



The Rochester Computer Society, Inc. a computer/tech club open to everyone

Our Club

RCSI is a nonprofit 501(c)(3) group open for membership to anyone interested in computers and related technology. Our aim is to provide an exchange of information between users of digital devices. We are not in any way affiliated with any computer manufacturer or software company, and ***we do not sell your data or email address.***

Program Meetings

No admission fee for non-members. Everyone is

welcome! Second Tuesday of every month, except September, from 6:30pm – 8:30pm.

Help's Half Hour (Q & A)
6:30pm – 7:00pm. *Members and Guests are welcome to attend and bring their computer related questions with them to get answered.*

7:00 – 7:15, Club Business

7:15 – 8:30+, Main Presentation

Come and join in the fun and enjoy a snack! **You are welcome to bring a guest.**

Become a Member

Go to our website, www.rcsi.org, and download a printed form for use by the Post Office mail, **or** enter your info online and pay with a credit card or PayPal, **or** attend a meeting.

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***** We are back and meeting in person again *****

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August 10, 'My Favorite Android Apps'
presented by Bill James, via Zoom

Annual Picnic, September 14
'Rotary Cabin' at Camp Eastman, Irondequoit

October 12, Cybersecurity Awareness Month
presentation by Bob Gosticha, via Zoom

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Your 6 Strongest Practical Password Techniques, Ranked

by Leo Notenboom, <https://askleo.com/>
Making Technology Work For Everyone

Six practical approaches to generating passwords, ranked from best to worst.

My most memorable password accessed a status terminal in the computer center at school. I don't recall the account ID, but after 40+ years I can still remember that the password was *iforgot*. A very memorable and horrible password. It was appropriate at the time because it was a public-access terminal — anyone could sign in — and for



“Your Computer User Group of the Air”, Saturdays from 12:00 pm to 2:00 pm, with Nick Francesco, Dave Enright, and Steve Rae. Broadcasting on JAZZ 90.1 FM (WGMC) from Rochester, NY. Call 966-JAZZ (585-966-5299) or 800-790-0415
Sound Bytes is the longest running computer call-in show in the known universe.

We have stopped printing the Monitor newsletter and leaving hard copies at some area computer repair shops. Digital copies may be obtained from www.rcsi.org or my Pcloud storage at <https://tinyurl.com/tonydelrcsi> (***this link works in PDF version only***). Also includes presentation slides and articles too large for this newsletter.

Some Past Presentations:

Autonomous Cars and Robots
Open Source and Free Software
Protecting Your Identity
Keeping Mobile Devices Secure
3D Printing, ENABLE project
Internet Security and Privacy
Flash Drives-Not Just for Storage
Features, Mac OS X & Windows
Tablets, the Programs and Uses
Personal Finance Software
Amazing Browser Tips
Linux is Like Cars
Drones and Their Many Uses
Gifts and Gadgets for the Holidays
Cut the Cord, Streaming Services

some reason, a password of some sort was required. They made it simple and even had it posted on the terminal itself. There was zero security.

You want something better. There are a number of techniques to generating strong passwords. I'll review some, from best to worst.

Password approaches, from best to worst, with examples:

1. Long with random characters: `SBH2F%b^xDCUQf5frqBR`
2. Long with multiple random words: `drying karen ruth afoot sauce`
3. Medium-length words with padding: `*-.*breakfast pancakes*-.**`
4. Medium-length words with random characters: `l)ws7.BOZ1`
5. Shorter with padding: `*4*iforgot*4*`
6. Shorter with random characters: `(8dQ,Ja`

Regardless, use different passwords on every site and use a password vault to track them all.

My criteria

These are my personal opinions and are based on the last 18+ years of helping people with their passwords.

My criteria are simple:

- Passwords must be able to resist automated brute-force “try every password” attacks.
- Passwords must be very unguessable.
- Passwords must be extremely unlikely to have been encountered anywhere else.

In some cases, it would also be nice if they were easy to memorize. I'm ruling out some of the more esoteric approaches, even though they might be secure, because it's important these techniques be practical as well as secure.

My assumptions

I strongly recommend using [two-factor authentication](#), but the ranking below assumes you're not. While adding two-factor doesn't change my ranking, in some ways it minimizes the differences in security between approaches. I assume you're not going to use the same password on multiple sites, *period*. That's one of the most dangerous security practices, regardless of the strength of your passwords.

I assume you're using a password vault of some sort. While being able to remember some passwords might be nice, it's just not practical when using strong, long, passwords that are different for every account. This is one of the reasons that I and so many others strongly recommend using password vaults: they enable the use of strong passwords on different sites without taxing your [memory](#) or your patience.

