

Our Club

RCSI is a nonprofit 501(c)(3) group open for membership to anyone interested in computers and new technology. Established in 1981, 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

The club would like to have you as a member, and your subscription will help to keep us going. 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.

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



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**April 12, 'Emerging Technologies'
videos presented by Tony Dellelo**

**May 10, 'The Return of Analog Computers'
presented by Arpad Kovacs**

June 14, TBD

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Who's Watching You?

By Kurt Jefferson, Editor, CKCS Newsletter

More Internet users are relying on VPNs – apps called Virtual Private Networks – that keep your Internet activity from prying eyes – than ever before. As more of us pay our credit card bills online, buy tickets from online travel agencies, and read our email, it's clear online privacy is getting much more attention.

Most Americans are unaware that in 2017, Congress passed, and the president signed a bill trashing an F.C.C. rule.



"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, www.jazz901.org
Sound Bytes is the longest running computer call-in show in the known universe.

We have stopped printing the Monitor newsletter. Digital copies can be emailed or 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:

The New Space Race, 2021
 Tech of South America
 Autonomous Cars and Robots
 Open Source and Free Software
 Protecting Your Identity
 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
 Keeping Mobile Devices Secure
 3D Printing, ENABLE project
 Internet Security and Privacy
 Flash Drives-Not Just for Storage
 Features, Mac OS X & Windows

That rule would have required Internet providers to get permission from customers before selling their web browsing history and other private information to advertisers, ad agencies and others.

Instead, Internet providers are free to sell your personal data, despite your objections. Isn't this backwards? Shouldn't you be able to decide who sees your browsing habits, your email, the banks with whom you do business, and your Social Security number?

Personal information such as which illnesses you've searched in a web browser, where you bank, where you shop, and potentially even where your child or grandchild goes to school can now be accessed by the company you pay for Internet service.

To prevent this, more and more of us are paying for VPNs to keep prying eyes away. The COVID-19 pandemic is having a major impact on VPN use.

"When the pandemic hit in 2020, VPN demand skyrocketed, driven by the increased use of Internet based services at home, and the evolution of remote work. During the first two weeks between March 8th and March 22nd alone, VPN usage in the USA increased a massive 124%," reports Findstack.

A blog called The Cornwall Seeker writes, "A decade ago, Only a third of Americans and 20% of the people in the U.K. knew what a VPN was. Now, 68% of all adults in the U.S. use a VPN according to security.org."

A just-released poll by Associated Press-NORC Center for Public Affairs Research and Meritalk reveals that most Americans believe their personal online information is not at all secure.

Most polled believe social media activity such as Facebook, Twitter or Instagram is not very or not at all secure. 50% say private text conversations lack privacy.

In addition, many are not satisfied with the federal government's total lack of action. Nearly 75% of those polled support establishing national standards for how companies can collect, process and share personal data.

The Associated Press quotes Sarah Blick, a professor of medieval art history at Kenyon College in Gambier, Ohio, northeast of Columbus as saying, "I feel there is little to no security whatsoever."

Earlier this year, the college's human resources department told Blick that someone fraudulently applied for unemployment insurance benefits in her name. As we spoke about during the September Tech Night Zoom session, VPNs can keep your online activity secure – but only if you use them on all of your Internet devices. If you missed Tech Night, check out A Beginner's Guide to Understanding VPNs.

If you're ready to choose a VPN, see what [Top10VPN](#) considers its best VPN services. Tom's Guide lists its top choices in the best VPNs.

Because so many Americans (and Internet users all over the world) are currently considering a VPN, it's a very competitive market.

As I mentioned during Tech Night, if you can afford it, you can get better pricing if, rather than buying a VPN for six months or one year, you pay for a two- or three-year period.

What To Look For In a VPN

Security & Privacy: As one website says, "A VPN is only as good as its ability to keep you and your data safe."

APCUG, An International
Association of Technology and
Computer User Groups

<https://apcug2.org/>

**Free, Virtual Technology
Conferences, ONLINE**
presented by APCUG

The 2022 schedule

Saturdays:

Dates not announced yet
from 1 – 4 pm, EST

For Conference Descriptions
& Registration Links, go to

<https://apcug2.org/category/virtual-tech-conference/>

Tech for Seniors

<https://www.techforsenior.com>

hosted by Ron Brown
and Hewie Poplock

Every Monday from 9-10 AM PT,
(12-1 PM ET)

Broadcast with Zoom

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

#

APCUG Website Help

Windows & Android Tips:

<https://apcug2.org/jerestips/>

Apple Tech Tips:

<https://apcug2.org/50-best-mac-tips-tricks-timesavers/>

Penguin Platform (Linux):

<https://apcug2.org/penguin-platform/>

Chromebook Tips And Tricks:

<https://apcug2.org/chromebook-tips-and-tricks/>

Speed: Since a VPN is rerouting your Internet connection through its own private servers, if there aren't enough servers your speed can suffer. The best VPNs have vast networks all over the world. If you cannot connect to one server because too many people are connected at the same time, you simply choose another server.

