

**DTS**

# DanTech Services

Computers under control!™

## Technology Times June 2021 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

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## Main Reasons to Use Backup and Recovery Solutions

Concerned about your files and private data? Want to keep them safe in case something goes wrong? If so, consider using backup and recovery solutions. These services are not a luxury but a requirement.

According to [Symantec](#), 37 percent of small business owners have lost data in the data and used backups to restore it. The same happened to 47 percent of enterprises. Remember Murphy’s Law “Anything that can go wrong will go wrong?” It applies to businesses too. [Natural disasters](#), [cyber attacks](#), and [human error](#) can result in lost files. Thus, you must find a way to restore lost data without hassle.

### Choosing the right backup and recovery solutions

Depending on your needs and budget, you can choose from different types of backup recovery solutions. These include:

- Incremental backups
- Full backups
- Synthetic full backups
- Differential backups
- Incremental-forever backups

Each service has its perks. For instance, full backups involve making a copy of the entire data set. Nothing will be lost or left behind.

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## Global Supply Chain



The global pandemic prompted a historic increase in demand for technology, creating a supply shortage of many components including integrated circuits (ICs), RAID, SSDs, DRAM Memory, and CPUs. In addition, global logistics capacity has been impacted by severe ocean container shortages and reduced air cargo capacity impacting accuracy of shipment dates and increasing shipment lead time and costs.

This was received from one of our vendors. Placing orders today can be met w shipping dates of late June and beyond. If you're considering purchases of electronic equipment—computers and otherwise—be prepared for potential challenges with availability and delivery, both in time and cost.

Don't delay until the last minute if you're looking to replace any equipment that relies on chips (integrated circuits), extended shipping, or labor shortages. Hi-end technology, such as computers, servers, and networking devices almost always rely on the combination of factors.

We will continue to do our best to assist in navigating product selection and working w our vendors to get timely delivery.

Dan

**NEED REMOTE IT  
SUPPORT AT YOUR  
HOME?**

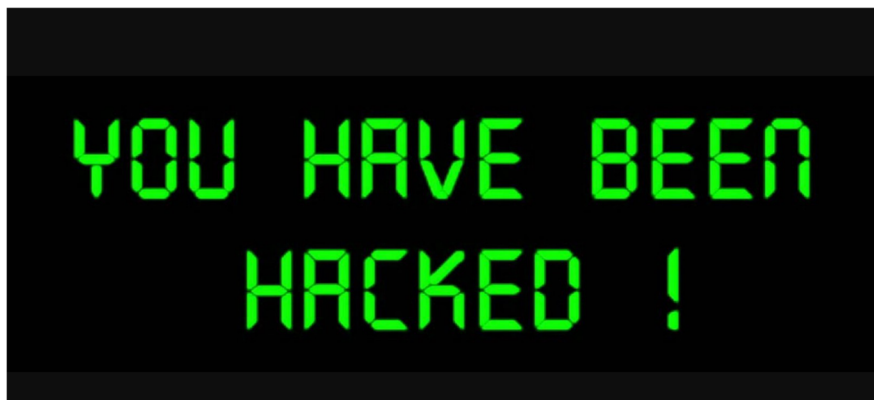
Call us about our residential  
service offering.  
**907-885-0500**

## Busy time —for hackers!

*"Hacking forums and Dark Web marketplaces are overflowing with email address and passwords that have been stolen or that leaked from improperly-secured servers.*

*Password re-use is still incredibly common. It's estimated that nearly 75% of us do it — despite 91% knowing that it's a dangerous habit. Cybercriminals are well aware, and they routinely exploit our poor password choices."*

**Every day there is more info about hacks, breaches, exploits, and other criminal activity that targets, wait for it: YOU.** The above quotes from [Forbes](#) point to the Geico breach. I predict our Dark Web Exposure reports about to sky rocket w added findings about how our clients and associates have had their personally identifiable information (PII) found on dark web.



Closer to home, **we've had two very significant attacks on state-run systems.** The **Alaska Court System was shut down** due to malware, and the **Department of Health and Social Services (DHSS) was breached.** DHSS is the home of vital records and likely contains PII about you and your family.

While [we can't protect Geico](#) or the state sites from being exploited, what we can do is help you. Protecting your data is increasingly more important than ever. Whether at work or home, we can help. Some of our suggestions are low cost or even free for you to implement. Other options require ongoing services and specialized knowledge. Yet the cost of failing to backup data or the continued re-use passwords can be incredibly expensive. Or to use old operating systems that are prime targets for malware, such as Windows 7/8, old smart phones, or Mac's.

