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 July and August*, 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.* **Yes, you may bring the problem computer with you.**

7:00 – 7:10, Club Business

7:10 – 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

M NIT R

<u>Oct 8</u>, 'Cybersecurity', annual security presentation by Bob Gosticha, via Zoom

<u>Nov 12</u>, Arpad Kovacs, TBD 'Wearable Technology', by Tony Dellelo

<u>Dec 10</u>, 'Potluck Video Night', members bring a 5 to 10 minute video to show

Burned By Another Security Breach?

By Kurt Jefferson, Editor
Central Kentucky Computer Society

If you're reading this, there's a fair chance your personal data has been compromised. *Stolen.* As Malwarebytes Labs reports, "Earlier this year, the data of over 70 million people was posted for sale on an online cybercrime forum. The person selling the data claims it stems from a 2021 breach at AT&T."

If you think you might be a victim, you can type the email address connected to your AT&T account here on the Malwarebytes website. (Malwarebytes is a well-known company that produces anti-virus software and similar products.)

"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/tonydel -rcsi** (*this link works in PDF version only*). Also includes presentation slides, **past newsletters dating back to 1996** and articles too large for this newsletter.

Some Past Presentations:
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
3D Printing, ENABLE project
Features, Mac OS X & Windows
The New Space Race, 2021
Tech of South America
Internet Security and Privacy
AI and Digital Assistants
Emerging Technologies
My Favorite Android Apps

This security breach is especially troubling because, as Bleeping Computer notes, "AT&T says a massive trove of data impacting 71 million people did not originate from its systems after a hacker leaked it on a cybercrime forum and claimed it was stolen in a 2021 breach of the company." The stolen personal data is from an alleged 2021 AT&T breach that hackers calling themselves ShinyHunters attempted to sell on the dark web.

Search tools like Google, Yahoo!, or DuckDuckGo cannot reach the dark web. It's comprised of websites where everything from drugs to guns to personal information is sold for the right price. Whether or not the stolen data came from AT&T, the wireless giant says it has started notifying millions of customers about the data thefts.

AT&T says it has already reset the passwords of current customers and will be contacting others whose passwords, Social Security numbers, and possibly email and street addresses were compromised.

Prosecutors in New York are opening an investigation into the breach.

Numerous tech websites are urging AT&T's current and former customers to freeze their credit accounts at the big three credit agencies–TransUnion, Experian, and Equifax. In addition, sign up for two-factor notification on their AT&T accounts and change your AT&T password if it hasn't already been changed. Also, monitor your credit reports.

This isn't the first time the phone company has had problems. In a major AT&T outage in March, the company apologized for the disruption and offered a $5 credit to customers.

Reprinted from https://newsite.ckcs.org/, lextown77@mymetronet.net.

Is Your Laptop Secure? (find out now)

By Bob Rankin
a Translator for the Technology Impaired
offering Free Tech Support

Laptops are popular because they offer computing with convenience and mobility. But that makes it imperative for laptop owners to take steps to secure their laptops, and the sensitive data often stored on them. There are several simple things that you can do to keep your laptop safe. Read on to learn how to protect your laptop from theft, snooping and data loss..

Laptop Security Tips
   According to FBI stats, over two million laptops are stolen every year, from homes, cars, coffee shops, college campuses, and hotel rooms. Sadly, only 2 or 3 percent are ever recovered. I'm always

surprised when I see people set their laptop or smartphone on a table, then saunter up to the coffee shop counter to order. But it's not always carelessness that results in a laptop being swiped.

I read about a woman who was sitting in a Starbucks, actively using her laptop, when three men grabbed it and took off. So keeping your laptop safe involves a combination of common sense, awareness, physical security devices, and software strategies. Let's start with devices that make it harder for your portable computer to be carried off by someone else.

Physical security devices are used to keep your laptop from being stolen or used without your authorization. One that won't cost you anything is the trunk of your car. To avoid a "smash and grab" theft of your laptop, store it in the trunk while traveling, instead of on the seat where it's visible to passers-by. If you have to leave your laptop unattended, the most basic physical security device is a laptop security cable. This cable connects to your laptop and secures it to a non-moveable item in your home, office, hotel or conference room. For example, you can connect your laptop to your desk, or the leg of a conference room table.

