Club Bytes Vol 15 Nov 11/21

Brought to you by the Lake Gaston Computer Club

Are you a digital hoarder? 12 signs plus tips to declutter your data *Clare Stouffer, a NortonLifeLock employee*

Whether you hang onto items too long yourself or are a self-proclaimed neat freak, on some level we all have a relationship with clutter. But what about where we spend a great deal of our days — on our devices and in cyberspace? On average, adults will spend anywhere from 34 years to 44 years of their life staring at screens. And much of that time, we'll be ignoring our digital clutter. After all, you can't actually trip over hundreds of unread emails, thousands of blurry photos, and maybe even all those "The Home Edit" episodes downloaded on your devices. In fact, digital hoarding, meaning letting our digital content pile up, can have negative consequences on our wellbeing, on our cybersecurity, and on the environment.

Digital Hoarding 101
AKA data hoarding, e-hoarding, or cyber hoarding

Digital hoarding is the reluctance to get rid of digital data that no longer holds value to us.

Digital hoarding, also known as data hoarding, is the reluctance to get rid of digital data that no longer holds value to us. This might be because that data is unused or even unusable. It's also sometimes called e-hoarding or cyber hoarding. It's worth noting that while physical hoarding disorders have been recognized by the medical

community, digital hoarding has not yet. In fact, the term "digital hoarding" was only first introduced in 2015.

The Digital Clutter We Keep

On average, Americans have...

582
saved cell phone pictures

2
unused or broken cell phones

15
unread emails

83
bookmarks

Much like how our drawers of USB flash drives, piles of CDs, or boxes of camera film didn't accumulate overnight, neither does our digital clutter. It can come in these physical forms, but digital clutter is primarily virtual. For instance, one survey says that the average American has:

- 83 **bookmarks**
- 7 **open tabs** in their browser
- 15 **unread emails**
- 13 unused phone apps
- 582 saved **cell phone pictures**

- 2 **unused or broken cell phones**
- 20 **desktop icons**
- 209 GB of **cloud storage**
- 654 GB of **external storage**
- 4 external hard drives

Digital files, folders, music, movies, computer programs, and even the "friends" we keep on social media are also forms of digital clutter.

Types of Data Hoarders

The reasons we collect clutter are far and wide.

An **anxious hoarder** doesn't like to get rid of any data, just in case they need it later.

A **compliant hoarder** holds onto digital content because it's protocol.

A **disengaged hoarder** doesn't know where to start organizing their data and doesn't care to.

A **collector** carefully organizes and stores their digital content.

Turns out, people have their reasons for hoarding in cyberspace. For instance, some companies might encourage people to keep emails for later reference. Others recognize that data storage solutions are cheap, so why not save everything? There are even some folks who like to hang onto digital content to use against others.

Downsides of digital hoarding

Slows down devices

Induces stress

Lowers productivity

Heightens cybersecurity risks

Impacts the environment

There are various reasons why we amass digital clutter. But the downsides of digital hoarding are all the same for individuals, companies, and the planet.

Time to Come Clean

You might be a digital hoarder if...

you have a lot of **used or broken devices**.

your inbox is full of **unread emails**.

your desktop is **brimming with icons**.

your **text messages** go back years.

you don't know **what all your apps are**.

your social media *'friends'* are **strangers**.

you **disregard** the cloud.

you're often asked to **upgrade your cloud storage**.

you take a **long time to find** anything on your devices.

Still uncertain of whether you're a digital hoarder? The following signs of data hoarding might help you come clean. Pore over and ponder how you can make a clean break from these digital hoardTIP

The bottom line: Digital hoarding can happen to anyone

Have some of these digital hoarding habits? Don't feel down. Stockpiling digital data can happen to anyone, oftentimes because we don't even know we're doing it. What matters most is that we correct our habits and establish a strong cyber hygiene by doing it.

