



newsletter

SummerTime 

2ND QUARTER
NEWSLETTER 2023





With summer in full swing, it's the perfect time to enjoy the beautiful weather, spend time with family and friends, and take a break from the constant stimulation of technology. From the second we first check our smartphone in the morning, our lives are full of screens. The constant connection can take a toll on our mental and physical health, so it's important to step away from our screens and take a breather.

Here are some practical tips to help you take a productive technology break this summer:

1. **Set boundaries:** Establish specific times during the day when you will disconnect from technology. Create a schedule that works for you and stick to it. This will help you create a healthy balance between the time you spend in front of screens and the time you spend doing other activities.
2. **Plan outdoor activities:** Spend time outdoors and plan activities that you can do instead of using your devices. Go for a hike, take a swim, have a picnic, or even grow a garden.
3. **Read a book:** Take a break from screens and pick up a good book. Reading can be a great way to relax and unwind.
4. **Connect with friends and family:** Spend time with loved ones and connect with them in person. Plan a BBQ or a game night.
5. **Find an accountability partner:** Share your technology break goals with a friend or family member who can help hold you accountable. This will make it easier to stick to your plan.
6. **Use technology wisely:** Use technology to your advantage by setting up automated email responses and scheduling social media posts. This will allow you to take a break without worrying about missing important messages.

By taking a technology break this summer, you can recharge your mind and body, improve your overall wellbeing, and enjoy the simple pleasures of life. So go ahead, unplug, and enjoy all that the summer season has to offer.



STRONG PASSWORDS

In today's world, keeping your online accounts safe is more important than ever. One of the simplest yet most effective ways to achieve this is by creating strong and unique passwords. However, many people find it difficult to come up with a password that is both easy to remember and hard to crack for each account. Fortunately, there are several simple tips you can follow to create a strong password without overcomplicating the process.

First, avoid using easily guessable information such as your name, birthdate, or pet's name in your password. Instead, choose a combination of upper and lowercase letters, numbers, and symbols that are unrelated to each other. Make sure your password is at least 12 characters long. The longer the password, the harder it is for hackers to crack.

Another technique is to use a passphrase instead of a single word. This involves combining multiple words to create a longer, more complex password. For instance, correct-horse-battery-staple is a passphrase that is easy to remember yet difficult to crack.

Additionally, avoid using the same password for multiple accounts. If a hacker gains access to one of your accounts, they will be able to access all of your accounts with the same password.

Furthermore, consider using a password manager tool that generates and stores strong passwords for you. This eliminates the need to remember multiple passwords and ensures that each account has a unique and secure password.

By following these simple tips, you can create a strong password that will help keep your online accounts secure. Remember, a strong password is the first line of defense against cyber attacks, so take the time to create one that is both strong and unique.



*"Come here, boy, let me see your tags.
Daddy forgot his password."*

Interesting Fact

Do you often sneeze when exposed to a bright light, such as stepping out of a dim movie theater on a sunny day? Then you're one of the 18-35 percent of people that have "photic sneeze reflex", a genetic predisposition to sneezing intensely after sudden exposure to bright light.



Have I Been Pwned?

Use Have I Been Pwned? to see if one of your email addresses or usernames is part of a leak, or to check whether a password appears in a leaked database.

Many websites have leaked passwords.

Attackers can download databases of usernames and passwords and use them to “hack” your accounts. This is why you shouldn’t reuse passwords for important websites, because a leak by one site can give attackers everything they need to sign into other accounts

Have I Been Pwned?

Troy Hunt’s Have I Been Pwned website maintains a database of username and password combinations from public leaks. These are taken from publicly available breaches that can be found via various sites on the web, or dark web. This database just makes it easier to check them yourself without visiting the sketchier parts of the web.

