



Digital Integrated Systems

# KEEPING YOUR TECHNOLOGY

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## OCTOBER 2019 | NEWSLETTER

- 3 Ways Hackers Use Your Employees to Their Advantage
- Get to know your technician
- Cyber-security tip
- Aside from being your technology experts, the DIS employees love to cook. Check out Christine's recipe of the month!



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### 3 WAYS HACKERS USE YOUR EMPLOYEES TO THEIR ADVANTAGE

1. **Phishing:** Most business professionals are familiar with the concept of phishing, but not everyone is able to successfully sidestep an attack. Phishing attacks usually come at you via email and attempt to gather information about you or your business illegitimately.
2. **Exchanges:** Whether it's on a website, through email, or in person, a criminal practicing social engineering might offer you something in return for information.
3. **Sneaking:** Some criminals will resort to lightweight espionage to get what they want, and they rely on the human element to help them do this. And this isn't as difficult as it seems, either. If the building is locked by keycards, a criminal can just wait until a polite office worker decides to hold the door open for the person behind them. Everyday interactions and simple observations can tell the common hacker more than you might think.

### EMPLOYEE SPOTLIGHT

Nathan has been at DIS since 2007. He is married to Cheryl and they have 3 kids: Nicole (10), Collin (7) and Kyle (4). Cheryl works for a company that sells wires and cables. Nicole loves to play basketball and soccer, Collin loves video games and soccer, and Kyle loves to eat and play video games, but don't try to make him take pictures or get ready for school because he's not about that! Nathan enjoys working on cars and anything else mechanical, going on family vacations, hiking in the Metro Parks, and family walks around their neighborhood.



## CYBER-SECURITY TIP

Never login to your accounts from an email link. Always open a new browser and type the company URL and login from their website.

CHRISTINE'S RECIPE OF THE MONTH: ★★★★★  
PHILLY CHEESESTEAK STUFFED PEPPERS



## INGREDIENTS:

- 4 medium bell peppers
- 1/3 cup of diced yellow onions
- 2 garlic cloves, minced
- 1/4 cup low sodium beef broth
- 6 oz sliced baby bella mushrooms
- 1 lb thinly shaved, deli roast beef
- 4 tbsp low-fat cream cheese
- 4.1 oz slices reduced-fat provolone cheese

## DIRECTIONS:

1. Preheat oven to 400 degrees F
2. Slice peppers in half lengthwise, remove ribs & seeds, & set aside.
3. In a large skillet, saute onions & garlic in broth over medium-high heat for about 5 minutes, or until onions are translucent. Add mushrooms, and continue to cook until mushrooms are tender.
4. Mix in roast beef and heat through, about 3-5 minutes. Remove skillet from heat, and stir in cream cheese.
5. Line each bell pepper with a quarter slice of cheese. Next, fill each pepper with an eighth of the roast beef mixture, then top with another quarter slice of cheese. Repeat for remaining bell pepper halves. Bake for 15-20 minutes until peppers are tender and cheese on top is melted and bubbly.