

## Get Outdoors

### Sail Ahead with Technology

The winds of change are a given in sailing. A good sailor adjusts their sails, tacks and jibes to change directions or sometimes even drops sail in order to get where they want to go. It's the same with technology in business—technology is constantly changing. Every day, new competitors are disrupting industries by leveraging new technologies and processes.

In order to reach your desired destination, you must choose a course and set sail. In sailing, you first put up your sails. Most sailboats have at least two sails—a mainsail and a foresail—which interact together. When set properly, together they produce more force to pull the boat than the sum of their forces if they were each alone. So, the selection and trim of the sails is critical. Similarly, your selection of technology can either work together with your people to pull your business forward or it may even slow you down or put your business at risk.

When making technology decisions, it's important to determine the value it is going to deliver to the organization. The value could be a basic employee productivity increase, the ability to deliver a higher quality service or ensuring the security and integrity of your corporate information. In short, the new technology should solve a problem that you are experiencing or prevent a problem from occurring.

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Today's technology is more modular, and as a result, can be more flexible. For example, many business applications are now available as smartphone apps whether it is your basic email and word processing such as Outlook and Word or your line-of-business software that has all your client information from cradle-to-grave. At IT Radix, our line-of-business applications integrate together to allow us to access not only basic contact information, but more detailed information such as service agreements stored in SharePoint, specific technology configuration data about network devices, billing information and much more. While our line-of-business application is geared to those in the information technology industry, it is flexible enough to connect with different providers for specific components that we use and support. You want to avoid locked-in situations where a single vendor has control over ALL your interactions. Look instead for technologies that easily integrate and work together.

When it's time to make a technology change, it's important to engage your team to ensure success. When sailing, especially on the large racing boats, the entire crew gets involved in trimming lines, changing sails, and more. In your organization, be sure to ask your team what things they like and dislike about the current technology and systems, what would make

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### Hot Topics

**Verizon Corporate Classic**  
The IT Radix team is pleased to participate in the Verizon 5K Corporate Classic on Thursday, July 18, to benefit our client JBWS.

#### Travel Advisory

**Make sure network is legit.**

Be careful when traveling and using public Wi-Fi. Don't assume that a hot spot is real just because the name that pops up in your phone *looks* correct.

If you're at a hotel or café, ask a manager to confirm the name of its network.

#### Sailors Take Warning

Windows 7 and Windows Server 2008 will reach their end of life within the year. Be proactive and take advantage of our special offer on Page 3 to ensure smooth sailing ahead.

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

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More free tech tips at:  
[www.it-radix.com/blog](http://www.it-radix.com/blog)

## What's Under the Surface



It's difficult to see what's lurking deep inside your computer. If your computer is taking longer to boot up, running slower or beginning to crash, you may be in troubled waters. Let's take a deeper dive into what's going on beneath the surface of your computer and explore a few telltale signs that may indicate trouble ahead.

### My computer takes *forever* to warm up in the morning!

Over time, computer hard drives process an incredible amount of data. All the data you save or reference, applications you run and changes you make are stored here. Over time, you may notice it takes longer and longer for your machine to warm up, especially when you power on for the day.

Unfortunately, drives don't last forever and slow boot times, intermittent application crashes, and long load times can be a red flag indicating your drive is on its way out. If your machine is exhibiting these symptoms, it may be time to consider upgrading to a solid-state drive (a more modern and faster version of older hard drives) or replacing your machine altogether.

### My computer is hot, and the fans are loud!

Hard drives aren't the only component to go over time. Our next stop is your computer's processor—the center of the machine that orchestrates every action your device makes. Your processor relies on other components in your system to run smoothly and *coolly*. That means if your fans sound like a motor boat preparing to leave the dock, it may be an indication that your machine is running hot.

This is especially true for laptop users since these machines are compact and have less room to "breathe". If your machine is ever hot to the touch or constantly running warm, make sure your fans are working and none of the vents are covered!

### My email is slow, documents take forever to open, and all my programs are crashing!

The hardware we covered so far contributes to the quality and convenience of your user experience, but even the best hardware can't outperform an infected system. Whether your machine is top of the line or recently purchased but slowing down, consider running a malware scan and cleaning out your machine's temporary files and cookies.

There isn't a one-size-fits-all solution to a failing hard drive or corrupted software programs. However, a good rule of thumb for when your machine slows down is to check if your machine is under warranty—if it's around four or five years of age, consider replacement.

