

Mealtime Technology

Don't Let a Hacker Eat Your Lunch

Last month we spent a little time talking about your IT “breakfast” and foundation of your business—Backup. This month we want to keep the ball rolling and move ahead a few hours to talk about lunch. After all, your IT solution should consist of a well-rounded diet. By giving your network the variety it needs, you’ll find a strong, energized infrastructure that’s able to perform reliably day after day.

A healthy diet ensures you’re getting the proper nutrients you need to fight off sickness, stay focused, and perform well. In the same way, the “lunch” of your IT solution should focus on network security and safety. This meal should be lean enough not to slow down your network’s speed and performance with midday lethargy and powerful enough to keep things running smoothly while fending off viruses, malware, and cyber security compromises that might otherwise bring operations to a halt.

Network security has a few key groups that need to be packed into your IT lunchbox. Our first ingredient is your network’s firewall. Your firewall is your first line of defense between the world wide web and your company’s internal network. By configuring your firewall in accordance with best security practices and locking down any unauthorized access (such as policies that limit which websites are accessible from the office), you will dramatically decrease your network’s exposure to unnecessary risk. Your firewall is your network’s gatekeeper, so a secure configuration will pay in spades long term.

By adopting a more complete approach to your network security and safety needs, you provide your company with the immune system and resilience it needs to fight off harmful attacks.

Next up is your apple a day to keep malware away: a strong antivirus and layered security solution. Antivirus and layered network security work together to stop malicious items that may have snuck past your firewall or been accidentally allowed in by a user. This part of your lunch works to intercept and stop viruses in their tracks before they have the chance to create a serious infection and force you to restore from a backup or lose valuable time and productivity. Remember, an ounce of prevention is worth a pound of cure.

Last, but certainly not least, is your final line of defense. This step is the equivalent to making sure your IT lunch has plenty of greens to supplement the most nutritionally important area of your diet and security solution: user education and awareness. We can’t stress how important this has become as social engineering attacks have become ubiquitous threats that all businesses face. By educating your staff on best security practices and safety awareness, you can mitigate potential disasters before it’s too late. Phishing emails have become increasingly popular and often look *unbelievably* convincing. All it takes is one click on a

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What's New

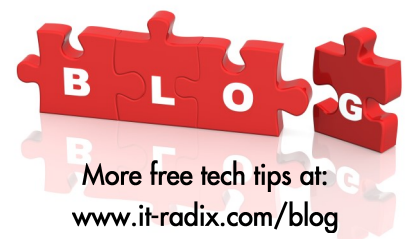
May 1

2019 Best Places to Work in NJ
We are celebrating our best places to work in NJ designation at an NJBIZ award reception and ceremony at the iPlay America Event Center in Freehold, NJ.

May 8

Taste of New Jersey
IT Radix is proud to sponsor Family Connections' *Taste of New Jersey*, benefiting programs and counseling for over 400 children, adults and families.

If you would rather receive our newsletter via email, sign up on our website or send an email to resource@it-radix.com





Lunchtime Tech on the Go

Are you meeting someone for lunch and have a little extra time on your hands before your lunch buddy arrives? Here are some tech tools that can keep you productive even when you're not in the office.

Smartphone – Today's smartphones can easily do double duty as your office phone and lightweight internet-enabled PC in a pinch. If you need a little more screen real estate, opt for a tablet or ultra-light laptop instead. Check out the mobile VPN apps that will allow you to connect securely back to the office. If you're using Office 365 with SharePoint, you're in luck—all your files are easily accessible with the SharePoint app.

Wireless Keyboard – Adding a light, wireless keyboard can make your smartphone or tablet feel and behave more like a full-featured laptop. Reply to that email with ease before your "Taco Tuesday" lunch arrives.

Portable Smartphone/Tablet Charger – Most mobile devices can power through eight hours without a midday charge. However, when your smartphone becomes your office phone for a lengthy call or mobile Wi-Fi hotspot to edit that proposal on-the-go, you may find yourself scrambling for a charge. Instead, stay calm and power-lunch on with your portable charger.

Headphones – While it might be entertaining to eavesdrop on strangers' conversations, background noise can make it hard to focus on the task at hand. Noise-canceling headphones drown out the din allowing you to listen in on conference calls and webinars or play motivational tunes while working on projects and responding to emails. While over-the-ear headphones do a better job of canceling out noise, in-ear headphones take up less space and are more portable. Look for a pair that is compatible with your portable charger too.

Smartwatch – A great multi-tasking tool at the flick of the wrist. Not only will this little gadget keep you updated around the clock (pun intended), but it can double as your phone with Bluetooth headphones, act as an instant messaging device and much more. It can even give you directions to-and-from your dining locale—gentle vibrations alert you when it's time to turn.

