

“We make all of your computer problems go away without the cost of a full-time I.T. staff!”

Ask about our fixed price service agreements

— Computer support at a flat monthly fee you can budget for, just like rent!

Inquiring Minds...

The 2014 Consumer Electronics Show (CES) highlights for a healthy life. CES 2014 was filled with fitness technology this year. In fact, the conference even expanded the floor space for digital fitness exhibits by 30% to accommodate all of the new displays. It seems that more of us are paying close attention to our health these days than ever before.

Fitness technology advancements. Have you ever used a pedometer to collect information about your exercise efforts? Now, there are more advanced devices that can not only measure your steps, they also can tell if you've climbed stairs, how you're sleeping, your heart rate, perspiration, calories burned, even the temperature of your skin. It is truly amazing how far inventors have come with wearable fitness technology solutions.

Featured at the show... Companies like FitBit, Life Fitness, and Runtastic showed off their new lineups of fitness products including wearable solutions to track your progress toward your fitness goals. Today, these types of exercise equipment and accessory companies are focused not only on physical machines for fitness, but hardware devices, software programs and online applications to promote a healthier lifestyle for everyone.

To learn more about the CES show exhibits and new technology for the coming year, visit www.CESWeb.org for a full review.

A silly technical support story to make you laugh! We love each of you so much that we just had to share this tickling story to lighten your heart and prove to you, you're not as technically un-savvy as you think. This story is from a technical support company out of state, but we just couldn't pass it up.

Tech: Good afternoon, this is Mark, thank you for calling technical support, how may I help you today?

Client: You can give me my (colorful word of your choice) credit card back!

Tech: I'm sorry? I don't think I understand the situation. Can you explain how this issue began please?

Client: Well, the computer froze up and asked me to pay to release my files with my credit card. So, I put it in the slot on the computer and now it won't give me my (colorful word here) credit card back!!!

Tech: Oh, um, I will send a technician onsite immediately to retrieve your credit card for you, are you available at 4pm?

Thank you for being a dream client.

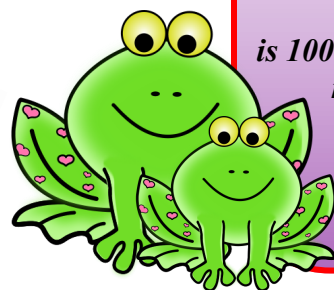
No more kissing TOADS

Tired of waiting on hold for a technician? Can you see your profits flying out the window while your computer is down and “help” is suppose to be, “on the way” to save the day?

Never fear, your prince has come!

Solutions Unlimited, LLC is 100% invested with you in your business. We love your network like our own with 24/7/365 monitoring, management and support you can count on.

Give us a call to schedule our first date for a **FREE 47 Point Network Health Assessment.**



Solutions Unlimited, LLC
100 Corporate Dr Ste N
Spartanburg, SC 29303
864.599.8678
www.suisc.com



**Happy Valentine's Day
and Heart Health Month**

Tech Times

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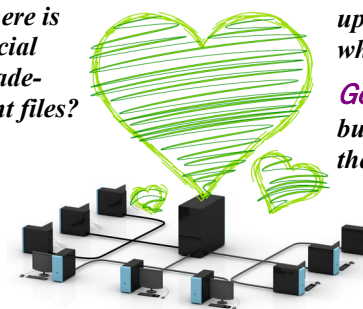


3 steps for a healthy backup solution

At the heart of every business there is essential customer data and crucial financial records. Do you have adequate backups of these important files?

Here is what most business owners think about their backups. “Our technicians make sure our backups are complete, so everything is covered! Right?” “I have backups, in the server room.” “My backups run every week.”

No one ever doubts the importance of backing up their data, but how do you know if it's really working? When was the last time you actually laid eyes on your backup files? Are you sure they are all there? Will they be useful in times of crisis? If you cannot answer “yes” with confidence to these questions, you should audit your backup solution today. That's right, audit it! Take time to check on the integrity, security and consistency of your back-



ups to ensure your files are there when you need them most.

Getting back to work. When your business is in trouble no matter what the cause, your backups are the difference between getting back to work immediately and days or weeks of downtime. Here are three ways to ensure your backups are useful when you need

them most.

