

## 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](http://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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**May 10, 'The Return of Analog Computers'**  
 presented by Arpad Kovacs

**June 14, 'Remove Android Bloatware'**  
 by John Krout via Zoom

**\*\* July and August, summer hiatus - No Meetings \*\***

## In This Issue

Hackers, Thieves, and Creeps	Kurt Jefferson
How Safe is Kaspersky Internet Security?	Leo Notenboom
A Common Computer Problem and How to Fix It	Mark Presky
Most Common Issues that Need Repair from a PC/Mac Repair Shop Perspective	Dan Douglas
Our New "Ring" Doorbell	Jim Cerny
Bits and Pieces in the News	RCSI editor
Honey holds potential for making brain-like computer chips	
New AI-Driven Algorithm Can Detect Autism	
OpenAI Text-to-Image Generator 'DALL-E 2'	
Researchers generate the first complete, gapless sequence of a human genome	
Club and Regional News	

## Hackers, Thieves, and Creeps

The Bad Guys Are Working Hard to Get Your Money

By Kurt Jefferson, Editor  
 Central Kentucky Computer Society

If Cher ever decides to rework her major 1971 hit single, *Gypsys, Tramps, and Thieves*, she may want to rename it, *Hackers, Thieves, and Creeps* to reflect today's ongoing Internet security battles.

Hackers are infiltrating email accounts and tricking folks into paying their hard-earned money for all kinds of bogus ventures. A few examples of recent emails and Internet threats:



"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](http://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](http://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

You owe \$280 now to update that anti-virus software package (*that you never even purchased.*)

We've taken control of your Windows 10 PC. (*You'll get it back only after you pay our ransom demands.*)

Hey, click on this email link, and it will take you to a bogus website that looks real, seems real, and (*is bogus as a Kentucky snowfall in August*).

You're using Safari on a Mac, and a box pops up that reads, "Alert! Suspicious Activity Might Have Been Detected. Major Security Issue. To fix it, please call Support for Apple +1 888-476-\*\*\*\*(Toll-Free) immediately!" (Pop-ups such as this one are not legitimate. Apple doesn't notify anyone of a "major security issue" in this manner. *Bogus to the max.*)

When it comes to security breaches, **"Unfortunately, most people do not understand the gravity of the problem until it personally affects** them through identity theft or other malicious activity.

Unsurprisingly, however, the rate of identity-related crime is exploding, and a recent study claims that there is a new victim of identity theft every 2 seconds in the United States alone," writes the security website, selfkey.org.

The Internet Theft Resource Center keeps track of the attempts to dig deep into your wallet. Unfortunately, things are not looking up.

Reported data breaches last year grew by 17% from the start of 2021 to September over the number of breaches reported in all of 2020. Yikes.

Security breaches (the ones we hear about) are now so pervasive that we can all view giant lists on the Web detailing the gory details. For example, Upguard lists The 59 Biggest Data Breaches. The fact that dozens of well-known companies appear on this list (Yahoo!, Facebook, T-Mobile, Uber, Home Depot, Zoom) tells us that we're no longer in Kansas (so to speak). If you want to see even more names, take a deep breath and check out the selfkey.org list, which claims to show All Data Breaches in 2019-2021, An Alarming Timeline (these are breaches that have been made public).

There's even a black-market invitation-only online shop where the bad guys go to buy login credentials, fingerprints to open phones and iPads, and stolen cookies.

In 2017, CBS News reported that "imposters, from fake IRS agents to faux tech support employees, have officially overtaken identity thieves to top the list of consumer fraud complaint".

Okay. What about solutions? The Federal Trade Commission offers several tips:

Secure Your Internet Devices at Home. This includes your Wi-Fi router, PCs, Macs, Linux machines, iPads, smartphones, smartwatches, smart speakers (Hello, Alexa), home cameras, smart doorbells, and every other device connected to the Internet.

Learn When Your Voice Assistant Is Listening. Alexa, Google Assistant, Siri, Cortana might be listening when you're unaware. The FTC urges you to lock down your login, check your settings, and be aware of what's connected to your voice assistant.

**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/>

**Secure Your Router.** As we mentioned earlier in this newsletter, you need to update your router's settings periodically. As the FTC writes, "Think of your router as home base for all your devices. The more secure your router, the more secure your connected devices will be."

