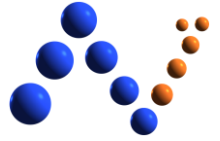


All in One Support Newsletter

July



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- **TIPS:** How Much Energy Does My PC or Laptop Use?
- **REMINDERS:** Time to Change Your Passwords

Hello from All in One Support!

NEWS



Monitor Your Internet Bandwidth Usage



If you want to monitor your internet bandwidth usage without the complicated settings and the extra tools you normally don't need, the ShaPlus Bandwidth Meter is ideal for you.

It does what it does in a most straightforward way — monitor your current, daily, and monthly internet bandwidth usage.

The program can also compile all monthly statistics (grouped according to year).

ShaPlus Bandwidth Meter's executable file is small at only 148KB. It's so lightweight that when the program is launched, it will only

consume approximately 2MB of your computer's memory.

This software will run in the background and will never use your taskbar. Upon running, the tool will be placed as a small icon on your system tray.

You can read the downloadable file and installation instructions here:

<http://www.online-tech-tips.com/free-software-downloads/monitor-your-internet-bandwidth-usage/>

article by online-tech-tips.com

Submit a Trouble Ticket Here

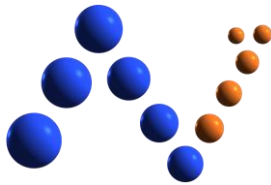


It's Easy!

Help is only a few minutes away!!

All in One Support
202 Walton Way Suite 192
#127
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Phone:
(512) 585-2537

E-Mail:
admin@allinonesupport.com
Web Site:
www.allinonesupport.com



Call or email for questions

If you have a ticket to submit, please visit our website.

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TIPS

How Much Energy Does My PC or Laptop Use?

A typical desktop computer uses about 65 to 250 watts. Add another 17-72 watts for an LCD monitor, or about 80 watts if you have an old-school 17" CRT. Don't forget related devices. Our cable modems use 7 watts and a router uses about 4.5 watts.

Most laptop computers use about 15-45 watts, far less than desktops.

Check out some additional information on power consumption from the following site:

<http://michaelbluejay.com/electricity/computers.html>

article by michaelbluejay.com



REMINDERS

Time to Change Your Passwords

Ask anyone how they manage their "password retention policy" and you'll hear many variations of how they use this or that software for this and that reason.

When it comes down to it, there are all sorts of reasons to use softwares to manage your passwords.

Another method that can be very effective is using the same password on every account. While this could be a hole into many accounts, it also makes your password a moving target and much more difficult to be broken.

Either way, it is time to change those stagnant passwords and touch up on those random password creation skills!

Site of the Month

Gardeners

www.gardeners.com

Having a garden is a very popular project to take on during the summer. It's a way to save money and eat fresh fruits and vegetables. Since gardens can take so much effort, this is a site that helps with disease and pest control. For those of you who aren't the most talented gardeners, you can go to this site and diagnose what is wrong with your plants and darken the green on your thumbs. Just enter your plant and the possible pests or disease. With many pictures, it will help you continue to enjoy the fruits of nature!!



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