Whether your grabbing a quick lunchtime bite or taking a longer trip, these five tech tools can keep you and your team functioning on the go. Want to boost your productivity even more, ask us for more ideas about mobility tech tools.

Don't Let a Hacker Eat Your Lunch

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phony sign-on page to compromise an email account, give the "all clear" to a virus to cripple your network, and in some cases, cause irreparable damage to your business' credibility. If a user knows what to watch out for in advance, this type of attack is far less likely to succeed.

Your IT diet cannot consist of just one meal, and your lunch can't consist of just one ingredient either! By adopting a more complete approach to your network security and safety needs, you provide your company with the immune system and resilience it needs to fight off harmful attacks.

Have questions on your firewall, antivirus and network security, or user risk position? Give us a call. We'd be happy to help you select something from the IT security menu and share some daily specials with you.

"Eat breakfast like a king,
lunch like a prince,
and dinner like a pauper."

-- Adelle Davis, nutritionist

OUR CLIENTS
SPEAK OUT:

THE BUZZ

"IT Radix has been a valuable business partner with the Molly Pitcher Inn and Oyster Point Hotel in Red Bank since Cathy started her own business many years ago. Being a business that runs 24x7, 365 days a year, it is imperative that our systems continue to run without issue in order to serve our clients and build our business. With IT Radix's expertise and valuable insight and recommendations, we have been successful in building an infrastructure that is reliable and dependable. When an issue does arise, their techs do a tremendous job troubleshooting and resolving the issue with little to no downtime. I can rest easy knowing that they are only a phone call away and available to assist at any time."

George Decker, Treasurer — Molly Pitcher Inn / Oyster Point Hotel

Take a Lunch Break



What is the most important meal of the day? How about for your computer? If you said Patch Tuesday, you would be right. OK, so Patch Tuesday isn't really a meal, but it is very important for your computer's health.

The regular installation of patches and updates along with regular reboots helps keep your computer running at its best. Updates and patches are released for a variety of reasons: security fixes, bug fixes and feature enhancements. It's important that you allow these patches to be installed. Think of them as vitamins for your computer.

It's also important to regularly reboot your computer. Not only is rebooting necessary for installation of patches, it's also important to occasionally allow the operating system to "refresh" itself...clearing out stale memory and starting new. In a way, it gives your computer a break much like a lunch break allows you to return to work fully charged and ready to tackle the afternoon!

For more tips on serving a well-balanced "meal" to keep your computer strong and healthy, contact IT Radix today.

Proudly folded & stuffed by ESC School of Morris

SPECIAL OFFER



Recipe for Success!

Windows 7 and Windows Server 2008 will reach their end of life within the year. Let's get cooking early and migrate to Windows 10 before your goose is cooked. Our goal is to provide you with the knowledge and support needed for a successful migration.

We realize that every company is different. Therefore, we are offering a free, no-obligation assessment of your unique environment. Plus, if you let **IT Radix** help you migrate to Windows 10 before the end of June, you'll receive a discount of up to 10% off the labor!

The Risks of "Expired" Technology



Most food expiration dates are used as guidelines based on normal handling and exposure to temperature. While a food product that has passed its shelf life might still be safe to consume, the quality is no longer guaranteed. Likewise, in the world of technology, the concept of "End of Life" is a red flag and a time to take action. Once software goes End of Life (EOL), it still works. However, continuing to use end-of-life technology in your organization is risky. The smart business manager decides to act in advance of an EOL date to eliminate the dangers.

This is an important topic this year because as 2019 ends and 2020 begins, two major operating systems from Microsoft are going EOL: Windows 7 on user machines and Windows Server 2008 on server machines. As the year progresses, you will hear more and more about this. So, it makes sense to plan for this now to avoid the following inevitable risks:

Increased security vulnerabilities — The first thing to know is that an EOL status means that the software provider will no longer issue security updates to address vulnerabilities. A firewall and anti-virus software alone are not enough protection because hackers constantly look to leverage un-patchable vulnerabilities. Keeping EOL operating systems in place is an open invitation for attracting malicious cybercriminals. Most of the major breaches of the last decade were the result of companies using older operating systems. Because the operating system was no longer able to be patched and kept secure, these organizations enabled the breaches to occur (think Equifax, Target, Home Depot, etc.).

Incompatibility with future business applications — If you continue to use EOL operating systems, typically you cannot upgrade to the latest versions of business software applications that you use every day. New applications generally are not compatible with obsolete or EOL software. Leaving older technology in place limits the ability for any scalability of new applications.

Non-compliance with industry regulations — Many industries have regulations in place which require organizations within them to keep operating systems up to date. Keeping old operating systems in place leaves your critical and confidential business and client information at risk and can expose you and your organization to legal issues, big fines, company shutdown and even time behind bars.