Ease of Use & Customer Support: It should be as simple as moving a slider button on your phone or double clicking a tab on your Mac or PC to activate a VPN. If you have trouble with a VPN – or questions – the company needs to provide customer support. Period.

Performance & Server Locations: The more servers there are, the better chances you have to connect to your VPN if there's congestion. If you cannot connect to a server closest to you, then there should be one fairly close by. (Connecting to a VPN server in St. Louis or Virginia rather than St. Croix or Germany or Australia will typically give you faster Internet speed from your computer, phone, or iPad in Kentucky.)

Price: Find a VPN that you can afford. Avoid free VPNs. Many of them generate revenue by displaying plenty of ads. So, as you're trying to use the Internet, you're constantly disrupted by ads. Free VPNs often have few servers, and it might be a challenge to find one located near you. What you might not know is that many free VPNs use your computer's processing power when it's not in use. In addition, your activity might be tracked, your browsing details may be sold, and your Internet connection is often slow. Also, it's been discovered that China owns a number of free VPNs. Do you really want your personal Internet data going to Chinese authorities?

No Logging: The best VPNs will not track your web browser visits, your email, your social media usage, or other Internet activity. VPNs that do track your activity usually have one goal in mind: Making money. They want to sell your personal data.

"One quarter of all Internet users have accessed a VPN in the last month," wrote Rob Mardisalu on the www.thebestvpn.com website in January 2020.

Here's a breakdown by device:

Desktop: 17% (had used a VPN in the last month as of Jan. 2020.)

Mobile: 15%

Tablet: 7% For some, using a VPN was as common as washing their hands. www.bestvpn.com reports in early 2020, 35% of desktop computer users and 42% of mobile users (phones, laptops, iPads) had used a VPN every day.

VPN Users by Age (source: thebestvpn.com)

55-64 years old: 4%

45-54: 9%

35-44: 19%

25-34: 33%

16-24: 35%

The Asia-Pacific region has the highest number of VPN users (30%), while North America and Europe lag with far fewer VPN users (17%).

It turns out retaining anonymity (and keeping personal data private) is the strongest motivator to use a VPN in: the USA, Sweden, Canada, France, Japan, Germany, and South Africa. In other countries, folks use

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Planning Meeting

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

Got Questions?:

Windows: Arpad Kovacs
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Monitor Newsletter

The *Monitor* is published monthly
by members of RCSI. Articles by
our members may be reprinted by
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courtesy copy may be emailed to
the author or Monitor editor.
Limited copies (probably in black
and white) will be printed and
available at our meetings.

Club Mailing Address

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VPNs to stream TV shows and movies that have not yet been released or are off limits in those regions. In China and Russia, reporters use VPNs to get around repressive, dictatorial Internet restrictions.

Need more details? There are a number of websites that describe VPNs in simple English so that all of us can decide what's best for us individually.

Here are some links providing details, descriptions, and information about VPNs that are easy to digest: [How-To-Geek](#) [Tricky Enough](#)
[Forbes Advisor](#)

Reprinted from the October 2022 Issue, <https://ckcs.org/>,
lextown2@gmail.com.

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

Try This Automatic Password Changer

By Bob Rankin, www.askbobrankin.com
a Translator for the Technology Impaired

Security experts have “best practices” for passwords that can be cumbersome. They recommend you make your passwords long and obscure; never write them down where they can be stolen; and update them regularly. Unfortunately, all of that is so difficult that it seldom gets done. The key to password security is to make it easy. Read on to learn how you can strengthen and change all your most important passwords in just a few seconds...

Password Changer is a Game Changer

Software such as [RoboForm](#) and [LastPass](#) simplify password management by storing many passwords in an encrypted “vault” and filling them in automatically when they are requested on websites. They all will generate long, complex passwords on demand. You just have to remember one master password to unlock the vault and set a reminder to change passwords monthly.

Password managers have evolved additional features such as auto-filling forms, backing up data and passwords to the cloud, syncing passwords across devices, adding support for two-factor authentication, importing bookmarks and competitors' password file formats, and so on. Like other security software, password managers are locked in an ever-escalating features war.

[Dashlane](#) does all of the above, including two-factor authentication. If you enable two-factor authentication, Dashlane will text to your phone a code that you must enter manually before your master password will unlock Dashlane's vault.

It also does a great job of minimizing keystrokes, the second most important function of a password manager. For example, when you want to log in to Facebook you don't have to choose a profile from a drop-down list, as you do in some other programs. Dashlane recognizes the Facebook log-in screen, fills in your username and password, and even “clicks” the log-in button for you. The log-in screen flashes by so fast you may miss it if you blink.