The cables usually have a combination or key lock device, and attach to the security slot found on some laptop computers. Expect to pay about US$40 for a high-quality laptop security cable. Newer Macbooks don't have a lock slot, but the third-party Maclock product solves that problem. A determined thief with a bolt cutter could foil a security cable, but it certainly makes it a lot harder to grab and run.

Another physical security device that you can add to your laptop is a theft protection plate. This plate, which applies like a sticker on steroids, is used to identify the owner of the computer and to prevent people from trying to resell your stolen computer. If the plate is removed then it leaves a permanent acid "tattoo" on the laptop, indicating that it has been stolen. These security plates are available from STOP for about $25. A small version is also available for tablets, smartphones, cameras and other mobile devices.

Biometric devices can also be used to ensure that if your laptop is stolen, it can't be used by someone else. Biometric devices include fingerprint scanners and face recognition cameras. These devices are commonly found on smartphones, but can be added to just about any laptop. The fingerprint scanner comes standard on some Toshiba laptops. Some smartphones have the "face unlock" feature, but these technologies are not fool-proof, though. A ZDNet article showed how the Samsung Galaxy's face unlock could be fooled by a video of the owner.

Security Software
Prey is a free cross-platform tracking app that runs on Windows, Linux, Mac, Android and iPhone/iPad devices. If your laptop or other mobile device is lost, Prey provides location data, Webcam, and

screenshot reports. Prey can make your lost or stolen device sound a loud alarm, snap a photo of the person using your computer, or display a message onscreen. It can also lock down your device or wipe stored passwords, via remote command. The free version supports up to three devices.

Absolute Home & Office (formerly called Lojack for Laptops) is another software-based laptop recovery product. This company provides you with a Theft Recovery Team that's actually a licensed private investigation agency. They will work with local law enforcement and Internet Service Providers, using information sent from the stolen computer, to assist local police in recovering your computer. The Basic account costs $19.99/year, which includes the Locate/Lock/Delete functions. The Standard account is $39.99 and includes recovery assistance. Premium ($59.99) adds a guarantee that if your stolen device isn't recovered within 60 days, Absolute will pay up to $1000 for a replacement.

And of course, there's always the "inside job" that nobody sees coming -- the threat of hackers and snoops that attack through viruses, ransomware and other forms of malware. Every laptop should have an up-to-date anti-virus software package installed, to identify and remove malware from your system. My recommended computer security product is PC Matic. Read my review of PC Matic to see why I use and recommend it.

File Encryption

File encryption is used to protect your data from hackers, thieves and others who may access your computer without permission. Windows has BitLocker, which can be used to encrypt an entire hard drive. Bitlocker is available on Windows 7

Deface the equipment.

Reveal the indelible "Stolen Property" tattoo.

Enterprise and Ultimate editions, Windows 8.1 Pro and Enterprise editions, Windows 10 and Windows 11.

Another option for encryption is the free VeraCrypt software, which can encrypt a hard drive partition, USB flash drive or external hard drive. VeraCrypt works on Windows, Mac and Linux systems. Learn more about encryption in my related article Time to Start Encrypting Your Stuff?.

Password Security

In addition to physically securing your laptop and protecting your computer with security software, you also need to take steps to protect your laptop with strong passwords. While it is important to set up a user account password for your laptop you will also want to set up a power-on password. These passwords will prevent unauthorized people from logging in to your computer, or accessing it by using a boot-up disc. To create your power-on password you will need to enter your BIOS security set-up menu. This is usually accessed by pressing the Del, F1 or F2 key while your computer is starting up. Try to use passwords that include a combination of at least eight letters and numbers, and stick to a password rotation schedule that changes your passwords on a regular basis. Make sure you remember the passwords, or you'll lock yourself out!

You can configure your laptop to automatically lock the screen after a specified period of inactivity. To lock your Windows laptop screen, you can press the Windows logo key and the L key simultaneously. On a Mac, choose Apple menu, then Lock Screen. To unlock your laptop, press any key, then enter your account password (not the power-on password).

