

# Links für 2024 KW 10

Zusammengefasst von [LlongOrca](#).

## **Meshtastic:**

The article discusses an open-source, off-grid, decentralized mesh network designed to operate on affordable low-power devices. It provides details about the supported hardware and systems it runs on such as Android, iOS, Mac, and Web Browser.

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## **Twenty Years Is Nothing:**

Twenty years ago, version control systems were much more diverse with Subversion being the most popular one at that time. However, Git has since become pervasive in the software industry due to its distributed nature and ease of use. With features like branching capabilities and improved performance on large repositories, Git has transformed developer workflows and introduced concepts such as GitOps. While there are emerging alternatives, it is likely that Git will continue dominating version control for the next twenty years.

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## **The Missing Missing Reasons | Issendai.com:**

This article discusses estranged parents who claim their children never provided reasons for the estrangement, yet later reveal that they were given explanations which have been dismissed or forgotten. Members of these forums tend to avoid providing specific details and context in their accounts, leading to misunderstandings about the causes of the estrangements. The article suggests that emotional defensiveness is a common factor among estranged parents, making it difficult for them to accept negative feedback or acknowledge their own shortcomings in the relationship.

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## **Call it what it is: ABUSE by adult children:**

Abuse by adult children towards their parents is often hidden, with many believing they deserve such treatment from their own flesh and blood. The book „Beyond Done With The Crying More Answers and Advice for Parents of Estranged Adult Children“ offers practical advice on recognizing abusive behavior and dealing with it.

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## **How To Be A Good Listener:**

The article discusses the importance of listening and good communication skills for human survival and civilization. It debunks the myth that a good listener only listens, instead suggesting that a good listener is also good at talking effectively. The author provides tips on improving listening skills, such as validating feelings, checking one's own emotions, avoiding giving advice or relating personal experiences, asking questions, and practicing empathy.

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### **Please, enough with the dead butterflies! - Emily S. Damstra:**

The article discusses the author's pet peeve about incorrect depictions of butterflies, especially those that show the insects in a dead or pinned position. The writer argues that living butterflies should be represented more accurately to convey their beauty and positive symbolism. They provide examples from various sources where they believe the images could be improved by showing the butterflies as alive instead of dead.

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### **CSS for printing to paper:**

This article discusses the CSS basics that control how webpages look when printed and provides tips on creating print generators in HTML, as well as some tricks for managing repeating elements, portrait/landscape modes, data sources, and element positioning. The article also covers the use of media queries like @media print, width, height, margin, padding, and element positioning.

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### **using a solar oven as a radiant refrigerator at night:**

This article discusses the author's experience using a solar oven as a radiant refrigerator, also known as a „uncooker.“ The experiment took place in Western Australia during winter and involved pouring water into a box-cooker with a black base. It was placed outside on clear nights to absorb infrared radiation from the sky and cool down. Ice was consistently produced during these trials, even without frost on the ground. The author also described building a radiant fridge by using insulation and reflective materials to keep food fresh. They believe that radiant refrigerators can be useful worldwide and hope others will adopt this technology for their own purposes.

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### **Motion Blur All the Way Down:**

In this article, Pierre Cusa discusses the effects of motion blur in video games and animations, exploring its natural counterpart in real life. He then delves into the concept of „infinite speed“ motion blur, presenting a technique involving volume ray casting to create an interactive animation. The resulting effect is a fascinating demonstration of procedural animation that simulates the appearance of objects moving at extreme speeds.

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### **The Case Against Geometric Algebra:**

This article discusses the limitations and issues with Geometric Algebra (GA) and advocates for a shift towards Exterior Algebra (EA). The author highlights that while GA has some merits, particularly in physics and engineering applications, it is plagued by various problems such as the „geometric product“ being a bad mathematical operation, an overemphasis on multivectors, mixed-grade objects, and awkward associativity. The article suggests that EA would be better suited for general vector algebra studies due to its more intuitive foundations and clearer isomorphisms between objects.

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### Organic Maps:

Organic Maps is a free offline maps app for Android and iOS users, focusing on travelers, tourists, hikers, and cyclists. It utilizes OpenStreetMap data and is developed by the founders of MapsWithMe (MapsMe) in collaboration with the community. The app does not have ads, tracking, data collection or crapware. Users can support the development through donations, under an Apache-2.0 license.

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### Stumped by Heat Pumps?:

Heat pumps are an energy-efficient and environmentally friendly alternative to traditional heating systems, like gas furnaces, as they do not burn any fuel. They work by transferring thermal energy from outside, increasing the temperature inside a house. On a cold day, heat pumps can run in reverse, extracting thermal energy from even frigid air, and raising indoor temperatures. This technology is especially beneficial for those with solar panels or non-carbon based electricity sources, as it significantly reduces greenhouse gas emissions and can result in lower utility bills.

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### Watch It Burn:

The article is about the carbon fraud scheme that took place in Europe, which was considered „the fraud of the century“ due to its massive scale and impact on the continent's carbon market. The main characters involved in the scandal are Gustav Daphne, Grégory Zaoui, and Kévin El Ghazouani.

Daphne, a Frenchman with a history of involvement in criminal activities, was drawn to the carbon market after serving time in prison for an unrelated fraud case. He saw an opportunity in the European Union's emissions-trading system, which aimed to reduce greenhouse gas emissions by creating a market for carbon allowances. Daphne and other scammers exploited a flaw in this system, skimming off billions of euros in value-added tax (VAT) through a complex network of shell companies and cross-border trades.

Zaoui, another Frenchman with a background in fraud, was also drawn to the carbon market after his release from prison for VAT fraud related to mobile phones. He developed a scheme to exploit the carbon market's vulnerability to VAT fraud, which involved setting up a network of trading companies and carousels to generate false trades and pocket the VAT. Zaoui claims that he was betrayed by El Ghazouani, who took over his companies and used them for their own carbon fraud scheme.

El Ghazouani, a former friend of both Daphne and Zaoui, became involved in the carbon fraud after being introduced to it by Zaoui. He later betrayed Zaoui and partnered with Daphne, using the companies they had set up together for their own carbon fraud scheme.

The article also delves into the broader context of the carbon market and the challenges faced by European authorities in combating the fraud. It highlights the fragility of the market and the difficulties faced by governments in recovering the stolen money. The consequences of the fraud were severe, with one national investigator stating that it took years for the market to recover from the existential peril caused by the scams.

In conclusion, the article provides a detailed account of the carbon fraud scheme that rocked Europe's

carbon market and brought down several high-profile scammers like Daphne, Zaoui, and El Ghazouani. It also explores the broader implications of the fraud for climate change policy and the future of the carbon market.