Tidbits of probably useless information

Hiding in the undergrowth of African tropical forests, **Goliath Beetles** take the top spot as the heaviest insect in the world! They weigh up to 3.5 ounces (100 g), grow to a length of 4.5 inches (11.5 cm) and are brown/black/white in color.

The **Chinese Giant Salamander** is the largest living amphibian, weighing around 66 lb (30 kg) though they can reach 132 lbs (60 kg), and growing to a length of 6 ft (1.8 m) long. Having changed little from their ancestors, they are known as living fossils, but despite their fascinating nature, they are endangered and rare in the wild.

The **Ostrich** is the largest living bird, with a height of 9 ft (2.7 m) and weight of 344 lbs (156 kg), and at 1.9 in (5 cm) in size, their eyes are the largest of all birds. They don't have teeth and can survive without water for days as they can make their own water internally and extract the rest from the vegetation they eat!

The largest living reptile is the **Saltwater Crocodile**, growing to an average length of 17 ft (5.2 m), although they can reach 21 ft (6.3m) in length and weigh up to ~1,000 lb (453 kg). They are distributed widely in brackish and salt waters in parts of India, Asia and Australia and feed on all animals they can get their teeth into, which includes sharks if they get the chance.

Dashlane has a “security dashboard” where you can review all of your passwords. It highlights weak, reused, or compromised passwords that put you at risk, nudging you to strengthen your defenses.

Automated Password Changing

But the more interesting news about Dashlane is the Password Changer, which lets you update all (or at least most) of your passwords with a single click. Dashlane automatically selects all compatible logins to be changed. You can change them all at once, or select only some logins. Dashlane will generate new passwords, then automatically login and change your passwords on the selected sites in just seconds.

This is pretty awesome in light of the fact that security vulnerabilities and data breaches are happening at an alarming pace. The best course of action when these things happen is to change all your passwords. Doing it manually is a huge nuisance. Clicking a button to make it happen is (almost) fun.

Password Changer is a paid Dashlane feature, available in the Dashlane web app, Safari app, and on iOS and Android. The Dashlane Premium plan costs \$60/year. In the past, this feature was criticized by some, because it relied on the Dashlane server to change passwords. After an update in March 2021, the Password Changer does all of that work locally on your device, eliminating the potential security exposure. (Dashlane users with a free account are limited to one device and up to 50 passwords.)

Lastpass, a Dashlane competitor, also has a password changer feature. However, the Lastpass Auto-Change Password facility lacks the automation offered by the Dashlane password changer. You'll need to select a site, do the password change, select the next site, and so on. But still, it's a time saver over logging into each site and navigating to the password change page. I'll admit that not having this feature in RoboForm has made me dread the task of updating some of my own passwords on a regular basis.

Dashlane also acts as a digital wallet, storing your credit card and even Paypal data securely and filling in their details wherever needed. If you have multiple versions of a profile (e. g., different shipping addresses you've used on Newegg.com), Dashlane stores them all and lets you pick one from a drop-down menu.

Dashlane is a fine option for a password manager and digital wallet. I've been using the paid version of RoboForm for years, so I'll be considering a change when my next renewal comes due. (Full disclosure: I have no relationship with Dashlane, RoboForm, or Lastpass.) Have you tried Dashlane's automatic password changer?

Your thoughts on this topic are welcome. Post your comment or questions on my website.

Editors note: Bob enjoys helping people, so spread the word and possibly sign up for his newsletter.

End of Article

LISTEN, YOU DON'T NEED THAT MANY BROWSER TABS OPEN

Browser tabs are a blessing and a curse. It's handy to have multiple pages open at once, but it can easily get out of hand. You probably have this very page open among a dozen other tabs right now. Are they all really necessary, or are you hoarding?

[Listen, You Don't Need That Many Browser Tabs Open \(howtogeek.com\)](http://howtogeek.com)

USE THIS HIDDEN KEYBOARD COMBO TO FIX YOUR FROZEN COMPUTER

Having your PC suddenly freeze in the middle of working is frustrating. Next time you need to fix a frozen computer and don't want to restart, there's a little-known shortcut that might help you recover from one common cause. Let's look at a handy keyboard shortcut you probably don't know about, then discuss a few more quick tips for getting your frozen computer running again.

[Use This Hidden Keyboard Combo to Fix Your Frozen Computer \(makeuseof.com\)](http://makeuseof.com)

SLEEP VS. SHUTDOWN: WHAT'S BEST FOR YOUR LAPTOP?