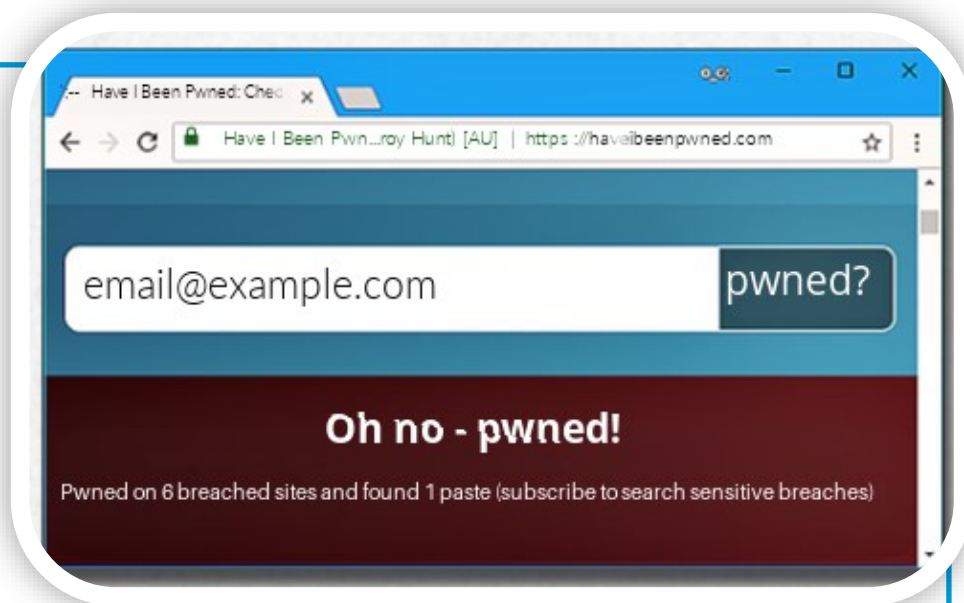
To use this tool, head to the main [Have I Been Pwned?](https://haveibeenpwned.com) page and search for a username or email address. The results tell you whether your username or email address has ever appeared in a leaked database. Repeat this process to check multiple email addresses or usernames. You’ll see which leaked password dumps your email address or username appears in, which in turn gives you information about passwords that might have been compromised.

If you want to get an email notification should your email address or username appear in a future leak, click the “Notify me” link at the top of the page and enter your email address.

You can also search for a password to see whether it has ever appeared in a leak. Head to the Pwned Passwords page on the Have I Been Pwned? website, type a password in the box, and then click the “pwned?” button. You’ll see whether the password is in one of these databases and how many times it’s been seen. Repeat this as many times as you like to check additional passwords.

If an important password you use has been leaked, we recommend changing it immediately. You should use a password manager so it’s easy to set strong, unique passwords for each important site you use. Two-factor authentication can also help protect your critical accounts, as it will prevent attacks from getting into them without an additional security code—even if they know the password.

The most important thing you can do is to not reuse passwords. Your email, online banking, shopping, social media, business, and other critical accounts should all have their own unique passwords, so a leak by one website doesn’t put any other accounts at risk. Password managers help make strong unique passwords possible, ensuring you don’t have to remember a hundred different passwords.



benefits OF DRINKING water ON AN EMPTY STOMACH



11 Habits of Supremely Happy People

Happiness can be tough to maintain, but investing in the right habits pays off. Adopting even a few of the habits from this list will make a big difference in your mood.

1. They slow down to appreciate life's little pleasures.
2. They exercise. Getting your body moving for as little as 10 minutes releases GABA, a neurotransmitter that makes your brain feel soothed and keeps you in control of your impulses. Happy people schedule regular exercise and follow through on it because they know it pays huge dividends for their mood.
3. They spend money on other people.
4. They surround themselves with the right people.
5. They stay positive.
6. They get enough sleep.
7. They have deep conversations.
8. They help others.
9. They make an effort to be happy.
10. They do things in-person.
11. They have a growth mindset.

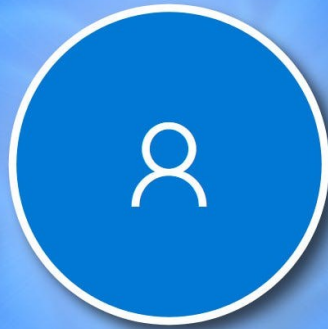
- Increases alertness levels
- Fuels the brain
- Reduces sickness and strengthens the immune system
- Reduces toxins in the body
- Jump starts metabolism
- Reinforces healthy weight loss
- Improves complexion and skin radiance
- Promotes healthy hair growth

drink up!



Be Happy!





4 Ways to Switch User Accounts on Windows 11

When you have multiple user accounts, ideal if you're working on a shared Windows PC, you can switch between accounts without closing any apps you have open or files you're working on. It merely switches accounts — pushing the current user, and their applications, into the background.

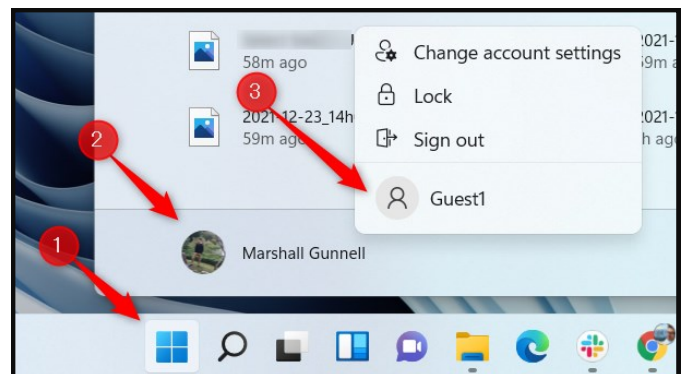
Switching users has advantages — you can easily move between accounts without worrying about losing unsaved files or forgetting what you were doing because your programs closed. It does result in a larger demand on system resources though, especially RAM. On some PCs, the higher RAM requirements could be a problem.