Here's one other point on passwords, particularly relevant for travelers. If you allow your web browser to store your passwords, and your laptop is stolen, you've given away the keys to the kingdom. Roboform and similar tools can keep all your passwords handy (even across devices) but with the protection of a master password. See How Hackable is Your Password? for more information on password strategies.

Keeping Your Laptop Safe

Here are a few more practical tips you can use to secure your laptop and your data.

Consider using free Portable Apps that can be loaded on a USB flash drive. Using this approach, all your software and your personal files never need to be stored on the laptop's hard drive. This has the additional advantage that you can plug the flash drive into any available computer, and work without fear of leaving behind any personal data. Just be sure that the drive and the laptop don't travel together in the same bag.

While we're talking about USB devices, it's important to be wary of using flash drives from unknown sources. I recommend disabling the Windows AutoPlay feature, to prevent potential malware from running automatically when you insert the drive. And if the drive is new or may have been used by someone else, format it right away to remove any existing data or malware.

If you'll have Internet access while traveling, an even better solution than portable apps might be cloud-based apps and storage. By managing your email, documents and other tasks with free cloud-

Windows & Android Tips
by Judy Taylour

LEXY SAVVIDES, CNET, COMPARES APPLE'S FIND MY NETWORK AND GOOGLE'S FIND MY DEVICE: HERE'S THE CLEAR WINNER – Google always had a way to find your lost Android phones with Android Device Manager. Still, it's recently expanded and rebranded the 11-year-old Find My Device network to help you find not only phones and tablets but Wear OS devices like the Pixel Watch, supported headphones and Bluetooth trackers such as Chipolo's One Point. Apple's Find My network has been around since 2010, and it can find Apple products like the iPhone, iPad, Apple Watch, and AirTags, plus third-party devices compatible with the network like Nomad's Tracking Card. How do they compare in 2024?
I Compared Apple's Find My Network and Google's Find My Device: Here's the Clear Winner – CNET

10 MAJOR REASONS TO UPGRADE TO WINDOWS 11 NOW – A slick new interface, better security, Copilot AI, updated apps, and info widgets are just some of the perks of upgrading to Windows 11. Here's why you should do it sooner than later. Read more at
https://www.pcmag.com/news/reasons-to-upgrade-to-windows-11-now

based services, all your data is stored online, and you don't need to carry a flash drive that could possibly get lost or stolen. Google Docs, Google Sheets, and Google Slides together provide online word processor, spreadsheet, and presentation capability. Microsoft offers a similar suite of online office tools. You can even find free web-based photo editors.

And finally, if you use wifi while away from home, you need to take some extra security precautions. See my article Free Wifi Hotspots - Are They Risky? to understand the risks, and learn how to protect against them.

To keep your laptop as safe as possible you will want to combine physical, software and use password strategies. While not all of the above security methods are applicable, practical or necessary for all laptop users, it is still important to understand your security options so that you can alter your security strategies as your computer use changes.

Reprinted from
https://askbobrankin.com/is_your_laptop_secure_find_out_now.html.

Penguin Platform
By "*Free John*" Kennedy

DISTROWATCH WEEKLY, ISSUE 1077, 1 JULY 2024 – Welcome to this year's 27th issue of DistroWatch Weekly! Progress moves ever forward, and we report on projects making advancements and reaching milestones this week. In our News section, we talk about Ubuntu's plan to make its GNOME on Wayland session the default in almost all situations, including when computers run NVIDIA graphics cards. We also reported on openSUSE updating its Leap Micro edition, and Debian provided updated media while FreeDOS celebrates its 30th anniversary. Read more at DistroWatch.com: Put the fun back into computing. Use Linux, BSD

NEW FEATURE – Linux Mint 21.3 is a long-term support release that will be supported until 2027. It comes with updated software and brings refinements and many new features to make your desktop experience more comfortable. Learn more at New Features in Linux Mint 21.3 'Virginia' – Linux Mint

