Hello Linux Community.

I`m new to Linux OS.   Please, Can any one Help?

BIOS Check sum error. This shows up in `REPORTS`

About a year ago, my tower PC with Windows XP got high jacked by some body on the Internet.

I lost control of Windows. I had no Windows OS disk as it was pre-Installed, I decided to try Linux as a rescue plan.

I started from the Magazine DVD and loaded Mint Mate 32 bit. I worked well.. Discovered my 2006 ASROCK ConRoe 945G-DVI board with Pentium Dual Core processor was capable of 64 bit.

I formatted the Hard Drive so it was free of Microsoft Windows. I used ISO to USB stick transfer (pendrivelinux.com 1.9.9 0   1.70Mb) to load Cinnamon 19.3 64 bit.

I also added 2 new RAM cards to go to from 1 Gb to nearly 4Gb as an upgrade.

Seems to be working well, but I have been noticing some high activity of the Hard Drive when its been idling. Using `MONITOR`, I`ve seen some internet connections being made though I have not instructed any.  I can block it with the Fire Wall with `Deny All` but attempts are still made.  Is this Normal ?  Its it attempting to `Phone Home`?

I use MONITOR from the Apps to view the activity while its idling, but I have no idea what is being sent down the internet connection when activity starts, but It would be useful to know what and where its going..

I started to look at REPORTS, scrolling down, I see a line that says **BIOS checksum error.**
I made an inquiry to ASROCK. If you have Windows, its possible to re-flash the BIOS chip however, I replaced the BIOS chip which I bought pre-programmed 1.10 version as before.

No improvement, still reads, BIOS checksum error. I have also done the simple `Reset` and checked the on-board button 3v cell. Still No improvement.

I would very much like to use Linux exclusively, but I don`t think I can move forward till the `error` is resolved as it is possible that it may be data security risk.

Kind regards   Clive