

**DTS**

# DanTech Services

Computers under control!™

## Technology Times November 2020 Issue

“With over 20 years of experience providing remote support to clients that rely on technology, I know what it takes to deliver business continuity. Add to that another 20 years of support in the service industry you’ll not find another company that takes customer service to heart as I do. Find out for your business what a difference it makes. “



Dan Foote  
Owner/President

### What’s Inside:

Page 2

What’s the problem with blue light?

Think You Know Power? Think Again.

Page 3

**Shiny New Gadget Of The Month:**  
Sleep Connection - A Wrist Gadget That Cures Snoring

**Hurry is the enemy**  
by Mark Sanborn

Page 4

“3 Ways Your Business Can Combat Data Security Vulnerabilities”  
- Continued from Page 1

DTS LMS

Got IT Problem? - Click Here!



## 3 Ways Your Business Can Combat Data Security Vulnerabilities

by *Raju Vegesna* In *Technology Trends*

Big tech surveillance has been an issue for some time now, but in the last year it’s increased rapidly to become more of a privacy invasion than ever before. To make matters worse, the current COVID-19 pandemic has made data particularly vulnerable to misuse, as the crisis has distracted some from data security and privacy protocols.

Historically, disasters have caused fear and frenzy in the media, meaning data security is drowned out. For instance, during and after Hurricane Katrina, the HIPAA Privacy Rule was waived to help with disaster relief efforts, which later lead to a data breach. This pattern of the past is a warning to what’s already occurring and the possible disastrous outcomes that may be to come.

Businesses must look past big news stories and remain focused on data security news that may no longer be on the front page, so that they can stay protected. There are manageable ways that allow businesses to stay alert while compensating for new challenges, and the decisions they make today will combat future attacks.

### So Where Does Privacy Stand Today?

Unlike ever before, forty-two percent of the U.S. labor force is currently working from home full time, which opens the door to an entirely new set of security risks that didn’t exist in our old work environments.

- Continued on page 4



Get More Free Tips, Tools, and Services at [https:// www.dantechservices.com](https://www.dantechservices.com)

## What's the problem with blue light?



The reason blue light hurts is purely biological. Sleep is a part of the circadian rhythm, which is the cycle of biological processes that are determined in part by the levels of light and dark exposed to our bodies.

In the most natural setting, which is one where we're only exposed to sunlight, our retinas sense when the sun descends and the environment grows darker. That induces our hypothalamus to start the process of producing melatonin and other sleep hormones and reducing our body temperature.

When we use artificial lighting to extend our day, however, our bodies get confused and the various sleep signals are disrupted. Even worse is the blue light [emitted by fluorescent and LED lights](#) — like those on our various device displays — which cause us to be more alert and produce even less melatonin. That's why using a blue light filter is so important.



[Eyekeeper Slim Vintage Computer Readers with Anti-Eyestrain Lens, available on Amazon for \\$10](#)

These Eyekeeper glasses are perfect for someone who doesn't require prescription glasses. Totalling a whopping \$10, Eyekeeper uses a slightly tinted lens to reflect about half of the blue light that's entering your eye.

## Protected Power

Power protection provides an important factor to data protection, network stability, and user productivity. Spikes, surges, and outages can wreak havoc to your IT systems. Thanks to WattBox and OvrC, not only do we smooth out the spikes and surges, we can also perform remote resets to devices—sometimes automatically! The self-healing capability of our systems aids in troubleshooting, limits service calls, and protects the connected equipment from damaging electrical events. Some models can report the power draw of connected equipment, too!



WattBox is built on a hardware platform of professional-grade surge protection. OvrC provides the ability to monitor and notify us of outages through the industry's #1 remote management platform. WattBox makes it easy to provide our clients with IP power solutions, even on a limited budget.