5 LINUX COMMANDS YOU NEED TO KNOW TO TROUBLESHOOT PROBLEMS – Having issues in Linux? These commands can help you get to the bottom of them. 5 Linux commands you need to know to troubleshoot problems | ZDNET

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

Backup Tools and Procedures

By Tom Burt, Vice President
Sun City Summerlin Computer Club

It's been a few years since I've written about tools and procedures for backing up your computer. With the growing popularity of smartphones and tablets, the need for backup has expanded to include those devices and traditional Windows, Macintosh, and Linux PCs. I can't stress enough how important it is to make regular backup copies of your data files and of your computer's entire hard drive. The backup landscape has changed somewhat, so it seemed a good time for an update.

What is Backing Up?
Backing up means accurately copying some or all of the data and software stored on your computer's storage drive. The copy is commonly stored on some type of external storage device that is not generally connected to your computer. The external device may be a USB hard drive or flash drive, a removable rack-mount hard drive, a folder or partition on another computer on your in-house network, or a server elsewhere on the Internet such as Dropbox, MS OneDrive, or Google Drive. A personal backup solution may include some or all of the above.

Why Back Up?
The reason to make backups is that (putting it politely) ***BAD STUFF HAPPENS!*** Computer equipment is highly reliable and may run for years without failing, but sooner or later, storage devices fail. More commonly, accidents (drops and spills, turning off the PC's power, power failures and power surges, and so forth) happen, causing a storage device or other device component to fail. A vast array of malicious software waits for any opportunity to attack, damage, or lock up saved data. There's also a fundamental human error – accidentally deleting a file or a folder.

Without a safe backup copy, data saved on your computer may be irretrievably lost. For example, consider digital photos, videos, music, and financial / tax records. Also, if you had to start over with a new, blank hard drive, it would be relatively easy to reinstall Windows, Linux, or MacOS, but what about all the other programs, settings, and all your data?

Full Disk Backup – Cloning and Imaging
A **clone** of a hard drive is a complete copy to another hard drive. All information needed to boot and run the computer and all the programs, settings, and data are written on the backup hard drive. A clone fills up all the backup hard drive; only ONE clone can be written to the backup drive. To **restore** after the computer's internal

Virtual Tours

For kids and grandkids:

NASA Glenn Virtual Tours, Cleveland, Ohio. Get an inside look at NASA Glenn Research Center's facilities. Select a tour and tap the icons to view videos, images and see testing in action.
https://www.nasa.gov/nasa-glenn-virtual-tours/.

Go on a quest with Mark Rober as he attempts an Egg Drop From Space.
https://www.youtube.com/watch?v=BYVZh5kqaFg.

Discover more about your favorite night light with this 4k Tour of the Moon.
https://science.nasa.gov/resource/tour-of-the-moon-4k/.

Take a virtual field trip through the Amazon jungle. Presented by National Geographic,
https://www.youtube.com/watch?v=LzAN4mHl5Pc.

Ride **Kumba** at Busch Gardens, Tampa Florida.
https://www.youtube.com/watch?v=pOCIs2dfDWY.

San Diego Zoo has more than 3,500 animals in residence. Virtually watch a number of its animals.
Koalas and penguins and a new baby orangutan of the Lost Forest — all are live streaming. Panda cam too!
https://animals.sandiegozoo.org/live-cams.

hard drive has failed or been corrupted, one can either clone from the backup drive to the computer's (possibly new) internal drive or remove the failed drive and install the backup drive in its place. Cloning back should be the first choice on a laptop or all-in-one computer, provided the internal drive hasn't failed. Removing and replacing a laptop's internal drive is a challenging task.

An **Image** of a hard drive is a complete copy written to a single compressed file on another storage device. The compressed image file doesn't typically use as much space as the original data; only the actual space is backed up. Keeping several image files on a single external storage device is usually possible. As with a clone, the image file contains all the information needed to boot and run the PC, along with all the programs and data. However, the image file is not itself bootable.

A bootable recovery disk (CD or DVD) or flash drive is required to restore either a clone or an image file. All the primary backup tools include a tool to create bootable recovery media.

