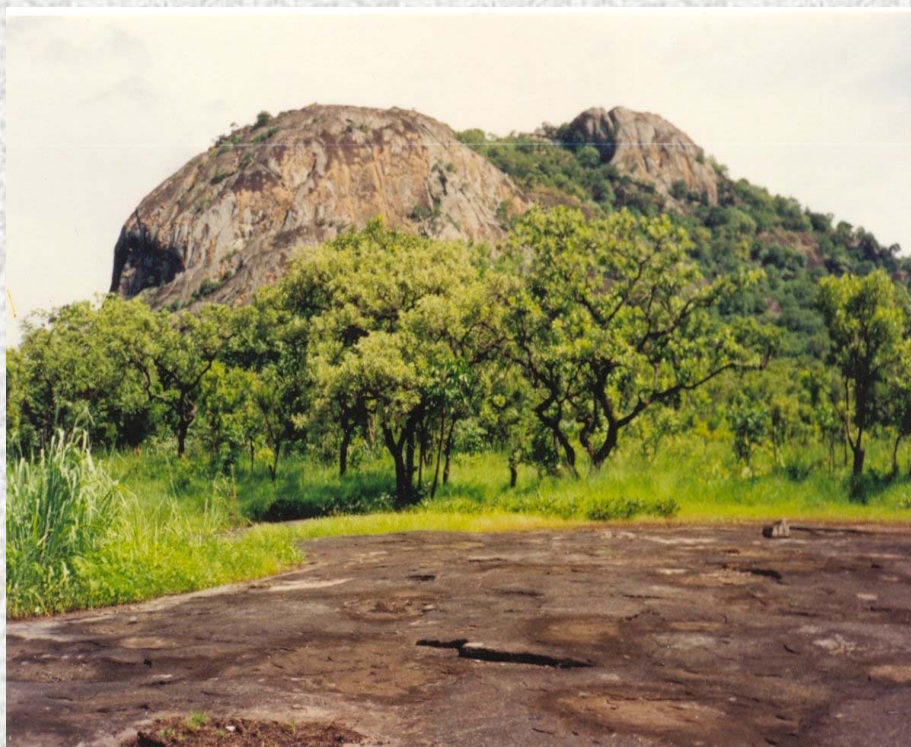


# Wotogo Thunder

**Issue 6: July 1, 2007**

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## COMPUTER SECURITY: ARE YOU DOING YOUR PART?



*By Zach M. Mikaya, (13 years old)*

In the following paragraphs I will explain how to properly secure your computer and information from online threats such as viruses including trojans, worms, keyloggers, remote administration tools, and hijackers. This information will also allow you to decide if you are doing your part in

keeping your information secure.

There are many reasons to keep your computer secure which include keeping your information's integrity from hackers as this information may include password to online banks, brokerage firms, credit and debit card numbers, etc. If this information is lost it may cause severe financial and personal loss.

Now, let's talk about one major way to keep it secure from different types of intruders. The best and easiest way of doing this is by acquiring a form of software that protects you online, searches for threats on your computer, and also removes those threats. There are many companies which sell this software such as Symantic, McAfee, Webroot, Avast, and many more. However, many of you

may not want to pay for this, so there are free options such as ZoneAlarm, SpywareBlaster, AVG Anti-Virus Free Edition, Hijack This, CCleaner, and more which you can download. I recommend getting at least one program to protect you. However, if you do not because you think you are safe from hackers, websites can secretly force your computer to download viruses which you cannot stop or see in the process without proper protection. This is only one way your information can be lost.

Now that I have explained only a small portion of computer security (as it would take many pages to fully explain) you can question yourself if you are doing your part in keeping your information secure.

**OPTIMISM DETERMINATION EDUCATION**



## MOZILLA FIREFOX: YOUR USERNAME AND PASSWORD

By Robert S. Simbe

To check your email, buy something online, online banking, checking school records, and other online accounts, you will need your **username** and **password** to have access to your information. Zack M. Mikaya has already explained to us why we need to secure our information by acquiring antivirus software. What I want to explain here is how to keep your username and password safe from one notorious browser, **Mozilla Firefox**. Many people do not know that Firefox is set by default, to compile and keep web addresses, usernames and passwords. With or without the antivirus software, your usernames and passwords are out there to be used by anyone who knows how to get it and you will be a victim of identity theft. If you are a Firefox user and you have the browser in your home, office, or laptop computer, you need to make sure that your username and password are safe.