#1: Long random characters

Password: `SBH2F%b^xDCUQf5frqBR`

The strongest approach is the one you may be most afraid of: long strings of completely random characters. The example above is a 20-character password generated by LastPass. There are many other tools that generate passwords for you, and many also let you control what kinds of characters are used. Since not all special characters can be used on all systems, my own default configuration is to use 20-character

Special Interest Group

Linux Sig



We are back!

Linux Workshop,
**third Saturday of
each month, Noon-4PM**

NEW LOCATION:

Gates Public Library
902 Elmgrove Rd, 14624,
between Buffalo Road and
531 Expressway.

The room we use is on the second
floor, SE corner, by the restrooms.

[https://www.meetup.com/
Interlock-Rochester-Hackerspace/
events/psggnqybcbxb/](https://www.meetup.com/Interlock-Rochester-Hackerspace/events/psggnqybcbxb/)

Because of coronavirus,

we meet online. A link will be sent
by email.

Come and get your questions about
Linux answered. We have experts
on hand to fix problems and
answer questions about Linux and
FOSS (free and open source
software). **Bring your system in**
so we can help you get the most
out of it. Hope to see you there.

Carl Schmidtman

Free, Virtual Technology

Conferences, ONLINE

presented by APCUG

The 2021 schedule

Saturdays:

August 21, November 6
from 1 – 4 pm, EST

For Conference Descriptions
& Registration Links, go to
[apcug2.org/category/
virtual-tech-conference](http://apcug2.org/category/virtual-tech-conference)

passwords without special characters. At 20 characters, that's more
than sufficiently strong.

Using 20 random-character passwords is considered so strong that the
length doesn't even appear on many "how long would it take to crack"
password reports. The last report I looked at topped out at 14 — and
that took 968 *centuries* to crack using a large distributed system
(perhaps a very large [botnet](#)). My recommendation of 20-character
passwords is future-proof, and possible because I use a password vault.

#2: Long with multiple random words

Password: **drying karen ruth afoot sauce**

We all remember "correct horse battery staple" from [the XKCD
cartoon](#). That shows you just how memorable words can be. If you can
build a picture (as the cartoon describes) of some nonsense scenario
involving randomly selected words, all the better to help you recall it
without any aid.

Our example — a 29-character password created by five completely
random words — is great. A five-random-word password would take a
large distributed system of many computers 14 years to crack. That
seems plenty secure. (Include spaces if you're so inclined and the service
supports it. If not running them all together is also a fine approach:
"dryingkarenruthafootsauce", or perhaps capitalize instead:
"DryingKarenRuthAfootSauce".)

This is a good solution for passwords you must remember — perhaps
the password to your password vault itself. I use a slightly less secure
variation described below.

#2a: Long with multi-word mangled phrases

Password: **Obi-Wan you're my only soap**

That's memorable, and at 27 characters, it's plenty long to defeat
brute force attacks. It's a slight mangling of a phrase that's [well known
in pop culture](#).

What makes it secure against guessing is the mangling: it starts two
words into the phrase, drops one word, and includes a word not in the
original. If that doesn't seem mangled enough for you (though I believe
it is), you can certainly do more to obfuscate the actual words used while
maintaining the memorableness of the phrase. Just remember how you
mangle it.

I use this technique for passwords I need to remember. I have a
specific phrase *and* the techniques I used to mangle it memorized. There
are many variations of this technique. For example, using the first letter
of each apparently random word to spell out a memorable keyword.
Remembering *kitten* might be the doorway to help you remember your
password as "kitten incite Tuesday tornado else nothing".

Related

I've written about this in more detail before: [Are Longer Passwords
Better, Even If They're Simpler?](#)

#3: Medium-length words with padding

Password: ***-.*breakfast pancakes*-***

Length trumps just about everything when creating a password
resistant to brute-force cracking. So a combination of random or semi-

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unixgeek@faultline.com
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. Tony Dellelo

Planning Meeting

Held on 1st Tuesday of each month
at 7 pm, **** ONLINE ****. We will
be using [Jitsi Meet](#). ANY CLUB
MEMBER MAY ATTEND.

Newsletter Printing

Limited copies (probably in black
and white) will be printed and
available at our meetings.

Club Mailing Address

Rochester Computer Society, Inc
PO Box 18516
Rochester, NY 14618

random words with some standard padding can end up being quite secure. The example here is a password made up of two common words with padding added before and after. In this case, the padding is a pattern. Adding an easily recalled padding pattern to a password or [passphrase](#) is a useful technique. At 28 characters, this password is not going to be brute-forced, and while “breakfast pancakes” might be a word pattern used in some password guessers, adding a pattern of your own creation thwarts that as well.

#4: Medium-length random characters

Password: **Dws7.BOZ1**

This is nothing more than our #1 technique, but shorter: 10 characters instead of 20. This technique creates a “good” password that would take nine years to crack using a multi-computer attack. You can, of course, adjust the length as you see fit, but for a truly random selection, I would not go below 10 characters.

