

Technology Times - November 2009

Volume 1, Issue 2



“As a business owner, I know you don’t have time to waste on technical and operational issues. That’s where we *shine!* Call us and put an end to your I.T. problems finally and forever!”

Mark V. Pay

All 3 I.T. Inc.

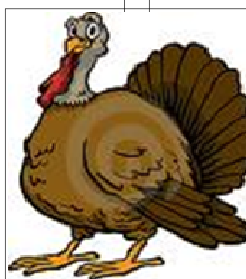
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A Warning To Business Owners: Non-Compliance To New Regulations Can Mean Hefty Fines

In the past 10 years, over 10,000 new regulations have been placed on the books by local, state, and federal agencies pertaining to the handling, storage, and disposal of confidential client, patient, and employee documents and information. The state of Massachusetts, for example, recently enacted one of these privacy laws and is requiring anyone who has business in that state to comply by March 2011.



Basically, ANY company that holds social security numbers (your employees’ SS#’s, for example), credit cards, or financial statements needs to comply with these regulations or the fines for not doing so can be hefty.

Want to make sure you stay on the right side of these laws? Here are a few tips that will go a long way in making sure you don’t end up fined, sued, or with a bad reputation for not securing client or employee information:

- ♦ **Get The Facts** - If you think you are holding confidential information that should be secured, ask a qualified attorney who specializes in data confidentiality in your industry about what you must do to meet new government regulations.
- ♦ **Encrypt Your Backups** - Make sure your backups are at least 32-

bit encryption. Encryption takes every keystroke you type and transforms it into 32 different characters, making it nearly impossible for hackers to use the information, even if they were able to steal it. Some backup solutions (like our All 3 Assure Online backup) will even provide tighter security with 256-bit encryption.

- ♦ **Have A Powerful Firewall** - Firewalls keep hackers and other intruders from getting into your network and accessing important, confidential and private information. If you have the right firewall in place, it should act like a shield over your data and give you the protection you need to be in compliance with these laws.
- ♦ **Lockdown Your Passwords** - One surefire way to prevent any unauthorized access to privacy information and take a step toward regulatory compliance is to make sure only those who need the passwords to your computers have them.

Want To Be Sure Your Technology Is In Compliance With These Laws?
Call by November 30th and get our Privacy Compliance Network Audit (A \$497 value)

absolutely FREE.

949-425-9700

[Click here for a short security survey](#)

Fun Thanksgiving Facts

The male turnkey is called a Tom or gobbler. The female turnkey is called a hen. Baby turkeys are called poult.

There was no milk, cheese, bread, butter or pumpkin pie at the original Thanksgiving Day feast.

Contrary to popular belief, the Pilgrims did not have big buckles on their clothing, shoes, or hats, since buckles did not come into fashion until the late 1600's.

The average person consumes 4,500 calories on Thanksgiving Day. (Now that's a lot of turkey!)

The cranberry got its name because the pale pink blossoms on the plant resembled a crane's head and neck. The name craneberry stuck, eventually becoming cranberry.

Congress did not declare Thanksgiving a national holiday until 1941.

Backup Alert To All iPod Users

If you've been an iTunes and iPod customer for any length of time, you'll quickly rack up the number of songs, videos, and audio books in your library. And, in no time flat, you can end up spending a small fortune.

But be warned! Most iTunes customers don't realize that Apple will NOT allow you to re-download the music you've paid for, even if you lose every file because your computer dies, gets fried, infected, or destroyed.

If you don't want to risk losing the purchases you've made, then make sure you back them up. Here's how:

First make sure you have some blank CDs or DVDs ready to go, and then do the following:

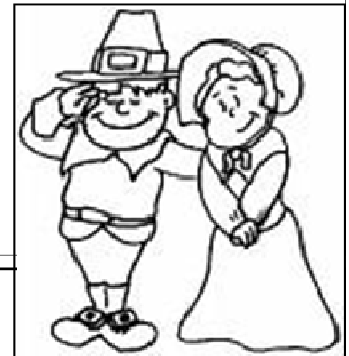
1. From the iTunes File menu, choose Backup to Disc. A dialog box will open up giving you an option to do one of the following:

- Back up entire iTunes library and playlists (to back up everything)
- Back up only iTunes Store purchases (to back up only your purchases)

If you have previously backed up your library and only want to back up the changes, then check only backup items added or changed since last backup.

Click "Back Up" and wait for the CD drawer to open. Add a disc each time iTunes asks for one. If your library won't fit on a single disc, iTunes will ask for as many discs as needed and write your library to them.

Make sure you store your backups in an off-site location. If your office catches on fire, gets burglarized, or destroyed by a flood, faulty sprinkler system, or violent storm, they'll go down with your PC.



Client Spotlight:

Dodge Family Dental / Orem Dental Care

Orem Dental Care is in Orem Utah, and has been a customer of ALL 3 IT for over 17 years!