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### **General info - Windows 1.0:**

This article discusses the development, releases, and requirements for Microsoft's Windows operating system from its initial version in 1985 until its end of support in 2001. It highlights key team members involved in the project and provides information on installation and compatibility requirements. The operating system was succeeded by Windows 2.x.

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### **"Let them eat cereal": How accusations of "greedflation" fueled consumer ire against Kellogg's:**

Kellogg has been running an ad campaign since 2022, encouraging families to eat cereal for dinner as a solution to food inflation. CEO Gary Pilnick's suggestion led to widespread calls for boycotting Kellogg's products, due to the company's price increase by 17.1% in October compared to the same month last year. The boycott has already started showing some results, with cereals being sold at prices as low as 99 cents on supermarket shelves. This has sparked further calls for boycotting other food companies like Nestlé, Coca-Cola, and Exxon.

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### **Context-switching - one of the worst productivity killers in the engineering industry:**

Context-switching is a significant productivity killer in the industry. Eugene Shulga, a seasoned Engineering Leader and VP of Technology at Telnix, offers insights on how to deal with context-switching. He shares his experiences as a software engineer, manager, and manager of managers. Some tips include: clear priorities, adjusting priorities based on changing needs, dealing with ad-hoc requests, blocking calendar for focus work, setting aside time for shallow work when energy is low, creating no-meetings days, constant evaluation of urgent and important tasks, focusing on building strong habits, and maintaining a „Just DO it“ attitude.

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### **Job growth is booming across the U.S. but not in California. Here's why:**

US employers continued hiring new workers last month, showing that the overall economy remains strong. However, California's job growth has been trailing behind the national average all year and its unemployment rate continues to exceed the national average by more than a full percentage point. California's most recent unemployment rate in January was 5.2%. The state added an unexpectedly strong 58,100 nonfarm jobs in January but still accounts for only 7.7% of nearly 3 million nationwide jobs created over the prior 12 months. Economists and business analysts point to various factors contributing to California's lagging job growth, such as cyclical causes like agriculture's major role in the state economy and more systemic issues like the tech industry's belt-tightening after years of profligate hiring.

### **Technical Skills Are Overrated. Focus on Your Attitude.:**

The article highlights the importance of soft skills in job interviews, especially for tech companies like Amazon. Chen, a software engineering candidate, was enthusiastic, self-critical about his technical gaps, and eager to receive constructive feedback during his interview. Despite not meeting all the technical requirements, Chen's strong soft skills made him an attractive hire. The article emphasizes that while functional skills can be taught, it's more challenging to teach people empathy, teamwork, and other soft skills which are essential for long-term success in a company.

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### **Read it never...:**

The article discusses the concept of „TMI“ (Too Much Information) in relation to the internet and how it affects our consumption of information. It highlights the problem of trying to consume too much information at once, especially when browsing through various websites or social media platforms. The author suggests that context is crucial for retaining information effectively and recommends consuming and understanding important content immediately rather than storing it for later reference. Additionally, the article advises against accumulating a large number of bookmarks and saved materials as they may become overwhelming and difficult to consume efficiently.

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### **Icelandic Approved Names - Nordic Names:**

The article discusses the strict naming rules in Iceland, where only names listed on the Personal Names Register are allowed to be used. In order to use a name not yet approved, one can apply for permission from a committee. Rejected names do not become part of the list of approved Icelandic names. Recently, the decisions made by the naming committee have become less strict and the Gender Autonomy Act allows a person's grammatical gender to no longer match their sex. The article provides lists of both approved and rejected Icelandic female and male names.

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### **The Mystery of Sudden Genius:**

Diana de Avila, a woman with acquired savant syndrome, experienced an epiphany while in her pool one day in 2017 and suddenly began painting. With no prior training in art, she felt compelled to create. Acquired savant syndrome is extremely rare, occurring after injury, disease, stroke, or dementia. It unlocks the brain's potential, leading certain regions to explode in function and flourishing. Diana de Avila's story highlights how individuals with acquired savant syndrome can turn their newfound abilities into a positive force in their lives.

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### **mRNA vaccines: let's be sick a whole lot less and maybe cure cancer:**

The article discusses the potential for mRNA vaccines to treat chronic illnesses such as Long COVID and cancer. By creating drugs that target specific pathways leading to these diseases, rather than individual pathogens, researchers hope to provide more effective and faster treatment options for a

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wider range of people. The article emphasizes the need for continued research into mRNA technology and the potential it holds for treating various conditions, including viral persistence in Long COVID cases.

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### **REPORT Both pilots of an A320 fell asleep in the cockpit for 28 minutes:**

On January 25, 2024, pilots on a Batik Air Airbus A320 operating from Soekarno-Hatta International Airport to Halu Oleo Airport fell asleep for 28 minutes. Both pilots took off their headsets and increased the cockpit loudspeaker volume before one pilot asked permission to rest and was granted. The other pilot then fell asleep, prompting a silent flight during which neither pilot responded to radio communication from Jakarta ACC for 12 minutes. Upon waking, both pilots realized the aircraft was off-course and landed uneventfully at their destination in Jakarta.

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### **Git from the Bottom Up:**

This article introduces key terms related to Git, a powerful content tracking system. A repository contains commits, which are archives of a project's working tree at past dates. The index registers changes before committing them, and the working tree is any directory with a repository associated with it. Commits create a revision history, while branches and tags name commits for development purposes. The mainline of development is typically done on a „master“ branch. HEAD represents the current checked-out state in the repository. The article provides an overview of how these entities work together within Git's operation.

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### **The Obscene Energy Demands of A.I.:**

In 2016, Alex de Vries created the Bitcoin Energy Consumption Index to track the massive energy consumption of bitcoin mining. According to his latest figures, bitcoin mining now consumes a hundred and forty-five billion kilowatt-hours of electricity per year, which is more than that used by the entire nation of the Netherlands. De Vries also tracks electronic waste produced by bitcoin mining and its water use. He has recently added a new tab on his blog called „AI Sustainability“ to address concerns about AI's energy consumption as well. The International Energy Agency reported that global CO2 emissions rose in 2023, partly due to data centers and the increasing use of AI. De Vries suggests that disclosure requirements for cryptocurrencies and AI are needed to tackle their environmental impact.

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### **An ALS Drug Fails. Again.:**

The article discusses Relyvrio, an ALS drug that was approved by the FDA despite concerns over its efficacy and statistical problems from a Phase II trial. After a successful sales period, a Phase III trial showed no hint of the drug working against the primary or secondary endpoints. Despite this failure, patient advocacy groups pressured for approval based on unmet medical need rather than efficacy and safety. The author argues that efficacy and safety should be the key criteria when approving drugs. Additionally, the FDA is set to convene an advisory panel for Lilly's new Alzheimer's antibody donanemab.

