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Stay Strong and Secure Online

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June is Internet Security Month — did you know that?

Nowadays, the notion of being a sophisticated, fashionable women is to be able to achieve simultaneous independence and a heightened sense of security, not to mention a plethora of stylish options to reflect their online and mobile personalities.

However, this attitude shouldn't be checked at the door when going online.

I know if you read my blog, you are pretty much already web savvy about online threats but there are new viruses that can live on well-known, trusted sites without the user or the site knowing it's there. Once the user visits the site, the virus attacks. If it can happen to nytimes.com, it can happen anywhere, and last year Consumer Reports said 20% of Web users were hacked as a result. Not cool!

So, how can we protect ourselves? Our dependence on modern day technology means often accepting risk, but for all things computer-related at least, AVG is offering its internet security software to all of us for free! They just introduced their popular **LinkScanner for Mac** to accompany their existing product for Windows which has over 95+ million users.