1. Make sure your backups are complete.

Check your backup files periodically to see if you have everything you really need to keep your business running smoothly. Your recovery from a crisis will only be as good as the data you're restoring.

2. Secure your backups offsite.

Most small to mid-sized companies
(Continued on page 2)

Being Heart Healthy

Did you know that heart disease is a leading cause of death for men and women in the United States?

That is why John F. Kennedy designated February as American Heart month in 1963. Take advantage of this observance as an opportunity to evaluate your heart health.

A resolution for good health. Many people include strategies to improve heart health in their New Year's resolutions. Some people eagerly start new exercise regimes, diets, and sleep habits in January. February encourages each of us to take an in-depth look at our health and truly evaluate those well intentioned new year's resolutions that are now becoming lost in the demands of daily life.

A fitting February. This month, slow down and set benchmarks to accomplish your overall healthy heart goals. What simple changes can you make toward

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Heartfelt thoughts

“Time and health are two precious assets that we don't recognize and appreciate until they have been depleted.”

~Denis Waitley

“Good health is not something we can buy. However, it can be an extremely valuable savings account.”

~Anne Wilson Schaef

“My own prescription for health is less paperwork and more running barefoot through the grass.”

~Leslie Grimutter

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3 steps for a heart healthy backup...

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backup their data to a computer or server at their primary location. These backups are the most vulnerable types because anything that what happens to the business will happen to the backup too. For example, a flood, fire, power surge/outage, or theft at your office could mean your data and backups are

compromised. You may be left with nothing to restore.

Setup a backup solution that allows you to backup all of your data to an offsite location that is safe and secure. This location should have backup power and storm provisions so your data will withstand any crisis.

3. Check for consistency.

Backups should be a daily event for your business. For financial programs or other critical business software, you may be prompted to backup your files more often. Do it! You can never have a backup that is too recent.

Business owners report that over 50% of data loss is from hardware or software failures. Natural disasters

are not the only way to lose data. Believe it or not, the hardware and software you rely on can be a risk factor too if it's not properly maintained. Old worn out equipment over 7 years in age or outdated software programs like Windows XP and 2003 can pose a serious threat to your business. Make sure your equipment is monitored and replaced before it is a disaster waiting to explode in your network.

Most of our new clients seeking a backup solution have seen the devastation of a loss. Don't wait to take action until a crisis hits and you lose data. Take charge with our FREE 47 Point Network Health Assessment in which we will review your backups, inspect the overall health of your equipment, check for network vulnerabilities, possible malicious activity and much more. You will be surprised how many unseen risks you're fighting against each day.

Backup your company data completely, securely, and consistently with confidence, so you can work on the heart of your business, your clients and company growth. Call today for your

When written in Chinese, the word 'crisis' is composed of two characters. One represents danger and the other represents opportunity.

~ John F. Kennedy

Beef up security!

Are your systems up to date?
Beef up your system security by keeping your software up-to-date at all times.

You don't have to pump iron to beef up security for your business. Just make sure your systems are always up-to-date. Software updates, patches or service packs address security vulnerabilities within the products you use. Applying these updates will help you avoid security risks.

Software updates are not upgrades. You don't pay for updates and about 90% of them are all good repairs that will help protect your company data. Updates are just small pieces of software released by software vendors to better their products by fixing holes in their security that can hurt you.

"The file or directory is corrupt..."

This error message strikes fear into the hearts of business owners around the world daily. Did you backup today?

An upgrade disaster.

A friend of ours had just upgraded their accounting software and their staff was working right along when... Bam! The software froze. My friend's initial thought was to run a backup to see if he could salvage anything.

Unfortunately, his knee jerk reaction was his demise. The backup became corrupted and could not be restored. Thankfully, he had a full backup of their accounting data set to run every evening after close of business. So, he was able to restore an earlier version, reenter a few transactions from the previous day, and keep right on working. Just imagine if his backup wasn't running for a week, a month or a full quarter!

Moral of the story... don't backup something that is broken!

No, the moral is to be sure your backups are working and complete. Otherwise, as you can see from my friends experience, you may be reentering a lot of data or at least however much data you've entered since your last backup actu-

Being heart healthy...

improving your health? Consider the following ideas:

1. Limit your intake of trans fats. The recent ban on trans fats by the FDA is helpful, but foods such as beef and dairy contain natural trans fats. The American Heart Association recommends limiting trans fats to less than 1% of your daily calorie intake.