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## Open Source desires:

The disillusioning state of open source software has led to a better understanding of the motivations behind its creation and release. Although political hopes for a more free and anti-capitalist future have faded, people still create and share open source projects due to their desire for recognition, contribution, and control over their work. Open source developers face frustrations, harassment, disrespect, and overwhelm, but continue to build and release their projects in an effort to satisfy personal desires and help define their area of practice.

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## Morning Brew ☞ (@MorningBrew):

Youtuber Marques Brownlee (MKBHD) tested Fisker's latest EV and called it the „worst car I've ever reviewed“ in a video that gained 4.3 million views. Fisker requested him to delay his review until a software update came through, but he refused. The company tried to do damage control by calling the dealership that loaned Brownlee the car, unaware that they were being recorded. A Fisker senior engineer admitted that even after the update, the software „still got some holes in it.“ Fisker's stock dropped 50% since Brownlee's video went live, and his influence has highlighted the power of social media reviewers in the product space.

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## Don't Invent XML Languages:

The article discusses the challenges and reasons not to invent new XML languages, highlighting that it is difficult, time-consuming, and has a high probability of failure. Instead, the author suggests using existing well-established markup languages like XHTML, DocBook, ODF, UBL, and Atom for various applications. The article also emphasizes the value of network effects in promoting the widespread adoption of markup languages, citing examples such as HTML and PDF.

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## The Existential Relief of Having Children:

This article discusses how having children can provide existential relief to parents, as it answers big questions about identity and purpose in life. The author argues that people who have kids experience less existential anxiety because parenthood satisfies the need for belonging, meaning, and direction. Additionally, becoming a parent changes one's perspective on life and priorities, making other life choices less important. However, the article also acknowledges that having children comes with its own set of challenges and stressors.

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## Ein voll automatischer Supermarkt - ist das die Zukunft? Erstes Projekt kurz vor dem Scheitern:

The fully automated supermarket „Dein Emma“ in Ulm is facing closure just six months after its opening, as the operator Josef Klein wants to give up on the venture due to financial losses. Despite initial optimism and claims that an automatic store would be successful at the location, sales have not

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met expectations. Both parties involved are disappointed: while Josef Klein believes he may have underestimated the workload associated with operating such a system, Karl-Heinz Raguse of Initiative Donautal Connect argues that Klein has taken on too much responsibility for the project. The search is now underway for a new operator to take over „Dein Emma.“

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### **Just 2 cans of soda per week is too much — even if you exercise: study:**

A new study published in the American Journal of Clinical Nutrition reveals that consuming just two 12-ounce cans of soda per week can negate the heart health benefits gained from exercise. The research, conducted by pharmacologists at Quebec City's Université Laval, analyzed data from around 100,000 adults over 30 years and found that sugar-sweetened beverages cannot be neutralized even with the average recommended workout quota of 150 minutes per week. The researchers encourage consumers to avoid cane and syrup-based sodas altogether. They also note that artificially sweetened drinks do not have the same negative impact as sugar-sweetened beverages, but still emphasize water as the best drink option.

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### **How Fear of Regret Influences Our Decisions:**

A dice game demonstrates the psychology of regret and its influence on human behavior. The game involves selecting one cup with a die under it, but players are reluctant to switch even when offered higher rewards for making the correct choice. This is due to the endowment effect, where once an item is perceived as owned, it becomes more valuable. Additionally, people's efforts to minimize regret affect their decisions in the game. Researchers use these experiments to understand loss aversion, which makes losses feel three times worse than gains.

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### **How HEAD works in git:**

The article discusses the different meanings and uses of HEAD in Git, which can be confusing for beginners. HEAD has multiple closely related meanings: the file `.git/HEAD`, HEAD as in `git show HEAD` (revision parameter), and all ways Git uses HEAD in output. The author explains various concepts such as detached HEAD state, git log, merge conflicts, and inconsistent terminology. The article aims to help users understand HEAD better by providing clarification on its different meanings and uses in Git.

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### **Tests show high-temperature superconducting magnets are ready for fusion:**

In September 2021, engineers at MIT's Plasma Science and Fusion Center achieved a world-record magnetic field strength of 20 tesla using a new type of magnet made from high-temperature superconducting material. This milestone paves the way for practical fusion power plants that can produce more energy than they consume. The success of this test marked a significant reduction in size and cost of fusion reactors, potentially making them economically viable. The researchers published their findings in six peer-reviewed papers in the March issue of IEEE Transactions on Applied Superconductivity, which demonstrate that plans for a new generation of fusion devices are built on solid scientific foundations.

### **Airbnb's Devastating Effect on Canadian Housing | The Walrus:**

The article discusses the eviction notice received by Jean-François Raymond, who lived in his apartment in Montreal for twenty-two years. In 2016, local borough officials established rules to limit short-term tourist accommodations like Airbnb. However, Raymond's building was eligible for short-term rentals due to its location near businesses and buildings with three or more dwellings. The landlord planned to convert the apartments into short-term vacation rental suites. Housing advocates urged councillors to change local rules to prevent evictions caused by such conversions. Raymond took his case to Quebec's housing tribunal, asking for compensation from the landlord in recognition of all the years he and his elderly neighbor had spent in the building.

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### **Can We Just Throw In The Towel On Airport Security Theater Already?:**

The Transportation Security Administration (TSA) is testing self-screening checkpoint lanes at Harry Reid International Airport in Las Vegas that could offer passengers shorter wait times without the need to remove shoes, outerwear or electronics from carry-on bags. This trial allows flyers with TSA PreCheck to pass through checkpoints independently using an automated inspection system and full-body scanner. The aim is to reduce interaction between travelers and security officers, as well as reduce manual searches and pat-downs. If successful, the TSA hopes to expand this trial to other airports in the future.

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### **'I'm President,' So No More Broccoli! (Published 1990):**

In 1990, President Bush declared that he doesn't like broccoli and never wants to see it on his plate again. The 65-year-old President has a penchant for shoveling food into his mouth with a big appetite, often indulging in cholesterol-laden foods such as nachos.

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### **GitHub - hatchet-dev/hatchet: A distributed, fault-tolerant task queue:**

Hatchet is a distributed, fault-tolerant task queue that replaces difficult to manage legacy queues or pub/sub systems. It offers ultra-low latency and high throughput scheduling for real-time interaction capabilities with reliability required for mission-critical tasks. Some key features include concurrency, fairness, rate limiting, resilience by design, observability, durable execution, cron, one-time scheduling, spike protection, incremental streaming, and support for various SDKs like Python, Typescript, and Go. Hatchet aims to provide better transactional enqueueing benefits, ease of use, and observability compared to alternatives such as Celery or BullMQ.

