World Backup Day

March 31st

By
Jasmine Blue D'Katz (AI)

Take the pledge and make sure your digital life is in order

I wonder As we approach March 31, 2025, it's time to focus on the importance of data protection and backup strategies. World Backup Day, celebrated annually on March 31, serves as a global reminder for businesses, organizations, and individuals to secure their data by creating and maintaining backup copies.

Why Backup Matters

In today's digital age, data loss can have devastating consequences. The average cost of a data breach for a company globally is $4.35 million. This staggering figure underscores the critical need for robust backup strategies. Regular backups not only protect against cyberattacks and ransomware but also safeguard against equipment failure and human error.

Best Practices for Data Backup

1.   Implement the 3-2-1-1-0 Rule: Maintain four different backups of your data, including a master copy, a local backup, an offsite cloud backup, and an offline air-gapped backup. Ensure zero issues through regular integrity checks.

2.   Automate Your Backups: Set up automated backup processes to ensure consistency and eliminate the risk of human error or forgetfulness.

3.   Test Your Backups Regularly: Verify that your backed-up data is complete, accurate, and can be successfully restored.

4.   Protect All Backups: Ensure that your backups are secure and not connected to the business network to prevent ransomware attacks from compromising them.

The Bigger Picture

Data protection goes beyond individual organizations. In 2023, 725 healthcare data breaches were reported, exposing over 133 million records. This highlights the need for a comprehensive approach to data security across all sectors.

As we observe World Backup Day and National Backup Month, it's crucial to remember that data protection is an ongoing process. By prioritizing backup strategies and educating others about their importance, we can collectively work toward a more secure and resilient digital future.

Take the World Backup Day pledge: "I solemnly swear to backup my important documents and precious memories on March 31st." Encourage friends, family, and colleagues to do the same, because real friends don't let friends go without a backup.

Lake County Area Computer Enthusiasts

News Journal

The LCACE News Journal is published eleven times annually. Members are encouraged to submit contributions which will be acknowledged in this newsletter. Send articles to editor@lcace.org Permission is granted to reproduce any or all parts of this newsletter in other User Group publications, provided that credit is given to LCACE and the individual author(s). Logo designed on an Atari Stacy Laptop in 1989 by Dwight Johnson Jr.

Membership

LCACE membership is open to all individuals and families interested in personal computing. Annual dues are $20.00 per individual/family. Applications for membership may be obtained at the monthly meeting, by request on the club hotline, and are now available on our web site at **http://www.lcace.org**.

Meetings

LCACE meetings are open to the public and usually held on the second Saturday of the month at Alto, 1865 E. Belvidere Rd., Grayslake, IL 60030. At 12 noon, the meeting room opens for a free help desk and socializing until 12:30 p.m. The business meeting starts at 12:30 and the presentation starts at 1 p.m.

Newsletter Submissions

Club members are welcome to submit classified ads, reviews, tips and other articles for publication, to our newsletter editor in Microsoft Word format (.doc). **Publication deadline is the 20th of the month for all ads and articles.** Please do not use tabs or special formatting.

Newsletter Advertising

Ad rates per issue: Full page - $25, Half page - $15, Quarter page - $10, Business Card - $5. Discounts are available on advance purchase of multiple issues. Please send camera-ready copy and payment to the club address by the 15th of the month preceding publication. For more information on ad pricing, please call our Hotline. Ads are **FREE** to all paid members.

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Table of Contents

Linda B.

March 8th Program

By Chris Taylor

President and System Administrator

OPCUG

Ottawa PC User Group

ttps://opcug.ca

';--have i been pwned?

Check if you have an account that has been compromised in a data breach

By Jasmine Blue D'Katz (AI)

Have I Been Pwned, created by security researcher Troy Hunt, is an invaluable online service that helps users discover if their personal data has been compromised in data breaches. The site's core functionality is remarkably straightforward - users enter their email address, and the system checks it against a vast database of known data breaches.

The website's greatest strength lies in its simplicity and transparency. The clean, no-frills interface makes it accessible to both technical and non-technical users. The search process is lightning-fast, providing instant results that detail which breaches have affected your email address and what types of data were exposed (such as passwords, phone numbers, or physical addresses).

One particularly useful feature is the "Notify me" service, which alerts users if their email appears in future data breaches. For the security-conscious, HIBP also offers a password checker that tells you if your password has appeared in known breaches, without sending your password to their servers - a clever implementation of k-anonymity.