**I will give you an hour of consultation in return for a donation to the Alaska Food Bank, AWAIC, or STAR.** In that hour, we will quickly review how you can best help yourself to be a better Netizen. It's your information and data. You're responsible, ultimately, for its protection. We're here to help.

**Call or text to 907-885-0500 to ask about getting  
your Free Consultation.**

**Or visit <https://dts-bcs.com>, <https://darkwebexposure.com>, or  
<https://protecttheclick.com> and fill out a request form.**

Dan Foote,  
President  
DanTech Services, Inc

## Shiny New Gadget Of The Month:

*"Main Reasons to Use Backup and Recovery Solutions"*  
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### Best Storage for iPhone and iPad: SanDisk iXpand Flash Drive

Sandisk's iXpand drives come in a range of capacities up to 256GB, and have a USB 3.1 port on one end and a Lightning port on the other.

This makes copying files easy, whether you're sending them between the iBridge and your phone or tablet, or to and from a laptop. The drive is very small and light, with two different options: one with a swivel cover, the other with a loop that sits behind the phone or tablet.

The swiveling model can be purchased with a USB-A to USB-C adapter, which lets you connect it to the latest laptops that only come with USB-C sockets.

The app is simple, but works well for moving photos and videos backward and forward between your iPhone or iPad and the iXpand drive. You can also set up automatic backups, and tell the app to automatically move new video files straight to the drive after shooting them.

The price is reasonable, with even the highest capacity typically costing well under a hundred dollars. That's enough to store photos and video for all but the longest trips or most avid photographers.



An [incremental backup](#) will only save the data that has been modified since the previous backup. This option helps reduce storage space usage and takes less time to complete. Business owners can also opt for image, file, or database backups. For best protection, use multiple types of backup and recovery management solutions.

The best-rated [backup and recovery solutions](#) are packed with features that will take your business to a whole new level.

Make sure you choose service that supports multiple platforms, such as MAC and Linux. This way, you can backup and restore data on any computer. Look for a plan that offers clear instructions on how to make a backup copy of your files. The process should be straightforward and easy to understand. This helps reduce workload and staffing costs.

### Here are main reasons to use backup and recovery solutions:

**Comprehensive data backup and recovery.** About [96 percent of all business workstations](#) don't use backup solutions. If something happens, their files will be lost forever. A major fire, ransomware attacks, or hardware failure can bring a business down. With backup and recovery solutions, it's no need to worry about these things. Your files will be stored in a secure environment that you can access 24/7. In case of an incident, you can restore data within minutes with minimal disruptions to your business.

**Cost savings.** Data loss is expensive. Not backing up your data could kill your business. Without a backup solution, it may cost thousands to recover lost files. Backup and recovery solutions allow you to save and restore data without the need for on-site hardware. This can save you a small fortune in the long run.

**Predictable backup pricing.** When you sign up for these services, you know exactly how much you'll have to pay. There are no hidden costs to worry about. Backup services are completely automated and can be customized to your needs. Most companies will charge a monthly or yearly fee, which allows for simple budgeting.

**Less storage and bandwidth.** Manual backups are time-consuming and take up a lot of space. Your servers might not be able to handle all the data. Backup and recovery solutions help reduce storage space and bandwidth. This leads to improved network performance and lower storage costs.

**Enhanced backup security.** Cloud storage services and other backup solutions boast advanced security features. These may include digital signatures, advanced encryption, and multiple authentication layers.

**Fast recovery.** The best recovery solutions allow users to quickly find and restore data. This helps eliminate downtime and keeps your business running smoothly. Downtime will result in business disruption, lost revenue, and decreased productivity. You may also lose business critical applications that make everyday operations possible.

**Increased competitive advantage.** Online backup and recovery make it easier to resume your activity when disaster strikes. No matter what happens, you'll have access to customer data and business transactions. Thanks to these services, you can access and use critical data without a hard drive. Moreover, your customers won't have to worry about security breaches. This will give you a competitive edge and allow for better customer service.

## Forward-Thinking Studio.



### Forgets Data Backup!

As they were nearing the end of production on Toy Story 2, a Pixar employee accidentally entered a delete command for one of the film's files. Problem was, the employee didn't specify which file in the folder to delete, and so the Linux system just started... deleting all the movies files! By the time the staff figured out what was happening and shut down the system before more content could be erased, **90% of the digital assets for Toy Story 2 were already gone.**

That led to an emergency meeting at the Pixar offices, where the execs probably shouted a lot of words that they'd never allow in one of their movies.

In that meeting, the film's supervising technical director had a light bulb moment. She gave birth to her son earlier in the year so the studio allowed her to do some of her work from home. That meant she had copies of most of the movie's files on her personal computer.