You'll agree that your laptop is a device you can't do without, so it's essential to keep it running at its optimal level. That also includes how you power it down when not in use. So should you let it remain in sleep mode, or is it better to shut it down altogether? Let's explore both these low-power states and find out what's best to use and when. [Sleep vs. Shutdown: What's Best for Your Laptop? \(makeuseof.com\)](http://makeuseof.com)

By Phil Sorrentino, Newsletter Contributor
Sarasota Technology Users Group

No, that was Kookla, Fran & Ollie. (Well, that probably gives away the fact that I grew up in the 1950s near New York City.) But the important point here is that Hoopla is a (new) free Movie Streaming service offered by many county library systems. In Hillsborough County, it is being provided by the Hillsborough County Public Library Cooperative, HCPLC. Many of us are probably familiar with borrowing ebooks and audible books from the library using Overdrive or Libby on our mobile devices (phones and tablets). However, Hoopla provides a little bit more. Hoopla is a website and an App (for mobile devices) that allows you to borrow movies, TV shows, and music selections as well as ebooks and audible books. If the idea of borrowing books and movies using your phone or tablet is new, try some of the YouTube videos on the subject. Just Google "Hoopla," scroll down to the Video section, and choose the one that sounds like it may be helpful. While you are there, you may as well watch all of them to give you the best introduction to the idea of going to the library without ever leaving your house.

The website is "hoopladigital.com," and an app is available for Windows, Mac, iOS, and Android. Hoopla is a cloud-based digital media platform that enables users to instantly borrow entertainment media and educational material via the website or the Hoopla mobile app on a tablet or smartphone. Library cardholders of libraries that support Hoopla have unlimited access to the library's collection of digital media. Hoopla is a streaming service, and when it comes to streaming services, they are all vying for your time, and most of them are also after your money, but as said above, Hoopla is free. Hoopla is more like a library than a "blockbuster" store. You can think of Hoopla as a free pay-per-view video streaming service, like Netflix or Hulu, where your public library has picked up the monthly membership fee. All you need is a library card, and you can get an account. (If you have multiple library cards, say from a library in Florida and a card from a library up north, you can get an account for each of those libraries and possibly double your access to entertainment and information media.) Once you have an account, you can borrow movies, TV shows, music CDs, ebooks, audible books, and comics (cartoons). When you borrow these, like borrowing items from any library, there are some limits. All libraries may not be the same as HCPLC. HCPLC allows you to borrow 20 movies per month. When you borrow a movie, you can have it for three days. If you do not "early return" the movie, it will be automatically returned at the end of the three-day period. Because of this automatic return at the end of the borrowing period, there are never any late fines. HCPLC has a pretty substantial media inventory. Over 12 thousand movie titles, over 2 thousand TV shows, over 45 thousand CD titles, 180 thousand ebooks, 51 thousand audible book titles, and 13 thousand comics (cartoons) are listed in the inventory.

Scam Alerts

www.consumer.ftc.gov

WARNING: THESE ARE THE TACTICS SCAMMERS USE TO FOOL OLDER PEOPLE ON THE PHONE –

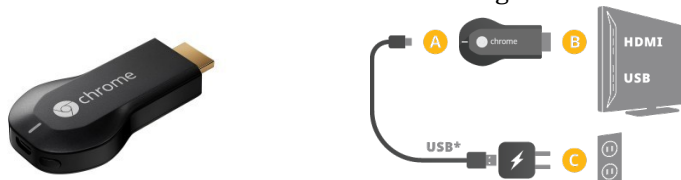
While scammers have embraced the digital age to target victims through social media, fake websites and landing pages, don't think that they forgot their roots. A simple phone call is still an effective tool for criminals to practice their crooked trade. Did you know that your phone has built-in tools to silence spam calls? These types of calls can range from annoying to downright dangerous. You can set it up whether you have an Android or iPhone, so these calls are blocked and sent to voicemail. [Warning: Tactics scammers use to fool older people on the phone](#) (komando.com)

U.S. Marshals Scam Call: How It Works

A new U.S. Marshals scam call is going around these days, so beware. It uses scare tactics and demands money to be sent right away. Criminals claiming to be from the U.S. Marshals office *impersonate real people from the agency*. This is why, when people search for these names on the Internet after the call – thinking they are ahead of the game – they fall victim to the scheme.

Imagine the following scenario – your phone rings. You pick up and hear an 'officer' informing there is a warrant for your arrest due to failure to respond to a summons to appear in federal court. He adds that he'll send the documents forward, so he'll make sure a criminal charge will take place. It is a common trick known as [Notice to Appear in Court Scam](#).


For anyone that likes to watch movies on their big-screen TV (as always with displays, size counts, and the bigger, the better), once you borrow the movie, Hoopla provides the ability to Cast your movie to a cast enabled TV. You can Cast the movie from your smartphone or tablet to a TV with the cast receiving capability built into the TV. (Or you can use a Google Chromecast device to give a regular TV the cast receiving capability. By the way, the newest Chromecast device includes a controller that makes controlling the device a bit easier.)