The site provides detailed information about each breach, including the date it occurred, the number of affected accounts, and the types of data compromised. This transparency helps users understand the severity of each breach and take appropriate action.

For developers, HIBP offers a robust API that can be integrated into other applications, making it a valuable tool for organizations wanting to protect their users.

While the service is free for individual use, some might find the API pricing for commercial use expensive. Additionally, the site only checks for breaches that have been publicly disclosed and added to its database, meaning there could be undiscovered breaches not yet included.

Despite these minor limitations, Have I Been Pwned remains an essential resource in today's digital landscape, where data breaches are increasingly common. It exemplifies how security tools can be both powerful and accessible to the average user.

Unplug Your Laptop. The Battery Will Thank You.

By Kurt Jefferson, Editor,

Central Kentucky Computer Society

https://newsite.ckcs.org/

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Unplug your laptop. Stop plugging it into the wall. You are killing your battery. That's the Cliff Notes version of an article published by Gizmodo. This also applies to iPads and smartphones. These devices were made to run on batteries.

Here's how Gizmodo explains it. "Do you want to be chained to an outlet for the rest of your life? Of course not. That's why you got a laptop in the first place. Somewhere down the line, many of us got the idea that our laptops should always be plugged in to improve their performance. This is a myth that's slowly killing your laptop. Once your laptop is charged, you need to unplug it, or you might be tethered to the wall forever."

If your tech devices are constantly plugged into the wall, the batteries will die much faster than if you unplug and use battery power. Gizmodo spoke to Kent Griffith, an assistant professor at the University of San Diego in California. Here's his warning: "When your laptop battery is sitting in this worst condition – 100% charge – for weeks or months at a time, that can be pretty damaging to it…So when you take it off and expect it to last for 8 or 10 hours, it might only give you half of what you expect because it degraded a lot during that time."

The article notes that Apple's newest M3 MacBooks sport 18-hour battery lives. But if you keep them plugged in constantly, the battery life in those laptops will be cut in half in only a few short years.

Results
Check each product page for other buying options.

How to Save any screen, to review the screen image now or later

Device Type	Keyboard keys OR button combo	Screen image file is stored in folder
Windows	Win+PRTSCR	Pictures/Screenshots
Macintosh	Shift+Command+3	Desktop
Android	Power+Volume Up	Internal storage/ DCIM/Screenshots
iOS	Home+Volume Down or Power+Volume Down	Photos

Default Apps: Where and What are they?

By Phil Sorrentino,

Secretary & Newsletter Contributor

Sun City Center Computer Club

https://scccomputerclub.org/

Default Apps is a choice in the Apps section of Settings. To get there, click the Start button, then click "Settings," then "Apps," and finally, "Default apps." This is where you can choose what Apps will be used for certain types of files. Windows 10 and Windows 11 both have this feature, but the screens look a bit different. It looks like Windows 10 scratches the surface of this feature, and Windows 11 expands on it. But as an example, let's first look at the more straightforward Windows 10 screens. Let's look at one of these choices, probably familiar to most computer users, "photo viewer" (the fourth item on my list). Below the choice "photo viewer" is the icon and the name of an App. In my case, it is "Photo Gallery." By default, this App will be used when the user attempts to open a photo file type, like a .jpg file.


Microsoft Photos Gallery Icon

Just a bit of background. Many file types (extensions - the letters in the file name after the period) have been defined, and many are commonly used daily. FileInfo.com maintains a searchable database that contains over 10,000 file extensions. They are used for documents, databases, graphic images, disk images, presentation software, email, virtual environ-

Note, also see: https://www.howtogeek.com/746203/how-to-set-your-default-apps-on-windows-11/
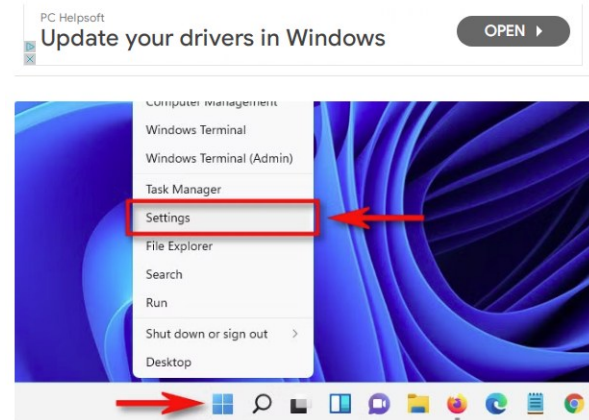
ments, file encoding, and other purposes.

