



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 IT problems finally and forever!"
- Walt Ely, System Care Inc.

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HAPPY THANKSGIVING!

Technology Times

“Insider Tips To Make Your Business Run Faster, Easier, And More Profitably”

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 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 more information? Go to our website www.systemcareinc.com and request your free report “7 Deadly Sins of Record Retention”. This information was recently presented by System Care at the Cleveland CPA Show held at the IX Center in September.

Get More Free Tips, Tools, and Services At WWW.SYSTEMCAREINC.COM

Fun Thanksgiving Facts

- The male turkey is called a Tom or gobbler. The female turkey is called a hen. Baby turkeys are called poults.
- 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.

WARNING:

BUSINESS OWNERS: If you are currently relying on tape backups to secure your company's critical data, financials, and client information you are at high risk to losing your data. Tape backups have an average failure rate of 100% - ALL tapes fail at some point, and often without any sign or warning.

If you cannot afford to have your business shut down because of lost, corrupt, or stolen data, it's critical that you get and read this FREE business advisory guide, **"12 Little-Known Facts and Insider Secrets Every Business Owner Should Know About Backing Up Their Data."**

This 14 page in-depth guide will explain in plain-English everything you need to know about backing up your network NOW so you can quickly and easily recover your data and be back up and running FAST after an earthquake, fire, flood, virus, hacker attack, software glitch or other data-erasing disaster.

In addition to explaining why tape drives are NOT a reliable way to backup your data, you'll discover what options you have for backing up your data, how to choose a backup service, 7 critical characteristics you should demand from any remote backup service, as well as answers to the most commonly asked questions business owners have about data backup and security.

To Claim Your Free Report email me at wely@systemcareinc.com with the subject of Free Backup Report.

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.

Get More Free Tips, Tools, and Services At WWW.SYSTEMCAREINC.COM

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 zmail (www.zmail.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, zmail 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 Time-Pressured Entrepreneurs Are Lightning Their Load

Are you a very busy, sometimes frantic, time-pressured entrepreneur awash in opportunity and critical projects, but feeling like you are surrounded by nitwits and slower-than-molasses-pouring-uphill people who only add to your stress and frustration?

There are very few people who understand the daily life of an entrepreneur...

The incredibly LONG hours, crushing workload, millions of tiny details, irritations and problems to deal with, government regulations, taxes, employee questions and issues, and impossible deadlines on EVERYTHING.

Then you have employee problems, financing problems, customer problems, competitor problems, vendor problems and – more recently – issues with the economy grinding sales to a halt. Despite your absolute best effort, nothing goes right and you end up bleeding money, in the red and scrambling to figure out how you're going to make payroll.

But some business owners are discovering a way to handle their computer and network technology that actually prevents issues from happening and gives them peace of mind. Admittedly, technology is only one small part of the day-to-day issues you deal with, but I think you'll agree that IT problems can be some of the most aggravating (and expensive) issues you run into.

That's why entrepreneurs are flocking to IT support that focuses on keeping them up and running, rather than service that only reacts to issues. The IT industry refers to this as "managed services" and typically it means that a computer company will provide remote monitoring and automatic maintenance of your network for a flat monthly fee. Because of how the IT company is paid, they are only incentivized to keep you up and running and if you go down, it not only hurts you, but hurts them via their wallets.

System Care offers their Proactive Care Programs and can include hardware and software into the monthly agreement. This means that for one set fee your computer issues are resolved, you have access to our helpdesk services, plus your workstations are replaced every 3 years and your servers are replaced every 4 years. This program has some significant tax advantages that turn what once was a capital expense into an operating expense. To see if this program is right for you, send me an email at wely@systemcareinc.com or call me at 440 925 4005 ext 128.

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."

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.

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.

Thank You!

Everyone here at System Care would like to sincerely thank each and every one of you for placing your trust in us to support your critical IT functions. We take this responsibility very serious and strive to exceed your expectations. We would also like to wish you and your families a blessed Thanksgiving Day

As a reminder we will be closed on Nov 26 and 27 to allow our employees to enjoy the holiday.

