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NOVEMBER 2019 | NEWSLETTER

- Disney+ accounts on the Dark Web
- Get to know your technician
- Learn a new keyboard trick to make your life easier
- Take a look at Lisa's delicious recipe of the month, you'll definitely want to try this!

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DISNEY+ ACCOUNTS ON THE DARK WEB!

As many of you may have heard, Disney+ is a new video on demand streaming service with nearly 500 movies and 7,500 episodes of TV. Although this is a very exciting time for the public, hackers have hijacked thousands of Disney+ accounts, and have them for [sale on the Dark Web](#).

So... What should you do?

1. If you have a Disney+ account, change your password ASAP!
2. Never use the same password for multiple accounts. If you use the same password for Disney+ as other accounts (such as other streaming services, your bank account, etc.), contact DIS now for assistance in protecting your accounts.

EMPLOYEE SPOTLIGHT

Arion has been at DIS for one year and three months. Aside from fixing our latest technology problems, he enjoys reading, listening to podcasts, and gaming with friends. Arion is also quite the dodgeball expert as he rocked the courts during his first two years at Kent State. Since he couldn't go pro in dodgeball, he began cheering for the Kentucky Wildcats and his favorite eSports team, 100 Thieves.

Arion is also working to complete his latest technology endeavor. He has recently begun an extensive training course for Microsoft Azure to better serve you.



KEYBOARD TRICKS

Leaving your desktop unattended comes with many security risks. Quickly lock your desktop by holding the windows key + L.

LISA'S RECIPE OF THE MONTH: ★★★★★

BAKED CHICKEN ALFREDO & SPAGHETTI SQUASH



INGREDIENTS:

- Chicken breast
- Chicken broth
- Spaghetti squash
- Olive oil
- 1/4 cup butter
- 1 cup heavy cream
- 1 clove garlic, crushed
- 1 1/2 cups freshly grated Parmesan cheese
- 1/4 cup chopped fresh parsley
- Salt & pepper to taste

DIRECTIONS:

1. Preheat oven to 400 degrees
2. Season chicken breast with cilantro, salt & pepper to taste. Spray baking dish with non-stick. Add broth to baking dish to keep chicken moist. Cover with foil.
3. Cut spaghetti squash in half and remove the seeds. Coat inside of squash with olive oil and season with salt & pepper. Spray baking sheet with non-stick and place squash.
4. Bake chicken for 40 minutes and remove
5. Bake squash for 50 minutes
6. Use fork to pull apart inside of spaghetti squash
7. Sauce: melt butter in a saucepan over medium low heat. Add cream and simmer for 5 minutes, then add garlic and cheese and whisk quickly, heating through and stir in parsley.
8. Place chicken on top of spaghetti squash and top with Alfredo sauce.
9. Enjoy!