2. Incorporate exercise into your workday. Bring walking shoes to work with you and use 15 to 30 minutes of your lunch break to go for a brisk walk. It helps refresh your mind and stimulate your heart. If you haven't exercised regularly in a while, try just 10 minutes each day and work your way up.

Even with small amounts of regular exercise, you will see a major difference in your energy level, self-esteem, and endurance in just a few short weeks.

3. Avoid unhealthy snacking. High cholesterol, high calorie, and high sugar snacks are tasty, but create an energy boost that is quickly followed by an extreme loss of energy. Try out a few new healthy snack options like fresh sliced fruits and vegetables.

Remember, being healthy starts from the inside.

A speedy machine makeover you'll love!

Are you ready to slam your fists on your desk, clasp your hands together and just swipe everything on the floor? Tired of waiting for things to load or taking a walk to save a large database file? Take a look at this machine makeover to improve your productivity and make you fall in love with your network and computers again.

You can't function in a broom closet.

Have you ever seen those pictures of offices with tiny little cubicles like a broom closet? You know, the ones where you couldn't even take your chair for a spin without hitting your knees on something? Now imagine, I just stuffed you in one of those with 1,000 sheets of client invoices to sort alphabetically. How long do you think it would take?

More space means improved productivity.

You would go nuts trying to find all the "A's", then the "B's", and where would you set the pages to sort through them. Now imagine that I just gave you the keys to the conference room for this project. How fast can you finish up now?

Size is everything. Generally, we don't like to say that size is everything but,

with space, it really is. The more space you have to spread out when you are sorting through large amounts of information, the quicker you can process things, right? Your machines operate the same way.

Speed. With regard to computers, speed is greatly reliant on space. Servers, tower computers, laptops, tablets and even smart devices all thrive on the space available in their tiny memory banks. The expanded memory upgrade actually gives your computer, server or device more space to perform.

Your computers long for a larger workspace. If you aren't sure how much memory you have on your machines and would like to explore upgrade options, give us a call. We can give you a bigger workspace that will have your systems running faster in a flash.

More, more, more! Remember the last time you upgraded your computer for work? More speed, yea! The anticipation of how much faster things would run kept dancing through your mind as you made the first few keystrokes. So, why not take the plunge again with a memory upgrade, a software upgrade, or even a

Grow your business with green changes

Everyone talks about becoming a green business, but what can you do to improve your carbon footprint?

Create a green strategy for your business. Take a look at things you can do to change your ecological footprint and set a plan to implement them.

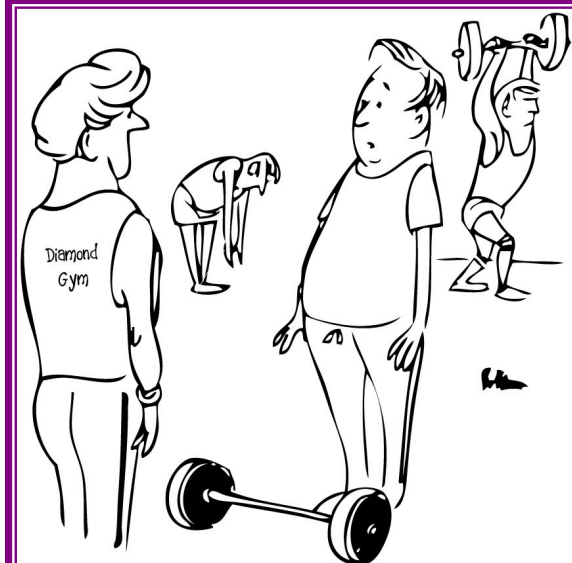
1. Cut back on paper. Yep, paper is a huge waste with the development of servers and the cloud. There is really no reason to keep so many files. Explore your options for a paperless office.

2. Consider energy efficient products. When you plan your annual up-

grades this year, take a look at energy efficient computers, printers and other machinery. Be sure to properly train your employees to use the equipment to minimize waste too.

3. Check out energy efficiency programs in your area. Most state and local agencies offer green programs with rebate opportunities for businesses looking to go green.

Check out our March newsletter for more



Can I start by pumping paper?