Popular Full Disk Backup Tools for Desktop Computers
There are several well-known software tools for backing up the hard drives of desktop PCs and Macs.

Acronis Cyber Protect Home (2023)
- **https://www.acronis.com/en-us/ or https://ugr7.com/**
- Integrated suite of backup, anti-virus, and ransomware protection.
- Excellent for backing up entire hard drives or partitions.
- Makes both "clones" and "images."
- Can "mount" a backup image as a logical drive.
- Can make bootable "Rescue Media" for both backup and restore.
- It can also back up individual files and folders.
- Single PC essential subscription lists at $50 / year, family pack of 3 about $80 / year
  There are premium offerings, including cloud storage.
  User Group Relations (Gene Barlow) prices are 50% lower.
  https://ugr7.com/

CASPER by Future Systems Software
1. **https://www.fssdev.com/products/casper/**
2. Makes "images".
3. Features bootable images.
4. The single system price is about $60; a family pack of 5 for $80.
   Has a 30-day free trial.

Macrium Reflect 8 Home
1. https://www.macrium.com/products/home

Neuralink Says the FDA Designated its Blindsight Implant as a 'Breakthrough Device'

By [Kris Holt](#), Contributing Reporter, Sep 18, 2024

This could accelerate development of the tech, which aims to help restore blind patients' vision.

Blindsight is separate from Telepathy, its implant that enables patients with spinal cord injuries to [control computers](#) using their thoughts, allowing them to play video games and design 3D objects. Neuralink owner and founder Elon Musk [said in August](#) that the company had implanted the chip into a second human patient.

It's not the first company or research team to work on [vision-restoring implants](#) either. Meanwhile, as [*TechCrunch*](#) points out, it's unlikely that Blindsight or similar tech can help people who have been blind since birth, given that such people have not "developed the biological capacity for seeing through their eyes."

Found on https://www.engadget.com/science/neuralink-says-the-fda-designated-its-blindsight-implant-as-a-breakthrough-device-182343456.html.

2. The free version has been discontinued but continues to work on Windows 10 and 11.; you can subscribe to the "Home" edition for an annual fee of $49.99 or buy a one-year license for $70 (no support after the first year). They offer a 30-day free trial.
3. Can back up entire hard drive or partitions.
4. Makes both "clones" or "images."
5. Can "mount" a backup image as a logical drive.
6. Can make bootable "Rescue Media" for both backup and restore.

EaseUS ToDo Backup FREE
- **https://www.easeus.com/backup-software/tb-free.html**
- See feature comparison,
- Makes "images". You can "boot" from an image.
- You can upgrade to a fuller-featured "Home" edition for $39.99 annually, one year free upgrade, or a "Lifetime Upgrades" edition for $79.95.

I tried using EaseUS ToDo Backup to back up my C: drive to a USB 3 external 7200 RPM hard drive. It required 52 min to back up 300 GB of data. The resultant image size was 184.5 GB. A substantial number of MP4 files on the C: drive had already been compressed.

Windows 11 Backup (Windows 7) FREE (built-in to Windows 10 and 11)
- This backup tool is reached via:
Control Panel > All Control Panel Items > Backup and Restore (Windows 7)
- You can use it to back up key library folders or "Create a system image." Once there, you can add additional drives or partitions to the basic C: drive partition set.
- I set it up and let it run to make an image of my C: drive (300 GB of data). It ran for 92 minutes. The final image file size was 300 GB; there was NO compression.

Macrium Reflect Free Edition has been my favorite of the above offerings. It's fast, easy to use, and does everything I need for whole disk backup. And the price was right! However, I'm presently evaluating free and paid alternatives. Here's a link to a good article listing some free backup software tools:

https://www.techradar.com/best/best-free-backup-software. I'm disenchanted with the built-in Windows 7 backup. It's too slow, and the images aren't compressed. I'm also disenchanted that Acronis and Macrium will use an annual subscription model. EaseUS ToDo Backup Free edition looks promising as a replacement for the Macrium Reflect 8 Free edition.