So she and a Pixar executive hopped into her car, which came to be known as the "\$100 million Volvo." They drove to her house, gently placed her computer into the trunk, and brought it back to the Pixar offices where the team restored most of the files for Toy Story 2. Phew!

Tens of millions of dollars of Pixar production work. Saved only because of a \$2,000 computer, and the birth of a little boy named Eli. This story does underscore the need for more than just "data backup." Technically speaking, Pixar had been backing up its movie files on that technical director's home computer. But that's not a viable strategy, is it?

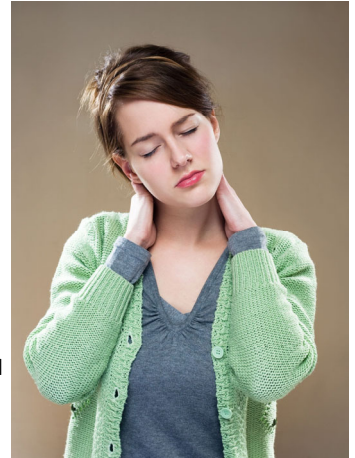
**Businesses need complete, end-to-end offsite data protection services.** That means redundant cloud backup, so even if one offsite backup facility has an issue, you can grab your data right away from another location. **It also means disaster recovery — full restore of files, folders, operating systems, or entire digital environments, to anywhere, within minutes if necessary.**

## Tech Neck Prevention Tips

Even pre-pandemic, Tech Neck was on the rise. Just as it sounds, **Tech Neck is a stiff neck, caused by fixed focus on a technology tool.** Then the pandemic came, and employees began working remotely. Students found themselves thrust into remote learning. That's how Tech Neck became an even bigger, well, pain in the neck.

**What is Tech Neck?** *"Absolutely Tech Neck is increasing,"* said Dr. Brigitte Rozenberg, a southern California chiropractor. *"And it's not just because of everyone using cell phones, iPads and computers."* There are right ways and wrong ways to use technology when we work or play. *"When we're at home, the environment is not always the best,"* Rozenberg said. *"The setup may not be ergonomically correct, like it is in the workplace."* *"People aren't making sure that their eye level is in line with the screen,"* she added. *"If you're looking down at a screen, and not for a short period of time, you're at risk for Tech Neck."*

**Symptoms of Tech Neck.** A person may go to a doctor complaining of neck pain. Before arriving at a diagnosis of Tech Neck, information about the patient should be gathered. *"The first thing that's needed is a thorough history from the patient,"* Dr. Rozenberg said. *"There may be a pre-existing condition, such as an old injury from sports or a vehicle accident."* If you have a pre-existing condition, being vigilant about Tech Neck prevention is even more important, she said. *"Tech Neck is more likely to occur if there's a pre-existing condition,"* Dr. Rozenberg said. *"It wouldn't take much overuse, in a certain position, to aggravate it."* While Tech Neck may occur more quickly if a person has a pre-existing condition, it can happen to anybody. In younger people, Tech Neck symptoms only include tension headaches and jaw pain.



**Damage Caused by Tech Neck.** It's important to accept that Tech Neck isn't caused by the use of the technology. It's caused by the way we use it. Typically, using a cell phone or tablet, we are looking down to type and view at the same time. Our heads are heavy and designed to be carried directly on our neck. When we spend big chunks of time looking down, the weight of our heads strains our necks. *"Tech Neck can spread to the shoulders and back, where it can cause sharp pains and muscle spasms,"* Dr. Rozenberg said. *"It can cause disc problems and tingling in the arms and hands."* Tech Neck can also be the source of headaches. *"If you don't pay attention to the early signs and do something about it, it can become a chronic condition,"* Rozenberg said. *"It starts as a minor problem but if untreated it can become a serious problem."*

### Prevention Tips

**Bring Devices to Eye Level**—Change the position of object you are using, so that the screen you are viewing is at eye level. If you're using a PC or laptop, this is an easy fix. It can be as simple as adjusting the height of a chair or desk.

**Get a Phone or Tablet Holder**—Parents especially need to check how their children are positioning themselves when using tablets and cell phones. For example, if they are watching a lengthy video or movie, they shouldn't be looking down at the screen.

**Take Frequent Breaks**—Take a short walk, even if it's just around the room. Stretch your upper body, especially arms and neck.

**Exercise**—Yoga and Pilates are especially effective in combating Tech Neck, due to the emphasis on gentle stretching.

**Get Frequent Massages**—"Getting a massage used to be thought of as a luxury," Dr. Rozenberg said. "But now, a massage is truly a necessity."

**Seek a Chiropractor or Acupuncturist**—Both those treatments are like a reset button for the body.

**Don't Neglect Symptoms**—If you feel pain, stop what you're doing. Take time to stretch.