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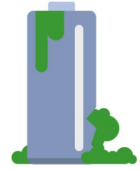# Downsides of digital hoarding

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Allie Johnson for Norton LifeLock

In the past year and a half, we all got a refresher on the importance of hygiene to stay safe from germs. Now let's brush up on cyber hygiene — basic steps we can take to stay safe in a connected world.

October is the 18th annual Cybersecurity Awareness Month (formerly known as National Cybersecurity Awareness Month or NCSAM), a series of events that remind us to be cybersmart all year long. Cybersecurity Awareness Month is brought to you by the U.S. Cybersecurity & Infrastructure Security Agency (CISA) and the National Cyber Security Alliance (NCSA).

The 2021 theme: "Do Your Part. #BeCyberSmart." Want to join in? Use the #BeCyberSmart hashtag on social media to raise awareness and show your friends and followers that you're cyber smart.

Practice cyber hygiene

Getting cyber smart starts with cyber hygiene. What is cyber hygiene? Think of it as the cybersecurity version of washing your hands well with soap for 20 seconds after you come home from a trip to the store.

Cyber hygiene is a set of basic habits that can help to keep you and your family protected from identity theft, scams, and other online dangers.

Examples of practicing good cyber hygiene include: using strong passwords, setting up multi-factor authentication on your accounts, and regularly updating software on your devices.

The National Cybersecurity Alliance offers a short list of [cyber hygiene tips](#) that will help you get familiar with cyber hygiene best practices.

It's important to know how to spot phishing attempts and report them to authorities. There are three main steps to follow:

Step 1: Spot phishing

- Generic greetings like "Hello dear" or "Hi friend."
- Reports of a "problem with your account" that require action.
- A request to click on a link or attachment.

Step 2: Stop and look

- Don't click any links in these messages, and don't open or download any file attachments.
- These links or attachments may contain adware, malware or spyware that can infect your device and even allow hackers to gain access to your account passwords and other private information.
- Or a link may lead you to a page where a scammer is trying to grab your private information or "sell" you something to get your credit card number.

Step 3: Report phishing

Reporting phishing can help officials learn about new scams and pursue cybercriminals to stop them from victimizing others in the future. The FTC recommends that you report phishing attempts to these places.

- **The Anti-Phishing Working Group**. Forward phishing emails to the group at reportphishing@apwg.org and forward phishing texts to SPAM (7726).
- **The FTC**. Also report phishing and other fraud to the FTC using the [FTC fraud report](#) page.
- **The company**. If a phishing email is disguised to look like it came from a real business, alert that business. Most large companies have a dedicated email you can use to report phishing scams. If you can't find the information on their website, contact customer service to ask how to report phishing.

4. Put cybersecurity first

What does putting cybersecurity first look like in daily life? It means you think about cybersecurity all the time and make it a major part of your life.

If you prioritize cybersecurity, it's likely you will remember to do these things.

- Avoid using public Wi-Fi.
- Back up your devices regularly.
- Consider security and privacy when posting on social media.
- Protect your devices and connected objects in multiple ways.
- Research new apps and software before downloading.
- Shop securely online and avoid shady sites.
- Never click links that don't come from a trusted source.
- Teach your kids, if you have them, about cybersecurity.

5 Cybersecurity tips

Ready to do your part? Here are some Cybersecurity Awareness Month tips to help you take further steps to protect yourself and your family.

1. Install Security Software on your mobile devices

Make sure you have installed Norton 360 on all your devices to help protect against adware, malware, spyware, and other security threats.

2. Use a virtual private network (VPN)

A Secure VPN can be a useful tool to help you stay cybersecure, especially if you travel or work remotely from airports, coffee shops, or other public spaces. A VPN creates an encrypted "tunnel" that encrypts the data you send and receive. It helps protect your internet activity even when you're using public Wi-Fi. Norton 360 comes with Secure VPN included in your subscription.

3. Use A Password Manager

It's hard to overstate the importance of using strong, long, difficult-to-crack passwords and passphrases. Many people have 100 or more passwords, so this can be difficult to do. That's a reason to consider using a secure Password Manager to generate, store, and automatically fill strong passwords when you go to log into an account.

