

Northern Computer

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"On behalf of the Kelowna Rockets Organization, I am pleased to recommend Northern Computer and their entire Organization for the impeccable level of service they have provided us over the last 16 years. Northern Computer is our exclusive hardware, software and technical support providers. We look forward to many more years of working with them!"

Anne-Marie

[Kelowna Rockets Hockey Club](#)

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Did you know...

67% of all internet users have

The holiday season is behind us and it is time to get our new year off to a good start. Maybe we'll take better care of ourselves and try to be a bit more organized.

For many of us, a great deal of time is spent at our computers and the improper setup of our work stations can cause great grief and strain on our joints. This month Dave has some tips on using your mouse to avoid repetitive strain on your wrist.

Organization! We all know that we should back up our important data, but maybe we don't know what we should back up and how to back up. Read on and I'll get you organized on this task.

Happy new year!

Backup - Disaster Recovery - Are you prepared?



In Information Technology, a backup or the process of backing up refers to making copies of data so that these additional copies may be used to restore the original after a data loss event.

Backups are useful primarily for two purposes. The first is to restore a state following a disaster (called disaster recovery). The second is to restore small numbers of files after they have been accidentally deleted or corrupted. Data loss is also very common. **67%** of internet users have suffered from serious data loss.

Since a backup system contains at least one copy of all data worth saving, the data storage requirements are considerable. Organizing this storage space and managing the backup process is a complicated undertaking. If you're like most computer users, you know that a backup is a necessity, but like most, you also don't have either the time or knowledge to perform one. In the modern era of computing there are many different types of data storage devices that are useful for making backups.



One of the options that we offer at Northern Computer is Offsite Online Backup. Your important information can be anything from your business files to the cherished photos of your family. Our online backup service is:

Safe - Your information is first stored in a secure data center. From there your data is replicated to a second secure datacenter in a different city.

Secure - The online backup data we send is safe from prying eyes. Your data is encrypted on YOUR computer...before it leaves. No one can access your files

suffered from serious data loss.



Automatic Backup
\$127.00 (250GB)

"Easier than making toast"

Keep checking for more office ergonomic tips on our blog



Click [here](#) to go to our blog

Microsoft Natural
Wireless Mouse 6000



MSRP \$89.95



without a secure password.

Easy - We can be backing up your files just minutes from now with our simple yet powerful online backup software.

- Janet F, Marketing Coordinator

Click [here](#) to finish reading the article.

Office Ergonomics - Mouse Clicks

Computer Ergonomics is concerned with potential and sometimes persistent injuries that can be caused by a person who uses a computer for a large part of their working day. On the scale of human history, the personal computer is a relatively new 'tool' that humans have had to get used to using. Computer ergonomics becomes important when you consider fingers moving around keyboards, eyeballs focusing on screens and hands wrapped around mice.

So today let's focus on the mouse. Did you know that a heavy computer user can click a mouse button over 6,500 times in a single day? Is it any wonder then that repetitive strain injuries are so common among office workers?



The mouse is one of the biggest culprits for injuries that physiotherapists treat. There are a few reasons for this - the amount of times that you click the mouse per day (i.e. the repetitious nature of using the mouse) and the position of the mouse. Often at the end of a long day when we are tired the mouse can tend to move further away from the keyboard. This can cause a huge amount of problems through the neck, shoulder and arm.

Similar to all other pieces of ergonomic furniture - there are a lot of mice on the market, trackballs, joystick mice, touchpad mice and just your standard looking mouse.

Choosing the right mouse for you is important

-Dave Pavlik, Account Manager

Click [here](#) to continue reading.

To access this tool go to your **Start** menu, select **All Programs**, the **Accessories** folder and lastly click on the **Snipping Tool**.

A window will appear with instructions to select the area that you would like to crop. Select the area clicking and holding down your left mouse and dragging around the area.

A new window will appear with your selection that you can send to an email or or save to a location of your choosing that you can later open and veiw as you would any other picture.

Now the next time that you are trying to explain something, you can take a screen shot to help with your explanation!