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### **Impostor Syndrome vs the Dunning-Kruger Effect:**

Impostor syndrome is a psychological issue where individuals doubt their skills and downplay accomplishments, leading to anxiety, stress, or depression. The Dunning-Kruger effect is overconfidence in one's abilities due to an inability to objectively evaluate oneself. Both issues stem

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from the difficulty of self-assessment and knowledge quantification. Balancing between these two extremes involves understanding that mistakes don't reflect on competence and learning from them. Finding this middle ground helps avoid both impostor syndrome and overconfidence.

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### **Having Self-Control Leads to Power:**

The UC San Diego Rady School of Management and Texas A&M University conducted research on the relationship between self-control and power. Their study, published in the *Journal of Personality and Social Psychology*, involved seven experiments with roughly 3,500 participants. They found that individuals with high self-control are more likely to be perceived as powerful and better suited for powerful roles compared to those with low self-control. The researchers also discovered that people who fail to meet ambitious goals are seen as less powerful, even if their performance is the same as others. These findings suggest that organizations should consider setting stretch goals but encouraging employees to surpass them rather than setting difficult goals and not meeting them.

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### **ComflowySpace: An open-source version of better ComfyUI:**

The article discusses a project that uses a custom license for its source code, which is less restrictive than ComfyUI's GPL license. Some users question the licensing and legality of the project, while others express concerns about compatibility with AMD cards and support for multiple platforms like Mac OS and Windows. The article also highlights criticisms and questions raised by the community.

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### **OpenGFW:**

OpenGFW is an open-source DIY Great Firewall of China project for Linux systems that allows users to democratize censorship and filter their own internet traffic. It features IP/TCP reassembly, various protocol analyzers like HTTP, TLS, QUIC, DNS, SSH, SOCKS4/5, WireGuard, as well as „Fully encrypted traffic“ detection for Shadowsocks, Trojan detection based on Trojan-killer and a powerful rule engine. OpenGFW has been tested to work with OpenWrt 23.05 (other versions should also work), and it supports full IPv4 and IPv6 support. Use cases include ad blocking, parental control, malware protection, abuse prevention for VPN/proxy services, traffic analysis, and more.

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### **Chlorpyrifos: Pesticide tied to brain damage in children:**

Chlorpyrifos, an insecticide widely used in agriculture, has been linked to brain damage in children by multiple studies. In August 2021, the Biden administration acknowledged these health risks and announced plans to ban chlorpyrifos from agricultural use. However, in November 2023, the U.S. Court of Appeals for the 8th Circuit overturned this decision, directing the EPA to evaluate whether the insecticide can be safely used on some foods. Chlorpyrifos is a neurotoxic pesticide that has been associated with decreased birth weight, reduced IQ, working memory issues, attention disorders, delayed motor development, acute pesticide poisoning, and increased risk of Amyotrophic Lateral Sclerosis (ALS). It has been banned in the European Union since 2020.

### **The Life and Death of the Bulbdial Clock:**

The author shares their experience of creating the „Bulbdial Clock“ as a solution to problems with traditional sundials. The Bulbdial Clock has no hands and uses rotating light sources, casting shadows that represent hours and minutes on a clock face. After sharing the idea online, an engineer named Windell Oskey built a working prototype and sold kits for people to build their own Bulbdial Clocks. However, since being acquired by Bantam Tools, the Bulbdial Clock kit is no longer available for purchase, but the design remains open source for anyone to create their own version.

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### **DMA be damned, Apple cuts off path to Epic Games Store, Fortnite on EU iPhones:**

Epic Games' Swedish developer account has been terminated by Apple, which the company claims is a „serious violation“ of the European Union's Digital Markets Act (DMA). Epic had previously announced that it was developing an alternative App Store for iOS devices in Europe using the newly approved developer account. However, Apple alleges that this move was actually part of a plan to manipulate proceedings in other jurisdictions, such as ongoing litigation against Apple in Australia. This latest development follows Epic's previous criticisms of Apple's DMA compliance plans, with CEO Tim Sweeney calling the company's policies „a devious new instance of Malicious Compliance“ full of „hot garbage.“

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### **Answer.AI - You can now train a 70b language model at home:**

Answer.AI has released a new open-source system that enables efficient training of large language models on regular desktop computers with two or more gaming GPUs, such as RTX 3090 or 4090. The system combines FSDP and QLoRA to help the open-source community release better models. Teknium, creator of OpenHermes models and datasets, mentioned that this capability allows for taking huge models locally and accessibility to smaller labs with hundreds of billions of parameter models. Answer.AI aims to make useful AI available to everyone by allowing individuals to create personalized models and control their own AI systems.

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### **Apple confirms iPhone owners can travel outside the EU for 30 days before they lose access to third-party app stores:**

Apple's iOS 17.4 software update enabled support for third-party app stores in EU member countries, in accordance with the European Union's Digital Markets Act. However, the new requirement that users have an EU Apple ID and be physically located in the EU has raised concerns, particularly regarding vacations or leaving the EU. Apple clarified that alternative app marketplaces can continue to update previously installed apps for 30 days after leaving the European Union but warned that users must remain within the EU to install new apps from third-party app stores.

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### **Fasting-mimicking diet causes hepatic and blood markers changes indicating reduced biological age and disease risk - Nature Communications:**

The study aimed to investigate the effects of a fasting-mimicking diet (FMD) on biological age, disease risk markers, and life expectancy in human participants. The FMD was found to reduce biological age by approximately 2.5 years, decrease diabetes risk markers, increase the lymphoid to myeloid ratio, and improve other health outcomes such as reducing hepatic fat fraction and improving cardiovascular risk factors. These findings suggest that periodic cycles of an FMD may have beneficial effects on aging and disease prevention in humans.

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### **TikTok Needs to be Sold or Banned Before the 2024 Election:**

The 2016 US presidential election highlighted the potential for foreign interference through social media platforms. TikTok, owned by Chinese company ByteDance and with over 170 million monthly active users in the U.S., poses a direct threat to American democracy. There have been instances of politically-charged content on TikTok causing real-world consequences, such as an increase in antisemitic incidents on college campuses. A study by National Contagion Research Institute showed that TikTok suppresses content inconvenient to China while amplifying content consistent with its foreign policy objectives. In response, the Protecting Americans from Foreign Adversary Controlled Applications Act was introduced in March 2021, aimed at preventing TikTok distribution in the U.S. unless it severs ties with ByteDance.