Chromecast Device

Chromecast Installation

For a casting discussion (or review), refer to the article “Cast your Smartphone” in the June 2018 Journal.

So, after you find the movie you would like to borrow and select the movie, look for the cast icon up in the upper right part of the screen. The cast icon looks like this:  Touch the Cast icon and then look for the cast device name (typically your TV name) on your tablet or smartphone. (If there are more than one cast-enabled devices nearby, you will see a list of those devices.) Find the cast-enabled device and choose it. This sets up a connection between the library movie server and your TV (or Chromecast device attached to a TV) via your home wi-fi. Now you can control the movie from your smartphone or tablet or the TV controller. You can start and stop the movie and jump to a specific point within the movie. Once you have watched the movie, you can “early return” it to the library if there is still some time left, or you can keep it till the end of its borrowing period and show it again. It goes back into the inventory whenever you return the movie so other library members can borrow it.

Note that Hoopla has a Search feature. It is the “Magnifying glass” icon at the bottom of the Hoopla page. You can “Search by title, artist or series,” as it says in the Search bar. When your search is successful, each item is shown as a thumbnail along with the type of media. Make sure you check the media type, so you don't download an ebook when you are looking for a movie. If you look for movies, you can use another App to get some information about the movie. IMDB (Internet Movie Data Base) can give you a quick synopsis of the movie, along with the cast, a trailer, and even a rating (so you don't waste your time with a dud). You can use both IMDB and Hoopla together to decide on a movie and then download and cast your borrowed movie to your big screen TV; imagine that all at no cost (given that you already have a tablet and a Chromecast device and a TV).

From the www.thestug.org newsletter, philsorr@yahoo.com,

Interesting Internet Finds

www.littlepaperplanes.com/cool-interesting-websites/get/

List of Most Interesting Websites Fun to Visit in 2022

1. [Mental Floss](#)
 2. [The Oatmeal](#)
 3. [Little Alchemy](#)
 4. [The Moth](#)
 5. [Sporcle](#)
 6. [How Stuff Works](#)
 7. [The Odd 1s Out](#)
 8. [A Good Movie to Watch](#)
 9. [The Onion](#)
 10. [Honest Slogans](#)
 11. [Cracked](#)
 12. [Wait But Why](#)
 13. [15 Facts](#)
 14. [Bouncy Balls](#)
 15. [One Tiny Hand](#)
 16. [Supercook](#)
 17. [Apartment Therapy](#)
 18. [Pottermore](#)
 19. [Buzzfeed Comments](#)
 20. [The Toast](#)
 21. [Lifehacker](#)
 22. [Imgur](#)
 23. [Mix](#)
 24. [Giphy](#)
 25. [Forgotify](#)
2. [Conclusion of Best Cool Sites Interesting to Visit](#)

Nemo (File Manager for Linux Mint)

By Cal Esneault, Cajun Clickers Past President and leader of many Open-Source Workshops & SIGs

Mint is a Linux distribution based on Ubuntu. The Mint team typically customizes key utility applications to support its goal of stability and user-friendliness. Three examples are shown below.

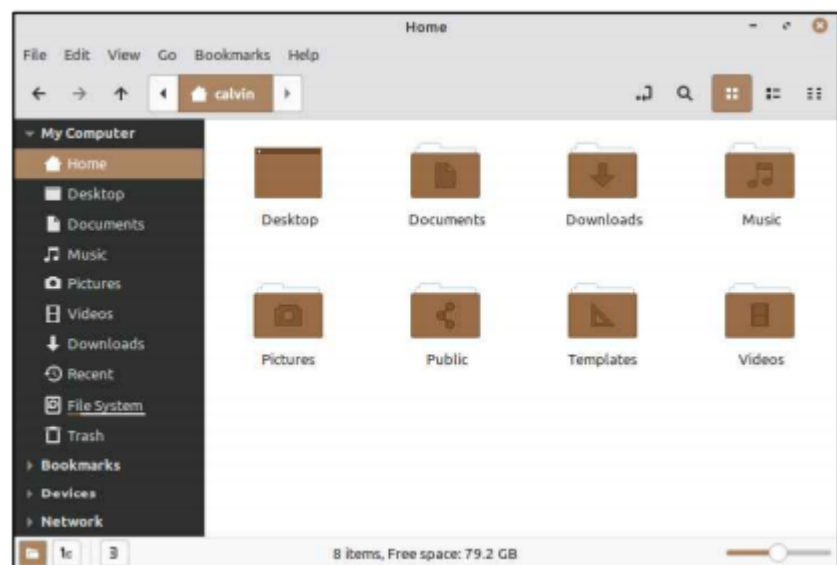


Menu Name	Program name	Function
Update Manager	Mintupdate	Safely install software
Files	Nemo	File manager
Text editor	Xed	Edit text files