Use a VPN. We've talked about this before at a CKCS Tech Night. Find a good, reliable, trustworthy virtual private network and use it on all your Internet-connected devices. A VPN is an app that you install. It sends your Internet signal into a tunnel so others cannot access your data. IPVanish writes, "A VPN Helps You Take Back Your Privacy and Protect You From Hackers." Avoid free VPNs. In this life, you get what you pay for. **So, make online security a priority.**

Finally, check out: The Ultimate Internet Security Guide For Seniors (2021). Even if you've used the Internet since the '90s, I promise you there is at least one tip on this website to benefit you.

Stay safe, Stay secure, Stay informed. Attend your computer club to learn all you can about Internet security.

Reprinted from the <https://ckcs.org/>, [lextown2@gmail.com](mailto:lextown2@gmail.com).

## How Safe is Kaspersky Internet Security?

by Leo Notenboom, <https://askleo.com/>

Making Technology Work For Everyone

### Old allegations get renewed focus.

Any software company with ties outside the U.S. comes under scrutiny. Should you be worried?

\*

Hello Leo, I've been using Kaspersky Internet Security for many years now without problems or viruses. What I'm concerned about is all the negative news I've been reading and hearing about Kaspersky! I've read that he is a spy for the Russian government, that he's been hacking our systems at the request of the Russian government. What do I do? Should I uninstall Kaspersky that has been protecting my computers for years now, or just ignore the negative news? Can you give me the truth of what's going on with Kaspersky?

\*

I honestly don't know. **Updated** March 2022. I still don't know.

But there are a couple of observations I'd like to share about the situation; perhaps they will help you come to a decision. I'll also share what I would do in your situation, which has changed as of this update.

### Kaspersky, yes or no?

Ultimately, the risk is not whether Kaspersky is or has been spying on us. The real risk is that being headquartered in Russia, it might be forced to do so in the future. With so many alternatives available, there's little reason to take the risk.



## RCSI Board Members

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## Planning Meeting

Held on 1<sup>st</sup> 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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Linux & some Mac: . . . . .  
Carl Schmidtman  
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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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## This is nothing new

As long as Kaspersky has been around and as long as it's been publicized that they have Russian ties, there have been statements ranging from mild concern to outright accusations of spying or other underhanded deals. To the best of my knowledge as of this update, *not once* has any of it been substantiated.

Naturally, with the current political issues relating to Russia, these accusations are making headlines once again. Even to the point that the U.S. government has [warned against Kaspersky](#).

## It's not limited to Kaspersky

Any company with ties or headquarters outside of the U.S. comes under scrutiny. Another common target is EaseUS, the makers of EaseUS Todo (one of the [backup](#) software packages I recommend) as well as other disk and system utilities I and others often recommend. EaseUS is headquartered in China, and some have expressed concern they might be spying or hacking on behalf of the Chinese government. The same claims leveled at Kaspersky, with the same results: to the best of my knowledge, as of this update, nothing has ever been proven.

## Kaspersky denies it all ... of course

Kaspersky denies it all; but then, they would hardly come out and admit it if it were true. They downplay their Russian connection. The [Kaspersky website](#), for example, says:

*Founded in 2004, Kaspersky Lab North America is a Massachusetts corporation and is a wholly-owned subsidiary of its holding company, Kaspersky Labs Limited, based in the United Kingdom.*

Searching the Kaspersky website from within the United States, it's nearly impossible to locate or view pages containing any reference to Russia. Only via the Internet Archive snapshots of the primary contact page can we see that Kaspersky is headquartered in Moscow.

Are they hiding something? Or are they simply reacting in a reasonable way by focusing on their international and UK connections? Both approaches seem plausible.

## 2022: Russia and Ukraine

Even though Kaspersky has a good reputation as an [anti-malware](#) tool, the risk may have become too great.

With the current political turmoil in eastern Europe and Ukraine, the concern grows that the Russian government could force Kaspersky to do exactly the kinds of things we've been worrying about.

As I said, there's no proof that they have, but the possibility remains: *they could*.

