

Intruder Alert – Safe Computing Practices: Why I Like Firefox

By Burt Tschache

How many of us enjoy watching television shows, news, documentaries or other informational videos on the Internet? With the speed of broadband Internet and the new computer processors even live Internet TV is a reality. I've watched numerous live newscasts, sporting events and speeches real-time, with great quality, over the Internet.

However, there are risks associated if one visits sites that are not quite as reputable. Just recently, Mozilla's Firefox browser was updated and during the update process they provided what is known as a click-through to the Adobe website so users could update their Flash player (used for playing videos) if they were using an older version.

There have been problems with the older versions of Adobe Flash and even their stalwart PDF Reader. There have been security holes found in the

both of them that Adobe has been slow to patch. When Firefox installs a new version, the program checks all the attached software that is run by the browser and developed by third parties.

Firefox will allow you to choose not to check for version compatibility, but advises against it as it can cause operational problems and in the case of security holes, co-option of your computer without your knowledge. This is not good, especially if you do not have up to date security software or no security software at all. I won't tell you what I think about that as this is a family newspaper.

On Thursday, September 20th, about 6 million people upgraded to either version 3.5.3 or 3.0.14 of Firefox on its debut. A little more than half of them were found to be running an outdated version of Flash. Sadly, only about

35 percent of those informed they had an insecure installation clicked on a link to upgrade to the latest version.

Maybe people just like living on the edge with that sense of danger lurking around the next click on a cyber link, but it seems like rather a fool's errand when the update is free and the possibility of system corruption or infection seems so likely. It is not so much a matter of if something will happen as when it will happen.

Now I must admit I dislike having to pay some of the exorbitant prices for software these days, but this is a FREE update and people aren't taking advantage of it. Hopefully, the point is moot here in Vernonia and we are all keeping ourselves out of harm's way when we surf the Internet.

I happen to like Firefox as a browser because: 1. it's free; 2. it has

all manner of plug ins and add ons that are also free; 3. it runs very well; and 4. it's not made by Microsoft. I could add more, but I'll keep it at that. I'm even a beta tester of Firefox, so I'll live on the edge that way and keep my Adobe Flash up to date.

Besides, I am really enjoying watching some of the new videos on YouTube and Google about supervolcanoes. Geology is another interest of mine beyond music, computers and a myriad of other topics. That is the beauty of the Internet; you can find so many different topics of interest to quench your thirst for knowledge. Let's be safe out there.

Burt Tschache is the owner of B&B Computing in Vernonia. He can be reached at bnb998@msn.com or 503-429-0817.

My Three Day Journey: Walking 60 Miles Every Year For Cancer

By Jeana Gump

Since 2005, I have participated in The Breast Cancer 3-day walk. It has changed me in countless ways. I have walked with thousands of men and women that I do not know. I have listened to their stories and learned from them. Some are stories of survival and strength and others of strength, that have ended in tragedy. My reasons for doing this walk have changed over time; this year I walk for anyone that has ever battled any kind of cancer and won or lost the fight. So many people that I know have either fought this battle themselves or watched a loved one fight it.

In 2005, I signed up to walk in the Seattle 3-day walk for purely selfish reasons. As a stay-at-home mom, I was really looking for a way to get away for a weekend. In hindsight, the 3-day was probably not the best choice, as it challenged me in ways that I was not prepared to be challenged. It was hard. I had trained. I trained for five months prior to the event. The longest training walk I did was 9 miles. All of the training in

the world did not prepare me for the reality of putting my shoes on and walking 20 miles in one day. I didn't follow the first suggestion of all 3-day walkers: buy bigger shoes. I ended up with 11 blisters and in the end, they were my downfall. I made it through most of day 2 and just could not walk anymore. Given my

determination to finish what I start, I got home and promptly signed up for the 2006 3-day in Seattle. I finished every mile of that walk. When I walked into camp on Day 2, I felt the most profound sense of accomplishment. I had done what I set out to do. That was until I met a woman as I walked on Day 3. She had just gone through her 11th round of chemotherapy and was

cheering me on to make it up one of Seattle's endless hills. At the end of the walk, I was fully prepared to do it again in 2007.

I did it again, alright. I walked a relatively flat

but hot and not quite as scenic walk in Phoenix, Arizona. On that walk, I met three other repeat walkers from different parts of the country. They too were on this journey by themselves. The four of us walked all three days together and finished together. On that walk, I met a man and his wife who walked in memory of the man's first wife who had died of breast cancer. Each year, someone I meet on the walk has inspired me to walk yet again.