Many of these file types are defined and used by specific software and are not often encountered by the average computer user. However, we usually use a few categories of file types in our daily computing lives so frequently that operating systems have identified some categories and provided specific folders for their use, such as documents, pictures, videos, and music. In this same order, you can think of these categories as Text-based, Image, Video, and Audio files. So, now that some basic categories have been defined, we can see what file types might fit into these categories. Some common file types like .docx, .xlsx, .pdf, .html, .odt, .pptx, .zip, and .txt are document file types. .jpg, .jpeg, .jpe, .png, .tiff, .gif, .heic, and .raw are image file types. .mp4, .wmv, .avi, .mov, .flv, and .mkv are video file types. And finally, mp3, .ogg, .wma, .wav, .aac, and .flac are music file types. (If this doesn't make sense, you may not see the file type extension part of your file

names. Windows defaults not to show extensions. To change this, in File Explorer, click "View" and then check the "file name extensions" checkbox.) Additionally, there are categories for file types for specific uses like email, maps, and web browsers, which Windows puts into categories for convenience. For example, .msg, .pst, .edb, .ost, and .eml are email file types. .shp, .shx, .kml, .kmz, and .gpx are map-oriented file types. .html, .xps, .css .asp, and .php are web browser-oriented file types.

So Windows provides control over the Application (or App) that will be called upon to open and/or process a file. When you attempt to open a file by double-clicking it, the "Default" App associated with the double-clicked file type will be used. For example, if you try to open a Photo document (.jpg file type, for example), the Default App (in my situation) Microsoft Photos Gallery will be used. There may be other Apps on your computer that can also do the job. If you want to see what Apps could do the job and maybe even change the Default App, click the current Default App, in my case, the "Photo Gallery" Icon, and you will see a list of the other Apps on your computer that can be used. When I clicked the "Photo Gallery" Icon, I was presented with a "Choose an App" list that included "Photos," "Faststone Image Viewer," "Microsoft Office Picture Manager," "Movie Maker," "Paint," "Paint 3D" "Photoshop Elements 13 Editor", "Snip & Sketch," and "Look for an app in the Microsoft store." (Microsoft is always anxious to provide or even sell solutions.) This list indicates the apps that could be set as the default apps for photo files. The list on your computer may be shorter or longer depending on the Apps you have installed on your computer. To change the Default App to an App in the list, click the Name of the App and the Default will be changed. Notice that below the Default Apps choice is an option to "Choose default apps by file type." Clicking this allows you to set default Apps for every file type on your computer. My

computer's list of file types is quite long, totaling around 500, going from .386 to .zpl. Changing these entries is probably unnecessary, at least not for the average computer user. However, if you have specific and maybe expensive software you want to use for certain file types, this would be the place to make that choice.

Windows 11 "Default Apps" is similar but a little different. When you select Default Apps (under Settings-Apps) instead of a list of a few categories, like "mail," "maps," or "photo viewer," there is a list of all of the Apps on your computer. If you select an app, you will see a list of all the file types associated with the App chosen. At this point, you can change the "Default App" used for the selected file type. This is similar to the "Choose default apps by file type" in Windows 10. As such, in either version of the OS, there is an attempt to give the user complete control over what App is used by default when attempting to open a specific file type.

Note: To see the choices to open a file, as currently set, use the command in Windows Explorer: Select a file, right click "Open With." And then to choose another application, select "Choose default program."

Your One-Stop Design Solution
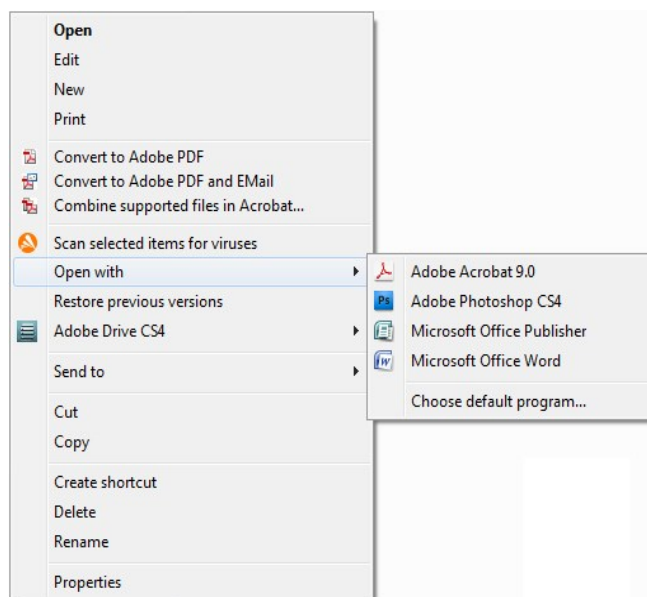
By Jasmine Blue D'Katz