## What I would do

If I were in your shoes, here's what I would do:

- I would now uninstall Kaspersky, just to be safe.
- I would allow Microsoft Security, aka Windows Defender, to become my primary security suite. In Windows 10 and 11, that should happen simply by uninstalling Kaspersky.



## Tidbits of probably useless information

### Largest Trees by Volume

#### 5. **Still Sorrow**

Location: Tasmania, Victoria  
(AUS)

Height: 84 m, 280 ft

**Total Volume** : 391 cubic meters

#### 4. **Cheewhat Giant**

Location: Pacific Rim National  
Park Reserve, Canada

Height: 56 meters, 187 ft

**Total Volume** : 450 cubic meters

#### 3. **Tane Mahuta**

Location: Waipoua Forrest, New  
Zealand

Height: 45.2 m, 151 ft

**Total Volume** : 516 cubic meters

#### 2. **Grogan's Fault**

Location: Redwood National  
Forest, USA

Height: 18.2 m, 61 ft

**Total Volume** : 1,084 cubic  
meters

#### 1. **General Sherman**

Location: Sequoia National  
Forest, USA

Height: 83 m, 277 ft

**Total Volume**: 1,487 cubic  
meters



- If Microsoft Security isn't something you want, I mention several additional alternatives in [What Security Software Do You Recommend?](#)

It feels a tad alarmist and might be an overreaction, but all things considered, there is a possibility of malfeasance. There's simply no reason to take the risk.

### End of Article ###

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

## A Common Computer Problem and How to Fix It

By Mark Presky

Director, Los Angeles Computer Society

Over the years, computer hard drives have gotten larger and larger. But programs and the other files we load onto our computers have also gotten larger and more numerous. Eventually, this often becomes a problem when one's computer starts running slower or informs you that it just cannot hold anymore.

One way to deal with this problem is to free up space on the hard drive or SSD (solid-state drive). Use the built-in Disk Cleanup tool in Windows 10. Click on the Start menu. Choose All Programs—select Accessories, then System Tools. Click on Disk Cleanup. Under the Files to delete heading, choose which file types you want to remove. If you're unsure which file types to get rid of, select each one in turn and read its description. When you've selected the file types to delete, click OK.

Another method to free up space is to manually go through your files and delete the many of them that you don't need or want. Image (photos), audio (music), and video (audio and image) files can take up vast amounts of file space. How many photos of little Tommy or Grandma from your last birthday celebration do you need? I'll bet you have many duplicates of virtually every shot. Delete the copies, at the least. Have music files on your computer that you never listen to? Again, delete 'em. Now repeat this process with your vacation photos. Lots of old photos of your ex? Remember that song from the movie "South Pacific?" Wash those files right out of your computer.

Another trick here is to reduce the file size of those photos. Most cameras produced in the last several years take photos over two megabytes (MB) in size. Unless you plan to print those large file-size photos, you might think about reducing each image to between 200 and 400 kilobytes (KB). The reduced file size photos won't look any different when you view them on your computer. One can even reduce the photo file sizes en masse. If taken on your iPhone, the phone will ask you what size you want the file to be when you send them, via email, to your computer. I use IrfanView, but several other programs do this.

Going through those extra, unneeded files can be laborious and time-consuming, but that might beat having to buy another computer, having a larger hard drive installed and having all the files transferred, or having your computer crash.

Reprinted from User Friendly, January 2022 issue,

<https://www.lacspc.org/>, [leahjc@sbcglobal.net](mailto:leahjc@sbcglobal.net).

**EASIEST WAYS TO CONNECT YOUR SMARTPHONE TO YOUR TV**

The line between your various gadgets is blurring by the day. You can connect your tablet to your surveillance system and your smart speaker to your refrigerator. You can see who's at the door from your computer and adjust the thermostat from your phone. Wouldn't it be great to bring the content from your smartphone to your big-screen TV? It's possible. You can livestream video from your phone to your TV, view files and photos and also play games. Virtually anything you can do on your phone can be cast to your TV. Here's how:

[Easiest ways to connect your smartphone to your TV \(komando.com\)](http://komando.com)

**GOOGLE VOICE FOR PERSONAL ACCOUNTS IS GOING THROUGH SOME MAJOR CHANGES**

Google Voice has survived the company's regularly scheduled 'spring cleaning' for over a decade now, and while it's gone through several refreshes and iterative updates, it's largely retained its identity, even while other voice and messaging apps that have been released have met their untimely end.

