



July 2011

CadréNET

Maximize your IT investment value.

Innovations



An ounce of prevention

Install smoke alarms

Place fire extinguishers and learn to use them

Keep your office clear of clutter and keep pathways clear

Don't overcrowd plugs into outlets or power bars.

Allow space and air around equipment like computers and copiers

Smoke in designated areas and use safe ash containers

FIRE: The common disaster

While disasters of many kinds have been in the news in recent months, the single most common disaster threatening businesses remains fire. Each year fires cause thousands of deaths and injuries and billions of dollars in damage. Companies often prepare for the huge disasters but forget the everyday challenges, which can be just as crippling.

The U.S. Department of Homeland Security maintains a website called *Ready Business*. Launched as part of a larger preparedness effort to empower Americans to prepare for and respond to emergencies, the website focuses

specifically on business preparedness. *Ready Business* helps business owners and managers prepare for an emergency.

Here are some of their specific recommendations for fire emergency preparedness:

- Have your facility inspected for fire safety to ensure compliance with fire codes and regulations.
- Install smoke detectors and fire extinguishers in appropriate locations.

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Some suffer 3-D effects, do you?

Do you get seasick? Does riding in a car on a curving mountain road make you uncomfortable? You may find 3-D movies and television difficult to watch.

Optometrists say as many as 25% of viewers have problems watching 3-D movies and TV, either because 3-D causes eyestrain or because the viewer has difficulties with depth perception or balance. In the worst cases, 3-D makes people queasy and dizzy, or gives them headaches.

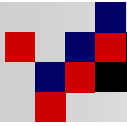
The entertainment industry is aware of the problem but they're moving ahead with ambitious plans to develop more movies and TV

shows in 3-D. Theaters and TV makers are spending billions of dollars to upgrade their infrastructure for 3-D. Some cable and satellite stations already offer some programming.

Consumers seem a bit more cautious. Even with hugely popular 3-D movies such as "Avatar" and "Toy Story 3", people spent slightly less overall at the box office last year than the year before. Shipments of 3-D TV sets were sold at levels below forecasts, at just under 1.6 million units.

Research into how today's 3-D screens affect viewers is only in its early stages. There have

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Preparing for the worst, continued...

(Continued from page 1)

- Consider fire sprinklers, fire hoses and fire-resistant doors and walls.
- Establish a system for warning your employees, including those with hearing impairments or other disabilities and those who do not speak English.
- Plan and practice how people will evacuate in a fire. You'll need a full evacuation plan and an assembly location a safe distance from the facility.
- Have important data backed up to a location off your site, and have a tested process to restore data when and where you need it.

If your business suffers a catastrophe, you may need to re-establish operations in a temporary facility, or even in corner of your facility during repairs. Move quickly. Statistics show ninety percent of companies fail within a year unless they can resume operations within five days. Offsite backup and storage will preserve your critical data in case of fire or other catastrophe.

When assessing options to backup and restore your data, consider options that keep data secure under all circumstances. Look for options that include accreditation to industry standards and secure disposal/erasure of old backups for privacy.



Testing is a critical component of your preparation. How long would it take to get your business data up and running again, and what would be required to achieve that goal? Make sure your plan includes testing your entire preparedness plan once per year. You may want to test your backup and restore process once per quarter.

Preparing your business for a disaster can be overwhelming. Most business owners do not have the background to design and test a disaster response plan, nor do they have the time to invest in the design or testing. We specialize in helping our customers prepare for catastrophe. More importantly, we help you assure that can recover and get back to business. Call us for an assessment today.

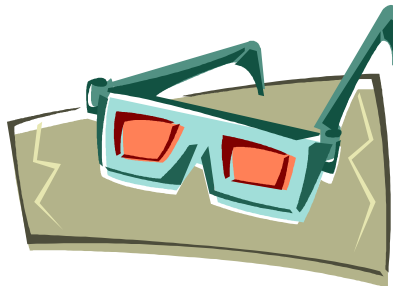
3-D "special" effects, continued...

(Continued from page 1)

been no large-scale scientific studies. TV makers have conducted studies but they have not published results, although there are warnings posted on some maker's websites. Nintendo Co. warns children under 7 shouldn't play with its upcoming 3DS handheld game system with 3-D technology, because it might affect vision development.

3-D screens and glasses create the illusion of depth by showing different images to each eye which tends to make our eyes cross and work extra hard to focus. This causes some of the discomfort and fatigue common with the technology.

Movie producers are working to minimize eye strain. The creators of "Avatar" avoided gimmicks such as objects suddenly appearing to jut out of the screen, and saved the special effects for certain action scenes, causing less strain for audiences.



Researchers are working on many new technologies that will give us 3-D images without strain. Until then, optometrists recommend if you feel ill when watching something in 3-D, sit as far from the screen as possible. You can also try closing one eye or putting a patch or piece of paper over one eye so 3-D goes back to plain old 2-D.