Nemo, the file manager, began around 2012 as part of the development of the Cinnamon Desktop, a project launched to avoid the use of Gnome 3 Shell. Nemo is a “fork” of Nautilus, the Gnome file manager. Experienced Linux users often manage files using the command line. See an example of the “terminal” approach below.

```
File Edit View Search Terminal Help
calvin@calvin-Latitude-E6430:~$ ls
Desktop  Downloads  Pictures  Templates
Documents Music      Public   Videos
```

Average users, however, prefer the Graphical User Interface (GUI) that Nemo provides. Following is an example of the same directory listing referenced above but displayed by Nemo. The left-side pane provides easy navigation among parts of the overall file structure. The files can be listed in a variety of ways. Here, graphical icons are used. Other options include a detailed list view and a compact list view just showing names.



Around the World

Global Poverty:

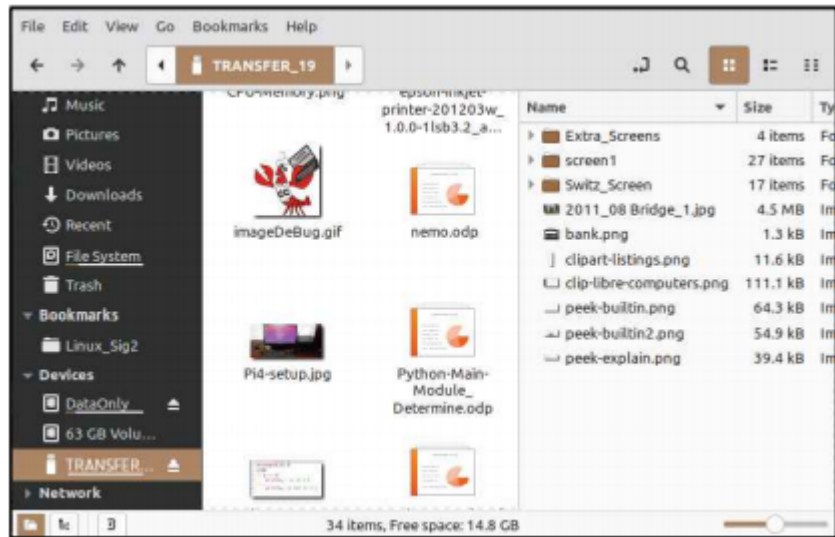
There is a strong demarcation when it comes to the economic conditions between the global north and the global south. However, the prevalence is a lot more in African countries and most importantly India. Although major steps have been taken to combat the problem, poverty has left a trail of destruction in its path. It is estimated that over 1.3 billion people across the globe live in destitute areas often surviving on \$1.25 a day or even less. Victims of poverty often survive on one or two meals a day.

The worst affected by [poverty](#) are children. With little or no food available, it opens the doors to many problems. One such problem is that of malnutrition. Spreading at an alarming rate, one in ten children is born with a low birth weight while it is one in four in the Asian Subcontinent. 45 per cent of the death in children is because of malnutrition. We must understand that malnutrition not only means less food. Here, the component is nutrition. Obesity is another kind of malnutrition and according to World Health Organisation (WHO), approximately, 1.9 billion people are overweight.

Global poverty is a matter of grave concern. It has made the lives of people a living hell. With minimal food and a thatched roof over their heads, poverty is a global emergency. Ravaging the world, organizations must ramp up efforts to combat it.

Continue reading at
www.sociologygroup.com/10-problems-in-world/

To facilitate moving files around, Nemo offers an “Extra Pane” view (shown below). The listing on the left is in icon view, while the listing on the right is the detailed view. In addition, files can be moved back and forth between folders using the drag-and-drop method.



There are many more features available to enhance your file organization. For example, you can add “bookmarks” to the navigation pane to speed your access to frequently used file areas. Be sure to investigate this important application if you use Linux Mint.

Copied from the May 2021 issue, CCCC Computer News,
www.clickers.org, office@clickers.org.

***** 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.

Lenovo Announces its First Arm-Based Thinkpad

By [Josh Norem](#) on March 1, 2022

Lenovo has announced its first Arm-based Thinkpad at the Mobile World Congress trade show in Barcelona. The company is stating that the combination of an energy efficient processor combined with its Thinkpad platform will provide a “smartphone experience” with “PC performance.” And by smartphone experience, the company means insane battery life, which could be up to 28 hours. The gains in longevity are thanks to Qualcomm’s new Snapdragon 8cx Gen 3 platform, which is



* * Jokes Stolen from Everywhere * *

Phyllis Diller's best one-liners

"Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight."

"The reason women don't play football is because 11 of them would never wear the same outfit in public."

"Best way to get rid of kitchen odors: Eat out."