Read more at

[Google Voice for personal accounts is going through some major changes \(chromeunboxed.com\)](http://chromeunboxed.com)

**Most Common Issues that Need Repair from a PC/Mac Repair Shop Perspective**

By Dan Douglas

President Space Coast PCUG, FL

This month I am updating the presentation highlights from the session I gave at the APCUG virtual Technology Conference held back in 2019. I spoke on "Most Common Issues that Need Repair from a PC/Mac Repair Shop Perspective." Here are some of the highlights:

**Failing or Failed Hard Disc Drives/HDD****Symptoms**

- Poor performance
- Boot failure message
- Hard drive failure prediction message issued by Self-Monitoring, Analysis and Reporting Technology (SMART)

**Solution**

1. Replace HDD with HDD (I no longer recommend doing this; you will be much better off with an SSD in almost every case)
2. Replace HDD with Solid State Disk (SSD) If old HDD is still bootable, clone to a new drive
3. If the old HDD is not bootable but is still readable, copy personal files off for later transfer to the new drive

**Web Scammer Messages****Symptoms**

1. Locked out from PC with message panel displayed with a number to call
2. Phone calls claiming to be Microsoft, Dell, etc.
3. Web page that states you are infected and must call

**Solution**

- System Restore to last system checkpoint
- Clean/reset browser start pages and/or search engine
- Install Malwarebytes and perform a scan to remove any nasty programs

**Poor Performance****Symptoms**

- Slower boot times than normal
- Mouse/keyboard slow to respond
- Browsers/apps slow to load/respond

**Solution**

- Check for hard drive errors, and excessive usage in Task Manager – many hard drives with capacities of greater than 500GB are failing much sooner in my experience
- Check for malware/spyware – run Malwarebytes
- Check for obvious 'junk' programs in Programs & Features, especially programs that claim to maintain drivers

## Scam Alerts

[www.consumerfraudreporting.org](http://www.consumerfraudreporting.org)

### Debt Collection:

Most of the complaints under this category involve debt collectors. Consumers tell of receiving calls from harassing collectors who are threatening and will repeatedly call attempting to collect a debt. Other complaints that fall under this category involved credit/debit card fees, pay day loans, credit repair companies and unauthorized use of credit/debit cards. Some of these complaints involved hidden fees and billing disputes as well.

### Identity Theft, Phishing and Pharming

Scammers gain access to your confidential information, like social security numbers, date of birth and then use it to apply for credit cards, loans and financial accounts. Typically, the victim receives an email that appears to be from a credible, real bank or credit card company, with links to a website and a request to update account information. But the website and email are fakes, made to look like the real website.

### Phone scams

This includes telemarketers violating the [Do Not Call list](#), Robodialers, scammers calling up pretending to be from a bank or credit card company. The National Do Not Call Registry (U.S.) or the National Do Not Call List (Canada) offer consumers a free way to reduce telemarketing calls. Scammers call anyway, of course, and they've even found a way to scam consumers by pretending to be a government official calling to sign you up or confirming your previous participation on the Dot Not call list! <https://www.donotcall.gov/>

- Check for missing Windows updates
- Check Event Viewer logs for error messages

### **Lockout/Loops After Updates**

#### Symptoms

- Spinning circle with black screen
- Loop constantly restarting
- A message with automatic repair failure/attempts

#### Solution

- Try using System Restore in Advanced tools
- Sometimes just letting it run 15-30 minutes fixes it

If these do not work, back up personal files and try a reset of the OS. Sometimes, the HDD must be wiped and reloaded if Windows cannot be booted after all recovery actions fail.

From the June 2021 issue, *The SCPCUG Journal*,  
[www.scpcug.org](http://www.scpcug.org), [datadan@msn.com](mailto:datadan@msn.com).

## Our New "Ring" Doorbell

By Jim Cerny, Forums Coordinator  
Instructor, Sarasota Technology Users Group

Technology is everywhere and finding places in our lives, even in the simplest activities. Take your doorbell, for example, just one button and a "ding-dong," and that was it – someone was at your front door. So, what could be better than that simple signal system? Well, welcome to the new "tech" doorbells! Here is my experience installing and using a new "Ring" brand doorbell (cost is about \$100 to \$200 depending upon the model).

