

Meet CFUS



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CFUS Update!

Industry: Healthcare

**Service: Technical Staff Augmentation
Technology : EPIC**

Provided technical staff to support the migration effort of HIPAA-complaint medical records from numerous disparate local database into and enterprise EPIC medical records system.

**Industry: Government Agencies Service: System Ongoing IT Operations and Maintenance
Technology : Oracle**

Provide system and database administration support for security clearance tracking system. Support includes monitoring, tuning, and patching of server software and databases.

Beyond Firewalls

LAS VEGAS -

At one point, firewalls were at the vanguard of network security. But as technologies have evolved, network administrators need more help in safeguarding their computer systems.

Good news from the front lines: Ohad Ben-Cohen is sending reinforcements.

At the Black Hat security conference Thursday, Ben-Cohen, an Israeli security consultant, presented Korset--a new open-source system for network intrusion detection that aims to prevent worms and viruses from entering computers.

While most network protection works to patch existing or known intrusions or exploits, Korset works by modeling an application's behavior and monitoring computers for deviations. Ben-Cohen says this is a forward-looking approach that helps computer networks stay one step ahead of future or would-be intrusions.

"What we're taking is a new stance," he says. "We're not interested in the exploit itself--

tomorrow there will be a new exploit, and next year a new one. What we really want is to stop any manipulation in the original flow of the program."

Ben-Cohen admits this concept isn't new--several academic papers have been published on the idea--but he wanted to go beyond the theoretical. Korset is "not just another academic research project," he says. "We wanted to make it practical."

And practical it is. While his system, which grew out of Ben-Cohen and Avishai Wool's academic security research at Tel Aviv University, is still considered to be in the proof-of-concept stage, its results are very real. Ben-Cohen says Korset's monitoring provides automatic analysis using negligible processing overhead and never issues a false alert.

Although he looks forward to collaborating with other developers to make Korset more robust, Ben-Cohen says it is not designed to replace firewalls. While firewalls act like a network doorman to grant access to approved traffic, Korset monitors internal traffic to

make sure the doors and locks are all functioning as they should.

"It might replace current intrusion detection systems, but it will never overlap with firewalls," Ben-Cohen says. "Firewalls want to keep intruders out, but once they are in, we kick in the intrusion detection system."

Think of it as the kind of laser security system that makes intruders do back flips in spy movies.

Ben Feinstein, a security specialist for SecureWorks, an Atlanta-based information security firm, agrees that Korset adds value to the current security paradigm. "The reason you need more than a firewall now is that the threat is moving up the stack," he says.

Feinstein sees Korset as part of a layered security defense. A firewall, he says, "is going to grab some of the low-hanging fruit, but it's not going to protect you against all the threats out there."

What is ERP?

ERP stands for Enterprise Resource Planning. ERP is a way to integrate the data and processes of an organization into one single system. Usually ERP systems will have many components including hardware and software, in order to achieve integration, most ERP systems use a unified database to store data for various functions found throughout the organization.

The term ERP originally referred to how a large organization planned to use organizational wide resources. In the past, ERP systems were used in larger more industrial types of companies. However, the use of ERP has changed and is extremely comprehensive, today the term can refer to any type of company, no matter what industry it falls in. In fact, ERP systems are used in almost any type of organization - large or small.

In order for a software system to be considered ERP, it must provide an organization with functionality for two or more systems. While some ERP packages exist that only cover two functions for an organization (QuickBooks: Payroll & Accounting), most ERP systems cover several functions. Today's ERP systems can cover a wide range of functions and integrate them into one unified database. For instance, functions such as Human Resources, Supply Chain Management, Customer Relations Management, Financials, Manufacturing functions and Warehouse Management functions were all once stand alone software applications, usually housed with their own database and network, today, they can all fit under one umbrella - the ERP system.

Integration is Key to ERP

Integration is an extremely important part to ERP's. ERP's main goal is to integrate data and processes from all areas of an organization and unify it for easy access and work flow. ERP's usually accomplish integration by creating one single database that employs multiple software modules providing different areas of an organization with various

business functions.

Although the ideal configuration would be one ERP system for an entire organization, many larger organizations usually create and ERP system and then build upon the system and external interface for other stand alone systems which might be more powerful and perform better in fulfilling an organizations needs. Usually this type of configuration can be time consuming and does require lots of labor hours.

The Ideal ERP System

An ideal ERP system is when a single database is utilized and contains all data for various software modules. These software modules can include:

Manufacturing: Some of the functions include; engineering, capacity, workflow management, quality control, bills of material, manufacturing process, etc.

Financials: Accounts payable, accounts receivable, fixed assets, general ledger and cash management, etc.

Human Resources: Benefits, training, payroll, time and attendance, etc

Supply Chain Management: Inventory, supply chain planning, supplier scheduling, claim processing, order entry, purchasing, etc.

Projects: Costing, billing, activity management, time and expense, etc.

Customer Relationship Management: sales and marketing, service, commissions, customer contact, calls center support, etc.

Data Warehouse: Usually this is a module that can be accessed by an organizations customers, suppliers and employees.

ERP Improves Productivity

Before ERP systems, each department in an organization would most likely have their own computer system, data and database. Unfortunately, many of these systems would not be able to communicate with one another or need to store or rewrite data to make it possible for cross computer system communication. For instance, the financials of a company were on a separate computer system than the HR system, making it more intensive and complicated to process certain functions.