### Every Spot, Every Job

From 2-outlet ultra-compact Wi-Fi models to 18-outlet vertical solutions, we've got a WattBox to fit any install. Power and control everything you need to fix

a locked-up smart TV, streaming device, or even an entire system

### OvrC Remote Management

Through the intuitive OvrC dashboard, you can reboot devices, modify configurations, update firmware, get real-time updates, and more – all from anywhere in the world. Upgrade to OvrC Pro for even greater visibility and integration with other power solutions.

### Power Loss? Not with WattBox

Pair your IP WattBox with an OvrC-enabled WattBox Uninterruptable Power Supply (UPS) to safely back up your equipment in case of power failure. You'll also unlock features like remote alarm silencing, load shedding, battery health, run time, and battery charge level.

***WattBox is designed to revolutionize the way you think about power.***

*DanTech Services can deliver a robust lineup of IP and traditional power conditioners, surge protection devices, uninterruptable power supplies, and a suite of accessories to help you maintain system stability with WattBox equipment and OvrC remote management—all designed with your business in mind!*



## Call or Text us at 907-885-0500 to request WattBox Demo!

### Shiny New Gadget Of The Month:



### Sleep Connection - A Wrist Gadget That Cures Snoring

Do you ever wake up in the middle of the night to the sound of loud, thundering snoring?! If you or someone you know snores, they may be struggling to get through the day or may even be suffering from a serious condition like sleep apnea.

Snoring is not only harmful to people who snore, but also to their loved ones who wake up from it. **Lack of sleep can lead to high blood pressure, cardiovascular disease, memory problems, weight gain, headaches, and impotence.**

With [Sleep Connection](#), you can tackle your snoring without disrupting anyone around you. Sleep Connection is a watch-like device that detects snoring by using cutting-edge biosensors.

Once it senses you snoring, it immediately sends natural electrical pulses to reposition your body and end your snoring without waking you up or disturbing your sleep. Use Sleep Connection to stop disturbing your partner and wake up rested and refreshed.

**Hard Drive Problems?  
CALL 907-885-0500 NOW!**



## Hurry is the enemy

by Mark Sanborn

My long time friend Glenna Salisbury recommended a book. I ordered it, and while it was a good book worthy of reading, the title powerfully impacted my life. It is called, *The Ruthless Elimination of Hurry*.

I wrote an article called [Rise Early and Play Fast](#). On the surface, it appears that the elimination of hurry is the antithesis of my premise...but it isn't.

Rising early and playing fast is about getting a head start on the day rather than letting valuable hours slip by. It is also about being intentional about the things you want to do each day to get the most out of the time you invest.

It is about speed and intention, not hurry and rush.

Last year a client asked me to record a brief video to promote my appearance at an upcoming meeting. I had a long to-do list that day and rushed to get the video shot. It wasn't my best work, but I thought it was acceptable.

The client didn't. They asked me to reshoot, and my first reaction was defensiveness. I didn't want to make the time to do it again. But when my reasonable brain kicked in, I realized they were right. I reshot a much better video.

The problem with the first video is that I rushed it. Nobody does their best work when hurried and rush. Having a timeline that requires you to work fast is different. Fast is simply trimming out the waste but being committed to the process.

We mistakenly think that the more we hurry, the more we get done. Sometimes that is true, but often it isn't. While we "finish" the task, the quality of the output and the enjoyment of the process is almost always diminished. Rushing creates stress which increases mistakes and sloppiness.

There may well be a few basic things that we can hurry to get done without any negative downside. Unfortunately we don't always have or use that discernment, so we end up with hurry as a lifestyle. Years ago I saw a license plate: 2BZ. Cute but sad at the same time. Too busy for what? To have fun? Enjoy life? Do good work?

We control how busy we are. You might push back on that and say, "Not true, there is so much to get done!" That is true, but the antidote to hurry and too much busy includes focus, hard work and elimination of disruptions. While I can't always explain it, I've found that by slowing down a little I can get as much or more done.

Hurry is rarely a plus in our lives, even if we try to convince ourselves it is.