Our new doorbell has a built-in video camera. It can video any activity around your front door and is motion-activated. So, in reality, anyone coming near your front door doesn't have to touch the button at all. The doorbell itself was not that difficult to install and can be attached to your existing doorbell wires. If you do, it will still ring your old doorbell chime or ringer when the button is pressed. This is nice that the "old" technology is still used with the new. The new doorbell is powered by batteries which will have to be changed or charged when needed – and it sends you a "low battery" message to let you know.

Now for the interesting (and hopefully fun) part – the new doorbell connects (wirelessly) to your home Wi-Fi network. Now you can have almost any of your other devices work with (that is, be connected to) your new doorbell. Your iPhone, for example, should have the "Ring" app installed on it, and you use this app to adjust and change your doorbell settings and options. For example, our doorbell was being activated by a car driving down our street, so I adjusted the sensitivity to make it less "sensitive." In addition to your iPhone, if you have an iPad, an Alexa, or other Internet devices, they also may be connected. This means, when someone gets near to your front door, these devices will play or speak a notice that there is someone near your door, even if they never pressed

## Interesting Internet Finds

By Steve Costello

[scostello@sefcug.com](mailto:scostello@sefcug.com)

*How To Disable The Smart Compose Feature In Gmail*  
<https://techviral.net/disable-smart-compose-gmail/>

I keep the Smart Compose feature turned off because I distrust the AI figuring out what I want to say. So if you have not turned this feature off in your Gmail, I suggest you do it now.

*Is Charging Your Phone Overnight A Bad Idea?*  
<https://www.online-tech-tips.com/smartphones/is-charging-your-phone-overnight-a-bad-idea/>

This question pops up from time to time. The people at Online Tech Tips answer this and some other questions regarding battery charging.

*HTTPS vs. VPN: 5 Reasons You Do Need Both*  
<https://www.makeuseof.com/https-vs-vpn-reasons-you-do-need-both/>

If you don't have a VPN, always use HTTPS. However, if you have a VPN, this post explores why using both is a good idea. (Note: I always use both when I am away from my home network. Sometimes, I even use both, especially with banking and shopping sites.)

*Five Simple Rules For Spotting A Scam*  
<https://cynmackley.com/2021/11/22/five-simple-rules-for-spotting-a-scam/>

I am sure you keep hearing about scams; I know I do all the time. This post has some simple and easily remembered tips for spotting scams. Check this post out.

the actual button. So you are notified, for example, if a package was placed at your front door on your iPhone wherever you are. This is a very nice convenience and worth the cost of the doorbell alone. If you are not at home and get a tone/notice on your iPhone that someone has pressed the button, you can see who it is and TALK to them too! You can say you are not at home or in the bathroom or anything you want. Pretty neat, right? But there is more.

You get a "live" video of what is happening at your front door anytime you want, from your iPhone or another device. Also, as an option for a small monthly cost, the camera will record videos of all activity for you to look at later. (Without paying the additional fee, you can only see a "live" video.) The "Ring" company has a program to make "safer neighborhoods" by using their doorbells as security cameras. So, these new doorbells are yet another "Internet" device connected to all your other devices.

There are, however, some drawbacks that we have discovered in addition to adjusting the "sensitivity" level. We recently had to install a new home Internet modem/router. This means ALL our Internet devices, including the doorbell, had to be changed to connect to the new Wi-Fi ID (and password if required). Considering all the devices, including phones, printers, laptops, tablets, etc., was very troublesome and time-consuming. Another drawback is the frequency of front door activities. If you get frequent deliveries from Amazon, for example, all your devices connected to the doorbell will be sounding an alarm each time. Hopefully, you can find the correct settings and notifications that suit you best.

Overall, it is a great and fun device and, in my opinion, worth the cost. And keep in mind, even if you do not purchase one for yourself, your neighbors probably have them! So don't do anything funny in anyone's front yard; you may find yourself in a video on the Internet!

Reprinted from the [www.thestug.org](http://www.thestug.org), [vp1@thestug.org](mailto:vp1@thestug.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 PDF or web versions of this newsletter.