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### **Messaging Interoperability | Meta for Developers:**

The article discusses enabling users in Europe to exchange messages with WhatsApp users using a messaging app, in accordance with the Digital Markets Act (DMA). To be eligible for interoperability with WhatsApp, an app must provide messaging services to European end-users and meet technical requirements as outlined in the WhatsApp Reference Offer, Developer Documentation Overview, and Application Guidelines. After reviewing these guidelines, developers can complete a form linked in the Application Guidelines. If eligible, they will receive detailed Developer Documentation under NDA for further review of technical requirements. Once signed, developers must build interoperability, enabling milestones outlined in detailed documentation, and launch with WhatsApp on a joint plan. The Interoperability Agreement with WhatsApp governs developers' use of the messaging services and supersedes other terms found on the website.

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### **The Magic of Bird Brains:**

The article discusses how crows are highly intelligent and can recognize individual humans, as demonstrated by their ability to remember and communicate with each other about certain people. Crows have cognitive abilities similar to those of large-brained mammals such as great apes, elephants, and whales. However, they haven't been domesticated like some other animals. The article highlights efforts by ornithologists and researchers to study the behavior of crows and their impact on urban areas. Despite their intelligence, crows have not shown a significant interest in trash collection or vending machines designed for them, leading experts to question whether they can truly be trained to do so. Instead, crows are more interested in obtaining food directly from people who feed them individually. The article concludes by suggesting that the best way to coexist with crows is simply to get to know them and their unique personalities.

### **Eloquent JavaScript:**

The article discusses a book about JavaScript, programming, and the digital world written by Marijn Haverbeke. Available in both online and paperback formats (3rd edition), the book is licensed under a Creative Commons attribution-noncommercial license with code also available under an MIT license. Illustrations are provided by various artists, including Madalina Tantareanu for chapter illustrations and Antonio Perdomo Pastor for pixel art in two chapters. The article also mentions the use of regexper.com to generate regular expression diagrams in one chapter, as well as a photo from Fabrice Creuzot used in another chapter.

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### **NFTs statt Router-Login: Domain Fritz.box gesperrt:**

The article states that AVM has blocked the Fritz.box domain. Users attempting to access this domain are now redirected to peculiar pages from the internet. It is likely that AVM took down this domain as it should only be used for connecting to a Fritzbox and not to access NFT databases, which were found when users tried to do so earlier. The Uniform Rapid Suspension System (URS) was likely used to take the domain offline. AVM is now waiting for the rights of the other party to expire before possibly securing the domain themselves. Additionally, the O2.box domain has also been taken down when users try to access it outside of the local network.

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### **Sky lapse in two tone:**

The European Space Agency's Sentinel-1 satellite provides striking images of our changing energy system at sea, using synthetic-aperture radar to detect objects at sea and through clouds. Offshore wind farms, shipping lanes, and oil and gas infrastructure appear as constellations of white dots on the images. The North Sea is now home to the world's largest offshore wind farms, such as Hornsea 1 and 2, which can power 2.4 million homes. Offshore oil and gas rigs remain a fundamental but declining part of the North Sea economy, with offshore wind turbines now exceeding the number of oil platforms globally. The Strait of Malacca remains heavily trafficked as one-third of the world's seaborne crude oil and half of globally traded goods move through it.

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### **The Brotherhood of Morons — Ludicity:**

The article discusses the concept of human stupidity as a powerful force that hinders growth and happiness, as presented in the book „The Basic Laws of Human Stupidity“. It argues that people who are consistently destructive should be avoided, emphasizing the importance of recognizing and dealing with stupid individuals. The author encourages readers to evaluate their social circles and make changes if necessary in order to minimize the impact of such individuals on their lives.

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### **Dear Linux Kernel CNA, What Have You Done ?:**

The Linux Kernel project started its own CVE Numbering Authority (CNA) in February 2024, handling

the assignment of CVEs for vulnerabilities in the Linux Kernel. While this could be a positive step forward, it has created real complexities for product manufacturers due to its setup and process. Assigning a CVE number for each bugfix neglects several fundamental real-world challenges, especially in the case of product manufacturing and electronic devices, and complicates upcoming compliance with cybersecurity regulations.

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### **A 'cowboy ski town' where high earners can't afford a home faces a housing battle:**

The Yampa Valley Housing Authority in Steamboat, Colorado is planning a large housing project called Brown Ranch, aimed at addressing the demand for affordable housing. However, the plan has faced opposition from local residents who have raised concerns about its financing and potential impact on traffic, infrastructure, and community character. The city council approved the development, but opponents have collected signatures to put it to a public vote in March. Supporters argue that there is a need for affordable housing while opponents call for downsizing or slower growth of the project. The issue of affordable housing has become increasingly challenging in Steamboat and other mountain towns due to rising real estate prices and limited inventory, leading even high-paid professionals to turn down job offers over housing costs.

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### **Leadership Is A Hell Of A Drug — Ludicity:**

The author receives an invitation to attend a compulsory on-site meeting, discussing continuous improvement playback and strategy. The author criticizes the event's requirements for energy and focus while questioning the necessity of attending a four-hour meeting on a Monday morning. The author also takes issue with management language and argues that many people who call themselves leaders have not actually shown leadership in their actions or decisions. Additionally, they express concern about the corrupt nature of awards and status, suggesting that the best leaders are those who reject such accolades.

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### **The Dumber Side of Smart People:**

This article discusses the potential dangers of being too intelligent, focusing on three main points: overconfidence, closed-mindedness to other credible sources, and difficulty in adapting when new information arises or circumstances change. The author argues that these aspects can lead to negative consequences such as making poor decisions, failing to innovate, and clinging to outdated ideas or strategies.

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### **Astronomie: Nova T CrB kann jetzt jederzeit beginnen und für hellen Stern sorgen:**

Every 80 years, the binary star T CrB experiences an explosion that makes it visible to the naked eye on Earth. This phenomenon is expected to occur between February and September. According to NASA, the normally dim star will temporarily become as bright as Polaris for several days due to the recurring nova event. A telescope can be used to observe the event after this period, until it becomes too faint to see without stronger tools. The last time T CrB was visible in the Northern Crown constellation was shortly after World War II.

T CrB is a 3000 light-year distant binary system consisting of a red giant star and a white dwarf star. Matter continuously flows from the larger to the smaller star until a critical mass is reached, resulting in explosive brightness outbursts that increase the apparent magnitude of T CrB from around 10 mag (brighter than Neptune) to up to 2 mag (as bright as Polaris). T CrB has been observed in 1866 and 1946. The next explosion is anticipated, with only five known recurring novae like this one in the Milky Way.

