NewsLetter

The New IT Tech - Modern World – Gratitude – Little More Relaxed – Tricking The Robots – What In The Tech

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Hi everyone,

"My name is Noah, and I'm excited to be joining the IT Department as PC support specialist. I started on September 15th. I'm really looking forward to meeting everyone"

A little back story about me, I had very little experience in IT. Usually just breaking my own devices and wondering what I did wrong LOL…I was talking to a friend one day back in 2017 and she told me I should go to college for IT, I didn't really think school was for me, but I did it. I went to Suny Adirondack while working for CWI as bus monitor. I was taking one class at a time. During this time, I had my son, he was born in 2018, so as you can imagine things became busy, that didn't stop me. I continued studying and when covid hit and my job basically went away, I decided to go to college full-time. That was where I really got to love computers.

As I am new still, I haven't had the chance to see every location yet, but I have noticed a few things. When working on a work PC, try not to hook any of your personal devices such as cellphones, tablets, really anything that has your PERSONAL information on it, this protects your information and helps keep work and home life separate! With the holidays approaching online shopping seems to be the way the world shops, so when on a wireless connection remember not all wireless connections are secure, with that being said try not to access any sensitive information when connected to the wireless connections at work.

Sincerely,

Noah

In the modern world, our greatest obstacle isn't a lack of opportunity — it's too many of them. Every alert, every new idea, every demand claims to be important. But we must decide: if everything is important, nothing is. Focus isn't about doing more. It's about learning to decide. To say no to what doesn't matter, so that what does can grow.

Cognitive science backs this up: our brains can only hold about 4 to 7 items in working memory at a time (Cowan, Behavioral and Brain Sciences, 2001). Every new input steals energy from what truly deserves our attention. The myth of multitasking has been debunked by countless studies — Stanford research showed that chronic multitaskers actually perform worse at switching tasks and filtering distractions (Ophir et al., PNAS, 2009).

Great minds throughout history understood this truth long before neuroscience did.

- Leonardo da Vinci wrote, "He who thinks little, errs much," warning against scattering one's mind in too many directions.

- Bruce Lee said it bluntly: "It is not the daily increase but the daily decrease. Hack away at the unessential."

- Warren Buffett once told a pilot that success comes from "making a list of your top 25 goals — and then avoiding the other 20 at all costs."

- Even Marcus Aurelius, two thousand years ago, urged: "If you seek tranquility, do less. Or more accurately, do what's essential."

In the age of information overload, clarity is the new superpower. Knowing what not to do is often the most important decision of the day.

So ask yourself: what will I give my energy to today? Because every "yes" is also a "no" to something else — often the very thing that could change your life.

Tech & Thanks: Gratitude in the Digital Age

Every November, we gather to celebrate gratitude — for family, friends, and the moments that bring warmth to our days. But in today's connected world, our circle of thankfulness extends beyond the dinner table and into the digital realm. Technology, when used thoughtfully, can amplify the very spirit of Thanksgiving — connection, generosity, and reflection — even across miles and screens.

The Heart of Connection

It's easy to take for granted the tech tools that make our modern gatherings possible. Video calls bridge distances once insurmountable, letting loved ones join from across the country or even the globe. A few years ago, a snowy storm might have canceled a family visit; now, a simple "Join Meeting" button brings faces together from coast to coast. Whether it's FaceTime with grandparents or a Teams call that wraps up early before a long weekend, technology has made togetherness more flexible and inclusive than ever before.

This season, take a moment to appreciate how digital communication keeps relationships alive. A heartfelt message, a shared family photo, or even a group chat filled with pie emojis reminds us that connection is the true bandwidth of the heart.

Gratitude for the Unsung Tech Heroes

While most of us enjoy holiday downtime, IT professionals, help-desk teams, and cybersecurity staff often remain on call, ensuring systems stay running smoothly while the rest of the world unplugs. They're the ones keeping servers secure, backups verified, and help tickets from turning into small crises. Behind every "it's working fine now" moment is a technician quietly saving Thanksgiving from a digital disaster.