To do that, you need to check your security settings by going to your computer and open the Firefox browser (*figure 1*). On the menu, you will see: *File, Edit, View, History, Bookmarks, Tools* and *Help*. Look for **Tools** and click on it (*figure 2*). Go down and click on **Options**, and a small "Options" window will pop up (*figure 3*). On top of the small window you will see seven horizontal icons starting with: *Main, Tab, Contents, Feeds, Privacy, Security* and *Advance*. If not already on it, click on the **Security** icon with the lock and you will see three horizontal groups.

The first group has two checked boxes. If you uncheck the first box, the *Exceptions* button on the right side of the group will disappear. If you uncheck the second box, the two sub circles under the second box with one circle already checked will also disappear. You want to keep both boxes checked as you found them.

The second group under the heading "Passwords" is where you can make your changes. This group has two boxes with the first box *Remember password for sites* already checked and the second box *Use a master password* unchecked. If you DO NOT want Firefox to compile and save web sites with your username and password, uncheck the *Remember password for sites* box and then click the OK button. Close the "Options" window and you are set. However, if for whatever reason you still want to keep your usernames and passwords but want them safe, check the second box and another window a second one "Change Master Password" will appear

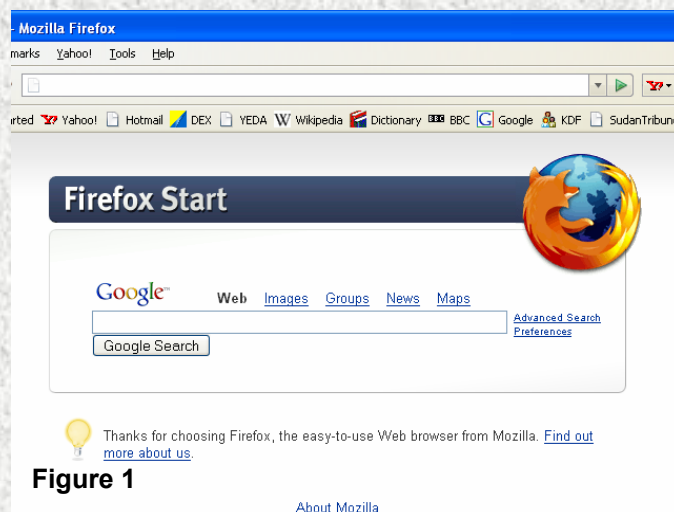


Figure 1

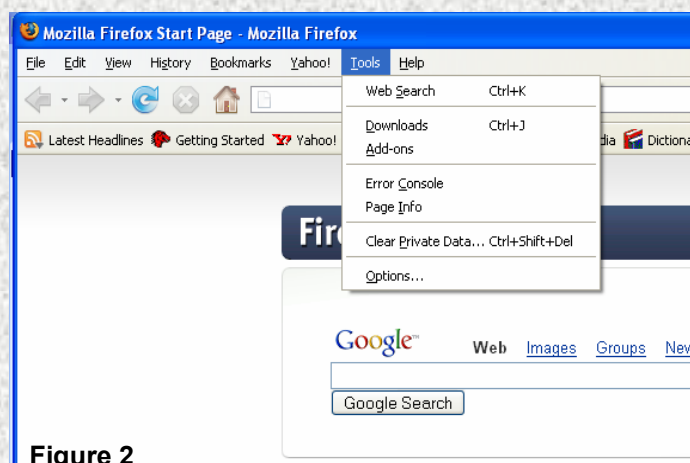


Figure 2

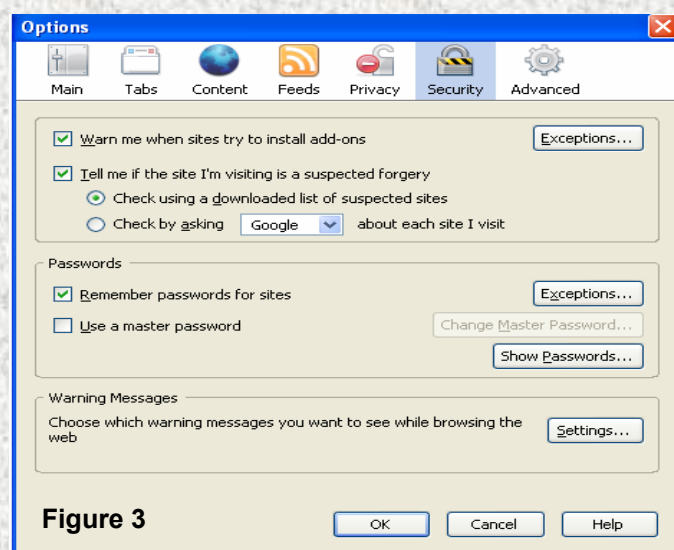


Figure 3



## MOZILLA FIREFOX: YOUR USERNAME AND PASSWORD

(figure 4). Here you will be asked to set a strong new password to protect the sites, usernames and passwords that are already compiled. I will suggest that you use letters, numbers and characters when setting your new password. Once you have done that, you have secured your online information with only one password and you can go ahead and close all your open windows: the Change Master Password and the Options windows.

