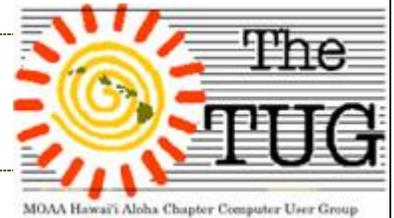# THE TUG

Secur it y

1 -Sécurité is a procedure word used in Marine VHF radio that warns the crew that the following message is important safety information. The most common use of this is by coast radio stations before the broadcast of navigational warnings and meteorological information. Navigational warnings are issued regularly and usually give information about people or vessels in distress and objects or events that can be an immediate danger to people at sea and how they are navigating

2 - Security - the state of being free from danger or threat.

The first one warns the boating and aviation public. The second one is the product of the first.

In the computing world, we too, are conscious of security and take the warnings seriously. Or at least I hope so. At the August meeting one of the members alerted us to a change in his Windows 10 security settings that were made by the August 2018 Windows 10 Updates.

Apparently, settings that were set by him had been changed and suddenly become default settings. One of them, he referred to as a keylogger, was set to default, which is not what he wanted. Needless to say, this caused him some concern and he wanted to alert us to see if anyone else had their settings changed. I'm guessing most of us never bothered to change any of the security settings and just kept innocently plugging right along.

If you'd like to check/change your settings, follow these simple steps.

Start, Settings, Privacy. The General – Change privacy options window opens. In the right pane there are 4 toggle switches that you can turn on or off. In the left pane there are a number of sub-categories that you should look at. Clicking on any one gives you a description of what its function is and lists the effect of turning it off will have on your operation.

Diagnostic data – This is how Microsoft keeps track of your usage of Windows. I suggest clicking on the Basic radio button.

You most likely know that your camera can be controlled remotely, without your permission. You should probably turn it off until you need it.

Go down the list, one-by-one, to read about each to determine whether or not you should change it. If you do change anything, try that procedure to see if there are any adverse reactions. If so, back track to its original setting. As long as you remember what you changed, you should be OK.

≈≈≈≈≈≈≈≈≈

Staying with this theme, our October 6 meeting is a webinar with Bob Gostischa, an enthusiast IT security expert. His topic is entitled "If it's connected, it needs to be protected." His presentation will cover: Computers (Windows and Mac), Tablets, Phones and IoT (Internet of Things).

We'll start promptly at 9AM. Show up a few minutes early if you're able. Mark your calendar and bring a friend.

"Straighten up and fly right" That's what the song says, but how about sitting?? (BTW, You can find the song lyrics at https://tinyurl.com/y7pm3xoq)

I received the following, a while ago, in a regular HP newsletter and was impressed, and although it was aimed at workers, it made me pay attention to my own computer habits. Remember, as we age, we tend to spend more time at our computers, [ain't that the truth😊], so I want to share it with you, courtesy of HP. You might also want to share with your younger family members, particularly the grandkids. 😊

Did you know that one in three workers spends ten hours a day sitting? Recent research has revealed what you have probably suspected for some time: you spend more time sitting than doing any other activity. Surveys show that 50 percent of office workers don't leave their desk all day, even to take lunch, while over 66 percent sit down as soon as they get home. Experts say this sedentary lifestyle can contribute to lower back pain. Especially when your notebook and desktop PC are indispensable workplace tools, you need to take special care to develop desk habits that are good for your long-term health, and help you optimize your energy levels and productivity.

Follow these tips to improve your office ergonomics and ultimately, your professional performance.

Should I sit up straight?
Conventional wisdom has dictated that sitting up straight is better for your back than leaning forward at your desk. But studies by Scottish and Canadian researchers using a new form of magnetic resonance imaging (MRI) have revealed that sitting up straight could be as bad as stooping forwards. The new research suggests that reclining back at an angle of between 120 and 135 degrees will reduce the strain on your lower back. Additionally, try to avoid sitting at your PC in a manner that means you must twist your torso or neck to see the screen.

 An alternative to sitting all day could be to work at a standing desk. Popular in the 18th and 19th centuries, they are making a comeback as people realize that standing to work is healthier than sitting and improves line of sight. To reduce the strain on your eyes, always work in a well-lit environment. Raise your monitor to eye level, either on a platform, or with a pile of books. This will make looking at your screen easier and will reduce the amount you need to tilt your

neck. Alternatively, adjust the height of your chair, your desk or your table. Large monitors offering better visibility (or dual monitor setups) will also help you handle heavy workloads, speed up your ability to read information, and let you keep working longer when you really need to.

Don't break your back, take a break One of the easiest ways to improve your working day is to take short breaks from your daily work routine. Consider installing work-break reminder software on your computer to prompt you to take frequent refresher pauses. To rest your eyes, look away from the screen and focus on something in the distance. National Optometric organizations recommend resting your eyes for 15 minutes after two hours at your PC. Use this time to get yourself a drink; the walk will stretch your legs and give your back a break from the sitting position.

In particular, remember to adjust your position in the afternoon, when you are likely to have been sitting for a long time and your body is beginning to tire.
Stretch your productivity. Try and start your day with a brief stretching routine or an activity like yoga.
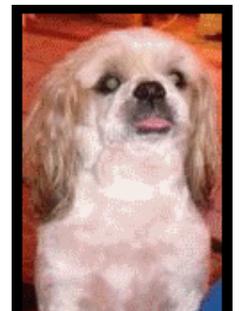
Maybe you could walk or cycle to work. Activities like these give your body the exercise it requires, boost your fitness level, and improve your ability to perform during a busy schedule.

That's it for now…have fun, but be careful out there on the www.

Aloha,

Lou, and in spirit, Pooky

3

www.the-tug.org

Þ **The Google Gmail confidential mode has come to the mobile arena. Get the app from Google and you can send confidential emails that offer the options of expiration dates and passcode required.**

Þ **If you use Google Chrome as your browser you may already know about its many features. But, just in case, here is a list of 29 hidden features you may not know about. Visit this PCmag.com link: https://tinyurl.com/ydg29kjw**

Þ **Wait for it – Google Chrome 69 is due for release in early September. Indications are that it will have a visual makeover and integrate Password Alert to help stop suspicious sites from accessing your accounts.**