## Honey holds potential for making brain-like computer chips

By Sara Zaske, April 5, 2022

WSU News & Media Relations

VANCOUVER, Wash. – Honey might be a sweet solution for developing environmentally friendly components for neuromorphic computers, systems designed to mimic the neurons and synapses found in the human brain.

Hailed by some as the future of computing, neuromorphic systems are much faster and use much less power than traditional computers. Washington State University engineers have demonstrated one way to make them more organic too. In a study published in [Journal of Physics](#),



## Around the World

<https://borgenproject.org>

### Religious Conflict & War.

Political conflict has drastically increased over the years. Terrorism and the rise of religiously motivated [insurgent groups](#) have forced the hand of several governments. As a result, defense spending around the world has risen steadily since 1995 to \$1.7 trillion. While terrorism may be on the rise, the good news is that diplomacy and peace efforts have decreased the number of civil wars and intra-state conflicts around the world from 16 per 100,000 to about 1 per 100,000.

**Food and Water.** Currently, 1 in 9 people lack access to clean water across the world, and the same ratio are malnourished. The emergence of new technology in agriculture and increased awareness, however, has improved conditions. Several organizations, such as the World Health Organization (WHO), are addressing the issue on the ground and through political influence.

**Physical fitness.** Obesity has become a [global issue](#). The lack of physical fitness programs and extra-curriculars have created significant issues that could affect future health. Recently, the number has exceeded 39 percent of individuals around the world being overweight and 13 percent being obese. Efforts by the government and even media have started to turn the tide. Professional organizations such as the NFL have implemented Play60 programs to emphasize nutrition and fitness from a young age.

the researchers show that honey can be used to make a memristor, a component similar to a transistor that can not only process but also store data in memory.

“This is a very small device with a simple structure, but it has very similar functionalities to a human neuron,” said Feng Zhao, associate professor of WSU’s School of Engineering and Computer Science and corresponding author on the study. “This means if we can integrate millions or billions of these honey memristors together, then they can be made into a neuromorphic system that functions much like a human brain.”

For the study, Zhao and first author Brandon Sueoka, a WSU graduate student in Zhao’s lab, created memristors by processing honey into a solid form and sandwiching it between two metal electrodes, making a structure similar to a human synapse. They then tested the honey memristors’ ability to mimic the work of synapses with high switching on and off speeds of 100 and 500 nanoseconds respectively. The memristors also emulated the synapse functions known as spike-timing dependent plasticity and spike-rate dependent plasticity, which are responsible for learning processes in human brains and retaining new information in neurons.

The WSU engineers created the honey memristors on a micro-scale, so they are about the size of a human hair. The research team led by Zhao plans to develop them on a nanoscale, about 1/1000 of a human hair, and bundle many millions or even billions together to make a full neuromorphic computing system.

Continue reading at <https://news.wsu.edu/press-release/2022/04/05/honey-holds-potential-for-making-brain-like-computer-chips/>.

## New AI-Driven Algorithm Can Detect Autism in Brain “Fingerprints”

Early, definitive detection of autism in patients could lead to timelier interventions and better outcomes.

By Adam Hadhazy, Mar 28, 2022

Stanford scholars have created an algorithm that uses functional magnetic resonance imaging scans to find patterns of neural activity in the brain that indicate autism.

Stanford researchers have developed an algorithm that may help discern if someone has autism by looking at brain scans. The novel algorithm, driven by recent advances in artificial intelligence (AI), also successfully predicts the severity of autism symptoms in individual patients. With further honing, the algorithm could lead to earlier diagnoses, more targeted therapies, and broadened understanding of autism’s origins in the brain.

The algorithm pores over data gathered through functional magnetic resonance imaging (fMRI) scans. These scans capture patterns of neural activity throughout the brain. By mapping this activity over time in the brain’s many regions, the algorithm generates neural activity

## \* \* Jokes Stolen from Everywhere \* \*

**Henry "Henny" Youngman** was an English-American comedian and musician famous for his mastery of the "one-liner". 1906 – 1998.

When I read about the evils of drinking, I gave up reading.

I told the doctor I broke my leg in two places, he said stop going to those places.