As a variation that’s easier to type, a 12-character password using only upper and lower case alphanumeric characters (example: “qqkCapnm5Jx7”) would take 24 years to crack. This approach is why [my current recommendation for basic passwords is 12 random characters or longer](#), giving you the flexibility to make it easy to type by eliminating special characters if you want.

#5: Shorter with padding

Password: ***4*iforgot*4***

I keep coming back to length and padding as great ways to make those old passwords you remember so easily much more secure. In this example, I’ve taken that memorable but horrible password I used 40 years ago and made it significantly more secure by adding a simple pattern of my own creation before and after. It’s now a good, secure, 13-character password.

#6: Shorter random characters

Password: **(8dQ,lqa**

If you must use a password less than 12 characters in length — as, unbelievably, some older systems still require — then your only secure option is to use passwords of completely random characters, including letters, numbers, upper and lower case, and special characters. This is your “least bad” option under those constraints.

Making it easier

I will continue to beat the drum for using a password manager for two very important reasons:

- It makes using the most secure techniques for password generation easy.
- It makes using a different password on every site easy.

Add two-factor authentication for additional security wherever possible, but regardless, use the strongest passwords you possibly can.

Subscribe to Confident Computing! Tech problem solving & safety tips & a weekly confidence boost in your inbox every week.
(<https://newsletter.askleo.com/>) I’ll see you there!

Tidbits of probably useless information

An elephant's trunk has over 40,000 muscles and it can take a newborn a year to master its use.

A kangaroo can jump 7 meters high, and 5 meters in length. So, theoretically, it could jump over a giraffe.

During mating season, to determine the dominant male, male Ring-Tailed lemurs have 'stink' fights. They rub their stink glands all over their tails, wave their tails at each other and the stinkiest male wins. What a charming way to win over a female, so sexy.

A zebra herd consists of one male and a group of females. The females better hope they get on the males good side, as when they travel, the male places his least favorite females on the outside of the herd, so if they are attacked by predators they will be eaten instead of his favorite zebras.

While elephants put their young on the inside of a group while traveling for protection, a troupe of Hamadryas baboons will place the breeding pair in the center, other adults in the middle, and the babies on the outside to be the first picked off if attacked. Safe to say they are not very good parents.

A female Spotted hyena has a penis. Yep, you heard me. They obviously don't work as per usual, but the females flail these pseudo-penises around in front of each other, and the bigger the penis, the more dominant the female.

In 2021, vow to start using a password manager

By Kurt Jefferson, Editor
Central Kentucky Computer Society

I keep telling students in my CKCS classes that they need to start using a password manager. You should be using a password manager on your iPad, iPhone, Mac, Windows PC, and Linux PC. Seriously? Yes.

With a good password manager, you only need to remember one password. That's right. You don't need to remember the one you use when you buy from Amazon. And the password you use to pay your water bill. And the one you use to log into your bank account.

Password managers are apps that securely keep track of your passwords, allow you to create private notes, automatically log you into your password-protected websites, and more.

Some of the best include:

- 1Password
- Dashlane
- LastPass
- Keeper
- NordPass
- RoboForm
- Sticky Password
- bitwarden
- RememBer
- Enpass

If you're reluctant to use a password manager, wired.com says you've got company. "Password managers are vegetables of the Internet. We know they're good for us, but most of us are happier snacking on the password equivalent of junk food," writes Wired in an article headlined, "The Best Password Managers to Secure Your Digital Life."

As I read that I said to myself, "Ain't that the truth." I know plenty of really smart people who are committed to their habits, who are stubborn, and who simply cannot change. They don't use password managers. You probably know your web browser will save your passwords automatically for you. The website Tech Republic says this is a bad idea.

Why you should never allow your web browser to save your passwords shows others can see your passwords. The article describes step-by-step procedures that someone can use to view your saved passwords in Google Chrome, Firefox, and Safari browsers.

The article concludes: "Don't allow your browser to save your passwords. None of them. Not one. If you do, those passwords are vulnerable. All someone has to do is have access to your computer (remote or physical) and, unless you use Safari or the Master Password feature in Firefox, those passwords are available for anyone to see. If you absolutely must have your browser store your passwords, and you're not using macOS, make sure to use Firefox and enable the Master Password feature. Use Chrome at the peril of your passwords. In place of having your web browser store your passwords, make use of a password manager."

If you use a Mac, you might avoid using Apple's built-in keychain system and opt instead for a password manager. Glenn Fleishman, who

Jere's Tech Tips

By Jere Minich, Apcug Advisor,
Region 5 (AL, FL, GA, SC)

THE 8 BEST ANDROID APPS TO SAVE CONTENT FOR

OFFLINE VIEWING – Don't have a connection to read online articles? Here are the best Android apps to save content for offline viewing. A simple way to save your webpages is by using an offline reading app. There are many read-it-later apps for Android, and they accomplish one task: store webpages and articles you intend to read later. Take a look to see which popular read-it-later Android app might work best for you.