Thanks to the book with the same title, I've learned that the ruthless elimination of hurry makes your personal and professional life better. You can still rise early and play fast without the rush and hurry that taxes us and causes us to perform less well than we could.



I've been wanting to do this for years and finally it's happening! DanTech Services introduces our beta **LMS**. An LMS is a learning management system. The [DTS LMS](#) is a training site where registered users have a portal to share knowledge, ideas, and gain skills to aid computer users, employees, and staff. Our LMS uses Moodle, which is a dynamic learning environment that will grow over time to cover computer use, troubleshooting techniques and skills, and a repository of knowledge that can be accessed at any time of day or night. As we grow this system, we expect it to evolve to fill a number of needs.

Available courses cover web browsers, search engines, computer basics (Windows, Macintosh, and Linux), and networks. We will expand to cover other areas involving technology and how it has become an integral part of our lives at work and home.

We invite you to become part of our beta testing experience! We encourage feedback, ideas, and suggestions based on your interactions with the training site. To sign up for access, you can send a request to us at [learn@dantechservices.com](mailto:learn@dantechservices.com). Although not required, I suggest the use of a personal email address, not your business email.

Speaking of learning management systems, if you'd like your business to have a training site of its own, let's chat! We can host your site AND provide the service & support necessary for your team—including “train the trainer” services lead by Dr. Mary M. Rydesky.



With the pandemic re-defining what work means, it also calls for a need to re-define how your business handles data security.

The top security threats resulting from working from home have been email-based threats and endpoint-security gaps, according to [senior analyst at the Global Cyber Center of NYC](#). Combine that with email phishing scams, password vulnerability, and weakened Wi-Fi protocols, and now hackers have many means to access sensitive data.

### How to Protect from Data Security Vulnerabilities

Security threats looming in the future should cause businesses to re-evaluate their software and ensure they plan ahead for future implementations to amplify safety. If you're not a larger company that can afford to build tools in-house to ensure employee data stays secure, there are still ways to stay alert and make sure your data remains private.

#### 1) Examine third-party privacy policies and read the fine print

As cumbersome as it can be, it's critical to review third-party privacy policies thoroughly and make sure contracts align with your business privacy values. Another good indicator of a policy with potential privacy issues is one that is difficult to understand. Wording full of technical jargon juxtaposed with alarming policies should be a clear indicator of how a company will treat your data.

#### 2) Create a privacy pledge to keep employee data safe and secure

Companies continue to monitor employees, users, and more through work software and most of the time, employees are completely unaware. Tools such as Slack, which can show when you're on and offline and Zoom, which has new “attention tracking” features that allow employers to screenshot employees' monitors periodically, and more can be concerning and risk your employees' trust in your company. Most employees would agree that these are an invasion of privacy, so having a transparent privacy pledge will help make employees feel safe and will allow businesses to examine their software solutions thoroughly so that data security comes above all else.

#### 3) Look for applications that don't collect consumer data

It's important to break this down further because not all apps collect data for misuse. Look into using applications that only collect data that's necessary for the software to work effectively, but steer clear of software that needs data for other purposes. For example, if you're using an application that will also track online activity unnecessarily, this should be a red flag and potential sign for poor privacy practices.

### Data Security Vulnerabilities at an All Time High

While GDPR compliance has forced big tech companies to adhere to higher privacy and security policies, we continue to see data misuse soar throughout the pandemic. Trackers and monitoring are at a high with remote work software solutions collecting and monitoring data without our knowledge. Additionally, businesses are overlooking data security to attend to their businesses' survival. Yet, big tech isn't going to cease in their practices of collecting and using data for financial gain until they're caught red-handed. Businesses must take charge of their own data security and privacy by planning in advance and investigating the software they use and what they want to use in the future.

Unless businesses take a stand against privacy misuse and work to protect their company and employees, little will change. COVID-19 has turned software security risks into a ticking time bomb with little left on the clock and attention focused elsewhere. If companies both small and large can work on taking security more seriously, we can avoid devastating breaches and security disasters for years to come.