



Your Free Monthly Shred News! September 2016

Your Monthly News & Updates

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Drop Box Hacked!

Last month file-hosting service, Dropbox, informed customers they must change their passwords due to a data breach.



This appears to be a result of the fallout of the major hack on LinkedIn in 2012. Dropbox did not realize the magnitude of the breach and forced relatively few password changes in 2012. Almost 69 million accounts have been affected with information stolen and subsequently traded online.

It's a good idea to use a two step verification process. It appears to make the job of a hacker much more difficult and can be as simple as receiving a text message with a security code.

Tips For A Child/Grandchild To Do Better in School!

Studies show that parents are greatest influence on children through age 18 - academically, physically, socially and morally. Here are some great tips to help your child or grandchild develop great habits:



- Develop a homework policy (no music or tv in the background - research shows multi-tasking in this way doubles the mistakes and time to complete)
- No television or playtime until school work is done, or limit to weekends
- Check homework to make sure it is finished & without careless mistakes
- Ensure school aged children get 9-12 hours of sleep each night
- Teach them priorities (homework first, then television, play or games)

[More Ways to Help your Child do Better in School!](#)

Start Using Greener Cleaners!

Did you know many companies use words like "eco," "natural" and "pure" when they haven't changed anything other than the label? We assume the chemicals designed to clean our houses are harmless. But are they really safe?



There are no regulations in place governing the companies that make these products so there is no legal obligation to disclose the ingredients they use. The omission of extremely toxic chemical combined with their new "green" labels creates the illusion that these products are safe when they're really not.

The items that give off the best scents typically have the most chemicals in them. The fragrant smell is the company legally hiding the scent of the chemicals the product contains.

[Click here to read about safer alternatives to the toxins you use in your home.](#)

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