I've been in love with the same woman for 41 years, if my wife finds out she'll kill me.

A man says to another man, 'Can you tell me how to get to Central Park?'  
'No.'  
'All right, I'll mug you right here.'

Getting on a plane . . . I told the ticket lady, "Send one of my bags to New York, send one to LA, and send one to Miami."  
She told me, "We can't do that!"  
I told her, "Well you did it last week!"

After 30 years of marriage, people always ask, "What's the secret of keeping the romance alive?" I always tell them...

We go to the same romantic restaurant every week, twice a week...

I go on Tuesdays. She goes on Fridays.

Take my wife, please!

There was a beautiful young woman banging on my hotel room door all night last night, I finally let her out.

Do you know what it means to come home at night to a woman who'll give you a little love, a little affection, a little tenderness? It means you're in the wrong house.

"fingerprints." Although unique for each individual just like real fingerprints, the brain fingerprints nevertheless share similar features, allowing them to be sorted and classified.

As described in a [new study](#) published in *Biological Psychiatry*, the algorithm assessed brain scans from a sample of approximately 1,100 patients. With 82% accuracy, the algorithm selected out a group of patients whom human clinicians had diagnosed with autism.

"Although autism is one of the most common neurodevelopmental disorders, there is so much about it that we still don't understand," says lead author [Kaustubh Supekar](#), a Stanford clinical assistant professor of psychiatry and behavioral sciences and [Stanford HAI](#) affiliate faculty. "In this study, we've shown that our AI-driven brain 'fingerprinting' model could potentially be a powerful new tool in advancing diagnosis and treatment."

Finish this article at <https://hai.stanford.edu/news/new-ai-driven-algorithm-can-detect-autism-brain-fingerprints>.

## OpenAI Text-to-Image Generator 'DALL-E 2' Now Edits and Combines Existing Pictures

By Ron Jefferson

(Photo : OpenAI) DALL-E 2 can create original, realistic images and art from a text description. It can combine concepts, attributes, and styles.

Once again, technology firm OpenAI demonstrated a new innovative program inspired by a previous model of [DALL-E](#), a text-to-image generation architecture.

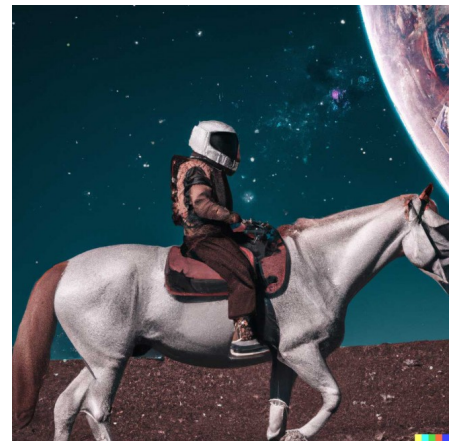
### DALL-E 2 by OpenAI

The new system, also known as DALL-E 2, functions at a lower-latency rate and higher resolution than its predecessor. The improvement is evident, as the program could materialize an image based on a user's descriptive input.

In addition to its text-to-image capacity, the DALL-E 2 offers more functions, such as editing a finalized image. However, the new system is not yet available for public use instead of OpenAI's first release.

According to [The Verge](#), curious people and researchers may [sign up](#) to join a preview of the DALL-E 2. Experts from OpenAI expect that the program will be utilized in third-party apps on any device.

OpenAI introduced DALL-E back in 2021. The system is inspired by the popular artist Salvador Dali and the fictional robotic character known as WALL-E. During the time, the system was still under development but had already demonstrated what might be the best text-to-image processing algorithm of modern times.



## Odds and Ends

### Modified Red Blood Cells for COVID-19 Vaccination

Researchers at McMaster University in Ontario, Canada created engineered red blood cells to act as a new COVID-19 vaccine technology. The cell membranes have been studded with the SARS-CoV-2 spike protein, and in experiments the researchers have conducted in mice the cells can trigger an immune response with minimal side-effects. The team reports that the technique is relatively quick and easy to perform, and it could be useful in developing vaccines against a variety of viruses and future COVID-19 variants.