Increased expense of maintaining older systems — Costs to maintain older operating systems outweigh that of newer systems. If a critical application fails, you may never recover. Some manufacturers will not even attempt to address an issue that resides on EOL operating systems.

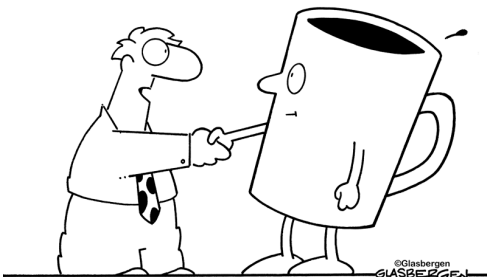
Poor performance of older hardware — Running older software also likely means older physical hardware (servers and PCs) is in place. In most cases, the hardware is out of warranty and prone to failure. The cost of the potential downtime from unreliable equipment should always be considered when evaluating the right time to upgrade older or EOL operating systems.

Low staff morale due to failure to invest in new technology — How current you are with technology says a lot about you and your organization. Staying up to date sends positive signals to your staff indicating that you are continuing to invest in them and in the future of your business because you see the importance of staying up to date.

Using End-of-Life operating systems is not just a problem, it shows a reckless disregard for the security of your organization's data, let alone its ability to be a successful operation! The smart business manager proactively plans for the migration from EOL equipment and applications to updated solutions.

"I believe in stopping work and eating lunch."

— L'Wren Scott



"Hi, I'm Chuck. You must be our new VP of Productivity!"

From the desk of: Cathy Coloff
Subject: Let's do lunch!



In preparing for this newsletter series, we asked our team what their favorite meal of the day was. My answer was breakfast; but truthfully, any meal shared with friends or family is a favorite. These days we're always on the go for work and home; so, when I have an opportunity to sit and enjoy a really good meal, it's a treat. I happen to like breakfast because it's usually before things have really gotten cooking—I can grab a quick bowl of cereal, share a yogurt with our dog Reid, or eat some yummy eggs and bacon slow-cooked by Doug on the weekends. You can check out what the rest of our team prefers on our website here: www.it-radix.com/mealtimes

Lunch, on the other hand, is often eaten at the round table in the office or perhaps a local restaurant with someone from my network of current or future business friends. When eating out, I often find a little time to squeeze in some work using the tech tools outlined in the article on Page 2, "Lunchtime Tech On The Go," or something else. OK, I admit... sometimes I'll grab the extra time to read a few pages of a book I'm into or sit in the car and listen to a good audio book. I really love my tech tools or "tech toys" as my parents used to call them. I find them really helpful in simultaneously keeping me in touch and allowing me to relax—whenever and whatever my time and heart desires. Of course, when the food comes, I prefer to tuck the technology away...gotta keep those devices clean and food-free!

How about you? What's your favorite mealtime of the day and why? Respond on our Facebook page and be entered to win a bagel breakfast.

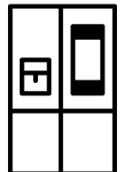


Fun Food Facts!

- Broccoli contains twice the vitamin C of an orange.
- Apples are made of 25% air, which is why they float.
- Avocado has highest protein content of all fruit.
- Cherries are a member of the rose family.
- Lemons contain more sugar than strawberries.
- Honey is the only edible food that never goes bad.
- Peanuts are legumes, not nuts.
- Ginger can reduce exercise-induced muscle pain by 25%.
- Eggplants are fruits and classified as berries.

Technology Transforms the Heart of the Home

Hey, Mom, what's for lunch? Mom might not have the answer, but your refrigerator may...



Today's refrigerators are a far cry from the iceboxes our ancestors used up until the 1930s when the iceman went door-to-door delivering slabs of ice to keep food cold. The kitchen is the heart of the home; and with the latest technology, the refrigerator has moved front and center. Today's smart refrigerators have interior cameras that let you use your smartphone to see inside your fridge and can:

- give you recipe suggestions based on what's inside your fridge;
- check food expiration dates; and
- help you plan meals using personal information on food preferences and dietary restrictions.

Samsung's smart refrigerator has even built its own Bixby digital assistant into the fridge. Like Amazon Alexa and Apple Siri, Bixby can be controlled by your voice and can assist you with daily tasks such as information about news, weather and calendar updates. Bixby can even distinguish your voice from that of other family members that allows her to give you personalized content. Samsung's latest model, available this spring, also works as an entertainment center, using the large display and speakers for video and audio playback. Samsung has partnered with companies like Pinterest, The Weather Company and BuzzFeed's Tasty, to serve interesting and relevant content to your kitchen.

Smart refrigerators have kept in step with new technology and are bringing a new level of intelligent connectivity into the kitchen. Who's hungry for smart technology now?!?!?