Make Use Of has the Apps explained here.

<https://bit.ly/3uc4Yg8>

HOW TO COMPLETELY WIPE A HARD DRIVE ON WINDOWS –

There are two ways to wipe a hard drive. Here's what you need to know to get it done quickly. There is data on your hard drive that you want to get rid of. Perhaps the computer is about to be sold or donated to charity; maybe you just want to ensure the data on the drive is totally erased before you use it yourself.

Make Use Of has the details and steps here. <https://bit.ly/3tWpDEF>

HOW TO SCAN A QR CODE ON YOUR ANDROID (NO APPS REQUIRED) –

QR codes can be found just about anywhere. These pixelated squares are used in advertisements, retail, food packaging, business cards and more. When scanning them, you get more information about a product or are directed to a website. You no longer need an app for that.

Kim Komando has the steps here.

<https://bit.ly/3xxguVd>

writes about security issues for Macworld, gets into the details and digs deeper into this if you're interested.

Tom's Guide spoke with several digital-security experts. While some are not fond of password managers, plenty of others use them, trust them, and rely on them.

Cybernews writes, "You really should use a password manager. Yes, they have their flaws and vulnerabilities. But it's still better than re-using the same weak passwords and writing them down as a note on your smartphone that becomes a playground for your kids after work."

Reprinted from the January 2021 issue, CKCS Newsletter,

www.ckcs.org, lextown2@gmail.com.

LINUX SIG

You guessed it. The library is closed, so Carl sent out a link last April to try an online meeting, using Jitsi. You might not get the total hands on approach, but you can ask questions and share screens during the meeting. The Linux Workshop will take place the **third Saturday of each month**, from Noon-4PM. No, you can't bring your machine in, but you can describe your problem and Carl and the other Linux gurus will try and help you. This is a video conference, so dress appropriately.

If you are not on the Linux emailing list, you can request a link to the workshop by contacting Carl Schmidtman, at

unixgeek@faultline.com.

* * * * * SOFTWARE and HARDWARE * * * * *

Casting, not in the theatrical sense - Cast your data to the screen

By Phil Sorrentino, Newsletter Contributor
Sarasota Technology Users Group

Most modern computers have HDMI outputs so it is easy to display your computer screen on a big-screen TV, but what about displaying your smartphone screen on that same big screen? Most phones do not have HDMI or more specifically micro-HDMI connectors. (Though I have seen some tablets with micro-HDMI connectors, in fact, I even had one that I used for teaching a smartphone/tablet class.) So, you have to find another way to get the smartphone screen displayed on the larger TV screen. Fortunately, Google has provided a solution with its Chromecast hardware device and Casting software that is becoming part of many Apps. (If your App supports Chromecast, you will see the Chromecast icon somewhere on the App's opening screen.) The Chromecast device gets plugged into an HDMI input port on the big screen TV, and power is provided to the device by a micro-USB connection. A Chromecast device and an App that supports casting can turn a dumb TV into a pretty smart TV, at least for those Apps that support casting.



Chromecast
Icon

Scam Alerts

These are actual text messages sent to my cell phone.

682-516-3772

Hoorah! You are first in line Drive-through and grab your favorite combo for free. Activate here fcpw1.com/w78... - Reply (stop) to end

973-251-4911

George, your stimulus check has been returned 2 times. Last chance to fill up your information before it expires lz02k.info/3z7domq...

518-258-1584

Re: The Motorvehicle Dept. Issued A Ruling That Qualifies You To Collect a \$1,491 Refund_Payment hr04t.com/el6Ny...

404-432-2291

Hey this is Kelly. You sent me your number on snapchat last night. I sent you something since you're sweet mcqr2.com/Ktlpkcu...

717-429-3765

Huuzah! Your property appeared recently in our regional feature. See offers from our top investors: 7x0al.com/ira... - Txt STOP to end msg

469-841-8427

Hi it's Nick from The Motorvehicle Dept. We just Issued a ruling that qualifies you to collect a Refund_Payment: ig04h.com/3gc6Ym... Avg refund \$800

469-585-3447

FedEx Alert: Your order from May 29 is on its way. Track your order here pc09h.com/F3Mw2...