It appears that humans work most effectively under pressure, and times of crisis can be a powerful catalyst for innovation and new technologies. This has been true during the COVID-19 pandemic, where vaccine development went into overdrive, and we saw effective vaccines emerge at lightening speed, including several that capitalize on new technologies. This latest is also a relatively new approach, and the researchers behind it claim that it could pave the way for effective vaccines that have a reduced risk of side-effects.

“Current vaccine delivery methods often cause drastic immune system reactions and have short-lived responses,” said Maikel Rheinstadter, one of the developers of the new technology. “We are using our own cells much like nano robots inside of our bodies and whenever they see a disease, they can fight it.”  
<https://www.medgadgets.com/2022/03/modified-red-blood-cells-for-covid-19-vaccination.html>.

DALL-E can display almost anything that users require it to draw, including bizarre descriptions such as 'giraffe made from turtle' or 'radish walking a dog.' During its presentation, experts guaranteed a lot of improvements in the technology and assured that problems such as misinformation and biased image generation would be attended to.

Reported on

<https://www.sciencetimes.com/articles/37037/20220407/openai-text-image-generator-dall-e-2-now-edits-combines.htm>.

### Researchers generate the first complete, gapless sequence of a human genome

by National Institutes of Health, March 31, 2022

Scientists have published the first complete, gapless sequence of a human genome, two decades after the Human Genome Project produced the first draft human genome sequence. According to researchers, having a complete, gap-free sequence of the roughly 3 billion bases (or "letters") in our DNA is critical for understanding the full spectrum of human genomic variation and for understanding the genetic contributions to certain diseases. The work was done by the Telomere to Telomere (T2T) consortium, which included leadership from researchers at the National Human Genome Research Institute (NHGRI), part of the National Institutes of Health; University of California, Santa Cruz; and University of Washington, Seattle. NHGRI was the primary funder of the study.

Analyses of the complete genome sequence will significantly add to our knowledge of chromosomes, including more accurate maps for five chromosome arms, which opens new lines of research. This helps answer basic biology questions about how chromosomes properly segregate and divide. The T2T consortium used the now-complete genome sequence as a reference to discover more than 2 million additional variants in the human genome. These studies provide more accurate information about the genomic variants within 622 medically relevant genes.

"Generating a truly complete human genome sequence represents an incredible scientific achievement, providing the first comprehensive view of our DNA blueprint," said Eric Green, M.D., Ph.D., director of NHGRI. "This foundational information will strengthen the many ongoing efforts to understand all the functional nuances of the human genome, which in turn will empower genetic studies of human disease."

The now-complete human genome sequence will be particularly valuable for studies that aim to establish comprehensive views of human genomic variation, or how people's DNA differs. Such insights are vital for understanding the genetic contributions to certain diseases and for using genome sequence as a routine part of clinical care in the future. Many research groups have already started using a pre-release version of the complete human genome sequence for their research.

Read it all at

<https://www.sciencedaily.com/releases/2022/03/220331151517.htm>.

RCSI

**\*\* July and August, summer hiatus - No Meetings \*\***

Sunnking Recycling Events for our area,

<https://www.sunnking.com/>

Register at the links below, ticket is REQUIRED for entry

**Limit of 4 CRT (tube) monitors or televisions per vehicle**

**June 4, 2022**, Xerox Corporation (Bldg 147) off Panama Road, Webster, NY

Register for Webster, <https://www.sunnking.com/events/webster-06-04-22>

**June 25, 2022**, Genesee County Department of Social Services, 5130 East Main Street Road, Batavia, NY

Register for Batavia, <https://www.sunnking.com/events/batavia-06-25-22>



**APCUG APRIL 2022, WEDNESDAY WORKSHOPS, 9am PT, 10 am MT, 11 am CT, 12 pm ET**

**April 20, 2022**, *Linux for Beginners – Everyday Activities, Part 2*, John Kennedy,

East-Central Ohio Technology Users Club, Register -- <https://forms.gle/j3XBRwaa752ftLwHA>

**April 27, 2022**, Taking Better Pictures, Bob Bowser and Ray Martinez,

Senior Computer Users Group of Greater Kansas, Register - <https://forms.gle/spVmxcmYVJcRojTRA>

**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](mailto:podcomputer@gmail.com)

Linux & some Mac: Carl Schmidtman, [unixgeek@faultline.com](mailto: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**