Months before the expected explosion, a US astronomer reported finding evidence of further observations: Bradley Schaefer discovered descriptions of the Nova from 1787 and even 1217. A medieval historian named Burchard von Ursberg wrote about a „marvelous sign in a certain star in the west“ at that time. Schaefer believes this could be related to T CrB, which would have had to brighten during that period. Soon, people will be able to witness this event firsthand.

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### **Spiral-Linse hilft nicht nur gegen Altersweitsichtigkeit:**

A team of French researchers has developed a new multifocal lens that can focus over a wide range of distances, potentially revolutionizing eye care. The lens is designed to perform well in various lighting conditions unlike traditional progressive contact lenses. Unlike conventional lenses with different zones and varying focal lengths, the new lens features a spiral pattern that enables it to have multiple focal points with different focal lengths. This design allows for compact imaging technology, making it suitable for applications like drones or self-driving cars.

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### **DMA: Google ändert Suche, Meta teilt Konten, Tiktok legt Einspruch ein:**

The Digital Markets Act (DMA) requires big tech companies like Google, Meta, and Apple to revamp their services by March 7th, 2024. This act aims to create fair competition and a more balanced market in the digital sphere. Examples include limiting comparison websites to appear between search results and allowing users to select browsers and default search engines on Android devices. Google is facing penalties for favoring its own price comparisons over competitors' services. Apple remains reluctant to open up its operating system to third-party apps, while Meta has separated Threads from Instagram in response to the DMA. TikTok must also comply with data portability requirements under the act.

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### **How Do Satellites Communicate with a GPS System? A Look at the GPS Antenna:**

The article discusses how GPS communication works through antennas on different segments such as space segment (satellites), control segment (OCS system), and user segment (receivers). It explains the design evolution, antenna types like patch antennas, quad helix antennas, and reradiating antennas. The article also highlights how GPS technology is integrated with other systems for better accuracy.

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### **Apple terminates Epic Games developer account, calling it a 'threat' to iOS:**

The article discusses Apple terminating Epic Games Sweden AB's developer account, which was

established to create a new app store in response to the Digital Markets Act (DMA) in Europe. The decision by Apple is seen as retaliation against Epic for criticizing their DMA compliance plan and previous breach of contract. This move has been met with criticism from many, including those who argue that it goes against the principles of free speech and fair competition. Some also suggest that Apple's actions may be a violation of the DMA, which aims to promote competition in digital markets by requiring gatekeepers like Apple to allow alternative app stores on their platforms. The article also touches on the ongoing feud between Epic and Apple, as well as the broader issues surrounding tech monopolies and control over digital marketplaces.

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### **Adaptive immune responses are larger and functionally preserved in a hypervaccinated individual:**

The article discusses the case of a 62-year-old male who received 217 vaccinations against SARS-CoV-2 in just over two years, outside of clinical study context and national recommendations. Despite not reporting any side effects or signs of past infection, the individual's anti-spike SARS-CoV-2 IgG levels were found to be highest on days 189 after their 215th vaccination. Their serum neutralization capacity was also higher compared with control individuals. The study reports that hypervaccination did not lead to adverse events and increased the quantity of spike-specific antibodies and T cells, but it does not provide information on any possible negative effects or causal relationships between the vaccinations and immune responses.

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### **The Law of Leaky Abstractions:**

The TCP protocol is a fundamental building block of the Internet that ensures reliable data transmission. It works by sending data using an unreliable tool, IP, and correcting any errors in the process. TCP acts as an abstraction for IP, making it appear more reliable than it actually is. Abstractions can sometimes leak, leading to issues or slower performance. As programming tools become more complex, proficient programmers must understand lower-level abstractions to deal with leaks and maintain efficiency.

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### **Republicans Kill Popular FCC Program That Made Broadband Affordable For The Poor:**

The FCC's Affordable Connectivity Program (ACP), established through the 2021 infrastructure bill, offered a \$30 broadband discount per month for over 23 million low-income Americans. However, due to Republicans refusing to fund an extension, many of these households will soon lose this discount, leading to a significant increase in their broadband bills starting in April. This issue highlights the ongoing struggle with broadband affordability and competition in the U.S., as well as the political challenges faced by those trying to address these issues.

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### **How to prepare for an Oracle audit, according to former CIO:**

Michael Cahoon, a retired CIO, offered advice on dealing with Oracle audits: companies should stick to their contracts with the vendor and not be swayed by its current licensing policies. He shared his experience from an audit in 2019, where JM Huber had to educate Oracle about their arrangements

based on signed agreements. Cahoon emphasized the importance of being compliant with license agreements and taking control of the timetable during the process. Dan DeVenio advised users that auditing is a revenue generation exercise for Oracle, generating up to \$3 billion annually.

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### **GPS Antenna Mods Make Starlink Terminal Immune To Jammers:**

This article discusses how [Oleg Kutkov], responsible for improving and fixing Starlink terminals in Ukraine, has developed a fix for GPS bands being jammed by military forces. He demonstrates simple modifications that can be made to the current Starlink antenna system, such as soldering an improved passive antenna or attaching an active antenna using a bias tee module. Test result tables show significant improvements in GPS signal reception for devices with these mods compared to unmodified ones in areas with ongoing jamming. The article emphasizes the accessibility of Oleg's work and encourages readers to explore his other Starlink hardware mods.

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### **Fonts are still a Helvetica of a Problem - Canva Engineering Blog:**

Canva is continuously working on improving the security of its software and processes, including those related to fonts. The company handles millions of files across various graphics formats daily. In exploring less-explored attack surfaces such as fonts, vulnerabilities were discovered in font processing tools. Fonts have a complex history and are used in numerous specifications that require developers to interpret vast specifications across many formats. Canva has contributed to the OpenType Sanitizer project, which was created in response to Google's Project Zero's research on font security vulnerability. The company is dedicated to addressing font processing software vulnerabilities and promoting safer handling of fonts through sandboxing and other techniques.

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### **Tell HN: "Default" FileZilla download bundled with adware:**

FileZilla has been criticized for bundling adware with its installer for over a decade, leading to a tarnished reputation and loss of user trust. Users have suggested using alternatives like WinSCP and Cyberduck instead. The issue arises from the ambiguity in the word „zilla,“ which may make it difficult to protect as a unique trademark while also being commonly used by other corporate entities.