Once an ERP system is in place, usually all aspects of an organization can work in harmony instead of every single system needing to be compatible with each other. For large organizations, increased productivity and less types of software are a result.

Implementation of an ERP System

Implementing an ERP system is not an easy task to achieve, in fact it takes lots of planning, consulting and in most cases 3 months to 1 year +. ERP systems are extraordinary wide in scope and for many larger organizations can be extremely complex. Implementing an ERP system will ultimately require significant changes on staff and work practices. While it may seem reasonable for an in house IT staff to head the project, it is widely advised that ERP implementation consultants be used, due to the fact that consultants are usually more cost effective and are specifically trained in implementing these types of systems.

One of the most important traits that an organization should have when implementing an ERP system is ownership of the project. Because so many changes take place and its broad effect on almost every individual in the organization, it is important to make sure that everyone is on board and will help make the project and using the new ERP system a success.

Usually organizations use ERP vendors or consulting companies to implement their customized ERP system. There are three types of professional services that are provided when implementing an ERP system, they are Consulting, Customization and Support.

Consulting Services - usually consulting services are responsible for the initial stages of ERP implementation, they help an organization go live with their new system, with product training, workflow, improve ERP's use in the specific organization, etc.

Customization Services - Customization services work by extending the use of the new ERP system or changing its use by creating customized interfaces and/or underlying application code. While ERP systems are made

for many core routines, there are still some needs that need to be built or customized for an organization.

Support Services- Support services include both support and maintenance of ERP systems. For instance, trouble shooting and assistance with ERP issues.

Advantages of ERP Systems

There are many advantages of implementing an ERP system; here are a few of them:

- A totally integrated system
- The ability to streamline different processes and workflows
- The ability to easily share data across various departments in an organization
- Improved efficiency and productivity levels
- Better tracking and forecasting
- Lower costs

Improved customer service

Disadvantages of ERP Systems

While advantages usually outweigh disadvantages for most organizations implementing an ERP system, here are some of the most common obstacles experienced:

Usually many obstacles can be prevented if adequate investment is made and adequate training is involved, however, success does depend on skills and the experience of the workforce to quickly adapt to the new system.

- Customization in many situations is limited
 - The need to reengineer business processes
 - ERP systems can be cost prohibitive to install and run
 - Technical support can be shoddy
- ERP's may be too rigid for specific organizations that are either new or want to move in a new direction in the near future.

How To Build Muscle Without Weights

Everyone knows that using weights and machines is the fastest most efficient way to gain size and strength. While this is true, there are many reasons why someone would want to, or even be forced to train for a while without the benefit of using weights.

The idea behind this course is - If for some reason you do workout without weights, what is the most efficient and result producing way to do it? You can use these exercises in many ways: To build muscle, to maintain muscle you already have, in combination with your weight training to add variety and a change of pace, as a warm-up or pump-up

routine, to ease back into training after a lay-off or injury, etc., etc.

THE TECHNIQUES

(1) The first technique is to just do the exercises in the traditional manner, I know you can do 60, 80 even 100 reps but that's the idea, grind out as many reps as you can this will build up your endurance and give your muscles a change of pace. And while this most likely won't give you any extra size right away, when you go back to weight training with heavy weights and lower reps

you may be surprised that you are now gaining faster than before. A few years ago some top bodybuilders were talking about a technique they called "100's", they reduced the weight and did literally 100 reps on all their exercises, they claimed it brought about certain physiological changes that made the muscles more responsive to later heavier training. It's worth a try, especially if you're going to be doing calisthenics anyway.

(2) Another way to get more results from these exercises is, right after a set flex hard the muscles just worked, flex as hard as you can and hold for at least a count of 10. Arnold talked extensively about "Posing as exercise" and the use of "Iso-Tension" (Iso means - Equal; the same, and Tension means - To tighten; stiffen; contract. So Iso-Tension is simply contacting the muscles and holding in the same place - no movement.) he said that it really gives the body a more chiseled look, reaches areas that training misses and will make muscular contractions while training more intense, and more isolated. All good reasons to try this technique.

(3) Another technique is to reduce the rest time between exercises, let's say you start with 60 seconds after a while cut it down to 45 then 30, then 15, etc. How about no rest between sets, a whole cycle of calisthenics

all done nonstop that makes it way more intense.

(4) Why not simply add some weight, just because it's not metal disks doesn't matter your body can't tell the difference. Put some heavy books on your back and do push-ups, or even your 8 year old son, he likes to play horsy. Get your wife or girlfriend (but not both at the same time, that could be trouble) to sit on your shoulders while you do squats. Do donkey calf raises, get creative there's always a way to add some more resistance.

(5) How about using only one limb at a time, like doing one legged squats, one arm chin-ups, one arm push-ups, etc.. It takes some balance but it definitely makes it harder and puts on more muscle.

(6) Slow-Motion training is becoming popu-

lar again, try taking a full 12 seconds for the positive phase and 6 seconds for the negative phase of each rep. Don't lock out in the top position and don't rest in the bottom position, change smoothly from the positive to the negative. This is using Slow Continuous Tension, how many chin-up can you do this way? Not many I bet, it's intense.

(7) This last technique is based on what I thought Dynamic-Tension was before I read the course, Dynamic means - Dealing with motion, and we know from before that Tension is simply contraction. Therefore true Dynamic-Tension would be flexing the muscles hard while also moving, martial artists use a form of this to increase punching power.

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