Now, to see what has already been compiled by Firefox, click on the **Show Password** button in (figure 3). When you do this, another small “Remember Password” window will pop up with two columns of all the sites you visited. These are sites you used your usernames and passwords (figure 5). And when you click again on the **Show Password** button in (figure 5), another smaller “Confirm Window” will pop up (figure 6). This window will now ask you if you want to see your passwords. When you click **Yes** to confirm, this time you will see three columns: websites, usernames and passwords (figure 7). Here you can either individually remove sites by clicking the “**Remove**” button, or remove all sites by clicking the “**Remove All**” button or click the “**Hide Password**” button to hide all your password. The choice is yours, you can do whatever changes you want here. If you do not want to remove the compiled information, close (figure 7) to return to (figure 3) and do the changes there, as explained before. Note: I purposely blocked the usernames and passwords in figures 5 and 7 for security.

The third group under the heading “Warning Messages” (figure 3) has no box to be checked. Just ignore this and you will be fine, you really do not want to mess with it. If you are curious and want to see what is behind this group, click on the **Settings** button. Here you will see another window pop up with 5 boxes. If you know what you want to do, check the box that you want, otherwise, leave it the way it is and close the window.

Now that you know how to change the settings in your Firefox browser and secure your information. Remember not to use your username and password with Firefox in a public computer or in someone else’s computer. I will recommend that you use Internet Explorer or other browsers when doing business online. You probably want to change your password often. Two months ago, I became a victim of identity theft. Someone in Colombia, South Carolina was able to use my online Western Union account. Luckily, I was on line at the time and received an alert. I immediately informed Western Union to block my account.