"A bachelor is a guy who never made the same mistake once."

"I want my children to have all the things I couldn't afford. Then I want to move in with them."

"Most children threaten at times to run away from home. This is the only thing that keeps some parents going."

"We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up."

"The only time I ever enjoyed ironing was the day I accidentally got gin in the steam iron."

"My photographs don't do me justice – they just look like me."

"You know you're old if they have discontinued your blood type."

"Housework can't kill you, but why take a chance?"

"Old age is when the liver spots show through your gloves."

"Cleaning your house while your kids are still growing up is like shoveling the sidewalk before it stops snowing."

the first 5nm Arm SoC made for Windows. Qualcomm has promised up to 1.85x better CPU performance and 1.6x better GPU performance for this new SoC.

The laptop is the Lenovo ThinkPad X13s, which has a fanless design thanks to the Qualcomm chip according to [Ars Technica](#). It boasts four Arm Cortex-X1 cores that can spin up to 3GHz, and four Cortex-A78 cores that operate at 2.4GHz. A rep for Lenovo told Ars that it thinks Arm's capabilities are finally up to snuff to the point where the company could use the technology in its Thinkpad line, which are typically high-performance laptops marketed to road warriors and corporate users. The rep said one can expect the new Thinkpad to perform about on-par with a system that has an Intel Core i5 CPU, so it's probably not going to make anyone on Apple's custom silicon team break out in a sweat anytime soon.

Full read at <https://www.extremetech.com/extreme/332199-lenovo-announces-its-first-arm-based-thinkpad-says-it-offers-28-hours-of-battery>.

New "Artificial Muscles" Are Made Out Of Human Proteins

[by Modern Sciences Team](#), February 16, 2022

The things inside us that let us move are, believe it or not, still not fully understood; much like the rest of the human body, our muscles are an integral part of our daily function. Likewise, these muscles are also comprised of several complicated parts that operate in sync to grant us the movement we need.

It's partly due to this complicated nature of body parts like muscles, that make medical approaches to replacing them pretty difficult, should a patient need one. There already are methods out there that are far more nonintrusive than others, and simply involve assisting the patient—or whoever it is that may need it, like workers who carry heavy loads—with an external structure like [a powered exoskeleton](#). This time around, however, scientists decided to take a second look at *artificial muscles*.

In particular, scientists from the University of Freiburg (UF) managed to create their own take on *artificial muscles*; what they did to innovate, however, is making heads turn if only for the mere fact that they managed to make them out of proteins that would otherwise be found in the body anyway. The results from their unique study were published in the journal [Advanced Intelligent Systems](#).

"Regular" artificial muscles are commonly made out of plastics like nylon and rubber, as these possess both load-bearing and flexible characteristics that make them a prime choice for material for robots or powered exoskeletons. Placing them inside human bodies to supplant actual muscles, however, requires an entirely different approach.

Continue reading at <https://modernsciences.org/new-artificial-muscles-are-made-out-of-human-proteins/>.

Odds and Ends

A basic smart home doesn't need to be complex or expensive

Smart homes are probably the closest we can get to the futuristic dwellings seen in science fiction. The technology powering all of this can be quite complex but putting it all together doesn't necessarily need to be. You can also put a half-decent smart home together without bankrupting yourself. Find out how at

[A Basic Smart Home Doesn't Need To Be Complex or Expensive – Review Geek](#)

The free version of [Bitwarden](#) (open source) gets the basics right and doesn't cost a thing,

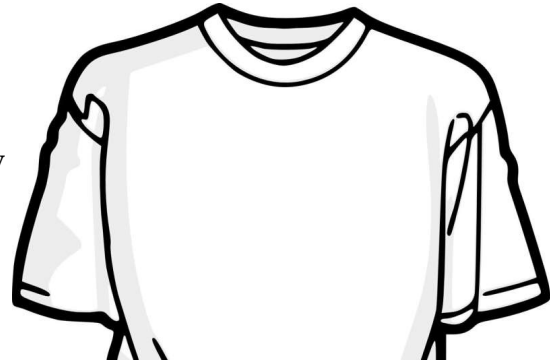
but it lacks a few features that make **1Password** such a standout option, including password checkups, breach reports, and 1 GB of encrypted storage (all features you get with Bitwarden's reasonably priced \$10 per year premium plan). Plus, Bitwarden isn't as polished overall and lacks the in-app guidance of 1Password, which makes it harder for beginners to get the hang of. But the free version of Bitwarden offers the core features you need in a password manager, including the ability to sync as many passwords as you want between as many devices as you own, support for [software two-factor authentication](#), and sharing between two people with separate logins. Bitwarden works on the same devices as 1Password, so you can use it with any computer, phone, tablet, or browser. Regardless of the password manager you use, it's important to protect your data with a strong master password.

