

# Triona Guidry

freelance writer and computer consultant

P.O. Box 69  
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www.guidryconsulting.com  
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## Background

### Writing

Professional writer with nearly 20 years of experience in information technology, including articles, newsletters, press releases, marketing materials, Web sites, blogs and social media.

### Web Design

Technical skills including HTML, graphic design and pre-press, plus expertise in back-end aspects such as systems administration, security, and troubleshooting.

### Speaker And Instructor

Regular speaker for businesses, libraries, schools and non-profits. College-level instructor in computer systems. Experienced in training groups and individuals.

### Consultant

Specialist in tech support for PC and Mac, servers, networking, and security.

## Work Experience

- 2001-present **Guidry Consulting, Inc.**, Cary, IL  
President
- 2001-2002 **College Of Lake County**, Grayslake, IL  
Part-Time Faculty, Business Division, Computer Information Systems
- 1998-2001 **Eclipse Consulting**, Lake Zurich, IL  
President
- 1996-1998 **Northwestern University. McCormick Engineering School**, Evanston, IL  
Network Administration Supervisor, Dean's Office
- 1994-1996 **ScottForesman/AddisonWesley Publishers**, Glenview, IL  
Technical Support Supervisor, Sales Dept.  
Technical And Internet Specialist, Publishing Technology Dept.
- 1991-1994 **Northwestern University**, Evanston, IL  
Assistant Administrator, Academic Computing And Network Services  
Senior Student Consultant, Academic Computing And Network Services

## Education

- 1991-1994 **Northwestern University**, Evanston, IL  
Computer Studies, College Of Arts And Sciences

## Awards & Affiliations

- 2003, 2006, 2007, 2008 Better Business Bureau Complaint Free Award
- 2003-present *Member*, Better Business Bureau
- 2006-present *Member*, Cary Grove Area Chamber Of Commerce
- 2001-present *Board Member*, The Business Networking Group (BNG)
- 2007-2008 *President*
- 2002-2004 *Vice President*

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## Clips

### **Nonfiction: Computers, Internet, And Technology** ([www.trionaguidry.com/writing.html](http://www.trionaguidry.com/writing.html))

- “When You Yearn To Smash Your Computer: 10 Problems Writers Face And Suggested Solutions,” *The Writer Magazine*, 12/2009
- “Internet Safety Begins With The ISP,” *PC Magazine*, 2/22/2005
- “Vista, Schmista,” *PC Magazine*, 11/6/2007
- “Emergency Computer Problem-Solving,” Cary Grove Chamber Of Commerce
- “Ten Computer Housekeeping Tips,” Business Networking Group
- “Creating Strong Passwords,” Guidry Consulting tip sheet
- Interview: “Cruel To Be Kind? Don't Listen When ISP 'Support' Says Turn Off Security” by Jim Rapoza, *eWeek*, 02/21/2005
- Interview: “Keeping Current: To Stay Sharp, Find The Best Training Match For You” by Steve Perlstein, *Contract Professional*, July/August 2001

### **Examples from my blog, Triona's Tech Tips** ([www.guidryconsulting.com/techtips](http://www.guidryconsulting.com/techtips))

- “No Click Required: Malware Via Infected Ads,” 9/2009
- “Avoid The Risks Of Social Networking,” 09/2009
- “Windows 7 And Mac OS X Snow Leopard,” 07/2009
- “How To Organize Your Email,” 03/2009
- “Computer Safety For Kids,” 09/2008
- “Antivirus Software Scams,” 05/2007

### **Other Nonfiction Topics** ([www.trionaguidry.com/writing2.html](http://www.trionaguidry.com/writing2.html))

- “Open Adoption Record Laws In All Closed-Record States,” *USA Today*, 2/21/2008
- “Adoptees Are A Largely Ignored Minority,” *Chicago Tribune*, 11/19/2007
- “Give Adoptees Access,” *Cary Grove Countryside* (Pioneer Press), 01/15/2009
- “Breakthrough Study Calls For Open Adoption Records,” *Reunite* (Pennsylvania Adoption Reunion Registry newsletter), Winter 2008
- “Adoption For Dollars,” *Reunite* (Pennsylvania Adoption Reunion Registry), Winter 2008
- “Adoption And Family Secrets,” *Missing Pieces* (Post-Adoption Search And Support of Delmarva), Spring 2008
- Interview: “Adoptee: Research To Be Hindered By Legislation” by Joan Griffis, *News-Gazette*, 08/08/2008

## Technical Skills

### *Operating Systems*

Windows 9x-Windows 7  
Windows Server  
Microsoft Exchange  
Mac System 6-9  
Mac OS X  
UNIX  
Linux  
NetWare  
Solaris

### *Networking & Security*

Internet Technologies  
Systems Administration  
LAN/WAN  
Firewalls  
Malware  
Intrusion Detection  
Disaster Recovery

### *Business Tools & Web Design*

Microsoft Office  
Adobe Acrobat  
HTML and XML  
Adobe CS4 Suite  
FileMaker Pro  
Search Engine Optimization  
Blogs and Social Networking

*References available upon request*