

THE NetworkGuy

FEBRUARY 2022 \ VOLUME 3 \ ISSUE 2

What's Inside...

[Learn from The Network Guy](#)

[The Network Guy Quiz Challenge](#)

[Top Networking Jobs](#)

[A Visionary Moment with John Walson, Sr.](#)

[Team Sports are Good for Your Health](#)



Learn from The Network Guy

What basic steps should I take to maintain the security of my PenTeleData account?

The Network Guy:

At PenTeleData, we take account security very seriously. To ensure that your computer and account remain safe, we strongly recommend following these steps regularly:

1. Check for viruses and malware. Run a scan on your computer with trusted anti-virus and anti-malware software. If the scan detects any suspicious programs or applications, remove them immediately.
2. Perform regular operating system and browser updates. Whether you use Windows or Mac OS, we recommend enabling your automatic update setting, and updating when you get a notification. To check for browser updates in Internet Explorer, select the Tools tab and click Windows Update. In Firefox, just click the Help tab and select Check for Updates. Note that Google Chrome automatically updates to a newer version when one is released.
3. Never use your PenTeleData Account password on another website. If you enter your password in an external website and it's compromised, someone could try to sign in to your PenTeleData Account with the same information.
4. Protect your password. Never enter your password after following a link in an email from an untrusted site. Always go directly to promail.ptd.net or www.ptd.net. Also, never send your password via e-mail. PenTeleData will never request your password or other sensitive information by email.
5. Use SSL on mail clients on all devices to access your e-mail. Especially on mobile (cellular) or Wi-Fi devices.

You should also be sure to:

- > Never tell anyone your password; if you do tell someone, change it as soon as possible.
- > Use a strong password and don't write it down or send it via e-mail.
- > Run security scans and change your password immediately after noticing any changes in your account that you didn't initiate.
- > Always sign out of your account when you're using public computers. Just click your name or e-mail address at the top of the page and select Sign out.
- > Clear forms, passwords, cache, and cookies in your browser on a regular basis, especially on a public computer.
- > Use secured Wi-Fi access points, and lock your screen or device, especially in public settings.

You should perform these steps more frequently if you begin to notice suspicious behavior in your computer, such as general slowness and pop-up advertisements.

If you believe that your account has been compromised, please reset your password immediately.

The Network Guy Quiz Challenge

PenTeleData is giving one lucky winner a \$150 Amazon Gift Card.

Just visit www.ptd.net/quiz-challenge by **February 28, 2022** to answer the question below. We will select a winner at random from all correct entries. **Good Luck!**

Which of the following is important to protecting the security of your PenTeleData account?



Top Networking Jobs

Computer networks are critical parts of almost every organization. Network and computer systems administrators are responsible for the day-to-day operation of these networks. Some support information technology (I.T.) employees within their organization, while others assist non-I.T. users who are having computer problems. Here are a few of the most popular:

- Network Engineer
- Field Service Technician
- Network Technician
- Computer Technician
- Computer Support Specialist
- I.T. Technician
- Information Systems Technician
- I.T. Specialist
- Network Administrator
- Systems Administrator

If you're interested in the career opportunities at PenTeleData, please be sure to visit our latest job postings at www.pencor.com/careers.

"For every minute, the future is becoming the past."

- Thor

A Visionary Moment with John Walson, Sr.

"Leadership is the capacity to translate vision into reality."

- Warren G. Bennis

By definition, a visionary is someone who plans for the future with wisdom or knowledge. When John Walson, Sr. had a vision to provide channel reception for customers coming to his appliance store to buy a television, he knew it would be the start of great things to come. Still, in hindsight, who could have known how true his predictions would become? In 1970, when "The Founder of Cable Television" participated in a recorded interview with researcher Mary Alice Mayer (and available online at The Cable Center Barco Oral History Collection), Mr. Walson was asked about the future of the CATV system and how it could enhance communication between a center hub and outward points. Part of his response was, "Colleges will teach their students through these cable facilities as long as there's a camera in the home and a camera in the college, you could have two-way communication between the two points and ask questions and see each other."

PenTeleData was founded with the initial intention of connecting colleges and universities in the Lehigh Valley, exactly as Mr. Walson had envisioned. Fast forward to today, and it's clear to see how extraordinarily accurate his prediction would become! From virtual learning to working from home, the endless opportunities that came from running a cable from the top of the mountain was definitely the first step to some major successes!

If you'd like to listen to interview in its entirety, visit <https://www.cablecenter.org/the-barco-library/the-hauser-oral-history-project/w-z-listings/john-walson-program-penn-state-collection.html>

If you haven't seen the newest addition on our website about our visionary founders, it's a must read! Just visit <https://www.penteledata.net/company/visionary-men-behind-good-community-and-communications>

Team Sports are Good for Your Health

Team sports can help you get in shape and stay that way, but researchers have found that sports are also a boost to overall health and well-being. They offer an opportunity to connect with people from different backgrounds, become part of a larger community, and several other holistic benefits, including:

Reduced obesity and increase overall health: Most people should get at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous-intensity exercise each week, which helps avoid such chronic diseases as diabetes, arthritis, and heart disease, according to The U.S. Department of Health and Human Services. But with work and life often getting in the way, it's sometimes easier said than done. Joining a local kickball, dodgeball or basketball league can help you commit to meeting those guidelines on a consistent basis.

Enhanced self-image: If you feel good about how you look, it may help you feel good about who you are. Athletes report fewer depressive symptoms, in part because of the positive social interactions that team sports create.

Improved endurance: Routine physical activity is key in building endurance and cardiac strength. In addition, exercise builds bone density and increases muscle mass — all of which contribute to optimal health.

Increased long-term happiness: Being a part of a team gives athletes a sense of belonging. The social interaction produces strong feelings of self-identity, which increases happiness.

Team sports make you smarter: Athletes often have higher GPAs than non-athletes. One study found that 97 percent of team athletes graduated from high school, which is 10 percent more than students who did not participate in team sports.

Improved multi-tasking: A study found a clear distinction between athletic performance and the ability to track multiple objects at the same time. The same skills you need to play a team sport are the same kind needed to drive a car or monitor complex activities at home and work.

Ability to accept praise and criticism and set goals: Athletes learn to accept coaching and feedback, both positive and negative. They also become accustomed to setting goals for themselves and their team. These skills follow them throughout life and in the workplace.