Will this T-shirt one day power your cellphone? Researchers think so

by Rob Nikolewski, March 3, 2022

Call it the electric T-shirt. Or, as the researchers at the University of California San Diego have dubbed it, the "wearable microgrid."

Whatever its nickname, the long-sleeve shirt designed by the brainiacs at the Jacobs School of Engineering can harvest and store [energy](#) while the wearer is moving or exercising. The school's nanoengineers anticipate that someday the prototype will be refined to the point where [electronic devices](#) like cellphones won't have to rely on the electric grid for power but can run on the articles of clothing people wear every day. And, perhaps, generate power that's literally at the tips of our fingers.



"What we want to achieve in the end is to have a system where you don't need to think about charging anymore," said Lu Yin, a nanoengineering Ph.D. student who has worked closely with Joseph Wang, director of the Center for Wearable Sensors at UC San Diego. The shirt collects, or harvests, energy from the [human body](#) that can be stored and then used to power small electronics, such as an LCD wristwatch.

Biofuel cells that are powered by the sweat produced by the wearer are located inside the shirt at the chest. On the shirt's forearms and torso, triboelectric generators harvest energy as the user walks or jogs. At the same time, supercapacitors placed on the shirt's chest temporarily store the energy and then discharge it to power devices.

It sounds like the prototype would be bulky and awkward to wear but it's lightweight, flexible and not affected by bending, folding or crumpling. The shirt can be washed in water, as long as no detergent is used.

Read the rest at <https://techxplora.com/news/2022-03-t-shirt-day-power-cellphone.html>.

World's first HTR-PM nuclear power plant connects to grid

Nuclear and New Energy Technology of Tsinghua University

China announced on December 20 that the Shidaowan Nuclear Power Plant (NPP) in Shandong province of east China, the world's first High Temperature gas cooled Reactor of Pebble bed Module (HTR-PM) is now connected to the grid. It is also the first fourth generation (GEN IV) NPP of High Temperature Gas cooled Reactor (HTGR) connected to the grid, along with its unique inherent safety and robust reliability. As China has become one of the few countries mastering the GEN IV technology, it is leading the global nuclear power technology advancement.

This has been achieved through more than 30-years of continuous research by hundreds of Tsinghua scientists, stepping from the basic research of key technologies to the 10MW experimental reactor (HTR-10). When operating at the rated power, the Shidaowan NPP will generate about 1.4 billion kilowatt-hours of electricity per year, providing household electricity for 2 million residents and reducing carbon dioxide emissions by 900,000 tons.

As one of the most practical and effective solutions to resolve the challenge of China's Carbon Dioxide Peaking and Carbon Neutrality goals, China National Nuclear Corporation (CNNC) has confidence to implement more HTGR projects for its comprehensive application for power generation, process heat supply, district heating, seawater desalination and etc. CNNC will further strengthen its partnership with Tsinghua University for revolutionary and practical innovation to accelerate the massive deployment of the HTGR technology, while establishing an advanced nuclear industry.



<https://www.tsinghua.edu.cn/en/info/1244/10921.htm> , https://en.cnncc.com.cn/2021-12/20/c_692103.htm

* * * * * CLUB and REGIONAL NEWS * * * * *

RCSI

Last month, Joe Kissell gave a very thorough presentation on 'Take Control of Your Passwords' and explained the importance of making each of our site passwords unique and complicated. Here is a link to a graph that shows the brute force needed to crack a password (using today's computers),

www.hivesystems.io/password. Most sites require a minimum of eight characters, which only takes 39 minutes to crack a complicated password. There are several great password managers (Lastpass, RoboForm, NordPass, Dashlane, Bitworden, etc.) but, Joe's favorite is 1Password. Joe is a writer and publisher and has written a book on passwords entitled 'Take Control of Your Passwords', for \$14.99 but, there is a limited time discount offer for APCUG members, which is explained on my pcloud site (<https://tinyurl.com/tonydel-rcsi>). Joe has many other books available at www.alt.cc.

Imagine RIT: Saturday April 23, 2022 from 10am-5pm

Creativity and Innovation Festival is a FREE campus-wide event that showcases the creative and innovative spirit of RIT students, faculty, and staff. *All attendees and participants must provide proof of vaccination and photo identification.* This event is open to the public and families with young minds are encouraged to attend.

Got Questions?:

Send an email to either person below and they will get back to you. The questions can be related to the OS (Operating System) or hardware related issues. Please give them time for a response, as they do this service on a volunteer basis. Thank you.

Windows OS: Arpad Kovacs, podcomputer@gmail.com

Linux & some Mac: Carl Schmidtman, unixgeek@faultline.com

New Meeting Place

Our Usual Meeting Place is being renovated.

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 SECOND building on the left –

Chestnut Court.

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