File Backup Tools
Full disk backups are great, but users don't typically run them daily because they take time, and the backup drive has to be retrieved and connected to the computer. This creates a risk that data files that change may not be accurately reflected in the backup. Consider your saved email and contacts, financial and accounting files, and other documents and spreadsheets you may be working on.

Windows File History or MacOS Time Machine
One approach is to use an automated file backup tool that scans a designated set of folders at some specified time interval (say every hour). It makes a copy of any new or changed files to a backup storage device such as a flash drive, external hard drive, or a shared folder on another computer. I use File History, checking once an hour, to supplement full disk backups for specific key file folders.

Windows File Explorer or MacOS File Manager / Finder
For simple one-shot backups, you can still use the built-in file manager programs to select a set of files and copy them to an external flash drive, hard drive, or network-shared folder.

Cloud Backup Tools
There are many free and paid cloud backup services. Most of these include an automatic sync tool that copies files from your computer to your private space on the cloud server. Here are some of the free ones:

Google Cloud (Google Drive) - *FREE*
- **https://drive.google.com/drive/u/0/my-drive**
- Requires a Google / Gmail account
- 15-17 GB of free cloud storage
- **Install Google Backup and Sync** app (Windows)
- Use Settings to specify a set of folders to be monitored and backed up to the Google Cloud whenever a change is detected (very similar to Windows File History)

Microsoft OneDrive - FREE
- **https://onedrive.live.com/about/en-us/**
- Requires a Microsoft Account
- 5 GB free (more if you've had a Microsoft ID for a long time). If you're subscribed to Microsoft 365 (the Office suite), you get 1 TB per license user, up to 6 TB in total.
- Syncs from a OneDrive folder on your PC or device to your OneDrive cloud storage.

Apple iCloud – FREE
- **www.apple.com/icloud**
- Requires an Apple ID (Account)
- 5 GB free, can add more space for a fee
- Built into all Apple devices, can install an App for Windows

Odds and Ends

Explore the groundbreaking advancements the **NVIDIA Blackwell** architecture brings to generative AI and accelerated computing. Building upon generations of [NVIDIA technologies](#), Blackwell defines the next chapter in generative AI with unparalleled performance, efficiency, and scale.

Blackwell-architecture GPUs pack **208 billion transistors** and are manufactured using a custom-built TSMC 4NP process. All Blackwell products feature two reticle-limited dies connected by a 10 terabytes per second (TB/s) chip-to-chip interconnect in a unified single GPU.

Pioneering AI innovation in the rapidly evolving landscape of AI and large language models (LLMs), the pursuit of real-time performance and scalability is paramount. From healthcare to automotive industries, organizations are diving deeper into the realms of generative AI and accelerated computing solutions.

The NVIDIA Blackwell architecture was named to honor David H. Blackwell, an amazing and inspiring American mathematician and statistician known for the Rao-Blackwell Theorem.

Check it out at https://www.nvidia.com/en-us/data-center/technologies/blackwell-architecture/.

- Syncs across all your devices

What About My Smart Phone or Tablet?
Many computer users now rely on a mobile device as their primary computer for communication, news, and entertainment, taking photos and video clips, and recording sound. What are the options for backing up mobile devices?

Android Phones and Tablets
If you have a Google account and have configured your device to link to it, you get quite a lot of automatic backup of files to your Google Drive cloud space. You will want to be connected to a WiFi router when this happens, or your Android device may use up a lot of your monthly data allotment.

You can also connect your Android device via a USB cable to your desktop computer and use the Windows File Manager or MacOS Finder to copy files from the mobile device to a folder on the desktop computer. You can also copy files from the desktop computer to the Android mobile device.

To fully back up all your Android device's data, you can purchase and install third-party backup Apps. Try a web search for **Android Full Backup** to see what's available.

Apple Phones and Tablets
If you have an Apple ID, all your devices, including iPhone, iPad, Mac, and Apple Watch, already have built-in iCloud support and will back up data files to your iCloud private storage space on Apple's servers. If you have several Apple devices, a concern is using up your free 5GB allocation; you may have to buy extra space to cover backups from all your devices.