4. Consider the IoT (Internet of Things)

You may think of your smartphone and your computer when you think about protecting your devices. But as our lives become more connected, the list of "devices" we have around us grows. So,walk around your home and make a list of connected devices you need to protect, from your baby monitor to your smart doorbell to that doggie cam you bought to see what Barkley does while you're out.

5. Stay on top of scams

Cybercriminals and ID thieves exploit big events and disasters, such as the pandemic, and insurance schemes. They are always coming up with new ways to steal information and money. Keeping on top of scams can help you spot phishing attempts and other suspicious activity.

By being in the know, you may be able to alert your family and friends about new scams and avoid becoming a victim. One way to track scams: follow the FTC scam alerts page, which offers information on common scams and updates on current scams. Follow these cybersecurity tips in October and all year long to help keep you, your family, and your community safer. Just like with public health, when each person does their part, it helps to keep everyone safe.

- A message received out of the blue with no prior context.
- A message containing no additional explanation for whatever you're supposed to click on.
- Bogus or meaningless filenames for promised documents.
- Incomplete branding, like a Microsoft logo with no mention of OneDrive in an email sharing a document.
- Your email address not appearing in the "To:" line.
- A message consisting of an image of text, rather than a mix of images and text.
- A bogus link destination or a destination inconsistent with the promised document.

While any of these can happen in legitimate email, each should cause you to pause, and multiple instances in the same email should cause you to question the legitimacy of the message.

To read the full AskLeo article:
Copy this link and paste it into your browser
or Ctrl + Click to follow link.
https://askleo.com/7-signs-of-phishing-to-watch-for/
To view the AskLeo video:
Copy this link and paste it into your browser
or right Click and select open hyperlink in drop down menu
https://www.youtube.com/watch?v=-VjsuT_oL94

DoJo computer the Fastest Supercomputer in the World
Synopsis Elon Musk White Paper

This is a really geeky article, unless you understand math, and training for neural networks. Tesla is building a new Super Computer called **DoJo** which manages information in a unique way by adjusting binary numbers to move data to massive amounts of storage at fast speeds.

They created DoJo because there were no computers available for their specific needs. This gives them more storage, precision, memory, and range, plus many more features in programing and space for data storage. The DoJo cpu and the computer was designed by Tesla employees to train the DoJo and car computers to use artificial intelligence(AI) and write the programs that train the car computer. They needed to do this to control the car on the road for fast response to get to Full Self driving (FSD). The hardware and programing are developed by Tesla alone. All of this is based on the National Information Standards Test (N.I.S.T.) for current standards. There must be really, really smart people working for Tesla.

The purpose of Tesla is to help expedite the move to sustainable transport and energy, obtained through electric vehicles and solar power. The company is also in research developing a neural network that helps people with brain injury.

https://www.tesla.com/AI

https://www.youtube.com/watch?v=qE5xvLylcCM

Geeky Stuff

What Is a 5nm Chip, and Why Is 5nm So Important?

IAN PAUL

5nm = 1,000,000,000 mm

It is a new manufacturing processes for CPUs. Not that long ago the talk was all about 10nm and 7nm. The latest "nm" to enter the game is 5nm, which is already in use in some devices and is heading to PCs in the near future.