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### **Best AI Video Generator in 2024 - Synthesia:**

This article highlights how Synthesia allows users to create studio-quality videos with AI avatars and voiceovers in 130+ languages, making it as easy as creating a slide deck. The platform offers various use cases and cost savings for businesses, such as time savings, engagement increases, and global language support. Synthesia's features include over 160 AI avatars, voiceovers in more than 130 languages, and the ability to create customized videos with branded backgrounds, colors, and logos. The platform integrates seamlessly with Learning Management Systems (LMS) for easy updates and distribution of training materials. Synthesia ensures data safety and ethical AI use, maintaining compliance with regulations such as SOC 2 Type II & GDPR and employing human and AI moderation processes.

## **Your Food is Less Nutritious Than It Used to Be - Modern Farmer:**

This article discusses how strawberries have changed over generations due to factors such as climate change, genetic engineering, and breeding. In the short term, food security is at risk during extreme weather events, while medium-term impacts include plants absorbing more carbon dioxide, leading to an imbalance in their nutrition and affecting soil composition. Long-term effects involve the dilution of plant nutrients due to various factors like selective breeding and fertilizers. The article also mentions that rising carbon dioxide levels could impact the medicinal properties of plants such as yams, which are used to produce birth control pills. In conclusion, while climate-induced nutrient changes can have negative effects on food security, corn and legumes may offer a solution for future food and nutritional security.

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## **BYD's EV Dream May Be Legacy Automakers' Nightmare:**

BYD, the world's leading electrified carmaker, is a battery-tech rule breaker and is leveraging its battery and manufacturing expertise to put pressure on competitors in the automotive industry. The company has debuted a \$236,000 „dancing“ electric supercar and an \$11,000 plug-in hybrid. BYD's technical prowess in batteries and its ability to develop and crank out new cells at scale, all at low cost, gives it a potentially game-changing edge over other automakers. The company has sold more electrified vehicles in 2023 than any global automaker, moving 1.6 million EVs and another 1.4 million hybrids.

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## **Urteil: Europäische Normen dürfen nicht hinter die Paywall:**

The European Court of Justice (ECJ) has ruled that technical standards, which are part of European regulations and directives, must be freely accessible to companies and citizens. Previously, these standards could only be obtained at a cost. This decision means that organizations such as PublicResource.org, an organization advocating for transparency and access rights in Europe and the US, can access the four requested technical norms they had been denied access to. The ECJ ruled that restricting access to harmonized standards through copyright protection could undermine their effectiveness. However, the court did not address the issue of copyright protection for harmonised standards directly.

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## **Fefes Blog:**

The European Court of Justice (EuGH) ruled that European standards must be freely available to everyone without the use of paywalls. Previously, standard institutions had argued that they enjoyed copyright on technical standards. Following recommendations from advocate general Laila Medina, the chamber emphasized that legal certainty requires free access to applicable law for all individuals. The court's decision may lead to improvements in the chaotic standardization practice, which often results in complex, long, and difficult-to-understand norms with numerous patent references benefiting private companies.

### **European court favors strong encryption, calling it key to privacy rights:**

The European Court of Human Rights has ruled in favor of strong encryption as a fundamental right to privacy, upholding the ruling against Russia for requiring „internet communication organisers“ to keep all messages sent by users for six months, along with a means to decrypt them. This decision may ease pressure on U.S.-based social media companies to provide workarounds that law enforcement could use to view encrypted messages. The court found that granting blanket access to information would violate Article 8 of the European Convention which enshrines the right to privacy except when it conflicts with laws established „in the interests of national security, public safety or the economic well-being of the country.“ This ruling comes as the United States and other democracies continue considering bans or other obstacles to strong encryption.

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### **Knuth 3:16:**

Knuth 3:16 is a commemoration of computer scientist Donald Ervin Knuth, who had various achievements in multiple fields including computer science and mathematics. He was also an artist, moralist, musician, and college football coach. This event honors Knuth by examining the sixteenth sentence (zero-based) of the third chapter of each of his surviving books.

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### **Red Sea cables have been damaged, disrupting internet traffic | CNN Business:**

Damage to submarine cables in the Red Sea has disrupted telecommunications networks and forced providers to reroute a quarter of traffic between Asia, Europe, and the Middle East, including internet traffic. Four major telecoms networks' cables have been cut causing significant disruption to communications networks in the Middle East. HGC Global Communications estimates that 25% of traffic between Asia and Europe as well as the Middle East has been impacted. Repair work is expected to take at least another month due to permit-securing time required for operating in the area. The destruction of cables comes weeks after Yemen's official government warned of the possibility that Houthi rebels would target the cables.

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### **Radicle Heartwood Protocol & Stack - Secure, Decentralized Code Collaboration Alternative to Centralized Forges:**

This article discusses Heartwood, the third iteration of Radicle Protocol - a secure and decentralized peer-to-peer code collaboration platform that offers an alternative to centralized forges like GitHub or GitLab. The protocol features a user-friendly command line interface (rad) and network daemon (radicle-node). Installation can be done through the latest binary release or from source using Rust toolchain, while systemd unit files are provided as a starting point for customization. Running in debug mode is also possible, along with available Dockerfiles. Contributions to Radicle can be made following the guidelines outlined in its respective CONTRIBUTING and HACKING documents. Both MIT license and Apache License (Version 2.0) are used for distribution of the protocol.

## **I spend £8,500 a year to live on a train:**

Lasse Stolley, a 17-year-old German digital nomad, lives entirely on trains and travels around 600 miles each day through Germany. Legally using an unlimited annual railcard, Lasse sleeps on night trains, works as a programmer during the day, and showers in public swimming pools and leisure centres. He documents his life on the train on his blog, Life on the Train, and spends about €10,000 (£8,500) per year to maintain this lifestyle. Lasse's parents initially needed convincing but now fully support his decision.

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## **Facing reality, whether it's about Apple or the EU, is a core requirement for good management:**

In essence, the article discusses how understanding and respecting the European Single Market is crucial for managers dealing with EU-based companies or regulations. The author emphasizes that Apple's handling of its disagreements with the EU on issues like app stores demonstrates a lack of proper preparation and adaptation to reality. The importance of standards, digital sovereignty, and maintaining a free and open market is highlighted as key principles guiding European decision-making in this context.

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## **Borrow checking without lifetimes · baby steps:**

The article discusses an alternative formulation of Rust's type system that replaces lifetimes with places, making it easier to understand and implement advanced borrowing patterns like interior references. Instead of using 'a to represent a lifetime in the code, it can represent a set of loans such as shared(a.b.c) or mut(x). This formulation is based on Polonius but is designed as a type system rather than static analysis. The article provides an overview of the high-level ideas and plans to explore more advanced topics in future posts, including interior references and subtyping using liveness.

