to receive these bulletins on a monthly basis, click [here](#).

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!

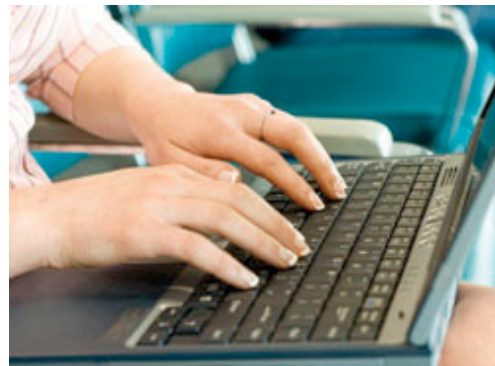
- The Van Buren Internet Team

## Warning! - Phony IRS E-mail Lands In Many Inboxes

According to IRS.gov, a phony e-mail claiming to come from the IRS has recently been circulating in large numbers. The subject line is typically "Notice of Underreported Income," and the e-mail may contain an attachment or link to a bogus webpage directing taxpayers to their "tax statement." In either case, when the recipient opens the attachment or clicks on the link, they download malware including the hard-to-detect Zeus Trojan.

This malicious code can take over the hard drive, giving someone remote access to the computer, or it could look for passwords and other information and send them to the scammer to gain access to bank accounts. Researchers estimate that the Zeus criminals are emptying more than a million dollars per day out of victims' bank accounts with the software, and it's the most prominent spam-delivered virus in the world right now.

Please remember that the IRS does not send unsolicited e-mails to taxpayers about their tax accounts. If you receive an unsolicited e-mail claiming to come from the IRS, do not open any attachments or click on any links. Those who believe they may already be victims of identity theft should find out what to do by going to the U.S. Federal Trade Commission's website



more information, you must go to [www.frs.gov](http://www.frs.gov), going to the "FRS Federal Trade Commission's Website," [OnGuardOnline.gov](http://OnGuardOnline.gov).

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## Announcements And Services From Van Buren Telephone

### **2010 FRS SCHOLARSHIP**

Van Buren Telephone Company has the pleasure of offering the Foundation for Rural Service (FRS) Scholarship program to students in our service area. The application can be downloaded from the [FRS Website](#). Completed applications should be sent directly to FRS and postmarked no later than March 1, 2010. Each application must be signed by the manager of the applicant's local telecommunications service provider (VBT). Should a student from our service area be selected to receive one of the 30 scholarships (\$2000 each), we will contribute an additional \$500, bringing the total one-time scholarship award to \$2500. Good Luck Students!!



### **HIGH SPEED INTERNET SPECIAL**

There's never been a better time to give [High Speed Internet service](#) a try! When you schedule your installation by January 22, 2010, we'll give you a **\$100 credit** on your next Van Buren Telephone bill! Or, if you would rather give Dial-Up Internet service a try, we'll give you a \$35 credit on your next bill.



Call us to schedule your installation and ask how you can save with one of our ONE Rate packages. Simply by choosing a package of phone, long distance and Internet, you can save up to \$20 a month. Call us at 293-3187 to learn more about this promotion. The Internet special offer is good 10/26/09-1/22/10 and is only available to new Internet customers (or dial-up customers who wish to upgrade to High Speed Internet service).

### **HAPPY HOLIDAYS FROM VBT**

Merry Christmas from all of the staff at Van Buren Telephone Company. Check us out and see what we can do to make your life more convenient and keep you connected to family and friends. Visit our website at <http://www.vbtelco.com> and see all of the changes we have made. There is a new format, new links and we will try to give you updated information on a regular basis on our posts. *Van Buren Telephone Company, Inc. - Where Technology Meets Tradition - Serving the Villages since 1923.*



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## Ask The Help Desk - Must Tweets Only Talk About What I'm Doing?

**Question:** The typing box at Twitter.com is labeled: "What are you doing?" Am I limited to answering that question in my tweets?

**Answer:** No, you are certainly not limited to answering the "What are you doing?" question on Twitter. (Especially if that results in tweets that contain just the mundane details of your everyday life, like the fact that you're now eating a bowl of cereal.) You can use those 140 characters for other things, and doing so often makes tweets more interesting and valuable to others. For example, you can pose questions to your followers such as, "What's got your attention and why?" or "What do you think about \_\_\_\_\_?" You can also send links to neat stuff you've found online, or spread the word about breaking news events.