One square millimeter is equal to the area of a square with edges that are 1 millimeter in length. 1 mm is the thickness of a pin.

https://www.howtogeek.com/755895/what-is-a-5nm-chip-and-why-is-5nm-so-important/

What Is HTML? VANN VICENTE

The language is frequently called the "backbone of the internet." Our website is programed with this language. This is a geeky article so be prepared if you want to read it.
https://www.howtogeek.com/752587/what-is-html/

Just a Bit of Humor

All Things Google/Chrome

Google Drive Is Getting Labels for Your Files DAVE LECLAIR

https://www.howtogeek.com/759458/google-drive-is-getting-labels-for-your-files/

How to Enable Dark Mode on Google Search MAHESH MAKVANA

HTTPS://WWW.HOWTOGEEK.COM/759156/HOW-TO-ENABLE-DARK-MODE-ON-GOOGLE-SEARCH/

RELATED: *Dark Mode Isn't Better For You, But We Love It Anyway*

How to Enable and Use Tab Groups in Google Chrome

BRADY GAVIN

https://www.howtogeek.com/656707/how-to-enable-and-use-tab-groups-in-google-chrome/

How to Create and Customize a New Google Calendar
SANDY WRITTENHOUSE

https://www.howtogeek.com/750818/how-to-create-and-customize-a-new-google-calendar/

How to Plan a Road Trip with Multiple Destinations in Google Maps   BRADY GAVIN

https://www.howtogeek.com/361021/how-to-plan-a-road-trip-with-multiple-destinations-on-google-maps/

How to Add Fonts in Microsoft Word   MARSHALL GUNNELL

Microsoft Word comes with a long list of fonts to choose from, but depending on what your goal with the document is, you may want to use a font that's not on the list. Good news—installing fonts is easy.

Copy this link and paste it into your browser
or right Click and select open hyperlink in drop down menu
https://www.howtogeek.com/761734/how-to-add-fonts-in-microsoft-word/

The Reviews Are In for Microsoft's Windows 11 Surface PCs
DAVE LECLAIR

https://www.howtogeek.com/759717/the-reviews-are-in-for-microsofts-windows-11-surface-pcs/

The 7 Windows 11 Features Every PC User Should Try

BENJ EDWARDS

https://www.howtogeek.com/758565/the-7-windows-11-features-every-pc-user-should-try/

How to Reset Microsoft OneDrive on Windows 10 to Fix Sync Problems MARSHALL GUNNELL

https://www.howtogeek.com/752497/how-to-reset-microsoft-onedrive-on-windows-10-to-fix-sync-problems/

How to Access the Windows 10 Startup Folder **JOE FEDEWA**

https://www.howtogeek.com/754239/how-to-access-the-windows-10-startup-folder/

How to Launch Multiple Apps at Once on Windows 10

MAHESH MAKVANA

https://www.howtogeek.com/751568/how-to-launch-multiple-apps-at-once-on-windows-10/

How to Copy and Paste Only Visible Cells in Microsoft Excel

SANDY WRITTENHOUSE

https://www.howtogeek.com/749235/how-to-copy-and-paste-only-visible-cells-in-microsoft-excel/

How to Highlight Blanks or Errors in Microsoft Excel SANDY WRITTENHOUSE

https://www.howtogeek.com/733093/how-to-highlight-blanks-or-errors-in-microsoft-excel/

Should You Upgrade to Windows 11? CHRIS HOFFMAN

https://www.howtogeek.com/759245/should-you-upgrade-to-windows-11/

What Are Computer Files and Folders? BENJ EDWARDS
Think of them as a Filing Cabinet on your Computer.

https://www.howtogeek.com/757092/what-are-computer-files-and-folders/

Apple Bytes Paul Bernard

iOS 12 Monterey is here. It did launch without one desired feature called Universal Control. This feature will allow users to control multiple Apple devices with one mouse and one keyboard. It is still in beta so I would expect it to be released sometime in the near future.

Apple's browser, Safari gets a new user interface supporting its tab-focused features. The new Tabs Groups allows you to save a set of tabs and then access them later.

Monterey will also allow you to AirPlay to a Mac. You can take media from your iPhone or iPad
and stream on you Mac. FaceTime and Messages will now allow you to add media toe your
conversations.

Another new feature SharePlay will allow you to share a video, listen to music, or even an app window while on a FaceTime call. Still another feature called Focus. It allows you to set up a Work focus that will filter notifications and only deliver work related ones.