You can connect your iPhone or iPad to your PC or Mac via a USB cable and then use Apple's iTunes program to synchronize various file types between your mobile device and your desktop computer. This isn't quite as general as what Android offers, but it takes care of many file types. iTunes also provides an easy way to fully back up all the data on your Apple mobile device into a file on your desktop computer.

Having the iCloud backup enabled on your mobile device is a good idea. This takes care of frequently changing files. Use the iTunes full backup occasionally to ensure ALL your devices' files are backed up.

With these backups in place, if your phone or tablet is damaged, goes up in flames, or gets lost, you can replace the phone or tablet with relative ease, restore all your saved data files, and be back in business.

My source, [https://www.scscc.club, tomburt89134@cox.net](mailto:tomburt89134@cox.net).

CLUB and REGIONAL NEWS

Scientists Leverage Ultrasound to Build New Blood Vessels in Living Tissue
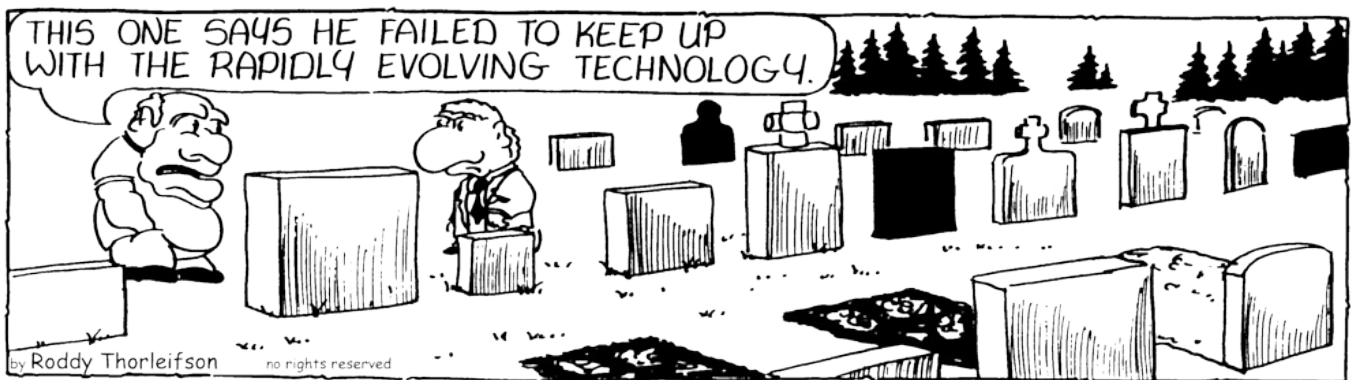
Luke Auburn | Director of Communications, Hajim School of Engineering & Applied Sciences, 9/10/24

A technology most often used for medical imaging is being repurposed as a new tool for restoring blood flow in tissue damaged from disease, injury, and reconstructive surgery. Biomedical engineers at the University of Rochester are leveraging ultrasound waves to organize endothelial cells—the building blocks of blood vessels—into patterns that can promote the growth of new vessel networks within days.

A team led by Dalecki and Denise Hocking, a professor of pharmacology and physiology and of biomedical engineering, have used the technique to engineer tissue with new blood vessel networks in vitro. In their recently published studies, they showed that acoustic patterning can also be used to produce new blood vessels directly in the body.

"Rather than making an engineered tissue product outside of the body and then implanting it, we would like to induce the formation of new blood vessels directly in the body," says Hocking. "Ultrasound has the ability to penetrate through tissue and is already used in many clinical applications, so why not try to produce new vessels locally?"

Check out this article at https://www.rochester.edu/newscenter/scientists-leverage-ultrasound-to-build-new-blood-vessels-in-living-tissue-619172/.

Help's Half Hour

Q: Can Windows 11 allow you to move the taskbar?
A: It would take a registry hack to allow you move it to top or bottom.
Q: How can you open a minimized Firefox session so that it opens on the first tab?
A: Using the right mouse over the task bar Firefox item, select the tab from the list.

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 Schmidtmann,   unixgeek@faultline.com

Our 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 SECOND building on the left – **Chestnut Court**.

www.rcsi.org