Chromecast Device Besides the Chromecast device, the only other thing you need is Wi-Fi. Wi-Fi is the mechanism used to transfer the smartphone screen information to the Chromecast device which in turn provides the HDMI interface to the big screen TV. So, to make it work, both the smartphone and the Chromecast device have to be on the same Wi-Fi network. Many current Wi-Fi routers provide many networks. Usually, the main network is in the 2.4 GHz frequency band and there may be another network in the 5 GHz band. The 5 GHz network sometimes includes 5G in the network name which can possibly be confused with the 5G wide area network provided by companies like Verizon and AT&T. (Future Wi-Fi routers can even take advantage of a new 6 MHz band.) Also, some routers may provide a guest network in the 2.4 GHz or 5 GHz band. The trick here is to make sure that when you set up the Chromecast device you choose the same network that your smartphone is using. You can see what network your smartphone is using by going into Settings on the smartphone and selecting “Network & Internet” or “Wireless”, or something like that, where the network name will be shown. This is usually early in the list of settings. (When you select this screen, you will also see the other networks that are available but are not currently being used by your smartphone.)

Once you know the Wi-Fi network you will be using you can set up the Chromecast device. This will be done using your smartphone and usually the Google Home App. You can download the Google Home App from the Google Play Store or the Apple App Store. Apps are updated regularly and screens may change so specific directions for this setup may be different by the time you need them but when you do need directions, Google something like “How to set up a Chromecast device using the Google Home app”. The results will probably be several tutorials or even better a few videos with up-to-date instructions. (The Google Home App provides control for many devices besides the Chromecast. Home automation lights, cameras, and switches are also set up using this App. Additionally, this App also provides control for Google’s “Google Home” assistant.) Once you have set up the Chromecast device you can cast your smartphone screen to your big screen TV. (And to see what else you can do with the Home App, just find the “Discover” icon which looks like two sheets of paper. This is really an advertisement for all the wonderful things Google can do for you once you have their products.) As well as Google Home their other Apps that can be used to set up the Chromecast device and that support Casting, such as LoCast for Chromecast, iMediashare, Cast to TV, Mirroring360 Sender, and Plex but I have not tried any of these.

With the Chromecast device setup, all we need to do is find Apps that can Cast. Some of the more popular Apps are YouTube, YouTube Music, Google Photos, Disney+, Prime Video, Hulu, Media Monkey, Movies Anywhere, Netflix, Crackle, Pluto TV, Tubi, Hoopla, and HBO Max. There are even a lot of Apps that appear to be cable channels like A&E, History, AMC, MTV, and TNT. Many more Apps may have this ability



*Google Home App
Icon*

Incredibly Useful Websites You Wish You Knew Earlier

Download Youtube Videos Directly in any Format or even Mp3 from Savefrom.net Website. No Need to Install Any App or Software.

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Photopea.com is basically just an Online PhotoShop, so If you don't want to pay \$20 a month for Photoshop, this a good replacement for Free. Create New Images or Open Existing Files from Any Device & Edit them Instantly. You have got pretty much every tool like **Brush Tools, Selection Tools** that you have with the Actual Photoshop App. You can even save files out as PSD, XCF, JPG, XD, PDF, RAW etc.

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TinEye.com (Reverse Image Search)? Search by image & find where that image appears online. I see it most useful when friends & relatives spread rumor by circulating an old image of any matter then TinEye helps me to find the reality of that image.

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QR Code Scanner (Scan QR Code without App)

You can scan any QR code without installing any App.

[Visit QRcodescan.in](http://QRcodescan.in)

in the future. You may already have some of these apps on your smartphone like YouTube, but the other Apps are available at the Google Play Store or the Apple App Store. Once you've downloaded the App of interest, look for the Cast icon somewhere on the opening screen.

Hoopla is an App that supports casting. This means that you can now take advantage of all the video media at your local library; videos, TV shows, and feature-length movies. You can use your phone to access the media and then cast the media to your Chromecast device plugged into any TV that has an HDMI input. Using Wi-Fi to cast the media means you are also using Wi-Fi to access the media from the library, so there is no cost associated with the whole process. You can think of that as free movies for the whole family, at least if the big screen TV is big enough to satisfy the whole family. All you have to do is supply the popcorn. By the way, as was discussed in a previous article in September, Hoopla can also bring you E-books to read, audiobooks to listen to, and even music to listen to. What a bargain. If you haven't gotten the Hoopla App yet, go to the Google Play Store, or the Apple App Store and download it and start taking advantage of this very useful, and did I mention, free App.



Hoopla App

From the March 2021 issue, STUG Monitor, www.thestug.org, philsorr@yahoo.com.

Chromebook Update

By Jeff Wilkinson, President
Sun City Summerlin Computer Club

I have become more interested in Chromebooks as an alternative for our club members who need to replace an outdated desktop or laptop computer. Many, if not most, of these users don't need the features of today's typical laptops and since so many of the tasks are accomplished online without the need for local storage, a Chromebook becomes a very attractive option. With a Chromebook and a free Google account; email, web browsing, video streaming and a host of Android applications are available.