Need help diagnosing computer sharks that may be hiding beneath the surface? Send us an SOS, and we'll throw you a line!

## Welcome!

A warm welcome to our newest  
Management and Support clients:

*Community Health Law Project  
Fullerton Grounds Maintenance  
Paramount Cosmetics*

Remember, **IT Radix** is here to service  
all of your technology needs!

## Sail Ahead With Technology



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their job easier or more effective and when changing the technology, give them access to training and an opportunity to input on future technology choices.

Just like in sailing, it's important to plot your technology journey before you start. Many of our clients are migrating to Windows 10 and Office 365, and we partner with them to develop a course to get them there. Often, it starts with end-user machines but quickly evolves to email, file sharing, collaboration and more. Sometimes, course corrections are required along the way. Having a strong, knowledgeable partner that shares similar business values can help ease your voyage and sail your business on to success.

Let IT Radix pave the way for smooth IT sailing ahead!

**OUR CLIENTS  
SPEAK OUT:**

## THE BUZZ

*"The Northern New Jersey Council BSA appreciates the partnership with IT Radix in helping and supporting us administratively to make our critical IT process work and flow efficiently. The Northern New Jersey Council BSA serves over 16,000 youth. We operate five summer camp programs and one weekend facility. The youth in our Council earned over 12,500 merit badges in 2018 alone!"*

Eric Chamberlin, Deputy Scout Executive/COO — Boy Scouts of America, Northern New Jersey Council



## Fore!

The New Jersey State Golf Association has been teeing up for success since 1900.

The non-profit organization is dedicated to promoting and preserving the traditions of the game of golf throughout the state of New Jersey. The NJSGA consists of over 250 public and private member clubs, courses and organizations representing nearly 65,000 members.

Since 1947, the NJSGA has provided over \$14 million in college grants and scholarships to over 3500 students through their Caddie Scholarship Foundation. Each year they award approximately 150 scholarships to deserving caddies. This is their way of showing appreciation and support to the future golfers of New Jersey.

In addition, the NJSGA's Youth Foundation supports both sport and non-sport youth associations in New Jersey. They recently pledged \$80 thousand to the ARCS of Essex and Union Counties.

Learn more about NJSGA's philanthropic work at [www.njsga.org](http://www.njsga.org)

Proudly folded & stuffed by ESC School of Morris

## SPECIAL OFFER



Smooth Sailing Ahead!

Windows 7 and Windows Server 2008 will reach their end of life within the year. Let's get moving early and migrate to Windows 10 to ensure smooth sailing ahead. Our goal is to provide you with the knowledge and support needed for a smooth, 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 August, you'll receive a discount of up to 10% off the labor!

## Rugged Technology

Summer is here, and it is time to get outdoors. And if you are like most of us, you will be wanting to take your technology with you when you go. But how do you keep it safe? So much of our outdoor equipment is specifically designed to endure the punishment of the outdoors but what about our tech?



Many of us here at IT Radix love to hit the trails on our bikes when the weather gets warmer. However, when we hit the trail on today's mountain bikes, they bear little resemblance to the Huffy bicycles back in our younger days. Today's mountain bikes have shocks, springs and titanium components all to help survive the rigors of a mountain trail. Now, just because our Huffy bicycles don't have all of these "ruggedized" components doesn't mean that we can't hit the trail on these too. It just means that we might need to take a few more precautions to ensure these vintage bikes survive the trip. The same can be true for our technology.

There are certainly "ruggedized" technology, laptops and tablets and such all specifically designed to endure their specific environments—the high heat of a factory floor or the drops and bangs of a power company linemen. Most of us don't really need these specialized pieces of equipment, but we still need to keep our equipment in one piece when we hit the trail. So, what to do?

One of the best things you can do to help your laptop survive the rigors of mobility is to replace the standard hard disk drive with a solid-state disk (SSD).

Well, fortunately, there are some things we can do to ensure our tech stays safe as we head outdoors. Let's start with what is likely your largest and most expensive pieces of equipment...your laptop. One of the best things you can do to help your laptop survive the rigors of mobility is to replace the standard hard disk drive with a solid-state disk (SSD). These drives not only offer a significant performance boost to your laptop, but they are also much more rugged than their traditional counterparts as they have no moving parts to get bounced around and are less likely to be damaged if they are dropped or bumped. Additionally, if you are going to hit the trails with your laptop this summer, please don't forget to put it in a suitable case or bag as well. The newer backpack style laptop cases not only offer great protection for your investment, they also allow you to stay mobile and active.

