

KEEP YOUR INFORMATION SAFE: TRAVEL TIPS FOR YOUR LAPTOP & MOBILE DEVICES



Summer is a great time to travel. But it's also when online thieves are looking to steal your data away from home.

So while having your smartphone or tablet stolen while on a trip might cost you hundreds of dollars for a replacement, losing the information stored on those devices could cost you far more.

According to *Reader's Digest*, old fashioned pickpockets are still a major risk when traveling to popular destinations.¹ They congregate where distracted people are carrying plenty of cash and small valuables. Operating in teams, they target obvious tourists, relieving them of wallets, cameras, and portable electronics.

That's bad enough.

But now with so many convenient apps on our devices, including shopping, banking, and sensitive information storage, losing a smartphone could give thieves access to your accounts back home.

Travel Raises Your Risk

According to security experts at Princeton University, just the act of traveling can pose significant risks to information stored on or accessible through computers, tablets and smartphones.

"Some of the risk is associated with increased opportunities for the loss or theft of the device and just merely the distraction of traveling. Additionally, our devices are put at risk because they will use networks that may be managed by entities that monitor and capture network traffic for competitive or malicious purposes."²

But that's no reason to stay home. If you follow basic safety procedures (things you should be doing anyway), you can protect yourself and your data.

8 Ways To Make Sure Your Devices and Data Are Secure

The Norton computer and data safety company has compiled a list of eight tips.

1. Lock Devices Down With A PIN

Most smartphones, laptops, and tablets come equipped with security settings that allow you to lock the device using a PIN number or fingerprint ID. Do this on every available device.

2. Be Cautious of Public Wi-Fi

Free Wi-Fi access is particularly vulnerable to security issues. Avoid unencrypted Wi-Fi networks and ask your hotel about its security protocol before connecting to the Web. Be extra cautious using Internet cafes and free Wi-Fi hotspots. However, if you must use them, avoid accessing personal accounts or sensitive data while connected.

3. Disable Auto-Connect

Most phones in the US have a setting that allows a device to automatically connect to Wi-Fi networks as you pass through them. Before you travel, change this setting so that your smartphone and laptop must be manually connected each time you wish to access the internet.

4. Minimize Location Sharing On Social Media

Just by posting about your every location, you make it easy for a criminal to determine that you're not in your hotel room or at your home, leaving your personal belongings within these areas vulnerable to a physical intrusion.

5. Install Anti-Virus Protection

In addition to using a trusted brand of security, make sure that you regularly update this software as new versions become available.

6. Update Operating Systems

Just like your anti-virus software, you should keep your operating system as current as possible. Also, take special care to update apps that you regularly use to conduct financial or personal business.

7. Update Passwords

Before you leave, change all of the passwords you regularly use. Once you return home, you can change all the passwords back.

8. Disable Bluetooth Connectivity

If your Bluetooth is left on, nearby assailants can connect to your phone and potentially hack into your device. Keep Bluetooth disabled as much as possible while traveling abroad.

You don't need to travel to far flung locations to put your data at risk. Thieves are just as happy to steal your information close to home. Take proactive steps to secure your devices and how you access information away from home to help make your summer trips are the fun rather than frustration.

Have a great weekend!

Golf Tip of the Week



How to Begin Your Golf Swing

Everyone knows you have to start at the tee to play a round of golf. It's where the game begins. It's the same with your swing. Players don't just grab a club, step up, and whack the ball, hoping it lands in a nice place.

The golf swing takes some planning and some focus.

Here is a good exercise to get you thinking about one of the most important aspects of golf:

Take a club, lay it on the ground, and point it in the direction of your swing.

This part of the exercise helps you align your swing with your target. Since you won't actually be hitting a ball in this part of the exercise, you may choose whatever target you'd like.

Put your feet in line with your club. Place your feet shoulder-width apart. After grabbing another club with both hands, extend your arms fully and stand up straight. Bend your knees to lower the club as if you were preparing to address the ball.

Here's where it gets tricky. Don't move for a few moments. Listen to your breathing and your heartbeat.

Are you breathing too quickly? Is your heart racing? Now inhale deeply; close your eyes. Why monitor your breathing? Slow, steady breathing helps you maintain your tempo.

Open your eyes. Focus on the spot you were expecting to address the ball. This is the point where you can start thinking about your swing—the quiet, confident moment.

Professionals understand—almost intuitively—when the time comes to hit the ball. Amateurs, on the other hand, spend too much time staring at the ball and overanalyzing the swing.

When the time comes, hit the ball. Don't second-guess yourself.

Tip adapted from Golfweekⁱ

Recipe of the Week



Philly Cheesesteak

Yields 4

Ingredients:

2 tablespoons olive oil
2 medium onions
Kosher salt
Pepper
1 small red pepper
1 small green pepper
1½ pounds sirloin steak
4 ounces sliced American or provolone cheese
4 hoagie or hero rolls

Directions:

1. In a large skillet, heat 1 tablespoon of olive oil over medium heat. Put in onions, add ¼ tablespoon each of salt and black pepper. Cover and cook for 8 minutes while stirring occasionally.
2. Add sliced peppers. Cook, uncovered, until golden brown and tender, stirring occasionally, 6-8 minutes. Put vegetables in a bowl.
3. Wipe out the skillet. Heat the rest of the olive oil over medium-high heat. Put steak in skillet.
4. Use a ½ teaspoon each of salt and black pepper to season steak. Toss occasionally in the skillet until it is brown and cooked through, 3-4 minutes.
5. Put the cheese on the steak. Cover and cook until the cheese melts, 2 minutes. Take the skillet off the heat and carefully mix cheese into the steak.
6. Make sandwiches with the hoagie rolls, the steak mixture, and the onions and peppers.

Recipe adapted from Good Housekeepingⁱⁱ

Health Tip of the Week



How to Protect Your Health as You Get Older

David Bowie may have sung about the “Golden Years” in 1975 when he was 28. But the late English rocker’s funk ballad stills echoes an endearing truth for those heading into their golden years today. How do you protect yourself from the injuries and illnesses that afflict us as we age?

Here are some quick tips to help keep you healthy, strong, and independent:

- Keep your mind and body active.
- Eat healthy foods.
- Get plenty of sleep.
- Discuss your health with your doctor.
- Take precautions to prevent accidents and falls.

Regular exercise and physical activity:

- Reduces the risk of type 2 diabetes, heart disease, stroke, and some cancers.
- Helps you to avoid falling.
- Enables you to live independently longer.
- Improves your mood.
- Helps you feel better.
- Improves your ability to think and learn.

Tips adapted from Office of Disease Prevention and Health Promotionⁱⁱⁱ

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ⁱ <http://golftips.golfweek.com/start-golf-swing-1975.html>

ⁱⁱ <https://www.goodhousekeeping.com/food-recipes/easy/a48190/philly-cheesesteak-recipe/>

ⁱⁱⁱ <https://healthfinder.gov/HealthTopics/Category/nutrition-and-physical-activity/physical-activity/protect-your-health-as-you-grow-older>