In addition to its comparatively low cost, a Chromebook offers a useful synergy with Android phones and applications along with light weight and long battery life. The complete Google Suite of Cloud applications is available free and offers a useful alternative to Office software suites.

Another attraction is the ability to repurpose outdated laptops with the installation of Google's Neverware CloudReady software. The free Home version listed as being "useful for Tinkerers, Parents and Students, and Other Humans Ready for a better OS" was right up my alley. I successfully converted two old laptops that were not upgradable to the current Windows operating system. Both worked well although they had some limitations. With a new HP Chromebook I was able to make use of all the latest features of the Chromebook operating system including one of the latest updates for scanning. By simply logging into my Google account with my Gmail address and password I had all my browsing bookmarks, photos and Gmail available to me.

Around the World

Technology is present in almost every aspect of our lives, yet it is so greatly different from country to country. Some countries have fully automated stores run by robots, while others' most complex tech may be simple phones.

High Tech

In places like [Japan](#) there are restaurants and stores which require no human interaction. They're operated solely by robots and machines which take your order and then bring you your food when it's ready. The supermarkets are similar, operating on a machine run basis, leaving you to your shopping until you're ready to checkout. In fact, a lot of work in Japan is done entirely by robots as it is more efficient.

While on the topic of advanced technology, there are obviously countries like the [USA](#) who have some serious space tech. Many countries now have access to high spec space technology which has come a long way even in the last 20 years. The technology required for space exploration is like something out of a sci-fi book, and yet we've somehow managed it.

Low Tech

However, in certain third world countries there is actually a higher percentage of people with a mobile phone than people with access to fresh water. While these are not necessarily smart phones, they have adapted to be able to use certain applications without the need for a high-end phone. Apps such as iCow have been created to work via text messages. This means that people can get the notifications for information on their herd on any phone so long as they can receive texts.

So, when I saw a recent news report about the tracking of Chromebook users it raised some concern. As has been discussed before, an inquiry about a specific product or service, more often than not, results in the sudden appearance of ads for that product or service or similar products in many of your search results, popups on YouTube views, social media pages and emails. The gist of the new report I saw was the concern for the profiling of Chromebook users and the use of the collected information to target market to that user. The main way of collecting the metrics used to target market are cookies that are ostensibly used to "customize" your web experience. While a "do not track" setting is available in the Chrome and Edge browsers, be aware of this official Google statement: "Most websites and web services, including Google's, don't change their behavior when they receive a Do Not Track request". Chrome doesn't provide details of which websites and web services respect Do Not Track requests and how websites interpret them. Do Not Track is not available on iPhones or iPads.

Clear cookies and site data when you quit Chrome

Send a "Do Not Track" request with your browsing traffic

Does it work? Not very well ... seems every time I search for anything, I get pop ups and ads for that or similar items for days. Of course, the data collection is true of virtually all the so-called free software in which your usage data is the real product. So be aware, while Chromebooks offer an attractive alternative to a Windows or IOS laptop they tightly integrate with Google in ways you may not realize.

<https://www.usatoday.com/videos/tech/2018/09/25/-google-chrome-tracking-you/37935707/>

<https://clark.com/technology/google-chrome-do-not-track/>

<https://www.pcmag.com/how-to/how-to-get-google-to-quit-tracking-you>

<https://www.wired.com/story/google-tracks-you-privacy/>

<https://9to5google.com/2020/02/06/google-chrome-x-client-data-tracking/>

<https://lifehacker.com/what-data-of-mine-does-chrome-send-to-google-5763452>

From the newsletter <https://www.scscclub.com>, pres.scsc@gmail.com.

APCUG, **Tech for Seniors**, hosted by Ron Brown and Hewie Poplock, via Zoom, is a weekly event on Monday mornings. The session begins at 11:30 a.m. EST for a half hour of "social time", and at noon, the one hour meeting begins and is locked so no one can interrupt the speakers.

The meeting ID is **526-610-331** (there is no password) and you'll be placed in a waiting room and then admitted.

Here is a link to previous episodes: [\(132\) Ronald Brown – YouTube](#).

**** Jokes Stolen from
Everywhere ****

Guy 1: I slept like a baby last night!

Guy 2: Oh, really?

Guy 1: Yeah! I woke up every 2 hours crying!

She got fired from the hot dog stand for putting her hair in a bun.

Why are pirates so salty? They just arrrrrr.

A pessimist's blood type is B-negative.

I love to tell dad jokes. Sometimes he laughs.

Did you know that if you took all the economists in the world and lined them up end to end, they'd still point in the wrong direction?

Q. Why did the blind man give up skydiving?

A. It was scaring the heck out of his dog!

What's the difference between a MacIntosh and an Etch-A-Sketch? You don't have to shake the Mac to clear the screen.

