

## Rethink Your Online Habits

Cyber security is usually the thing you never think about, unless your computer becomes infected. And it's not just you, of course.

Don't you think it's strange that we take so many precautions to keep our home and physical belongings safe, but invest so little resources into securing our digital lives, even though they have a huge impact on our revenue, reputation and relationships?

Just as the software you use is making your computer vulnerable to cyber attacks, so are your online habits

### Do you have any of these online habits?

#### 1. Downloading a new app without checking its safety features

Friendly tip: Before installing an app on your phone or your laptop and giving it rights to access your private information, at least go to the software maker's website and check the details. See if they seem legitimate, if they offer enough information and if their website at least uses https (a protocol that encrypts communication to keep it safe from prying cyber criminals' eyes).



#### 2. Lacking the cyber security knowledge and skills to know what to look for



While it's true that most aspects related to information security require technical knowledge, it's also true 874-5130 that understanding the basics is something that everyone can do. Reading a few articles on cyber security can help.

You don't need to become an expert to keep your computer and data safe. It's often as simple as using strong passwords, the right security products and keeping a generally cautious attitude.

#### 3. Lock your computer while you walk away

You probably hate remembering passwords as much as the next person, but they're necessary. Set a password for your PC account (ideally a guest account, not the administrator account) and close the lid or put it on stand-by every time you walk away from your computer.



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ARE DEVICES  
MULTIPLYING  
LIKE RABBITS  
IN YOUR  
HOME?



Every time you turn around, it may seem like another internet-connected device shows up. It might be a smart TV, smart thermostat, smart refrigerator, or smartphone. Or perhaps it's a DVR, gaming console, streaming box, wearable, tablet, or laptop.

When devices are multiplying, you need to start adding — to your internet speeds, that is. **Switch to a faster plan now and pay just your current rate for the first month.\***

**HOP TO IT AND CALL 660-874-4111**



718 S West St  
Green City, MO 63545  
660-874-4111  
www.nemr.net

\*Service availability and internet speeds will depend on location. Call us for complete details.

### Visit Us

718 S West St.  
PO Box 98  
Green City, MO 63545

### Contact Us

660-874-4111  
www.nemr.net  
helpmail@nemr.net

### Office Hours

Monday-Friday  
8:00 am to 4:30 pm

### Payment Information

- Payments are due on the 21st of each month.
- Account balances are considered past due after the 21st and will be subject to late fees.
- Payments made after the due date may show on the next month's bill. Please deduct as needed.
- ACH and automatic credit card payments are available. This allows your bill to be automatically paid on the 10th of the month.
- Payment drop-box is located at the front of the business office at 718 S West St., Green City. **PLEASE DO NOT LEAVE CASH IN THE DROP-BOX.**

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### ARE YOU SEEING GREEN?

Hiding somewhere  
in this newsletter are  
two phone numbers.  
Find yours and get  
**\$5 off your next  
month's bill!**

Call  
**660-874-4111**

*Directory Changes Do Not Count.*



NEMR Telecom accepts

American Express, Mastercard, Visa and Discover.  
Call the office or go online to pay by credit or debit card.  
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Know what's below.  
**Call before you dig.**

**RelayMO**  
Relay Missouri Dial 711

Find it online at...

 **localsolution.com**

### Directory Changes

Lassabe, Tressie	355-4475
Smith, Kelly	465-2197
Pippert, Nathan & Stephanie Henley-Pippert	465-7413
Ramer, Lavern	465-7787
Hays, Heidi L	465-8506
Snowbarger, D	766-2449
Zipprich, Denise	866-2389
Carter, Wendy	874-4025
Stanley, Mary A.	874-4201
Ruth, Josh	874-4210
Stiner, Marissa	874-4243
Young, Tony	874-4767
Parrish, Donald R	874-5149
Carter, Johnny	874-5764
Miller, Roger	874-5858
Fuller, Jerad	883-5699
Jutte, Jed	883-5849
Aylward, Doug	945-3767
Blackbird Creek Plantation LLC	947-2044
Gibson, Cheyenne	947-2328
Crawford, S	947-2387
Frink, Janet	947-2678
Scalf, J.R.	947-4133
Payne, Jed & Marranda	947-4296
Nessler, Richard	947-7783



April 1 is not a national holiday, but is widely recognized and celebrated in various countries as a day when people play practical jokes and hoaxes on each other called April fools.

**What's your  
Internet speed?**



1.5 Mbps doesn't cut it anymore!

**Upgrade to  
3 Mbps for only  
\$2 more per month!**

# Rethink Your Online Habits

(cont'd from page 1)

## 4. Ignoring updates

Keeping your software up to date can protect you from 65% of cyber attack vectors, closing security holes before cyber criminals can exploit them.