They specialize in all things dental, and keep their office practice current with the latest software and work tools, such as lasers and digital imaging. Their office was broken into over the past week and was very lucky not to have lost their server with all the patient information on it. However, even if that server would have been stolen, their server is backed up with our All3Assure Virtual Server B.U.D.R. Service. (BUDR stands for Backup and Data Recovery) Giving Doctor Dodge Piece of Mind knowing that his entire server and it's programs and data, is always safe and always up to date.

Visit Orem Dental Care on the web at: www.oremdentalcare.com If you would like to have complete piece of mind

with regards to your server backup. Please email or call me ASAP! **949-425-9700**

How New Viruses Get Named

Thousands of viruses are currently circulating on the Internet with more being discovered daily. So how does a virus get its name?

There is no official government body or organization that names viruses. In most cases, the anti-virus company that discovers a virus gets to name it which

means it is a very competitive race to see who can discover new viruses first!

The criminals creating viruses like to leave clues as to what they want their virus to be named, but researchers who discover (and fight) them don't give their authors the satisfaction of keeping the name.

To hackers, creating a destructive, difficult to disable virus is a badge of honor. So instead of giving these cyber criminals the publicity they crave, virus researchers will name a virus based on the type of system it attacks, what it does, or other random reasons.

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How To Send And Receive Large Files When E-mail Won't Work

If you want to share audio, video, or large graphic files with others, but can't send them via e-mail because of the large file size, you may want to look into znail (www.znail.com), an almost-free web resource for transferring large files.

After setting up an account, you simply upload the file you want to share via your web browser. Then you send your friend an e-mail with a special link to retrieve the file. If your file is under 5 MB, the service is free. For \$1, znail will increase your storage space to 20 MB, and if you spend \$10, you'll get 50 MB of space to use for an entire year.

There are a few drawbacks, but overall, this is an incredibly cheap and easy way to share large files with others.

How To Get Your Piece of The Thanksgiving Pie

Jolene was only 8 and lived in the country with her parents and brother. Consequently they did not have visitors from the city very often. One day Jolene's mother said that her father was bringing two guests home for Thanksgiving supper.

After they had enjoyed the turkey, Jolene proudly brought in the first piece of pumpkin pie and gave it to her father. To Jolene's surprise, her father passed the plate to a guest. When Jolene came in with the second piece and gave it to her father, he again gave it to a guest.

This was too much for Little Jolene, who blurted out, "It's no use, Daddy. The pieces are all the same size."

"Who Wants free pizza delivered for lunch?"

Take my monthly Trivia Challenge and you could win too!

The Grand Prize Winner of last month's Trivia Challenge Quiz is...drum roll please: Michael Bodily from MBI Studio was the first person to correctly answer my quiz question...**Who invented the Internet?** = d) U.S. Department of Defense.

Congratulations Michael, you've won a catered lunch for 5.

Now...Let's move on to this month's trivia question for a free pizza lunch...

What size was the largest farm-raised turkey on record?

- a) 52 lbs. b) 124 lbs c) 86 lbs d) 12 lbs

[Click here to answer the question online or](#)

Call me right now with your answer! 949-425-9700

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Continued... How new viruses get Named

For example, the Code Red virus got its name from an eEye Digital Security researcher's beverage of choice -- the cola variety of Mountain Dew soft drink. Apparently he was drinking this the night he cracked the corruptive code.

Creativity aside, most anti-virus companies have policies and letter-number formulas for naming viruses because it's becoming more and more difficult to come up with unique names for viruses. Symantec's Norton anti-virus software currently has a catalogue of over 58,193 known viruses—and the number grows every day.

We Want Your Input!

Do you have an idea to make this newsletter better? Would you like to submit a story, article, or trivia? We'd love to hear from you!

E-mail me at: markpay@all3it.com

A Well Planned "Phish Phry"

The FBI has put out its own [statement](#) about the nearly 100 people charged in the U.S. and Egypt as part of Operation Phish Phry. It's the latest action in what FBI Director Robert Mueller described in a major address today as a "cyber arms race," where law enforcement and criminals compete to stay one step ahead of each other on the ever-expanding virtual frontier.



Mueller's remarks came during National Cybersecurity Awareness Month, an annual event sponsored by the Department of Homeland Security to help educate the public on the shared responsibility of protecting cyberspace.

"Cyber crime might not seem real until it hits you," Mueller said. "But every personal, academic, corporate, and government network plays a role in national security." He is absolutely right. But how can we engage as consumers? Despite public education efforts, it continues to be a persistent

and pervasive problem, and the message is clear: NEVER divulge personal information via email.

FREE Report: 12 Little Known Facts About Data Back-Up

To learn more about how you can protect your business from disaster, download this critical FREE Report now at WWW.ALL3IT.COM/BACKUP