My dental hygienist is cute. Every time I visit, I eat a whole package of Oreo cookies while waiting in the lobby. Sometimes she has to cancel the rest of the afternoon's appointments.

I had a friend who was a clown. When he died, all his friends went to the funeral in one car.

******* BITS and PIECES in the NEWS *******

Editor's Note: To continue reading the following articles, you may copy the long URL at the end of the article and enter it into a web browser or click on the URL in the web version of this newsletter.

When the Next Animal Plague Hits, Can This Lab Stop It?

By [Geoff Manaugh](#) [Nicola Twilley](#) [Backchannel](#)

A new federal facility in Kansas will house the deadliest agricultural pathogens in the world—and researchers working tirelessly to contain them.

There were 16 pathogens on the terrorist's list, written in tall, spiky scribbles that slanted across the page. Next to each one was the incubation period, route of transmission, and expected mortality. Pneumonic plague, contracted when the bacterium responsible for bubonic plague gets into the lungs, was at the top of the list. Left untreated, the [disease](#) kills everyone it infects. Farther down were some names from pandemics past—cholera, anthrax. But what struck General Richard B. Myers was something else: Most of the pathogens didn't affect humans at all. Stem rust, rice blast, foot-and-mouth disease, avian flu, hog cholera. These were biological weapons intended to attack the [global food system](#).

Myers was the chairman of the Joint Chiefs of Staff in 2002, when Navy SEALs found the list in an underground complex in eastern Afghanistan. US intelligence services already suspected that [al Qaeda](#) was interested in biological weapons, but this added weight to the idea that, as Myers put it, "they were indeed going about it." Later that year, he said, another intelligence source reported that a group of al Qaeda members had ended up in the mountains of northeastern [Iraq](#), where they were testing various pathogens on dogs and goats.

"To my knowledge, they've never gotten to the point where it was of use for them in the battlefield context," Myers told us. "But since al Qaeda, as we found out with the World Trade Center in New York City, never quite give up on an idea, it's not something you can just dismiss." In fact, he said, "I think there's other, probably classified information that would tell you that's *not* the case—but I'm not privy to all that or privy to talk about it."

Even if al Qaeda moved on, other groups appear to have picked up the bioterror baton: In 2014 a dusty Dell laptop retrieved from an ISIS hideout in northern Syria—the "laptop of doom," as it was later [dubbed by Foreign Policy](#)—was found to contain detailed instructions for producing and dispersing bubonic plague using infected animals.

You may read the whole article at www.wired.com/story/when-next-animal-plague-hits-can-this-lab-stop-it/.

Odds and Ends

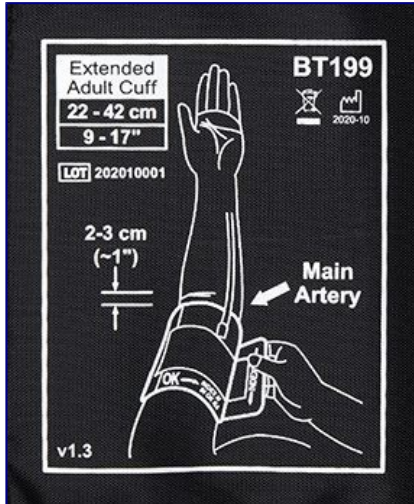
AI Powered Health

Assistant for Seniors:

Interview with Ryan

Howard, CEO of 100Plus

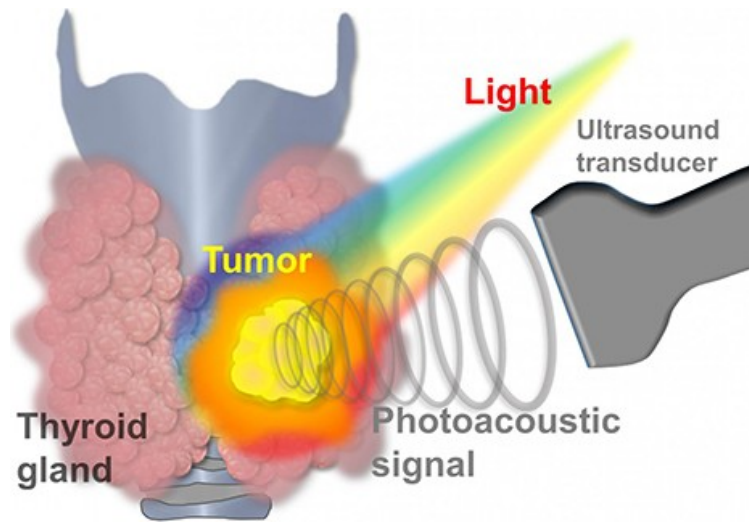
July 19th, 2021 by Conn Hastings



100Plus, a California medtech company, created a suite of remote patient monitoring technologies. These include a digital weight scale, blood pressure cuff, thermometer, and blood glucose monitor. The company recently launched Ava, an AI powered health care assistant that is specifically intended for senior patients who may not be tech savvy or as open to new technologies. The system aims to personify staff at the local physician practice of the patient, which helps to build trust and rapport, with the aim of engaging patients within their own home. The ultimate goal is to increase patient compliance with monitoring and treatment to enhance health care outcomes.