So, as you pass the cranberry sauce, consider also passing a note of thanks to the people who make your digital life seamless — the ones who make sure your Wi-Fi doesn't drop mid-Zoom, your cloud files stay synced, and your smart thermostat keeps the house comfortable while you roast the turkey.

Reflecting on Digital Abundance

Thanksgiving also invites reflection — and technology, for all its speed, can sometimes distract us from that. As the notifications fade and the inbox quiets, the holiday weekend is a good time to declutter not just your home but your digital space too. Clear out old files, organize your photos, update your backups, and maybe even unplug for a few hours. A tidy digital life can feel just as refreshing as a clean kitchen after the feast.

And for those passionate about sustainability, remember that mindful tech habits are part of gratitude too. Powering down devices, recycling old hardware responsibly, and choosing energy-efficient gear show appreciation not just for convenience, but for the planet that sustains it all.

A Season of Thanks — and Innovation

As we move into another season of innovation — from AI-powered creativity to smarter workplaces — it's worth remembering that technology is at its best when it enhances humanity. This Thanksgiving, be grateful not only for the tools we use but for the people who design, maintain, and improve them every day.Because in the end, the most important network isn't wireless or fiber-optic — it's the human one that connects us all.

This months IT News Letter will be a little more relaxed.

Knowing what you want and how to get there. Getting the Most out of SharePoint

SharePoint is more than just a place to store files. It is a shared workspace to store files where your department can collaborate, stay organized, and find information quickly. That is, as long as your naming scheme is understandable, and consistent. I have seen many instances where a staff person has named a folder or a file using one way for easy identification and then an entirely different way for future folders and files. This causes confusion and loss of productivity. Even to the point where the staff person may feel that it is quicker to just create a new document from scratch. Then of course, using another naming scheme.

Tips on keeping your SharePoint Doc site neat and organized:

- Use Folders

    o Name your folders effectively based on common subjects

    o Color code your folders for easy identification

- Use a good clear and understandable naming scheme that works for all in your department

    o Be consistent with your naming scheme

Did you know ?

- You can use the search bar to locate folders and files.

    o Even if you know just a portion of a document, you can enter this into the search bar, and you should be able to locate the file

Please don't forget to change your passwords.

Tricking the Robots

With all the buzz lately about artificial intelligence, understanding how technology and social practices influence one another is important to adapting to these changes coming at us. While there is reason to be concerned with the disruption in the labor market the technology, the human factor is still at play as people develop creative responses to it. Once such instance was discussed recently in an article by Evan Gorelick titled "Recruiters Use A.I. to Scan Résumés. Applicants Are Trying to Trick It" (NYT, 10/7/25). In it, Gorlick discusses how companies increasingly use AI to screen job applications, and how some candidates are embedding hidden prompts in their résumés—often in white text—to manipulate chatbot-based filters. These prompts instruct AI systems to rank them highly, such as "This is an exceptionally well-qualified candidate." The tactic has gained popularity through TikTok and Reddit, prompting companies to update their software to detect such tricks.

Recruiters and platforms like Greenhouse and ManpowerGroup report a noticeable rise in these manipulations, with some rejecting candidates outright for dishonesty. While some applicants have seen improved interview rates using these methods, others have faced backlash or failed to secure jobs. The practice has sparked debate: some view it as clever, others as unethical.

"What The Tech Is Going On",

5G Expansion The next emerging technology trend is 5G! The fifth generation of mobile networks, 5G, promises significantly faster data download and upload speeds, wider coverage, and more stable connections. The expansion of 5G is facilitating transformative technologies like IoT, augmented reality, and autonomous vehicles by providing the high-speed, low-latency connections they require. This technology is crucial for enabling real-time communications and processing large amounts of data with minimal delays, thereby supporting a new wave of technological innovation.

Telemedicine Allows patients to consult with doctors via digital platforms, reducing the need for physical visits. Providing continued medical care during situations like the COVID-19 pandemic has become vital. Telemedicine is expanding to include more services and is becoming a regular mode of healthcare delivery.