Another feature which interests me is you will now be able to essentially reset your Mac, which will let you erase all user data and user-installed apps without having to do a complete reinstall.

Monterey has many other new features for you to try out. Monterey will only run on certain newer Mac's so check the Apple web site or Google to see if iOS 12 is available for your Mac.

6 iOS 15 Privacy Features You Should Use on Your iPhone

TIM BROOKES

https://www.howtogeek.com/758300/6-ios-15-privacy-features-you-should-use-on-your-iphone/

Why the 2021 iPad Mini Is One of Apple's Best Tablets Yet
TIM BROOKES

https://www.howtogeek.com/756128/why-the-2021-ipad-mini-is-one-of-apples-best-tablets-yet/

How to Update Your iPad to the Latest Version of iPadOS
BENJ EDWARDS

https://www.howtogeek.com/658748/how-to-update-your-ipad-to-the-latest-version-of-ipados/

Apple's AirPods Pro Can Now Function Like a Hearing Aid
DAVE LECLAIR

Apple's AirPods Pro Can Now Function Like a Hearing Aid (howtogeek.com)

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Firefox Is Getting Ads in Your Search Bar

DAVE LECLAIR

HTTPS://WWW.HOWTOGEEK.COM/760177/FIREFOX-IS-GETTING-ADS-IN-YOUR-SEARCH-BAR/

Firefox Now Sends Your Address Bar Keystrokes to Mozilla

CHRIS HOFFMAN

https://www.howtogeek.com/760425/firefox-now-sends-your-address-bar-keystrokes-to-mozilla/

How to Turn Off "Firefox Suggest" in the Address Bar

BENJ EDWARDS

https://www.howtogeek.com/760319/how-to-turn-off-firefox-suggest-in-the-address-bar/

How to Make Your Facebook Post Shareable

MAHESH MAKVANA

https://www.howtogeek.com/754269/how-to-make-your-facebook-post-shareable/

How to Delete Photos in Facebook

MAHESH MAKVANA

Feeling embarrassed by that Facebook photo from your younger days? No worries, you can always delete any of your uploaded photos from Facebook. We'll show you how.

Will Zuckerberg's 'metaverse' change everything?
By [Mike Elgan](#)

Facebook wants to build the VR universe we all live and work in. Here's what's actually coming.

Facebook CEO Mark Zuckerberg has been making news lately by talking about the "metaverse." Zuckerberg says it's the future of Facebook — and the internet. He's so committed to the idea that he intends to [hire 10,000 Europeans to work on it](#), and even [change the name of his company](#) from Facebook to a metaverse-related brand. *[Editor's note: Announced on October 28, the [new company name is Meta](#).]* Are we all going to live and work in Facebook's "metaverse"?

What is the metaverse?
Author Neal Stephenson coined the word "metaverse" for his 1992 science fiction novel *Snow Crash*. In his telling, the "metaverse" is a virtual reality version of the internet, where an alternative universe exists in a shared VR space using real-world concepts like roads, buildings, rooms, and everyday objects. People move around in this universe as avatars, which are 3D representations that can interact with other people through their avatars, and also interact with avatar-like entities that are really software agents.

The metaverse has been a staple of cyberpunk fiction since the 1980s, from William Gibson's *Burning Chrome* and *Neuromancer* to Ernest Cline's *Ready Player One*, which was made into a feature film by Steven Spielberg. "The Matrix" is a metaverse.

How to Delete Instagram Messages MAHESH MAKVANA

Instagram makes it easy to delete both individual messages and full chat conversations for your account. We'll show you how to do this on Instagram's web and mobile versions.

Table of Contents

HTTPS://WWW.HOWTOGEEK.COM/750151/HOW-TO-DELETE-INSTAGRAM-MESSAGES/

Another Bit of Humor

"I'm the only human that works here. The other 17,000 employees are computerized robots. Would you like to speak with C76-78X?"

"Thank you for your call. Our current hold time is between 1 and 4 episodes of whatever you're binge watching."