AI and Multispectral Photoacoustic Imaging to Diagnose Thyroid Cancer

July 13th, 2021, [Conn Hastings](#) [Diagnostics](#), [Oncology](#), [Radiology](#)



Researchers at Pohang University of Science & Technology in South Korea are reporting on having developed a technique for minimally invasive diagnosis of thyroid cancer. The method combines multispectral photoacoustic imaging and machine learning, and is conceived as a replacement for invasive and occasionally inaccurate fine-needle aspiration biopsies. The new technique involves analyzing the unique photoacoustic signatures of malignant thyroid nodules and then training the system to recognize them.

The vast majority of thyroid nodules are benign, but as 5-10% are not, it is advisable to get them checked out. At present, clinicians use a fine needle to obtain a biopsy from the nodule. This is invasive, and in approximately 20% of cases will need to be repeated, as the results are unreliable.

As an alternative, these researchers have developed a non-invasive technique, based on the photoacoustic effect, where light absorbed by a sample produces sound waves. The researchers developed their system on the premise that the oxygen saturation in malignant thyroid nodules is lower than that in benign nodules, and that photoacoustic imaging could help to detect these differences non-invasively.

Continue reading at www.medgadget.com/2021/07/ai-and-multispectral-photoacoustic-imaging-to-diagnose-thyroid-cancer.htm

CIBER-2 experiment successfully completes first flight

June 17, 2021, by [Luke Auburn](#) Follow [@lukeauburn](#)

Project led by Assistant Professor Michael Zemcov will explore extragalactic background light

By sending a Black Brant IX rocket on a 15-minute flight to space and back, researchers from Rochester Institute of Technology, Caltech, Kwansai Gakuin University, and Korea Astronomy and Space Science Institute glimpsed traces of light from the earliest stages of the universe. The Cosmic Infrared Background Experiment-2 (CIBER-2) completed a successful first launch on June 7 at the White Sands Missile Range in New Mexico, the first of four planned over the next several years.



Four RIT researchers spent time this May and June at the White Sands Missile Range preparing CIBER-2 for launch. From left to right: Assistant Professor Michael Zemcov; Mike Ortiz, master's student; Chi Nguyen '21 Ph.D.; and Serena Tramm, Ph.D. student. Led by principal investigator [Michael Zemcov](#), an assistant professor in RIT's [School of Physics and Astronomy](#) and Center for Detectors, the

experiment aims to better understand extragalactic background light, which traces the history of galaxies back to the formation of the first stars in the universe. Zemcov said data collected by the study could help resolve discrepancies about how many stars exist in the universe.

Check out the rest at www.rit.edu/news/ciber-2-experiment-successfully-completes-first-flight.

RCSI

The **planning meetings are held online** the first Tuesday of each month, at 7:00 pm and are open to any member. We use Jitsi, and a link will be emailed to members before our next planning meeting. ANY CLUB MEMBER MAY ATTEND and voice their opinions about club operations.

Yes, we are planning a picnic this September (not our usual August). It will be at Camp Eastman in Irondequoit, with the entrance along Lakeshore Blvd. Our picnic will be held in the 'Rotary Cabin'. Because of Covid, we did not have a picnic last year, so let's see if we can restart the tradition. We will have more details next month.

SUNNKING FREE residential e-recycling event:

Xerox Corp, Orchard Street and Panama Road, Webster, NY 14580
August 28, 2021, 8:30 am – 12:00 pm. Limit of 4 CRT TVs or monitors.

Ticket is **REQUIRED** for entry,

www.sunnking.com/events/webster-08-28-21

Registration closes at 4 p.m. the day prior OR when event is fully booked. In-Kind Sponsors: [Senator Pamela Helming](#) and [Assemblyman Brian Manktelow](#)

APCUG Free, Virtual Technology Conference, ONLINE

presented by APCUG, **Saturday, August 21**, from 1 – 4 pm, EST.

For Conference Description & Registration Links, go to

www.apcug2.org/category/virtual-tech-conference

Our Usual Meeting Place

St John's Meadows at

Johnsarbor Drive, is on the left, past Clinton Avenue, when going West on Elmwood Avenue. The opening in the white fence is Johnsarbor Drive. At the 'T', turn right. The meeting is in the first building on the left –

Briarwood.

Our meeting place can change. Please check our website before each meeting. www.rcsi.org