## 5. Use Weak Passwords

A poor choice of passwords is a big security threat to your data. Cyber criminals have the tool to hack NASA, so how long do you think it would take them to crack your security when your password is "password123"?



## 6. Not backing up your data

Backing up your data is one of those things you wish you would've done when you had the chance. It doesn't even have to be a cyber attack. You could spill water all over it, drop it, forget it or even have it stolen from you.



## 7. Assuming your antivirus provides 100% protection



Viruses are no longer your biggest problem, malware (software that is intended to damage or disable computers and computer systems) is. That's exactly why the best advice is to use a multi-layered security system that can protect you.

## 8. Connecting to public Wi-Fi

Using public Wi-Fi is never a good idea and don't purchase anything online while using this connection. So it's probably better to just wait until you can use a secure connection.



## 9. Sharing every aspect of your private life on social media

Oversharing is not only a big privacy issue, but a cyber security issue as well. All the information you post online can be collected and used against you or to compromise you. Sharing less is wiser. Sharing as little as possible, even more so.



## 10. Signing up for a new service/app using your social media accounts



Remember this: everything we do online is linked. Our email addresses, our social media accounts, the tools we use, our apps and other software – everything is bound together by data. Should an attacker find its way into our digital lives, they can easily gain access to all of it. Unless we do something about it. Don't use your social media accounts to log in to other accounts.

## 11. Opening emails from strangers

Spam emails won't just clutter your inbox, but they might come loaded with malware, ransomware or other nasty threat. Verify the sender before opening your email and send it directly to spam if an unsolicited email made its way in your inbox.



## 12. Auto-connecting to Wi-fi and keeping Wi-fi on even while it's not in use



Auto-connecting to Wi-Fi is not ideal for security. Actually, it's a good idea to turn Wi-Fi off if you're not using it. While your Wi-Fi is on, cyber criminals could take advantage and launch attacks that antivirus won't detect and that you certainly won't be able to spot.

How many of these habits did you have? You don't have to share the answer, you need to recognize which of your online habits are endangering your data and your digital life and take adequate security measures to prevent potential cyber attacks.

## TV TIP

How to adjust picture size using NEMR TV Remote Control:

- Menu
- Settings
- Display (click OKAY)
- conversion mode ◀ Fit to Screen ▶

Arrowing over to the right or left allows you to choose a screen size for the video you are watching.

Choices are:

“Fit to Screen” “Zoom” “Original Size”

Arrow down to “SAVE” and click on “OKAY”



Black on top and bottom



Full Screen



Black on Sides

## Tips to help protect yourself from

### SCAMMERS



The IRS never calls and demands payment.



Never give out sensitive or financial info over the phone unless it is a known and trusted entity.



Never pay to collect a prize or promotion. This is a violation of federal law.



When in doubt, do not answer a call from an unknown number.

# RelayMO

Relay Missouri Dial 711

## WHAT IS RELAY MISSOURI?

Relay Missouri is a service that provides full telephone accessibility to people who are deaf, hard of hearing, deaf-blind, and speech disabled.

You can use Relay Missouri to 488-5509 make telephone calls to family, businesses, or anyone else who has a phone in the world.

### Always Available

- Relay Missouri is available 24 hours a day, seven days a week, 365 days a year.

### Accurate and Transparent

- The operator voices everything you type and types everything you say.

### Private and Confidential

- All Relay Missouri calls are strictly private.
- No records of any conversations are maintained.

### Free Services

- These services are available at no charge for anyone to use.
- Equipment itself is available upon request to eligible parties.
- This service is funded by the State.



## Creamy Carrot Casserole

### Ingredients

- 1-1/2 pounds carrots, sliced or 1 package (20 ounces) frozen sliced carrots, thawed
- 1 cup mayonnaise
- 1 tablespoon grated onion
- 1 tablespoon prepared horseradish
- 1/4 cup shredded cheddar cheese
- 2 tablespoons Ritz or butter-flavored crackers

### Directions

Preheat oven to 350°. Place 1 in. of water in a large saucepan; add carrots. Bring to a boil. Reduce heat; cover and simmer for 7-9 minutes or until crisp-tender. Drain, reserving 1/4 cup cooking liquid. Transfer carrots to a 1-1/2-qt. baking dish.

In a small bowl, combine the mayonnaise, onion, horseradish and reserved cooking liquid; spread evenly over carrots. Sprinkle with cheese; top with bread crumbs. Bake, uncovered, for 30 minutes. Yield: 8 servings.

## TECH TIP

A car without oil will not run.



A computer without security protection will crash!

Don't take chances! Get Security Protection now!  
NEMR Telecom offers:



**SecureIT Plus**  
Complete. Computer. Protection.

\$3.95/mo. \$1.75 each additional computer

ALWAYS  
CALL  
BEFORE YOU  
DIG



One free, easy call gets your utility lines marked AND helps protect you from injury and expense.

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