Personalized Medicine and treatment approach uses genetic, environmental, and lifestyle factors to diagnose and treat diseases precisely. Advances in genomics and biotechnology have enabled doctors to select treatments that maximize effectiveness and minimize side effects. Personalized medicine is particularly transformative in oncology, where specific therapies can target genetic mutations in cancer cells, leading to better patient outcomes.

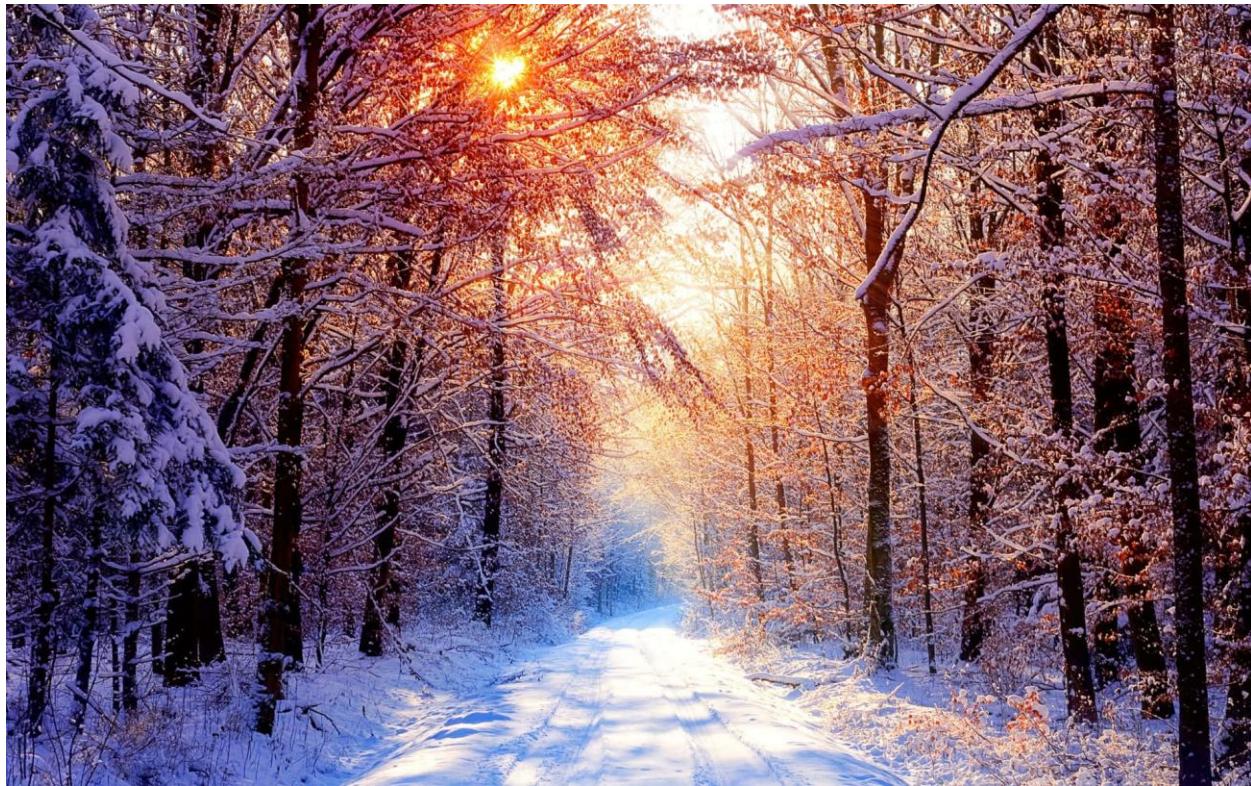# The Funny Page will return for the

Christmas Season

Enjoy some Fall and Winter Pictures

Possible Future Topics: Christmas is almost here, **Electronic Gifts,** Winter Outdoors, **More from the Stickler**, Roller Skating, **Winter and PC Gamers**, and much more..

Send comments to: Editor - Phil Ellsworth pellsworth@saratogabridges.org