Formatting using Word's "Paste Special" feature

Copy and paste is a common function when editing in Word. You can better control exactly what you paste from your copying by using then Edit, Paste Special menu.

By default, when you Paste in something you've copied, Word will keep the source formatting. That may be fine when you're working completely inside a Word document but if you're pasting something from the internet or from another application, you may want to eliminate formatting. Here's how:

Select the content from your source (a website, for example) and use the [Ctrl]+C keystrokes to copy the content to the clipboard. Switch to your Word document and place your cursor where you want to add your content. Select the Paste Special menu, and select one of the options:

- Formatted text retains the source formatting, it's the same as using the Paste menu or [Ctrl]+V.
- Unformatted text will paste only the text. It eliminates formatting from the text and uses your document's default style instead. It will not bring in any images you've selected. This is the most commonly used option but you may want to explore the others available.

If you do a lot of pasting into Word from the internet or other sources using Word 2007 or 2010, you can change your default paste setting to be your most used setting.

- Click the File tab or Office button.
- Select Options (or Word Options at the bottom)
- Select Advanced in the left pane.
- In the Cut, Copy, and Paste section, choose from the pasting options. You'll have a number of options to control the pasting default for several situations.
- Click OK.

You can control pasting when you're working inside your open document, when you're working between Word documents, and when you're working with other sources such as Internet Explorer. Making the right selections could save you a lot of time in working with documents.

Unfortunately, Word 2003 doesn't give you quite as much control. From the Tools menu, choose Options, and click the Edit tab. In the Cut And Paste section, click the Settings button and make your selections.

American Ingenuity

The Space Shuttle Program ends soon but Americans continue to benefit from more than 100 technology spinoffs in many areas of life. Here are some highlights:

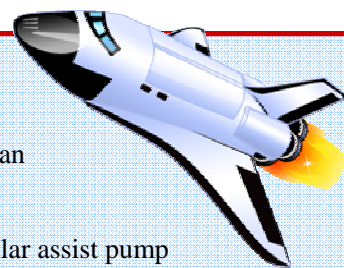
Artificial Heart - Shuttle fuel pumps led to the development of a miniaturized ventricular assist pump that's two inches long, weighs less than four ounces, and is currently undergoing European clinical trials.

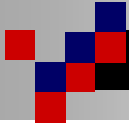
Infrared Camera - A sensitive infrared hand-held camera that observes the blazing plumes from the Shuttle now helps point out hot spots for firefighters in wildfire situations.

Infrared Thermometer - Infrared sensors developed to remotely measure the temperature of distant stars and planets led to the development of the hand-held ear thermometer.

Land Mine Removal Device - A flare device, using leftover fuel donated by NASA, is placed next to an uncovered land mine and is ignited from a safe distance — the explosive burns away, disabling the mine.

Vehicle Tracking System - Tracking information originally used onboard Space Shuttle missions now allows vehicles to transmit a signal back to a home base, helping track emergency vehicles taxis, and armored cars.





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Inquiring Minds...



Tablets as TV Tablet computing is not just a fad but a rapidly growing trend among consumers, according to a new study about the proliferation of personal

tablets and smartphones in North America. USC Marshall Institute for Communication Technology Management projected tablet ownership in North America will increase from 8 percent in 2011 to 27 percent in 2012. The biggest growth in tablet users will be among 13-44 year olds.

These users increasingly want to control what they watch by using the device in the future as an alternative to traditional television. With Netflix, Hulu Plus and other TV apps providing programming, it is easy to imagine people using a tablet with their Wi-Fi connection to watch TV. It will be interesting to see how the cable companies respond to this new trend!



Kindle is a knock-out What paperback will you carry to the beach this summer? Seems many of us won't be carrying a paperback at all. Amazon has announced that Kindle ebooks sales have now surpassed

sales of print books.

Last summer Kindle ebooks began to outsell hardbacks. This winter Kindle overtook sales of paperbacks. Today,

less than four years after the Kindle was released, Kindle books now outsell print books, both hardback and paperbacks combined. Amazon's advertising-supported Kindle edition (called Kindle with Special Offers) is the best selling device and is priced at only \$114. Many may mourn the demise of the printed book but it will undoubtedly save at least a few trees.

Do not call them by name This spring, the French government decreed radio and television news anchors are no longer allowed to say the words "Facebook" and "Twitter" on air, unless the terms are specifically part of a news story. They cite a law which forbids the promotion of commercial enterprises on news programs.

French news organizations can no longer urge their audience to "follow me on Twitter" or check out my Facebook page, " but must instead urge users to visit their webpage to find the appropriate social networking links.

The French TV regulatory agency is just upholding its laws. They don't want to give preference to any particular social network site. But the rule is difficult to apply since both Facebook and Twitter have become commonplace.

It will be interesting to see if the ban achieves its goal of less airtime for the social networking brand names, or if it serves to further emphasize their popularity.