Since signing out of a Windows 11 account terminates all of the running processes, be sure to save any files you're working on before signing out. They may be lost otherwise.

Here's how it's done:

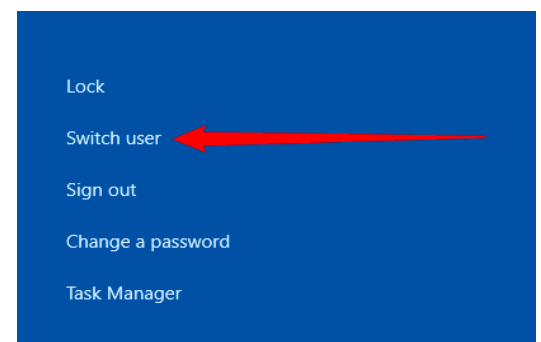
Switch Accounts From the Start Menu

You can switch user accounts straight from the Windows Start menu. Click the Windows icon in the taskbar, click your profile image, and then select the user account you would like to switch to from the context menu.



Switch Accounts Using Ctrl+Alt+Delete

Ctrl+Alt+Delete is most famous for being used to access the task manager. It also can be used to access a handful of other options, including a button to switch users. Hit Ctrl+Alt+Delete, and the second option on the list will be "Switch user." Click it, and you'll be taken to the login screen.



Switching Accounts Using Alt+F4

Another keyboard shortcut you can use when viewing the desktop is the Alt+F4 shortcut. Note that if you have any windows open, this shortcut will simply close the open window instead. Press Alt+F4 on your keyboard and the "Shut Down Windows" dialog will appear. Click the down arrow next to the text box and then select "Switch User" from the

drop-down menu that appears. Next, click “OK” or press the “Enter” key on your keyboard. You’ll then be on the login screen where you can select a different user account.

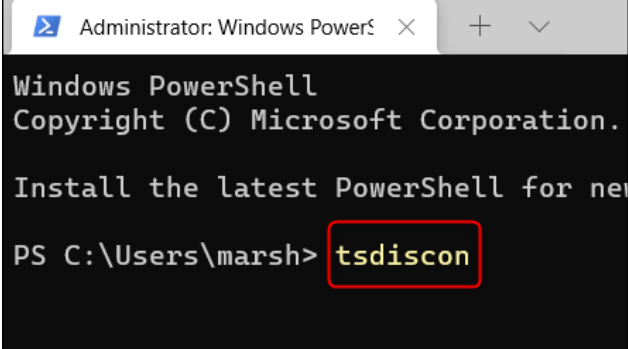
Switch Accounts From Windows Terminal (Windows 11 Pro or Higher)

If you want to feel like a hacker, then you can run a command in Windows Terminal that allows you to lock your PC, effectively bringing you back to the login screen where you can select a different account. Note that this method only works on Windows 11 Pro or higher.

First, open Windows Terminal as an admin by right-clicking the Windows icon in the taskbar to open the Power User menu, and then select “Windows Terminal (Admin)” from the menu.

Next, run this command: type `tsdiscon`. Once you run the command your screen will lock. Unlock the screen and you’ll be on the login screen. Select the user account you would like to switch to. You can also quickly lock your screen by using the Windows+L keyboard shortcut.

Microsoft made it easy to switch between user accounts on Windows. Not only that, if you need to give one of the users admin rights, there’s an easy way to grant them these privileges, as well.

A screenshot of a Windows PowerShell terminal window. The title bar reads "Administrator: Windows PowerShell". The window content shows the PowerShell prompt "PS C:\Users\marsh>" followed by the command "tsdiscon" which is highlighted with a red rectangular box. Above the prompt, the text "Windows PowerShell Copyright (C) Microsoft Corporation. Install the latest PowerShell for new features and improvements." is visible.

```
Administrator: Windows PowerShell
Windows PowerShell
Copyright (C) Microsoft Corporation.
Install the latest PowerShell for new features and improvements.
PS C:\Users\marsh> tsdiscon
```



Power strips are a convenient way to plug in multiple devices, but they also have a limited lifespan. Over time, power strips can become overloaded, leading to overheating and potential fires. The surge protection in power strips can also wear out over time, leaving your devices vulnerable to power surges.

How many times have you looked at a power strip, seen one burned-out outlet, then just plugged your device into the next socket that seemed okay? Don’t do that. If one socket is burned, chances are high that there is internal damage inside the power strip. That’s a fire hazard.

To tell if a power strip has expired, look for signs of wear and tear, such as frayed cords or loose plugs. To ensure the safety of your devices and your home, it’s important to replace your power strips every few years, especially if you notice any signs of damage.