

The Sun Spot Opens at Terry's Gym



Karmen Pavlovsky has just opened The Sun Spot at Terry's Gym.

Now you can tan and work out in the same location in Vernonia.

Karmen Pavlovsky has opened *The Sun Spot* at Terry's Gym at 16720 Noakes Road.

Pavlovsky, who now has the one bed from Spiralz Salon, has two tanning beds and is now open for business.

Pavlovsky is recommending her clients call ahead to schedule an appointment-- hours will be Monday through Saturday between 8:30 A.M. and 8:30 P.M. She says she does spend some free time at the gym, so walk-ins will be by availability. Otherwise, she will be there for anyone who schedules an appointment.

Pavlovsky has been using tanning beds off and on for years, and her naturally sunny disposition makes her a natural to run a tanning salon. "It's a clean, safe, nice environment here at the gym. It's a good place to work out, tan

and hang out."

Pavlovsky wanted to be clear that she is operating the tanning business, even though it's located in the gym. "Don't ask Terry about the tanning," said Pavlovsky. "Call Karmen, not Terry, for tanning," she says with a laugh.

The Sun Spot has some package prices you can purchase in 6, 12, or 24 bundles. Packages obviously get cheaper the more sessions you buy. "The prices are pretty reasonable, especially compared to out-of-town," says Pavlovsky. "I'm selling them by the tan, not by the week or month, so you get all the tans you pay for."

According to Pavlovsky, tanning can be good for just about anybody. "It makes you feel good, it helps with seasonal depression, and can help with psoriasis and other skin conditions." Pavlovsky was working on her tanning certification and learning more about the health ben-

efits, about who should and shouldn't tan and about skin concerns. "The course teaches the good and bad things about tanning," says Pavlovsky.

A long-time Vernonia resident, Pavlovsky graduated from Vernonia High School, and has been working out at Terry's Gym since she was seventeen.

Pavlovsky says she will be offering a holiday special during the month of December and she also has gift certificates available. You can also get a discount on a gym membership with the purchase of a tanning package.

"I just want to make it convenient and easy for everybody, so people can come up here and do their thing," says Pavlovsky.

To schedule an appointment at The Sun Spot, call Karmen Pavlovsky at 503-913-5313.



Intruder Alert – Safe Computing Practices: How Do You Know if Your Security is Truly Secure?

By Burt Tschache

This Christmas, why not give a gift your special computer wonk will remember and thank you for, everyday? Let's face it, argyle socks and monogrammed pajamas can only go so far with a wonk or wonkette.

Might I suggest a new computer security suite as the ideal gift for anyone as addicted to computing as I am? However, I already have a great security suite so I'll go for the monogrammed PJ's.

How do you know if you are truly getting a solid security suite? This is a question that has been asked many times over the years with innumerable answers, some right, some not so right and some just flat-out wrong.

In 1989, Verizon Business started a 3rd party computer security testing program called the ICSA (International Computer Security Association) to provide an independent analysis of computer security programs. Twenty years ago, computer security was considerably less complex, as there were only a few computer viruses about. My, how times have changed.

In 1989, antivirus software was the only necessary security outside of a locked door and secure passwords that were usually taped to the bottom of the keyboard. Employees in the corporate world used to complain about having to change their passwords every 3 months. Now, there are password key code generators that change every few seconds or faster, in some cases.

Instead of just a simple antivirus, you have a firewall, spam filter, adware and malware filters, internet redirect alerts and that is only on the end-user side of the equation. On the web side, the same also exist along with secure socket protection, intruder protection and prevention services and numerous other custom security services too numerous to mention.

Suffice to say, there is much more to keep secure and many more perpetrators attempting to get to that information. The information business, both the licit and the illicit markets, are big business.

So what will computer security software certified by the ICSA get you? Simply this, you will get software that has been tested and retested to attain and maintain the ICSA certification. It is like an Underwriters Laboratories for computer security software. Their testing methods change continually as new problem children rear their pointy little heads.

If you are interested in finding out more about them, their website is icsalabs.com and is a journey well taken. Their report on the last 20 years of computer security is quite enlightening in its facts and findings.

A few of their suggestions for the user com-

munity at large are:

New products are more likely to have problems. Wait and let a product mature awhile before jumping in on the bleeding edge. (They don't call it the bleeding edge for nothing!)

When the functionality is similar in products you are comparing, choose the simpler one. (Occam's Razor) Choose vendors that participate in ICSA and other security forums. They provide a more solid product.

The bottom line is this: when choosing a security solution for your home or business computer,

having an ICSA certified program will give you a product that will live up to its guarantee, whether it is for Windows, Unix, Linux, MAC or some hybrid you have developed yourself. And that is much better than having one that will not, and finding out too late. Merry Christmas and 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.

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