In 2008, I went to San Francisco and joined the virtual group of walkers that started it all in 2004 - The Sybermom Strollers. Sybermoms is a parenting message board that came together and walked in numerous walks under that team name from 2004 on. I had walked as a Stroller in 2005 and 2006, and in 2008 I was able to join fellow Sybermoms. The three of us walked all 60 miles in San Francisco, and this year I will walk with them again, as well as a friend of mine that walked in 2006, and the three women I met in Phoenix in 2007. All together, there are seven of us. This should be one of the most amazing walks yet.

Since 2005, I have walked over 300 miles, not including the training. I have raised over \$11,000. I have dedicated my time, my sweat, my aches and my blisters to this walk. I believe that we will make a difference. I believe that we will find a cure and I believe that my children and grandchildren could live in a world without breast cancer. That is why I walk now. As of today, I have met my fundraising goal. That does not mean I have stopped fundraising, though. If you wish to donate to my cause, please contact me at 503-343-9769, or e-mail me at jandjgump@verizon.net.



Vernonian Jeana Gump (left) and friends in San Francisco in 2008. Gump has participated in The Breast Cancer 3-Day Walk for the last three years, and is headed back to walk sixty miles again this year.

CLASSIFIED ADS

HELP WANTED

JOIN OUR TEAM Columbia County Rider is seeking a transit driver for the Nehalem Valley Fixed Route service. The NVFR provides public transit service from Vernonia through Nehalem Valley to the Tri Met Willow Creek Transit Station in Hillsboro with one early am trip and one pm trip. A current minimum Class B CDL with air brake restriction lifted is required for this position. Passenger endorsement is also required, however the endorsement may be obtained after hire. Applicants will demonstrate a professional manner, reliability and be customer service oriented. Applications may be picked up at the CCRider Transit Vernonia office, located at 1001 Bridge St., Vernonia or call (503) 429-4304.

Delivery driver for Vernonia's Voice. One day a month for approximately 5 hours. Must have own vehicle and proof of insurance. Call Scott at 503-367-0098

Classified Ad Rates

Text Only Ads \$10/month
Rideshare/Carpool Ads FREE

FOR SALE

Treharne Firewood Service - Fir cut, split and delivered - \$150/ cord local. Jerry Budge 503-429-1811

FOR RENT

Small House (620 sq.ft.) 1 bedroom, 1 bath, completely remodeled, fenced yard. No pets. \$450/mo., \$450 security deposit, \$100 cleaning deposit. Available 10/15. Call 503-970-0554

1 BR, 2nd fl. apt for rent in Vernonia, \$ 440.00 per month, inc. water, sewer, garbage, 1st, last & security desposit. Call Jeff @ (503)-429-6611

SERVICES

Critter Sitters and More - In home pet care while you're away. Your pet will be safe, fed, and comfortable in their own environment. At each visit we will provide feeding, fresh water, walk and playtime, clean litter box, give medication, etc. Also the added home security of bringing in the mail, rotate lights and drapes. Will be bonded and insured. 503-929-0389 crittersitter@vernonia-or.com

RIDESHARE/CARPOOL

Vernonia's Voice would like to encourage conservation through shared rides and carpooling. Do you want to share your daily commute? Have an appointment? Do you shop out of town regularly? Please submit your FREE Rideshare ad by the 20th of the month to ads@vernoniasvoice.com.

Looking for someone that goes from Vernonia to Hwy. 26 at Staley's Jct. around 6AM and back about 5:30PM. Can help with gas. Tues-Fri, hours are flexible. Email: liquidpicaso@hotmail.com or call 503-708-7484

Monday-Friday to Murray and Millikan Way (close to Nike campus), Beaverton. Leave Vernonia at 7:00 AM, Leave Beaverton at 5:00 PM. Flexible departure times. email: katlarsenpdx@hotmail.com

Sundays to Clatskanie. Leave Vernonia approx 8:45AM. Leave Clatskanie approx 1:30PM. Email: laird.kate@gmail.com or leave msg 503-429-0520

PUBLIC NOTICES

Need Food Assistance? - We're willing to help. Vernonia Cares Food Bank, 627 Adams Avenue. Open Tues and Thurs, 10AM-2PM. Call 503-429-1414.