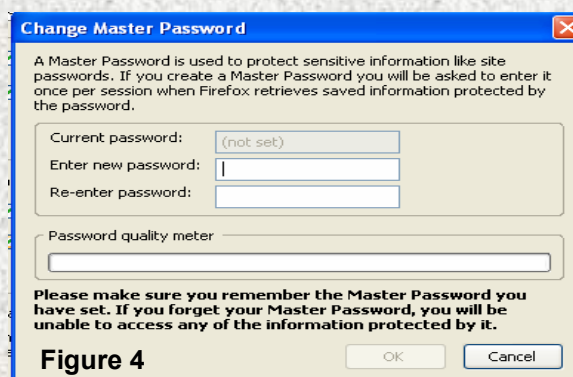


Figure 4

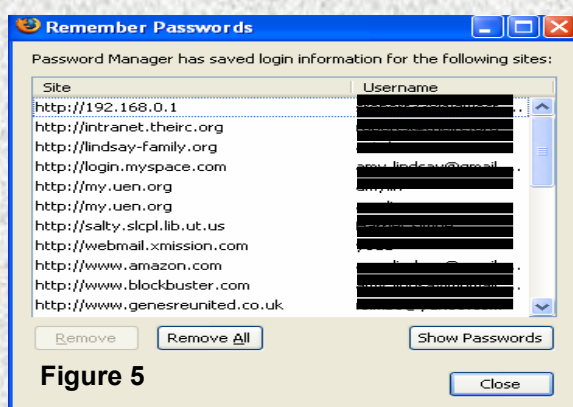


Figure 5

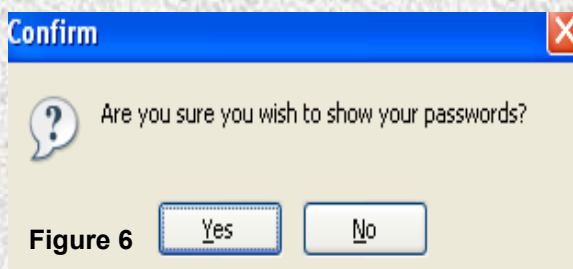


Figure 6

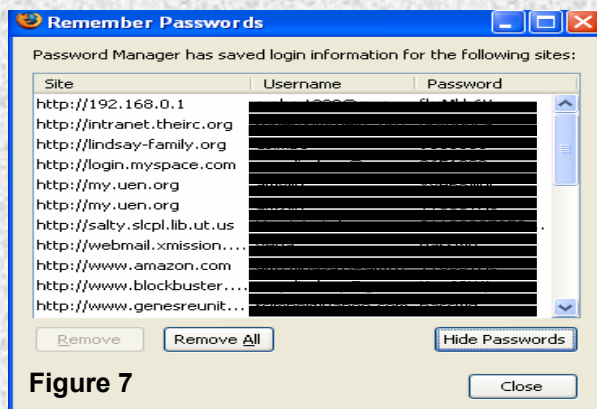


Figure 7



## RECOGNITION

1. Isabella H. Adeba	University of Juba	BS Community Studies/Family Science	2006
2. Margaret Tabu	Makerere University	BA - Education	2006
3. Taban M. Towongo	Punjab Technical University	BS - Information Technology	2006
4. Savia Minga	USIU-Nairobi	BA - International Relations	2007
5. John L. Joseph	University of Utah	BS - Behavioral Science & Health	2007
6. Amy L. Simbe	University of Utah	Master in Education, Culture & Society	2007

### Other

1. Clement Janda	For his new role as SPLM Special Envoy to Darfur.	2007
2. Sabit A. Alley	Honored as Guest Speaker at Kakwa Students Graduation in Khartoum	2007

## HEALTH: INSECT STINGS



By Martin L. Mikaya, M.D.

Minutes after being stung by a honey bee, a young man develops swelling around his eyes, lips and tongue followed by severe itching, nausea, throat tightness, wheezing,

shortness of breath and dizziness. He suddenly collapses, loses consciousness and dies.

What happened here? No, this tragic death is not the result of *kisum* or traditional poison, *milyo* or *kodopani*. The cause of death in this case is a known and treatable medical condition called anaphylactic shock or anaphylaxis, a severe, generalized, total body allergic reaction. Although most insect bites and stings cause localized pain, swelling, itching and burning, they can be life-threatening if the victim is allergic to the insect's venom. Allergic reactions usually occur after the victim has been bitten or stung previously. It is important to note that medications, certain types of food, plants, chemicals and many other substances can cause allergic reactions including anaphylactic shock.

What can you do to avoid or survive an allergic reaction? Do your best to avoid the most common stinging insects such as bees, hornets, wasps and yellow jackets. If stung by a honey bee, remove the stinger quickly, but carefully by scraping it off with a blade or fingernail. Do not squeeze the stinger as such action will force more venom or poison into the body. Wash the sting area with soap and water then apply a cold compress on it. Calamine lotion and baking soda mixed with a little water can also relieve discomfort at the sting site. If you have had an allergic reaction before, ask your doctor for an emergency insect sting kit (Ana kit or Epipen), learn how to use it

mixed with a little water can also relieve discomfort at the sting site. If you have had an allergic reaction before, ask your doctor for an emergency insect sting kit (Ana kit or Epipen), learn how to use it and carry it at all times. It is also wise to keep some Benadryl pills (25 mg or 50 mg pills) on hand. If any of the severe symptoms listed above develop, use your Ana kit or Epipen, take a Benadryl pill and seek medical attention promptly at the nearest hospital.

Enjoy the summer, but be aware that a lot of insects are also out there and that their stings can be deadly.

## SOLAR ENERGY IN USE: HETA LIGHTS THE WAY



By Martin L. Mikaya, M.D.

Those of you who have been reading our e - newsletter, will recall Dr. Mikaya Lumori educating us about solar energy. During a recent trip to Arua, I was pleased and impressed

to find that the office of the HOPE EDUCATION TRUST - AFRICA (HETA) there is powered by solar energy. The lights, computer, refrigerator, musical instruments and other appliances are run by this source of energy. No noisy generator, the smell of diesel or monthly electric bills.

This is a great example of how we can put our ideas to work in order to improve our lives. Follow HETA's example when you start building in Yei. Congratulations to Rev. Tom Kokanyi, Mr. Justin Lokolo and Rev. Sam Mikaya for leading the way.

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