Poster My Wall stands out as an intuitive graphic design platform that democratizes creative expression. Whether you are a small business owner, educator, or social media enthusiast, this web-based tool offers an impressive array of customizable templates for various design needs.

The platform's strength lies in its user-friendly interface, which strikes an excellent balance between functionality and simplicity. New users can quickly navigate through the extensive template library, while experienced designers will appreciate the advanced customization options. The drag-and-drop editor is particularly responsive, making design adjustments seamless and enjoyable.

One notable feature is the vast collection of stock photos, illustrations, and fonts available within the platform. While the free tier provides adequate resources, the premium subscription unlocks high-resolution downloads and removes watermarks, offering excellent value for regular users.

However, there's room for improvement in the mobile experience, which can feel cramped on smaller screens. Additionally, the template search function could benefit from more refined filtering options to help users find exactly what they are looking for more quickly.

Despite these minor drawbacks, Poster My Wall delivers on its promise of making professional-quality design accessible to everyone. The platform's combination of versatility, ease of use, and robust features makes it a compelling choice for anyone looking to create eye-catching visual content without the steep learning curve of traditional design software.
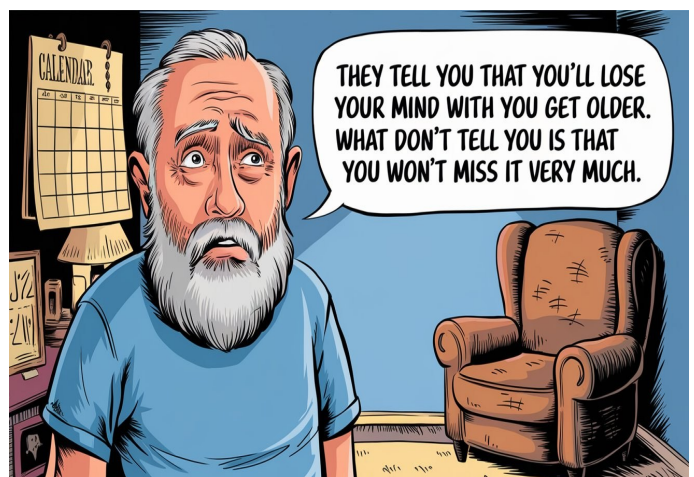
Important Notice: WebWatch Articles Update

In case you have not missed it, as of January 2025, we have discontinued posting WebWatch article links on Google Groups. While these technology news updates served as a valuable resource for our senior members throughout the past year, we have made this decision due to limited engagement and feedback from the community.

We encourage you to explore other reliable technology news sources that cater to your interests. If you would like suggestions for alternative news sites, please do not hesitate to reach out to us.

Thank you for your understanding and continued participation in your group.

[The Ultimate Netflix Guide](#)
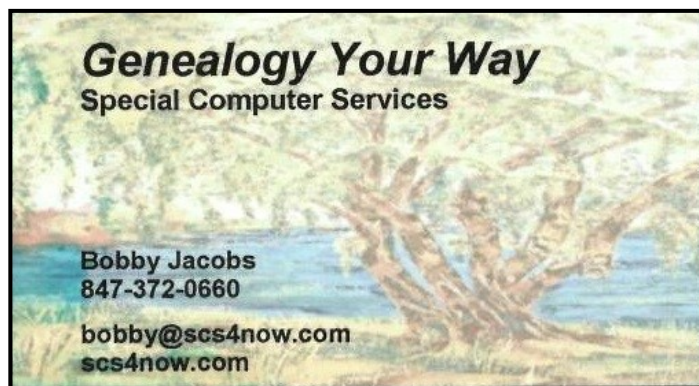
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