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## Sites Of The Month - Great Sites To Check Out In December

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### **Money Made Easy**

<http://money.cnn.com/magazines/moneymag/money101/index.html> - Is 2010 the year you'll finally start saving more? Reallocate your investments? Get out of debt? If your New Year's resolutions are financial in nature, some lessons in money management may be in order. Here you'll find Money 101 featuring 23 lessons from Setting Priorities to 401(k)s-all designed to help you make smarter financial decisions.

### **Christmas Cookbook**

<http://northpole.com/Kitchen/Cookbook> - If you're not already in the Christmas spirit, cooking up some delicious holiday treats just might get you there. At this site, you can download recipes from Mrs. Claus herself! Recipes are available for cookies, fudge, candy, cakes, pies, and more. And, don't forget to check out other areas of the site to see Disco Dancing Santa, write Santa a letter, or track his travels on Christmas Eve.

### **Holiday Hiccups**

[http://emilypost.com/everyday/holiday\\_FAQs\\_entertaining.htm](http://emilypost.com/everyday/holiday_FAQs_entertaining.htm) - A lot of holiday stress can be attributed to wondering about appropriate behavior: "Is it acceptable to bring an extra guest to dinner?" "How elaborate a gift should I give my new boyfriend/girlfriend?" "Should my tipping habits change during the holiday season?" The Emily Post Institute site offers gracious suggestions to address these and other tricky holiday situations.

### **Family (Medical) Tree**

<http://mayoclinic.com/health/medical-history/HQ01707> - This site covers an important topic you may not have given much thought to: your family medical history. Such a history can provide useful information to your doctor in assessing your disease risk, recommending treatments or prevention steps, and ordering tests. The site discusses what information to get, and how to gather it in a way that's comfortable for family members. The holidays are a great time to start collecting this vital data.

### **Sesame Street Turns 40**

<http://sesamestreet.org/onair/history> - On November 10, 1969, television history was made as the first episode of *Sesame Street* aired. This year, the show's website is celebrating the program's 40th anniversary with history, trivia, and fun videos. Vote for your favorite videos, watch rare clips, download character computer wallpaper, and read behind-the-scenes stories. Those who watched the show from the beginning will be happy to know some of the original characters still live on Sesame Street!

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## Short Tutorial - Uploading A Video On YouTube

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Want to unleash your creativity and broadcast your talents to a global audience? YouTube makes it pretty simple for anyone to upload a video to the site. They accept video files from most digital cameras, camcorders, web cams, and cell phones in the .WMV, .AVI, .MOV, and .MPG file formats. Once you've finished editing your video, make sure it's less than 10 minutes and smaller than 100MB.

### **YouTube recommends using the following settings to upload a video of high quality:**

- MPEG4 (Divx, Xvid) format
- 320x240 resolution
- MP3 audio
- 30 frames per second

Resizing your video to these specifications before uploading will help your videos look better on YouTube.

### **To upload a video on YouTube:**

1. Create a YouTube account by clicking on the "Create Account" link in the upper right

corner of any YouTube page and then log in to your account.

2. Click "Upload Videos" in the upper right corner of any YouTube page. The "Video File Upload" page will appear.
3. Click on the "Upload Video" button. The "Select File" dialog box will appear.
4. Navigate to the file you would like to upload and click on the "Select" button. Your upload will begin.
5. While your video is uploading, enter as much information about your video as possible, including Title, Description, Tags, and Category. The more information you include, the easier it is for users to find your video. Make your tags as descriptive as you can. For example, if you took a video of your friends at the beach, you might want to tag it like this: party beach surfing. Each tag is separated from the others by a space.
6. Determine if you want your video set to Public (so anyone can access it) or Private (so only your friends and family can view it). You also have the options to prevent people from posting comments or to filter comments yourself.
7. Click the "Save Changes" button.
8. To see your video, click on the "Go to My Videos" link towards the bottom of the page.

Depending on your Internet connection speed and the size of the video, it can take anywhere from a few minutes to several hours to upload a video. If you have a high speed connection, you can generally expect the upload to take somewhere between 1-5 minutes for every 1MB.

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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. If, however, you'd prefer not to receive these bulletins on a monthly basis, click [here](#).

Thanks for your business!

Best regards,

[Kevin Hranicka](#)  
General Manager

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