When it comes to your smaller pieces of tech, tablets and phones, there are a lot of great options here too. The simplest is a screen protector. I see so many people today using phones with broken screens; it's kind of sad. This can easily be avoided with a \$5 screen protector. Once attached, if your phone or tablet does take a dive, the screen protector may get damaged, but it will save the screen. The screen protector can be replaced easily and inexpensively. When it comes to smaller tech, let's not forget to put them in a case. There are so many options here, we're sure there is something to fit your lifestyle and activity level—slim cases that will still let you slip your phone in your pocket to fully-armored and waterproof options that might add some size and weight to your device but will keep it safe under most conditions.

Many of the items mentioned are readily available at your favorite retailer. Contact us for additional tips on protecting your valuable tech investment. We're here to make IT work for you no matter what the terrain!

"I set sail, not to sail the seven seas, but to enjoy what life has to offer."

— Anthony T. Hincks



"My doctor says I need more fresh air and sunshine. I wonder if there's an app for that?"

From the desk of: Cathy Coloff  
Subject: Come sail away with IT Radix!



I've been sailing on and off for most of my life. My family first started sailing when I was 6 or so and living in North Carolina. We had a small daysailer that we took out on a local lake. I'm not sure how my Dad stumbled upon sailing having grown up land-locked in Montana, but sailing turned out to become our family's equivalent of "Jersey shore" weekend trips. There were times where I was happy to trek to the lake and later the Pamlico Sound area for a weekend of sailing, and other times I dreaded it.

For a kid, sailing can be kinda boring...especially when the winds are poor, it's blistering hot, or you can't swim because there are too many stinging jellyfish in the water. Those were the times when I wanted to be on a speedboat and water skiing—skipping across the waves feeling the water spray on my face. While I never really got to do that, we did have some great family trips in our larger sailboat, essentially camping on water along the NC coast. We even had our fair share of memorable sails with strong winds or stormy weather crossings. As I've grown older, I've come to appreciate the gentle breezes, the sounds of the water lapping against the hull of the boat, heeling hard to left or right and sometimes just drifting along trying to harness the wind in our sails.

What does any of this have to do with technology? Very little but sailing with my family is part of what made me who I am. So, as you're out and about this summer doing things with friends and family, I challenge you to think about what you're doing, whether it's sailing, swimming, mountain biking (or none of these at all) and enjoy everything life has to offer.



### Enter and Win Trivia Contest

The first person to send an email to [resource@it-radix.com](mailto:resource@it-radix.com) with the correct answer to our trivia question will win an REI gift card.

Q: What is the name of the trophy awarded to the winner of the America's Cup sailing race?

#### April Trivia Challenge

Q: Which web browser was the first to use cookies?

(Answer: Netscape)

Congratulations to Bruce Stone of Prudential, recipient of a Dunkin' Donuts gift card.

## A Breath of Fresh Air



Studies support that fresh air, surrounded by nature, increases energy. "Nature is fuel for the soul," states Richard Ryan, researcher and professor of psychology at the University of Rochester. "Often when we feel depleted we reach for a cup of coffee, but research suggests a better way to get energized is to connect with nature." Getting outside for a breath of fresh air is good for your mind, body and soul:

**Mind** – More oxygen results in greater brain functioning, improving your concentration skills and providing you with more energy. After spending time outside, you return feeling brighter and ready to tackle your next project.

**Body** – Fresh air improves your blood pressure and heart rate. It increases the flow of oxygen helping you digest food more effectively. A simple walk outside strengthens your immune system. "Exercise leads to an increase in natural killer cells, neutrophils and monocytes, which ultimately increases immune function," states Ather Ali, Yale-Griffin Prevention Research Center. And, don't forget what we learned back in elementary school...trees use photosynthesis to turn carbon dioxide into oxygen and also remove pollution from the air. Fresh air improves the cleansing of your lungs as you release airborne toxins from your body when exhaling.

**Soul** – Breathing fresh air increases the amount of serotonin (happy hormone) you inhale. Science suggests that you really should stop and smell the roses—the smell of them promotes relaxation and the smells in fresh air diminish stress and increase happiness.

So, the next time you're planning a quick bite of lunch at the office, end with a brisk walk outside so you'll return fully charged and ready to get back to business.