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## **ChatGPT bots account for more than 12% of Upwork applications - Plus:**

The author conducted an experiment on Upwork to determine the proportion of AI applications among job applicants. They posted a job where AI models were instructed to start their application with „I'm a bot ☐!“ and received 47 applications in total across three jobs posts. The highest proportion of bot applications was for writing jobs (15%) and marketing jobs, while software development had the lowest rate. Despite the high number of AI bot applications, many non-bot applications also appeared to have read the job description closely. The author believes that using AI to customize responses could improve application quality on Upwork, and using AI for making better presentations and documents is an option for freelancers as well.

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## **A Moment of Financial Clarification:**

The author explains that they became a writer with the intention of getting rich and making a lot of money. They believe that having financial security, freedom from other sources of income, and focusing solely on writing are all benefits of pursuing wealth through writing. While not everyone writes for money or to get rich, acknowledging this goal is important in challenging negative perceptions about writers earning money. The author emphasizes the importance of making money as a professional writer, but also recognizes that there may be other reasons for people to write.

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### **Breakthrough in predicting chaotic outcomes in three-body systems:**

A new study has revealed a significant advancement in chaos theory, introducing a flux-based statistical theory that predicts chaotic outcomes in non-hierarchical three-body systems. This breakthrough holds practical implications for fields such as celestial mechanics, astrophysics, and molecular dynamics, offering a more efficient and precise approach to analyzing complex systems and enabling deeper exploration and understanding of chaotic phenomena. The research, led by Prof. Barak Kol from the Racah Institute of Physics at the Hebrew University, validates a novel approach to understanding the dynamics of non-hierarchical three-body systems through flux-based statistical theory, demonstrating remarkable accuracy in predicting chaotic outcomes and paving the way for streamlined computations and deeper insights into complex systems.

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### **Miles Davis and the Recording of a Jazz Masterpiece:**

The article is about Miles Davis and the recording session for Kind of Blue, which was the best-selling jazz album of all time. It discusses how the musicians created an iconic track called „So What“ during the recording process in 1959 at Columbia Records' Studio in New York City. The article also touches on the historical context and influence of the music, as well as other notable jazz artists and their contributions to this genre-defining album.

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### **Sell Your Startup for Half a Billion and Get Nothing:**

In July 2018, Paddy Power Betfair acquired FanDuel for \$465M in cash. However, due to liquidation preference rights held by the two lead investors, most FanDuel founders and employees received no proceeds from this acquisition. Liquidation preference determines who gets paid first and how much during an acquisition or liquidation event. For FanDuel founders, they did not receive any proceeds as the acquisition price was below their investors' liquidation preference rights threshold of \$559M. This emphasizes the importance of building a healthy, fundable startup with more favorable terms for founders and employees.

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### **Git Worktrees and GitButler:**

The „worktree“ tool in Git allows users to work on multiple branches at once, while GitButler also solves the same core issue by enabling users to work on multiple branches simultaneously using a single working directory. Worktrees enable users to have separate working directories and staging areas for each branch they're actively working on. However, some downsides of worktrees include needing separate windows for each directory/branch in an editor like VS Code, having to rebuild

ignored files for each worktree, and the potential for unintentional merge conflicts. On the other hand, virtual branches use a single working directory, simplifying change management tasks such as adding translations or making pull requests for multiple branches at once.

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### Incorrect Stack Exchange Answers Make Me Angry:

The article discusses an incorrect yet highly upvoted answer on Unix Stack Exchange about checking if a system is using Systemd or SysVinit in Bash. The author argues that the given method to determine which one is running is flawed, as it relies on `/sbin/init` being a symlink to `/lib/systemd/systemd` in modern Debian systems. This can lead to incorrect identification of the init system in use. The author expresses frustration with this issue and the Stack Exchange platform's design that favors older, outdated answers over newer ones, even when there are corrective comments available.

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### Why money is not the answer:

The author shares their experience working tirelessly to make money and achieve success similar to Elon Musk. However, they soon realized that it came at a cost: lost friendships, no family, and unhappiness. The author emphasizes the importance of balance in life - enough income for comfort, not just wealth. They argue that chasing material success won't bring happiness and suggest focusing on enjoying activities such as art, sports, or spending time with loved ones instead. The key to finding fulfillment is to find a job you love and spend your free time pursuing happiness.

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### More than 2 million research papers have disappeared from the Internet:

A study published in the Journal of Librarianship and Scholarly Communication reveals that more than one-quarter of scholarly articles are not being properly archived and preserved. Researchers, including Martin Eve from Birkbeck, University of London, checked whether 7,438,037 works labeled with digital object identifiers (DOIs) were held in archives and found that 28% of these works did not appear in a major digital archive, despite having an active DOI. The study highlights the need for stronger requirements at DOI registration agencies and better education and awareness about the issue among publishers and researchers to improve digital preservation.

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### Kubernetes The Hard Way - Developer Friendly Blog:

This article describes a process to build a Kubernetes cluster from scratch using Vagrant and VirtualBox, Ansible, Cilium, and the „Kubernetes The Hard Way“ challenge. The steps involve downloading binaries, configuring components until the cluster is ready, and creating a network CNI with Cilium as a replacement for the kube-proxy. This process teaches readers about the details of Kubernetes and provides hands-on experience in setting up a production-grade Kubernetes environment.

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## **Effect of gut microbiome modulation on muscle function and cognition: the PROMOTe randomised controlled trial - Nature Communications:**

The article is about a randomized controlled trial (RCT) called PROMOTe, which aimed to assess whether the modulation of the gut microbiome using a prebiotic could improve muscle function and cognition in older adults. The study used twin pairs as participants to control for genetic and environmental factors.

The RCT involved administering a prebiotic supplement (inulin and fructo-oligosaccharides) or a placebo (maltodextrin) along with a protein supplement (branched chain amino acids [BCAA]) to twin pairs, combined with resistance exercise. The primary outcome was the change in chair rise time, a measure of muscle strength. Secondary outcomes included cognitive function, grip strength, short physical performance battery, appetite, and changes in the gut microbiome composition and function.

The study found that while the prebiotic supplement improved cognition compared to placebo, it did not significantly improve muscle function or any other secondary outcomes related to muscle strength and function within a 12-week time frame. The prebiotic did, however, result in changes in the gut microbiome composition and function, particularly with an increased relative abundance of Bifidobacterium.

The study concluded that while the prebiotic intervention improved cognition, it did not impact muscle strength or function compared to placebo. However, the results demonstrated that cheap and readily available gut microbiome interventions may have potential benefits for cognitive frailty in older adults. The study also highlighted the feasibility of remotely delivered trials for older people, which could reduce under-representation of this population in clinical trials.

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## **Nvidia bans using translation layers for CUDA software to run on other chips — new restriction apparently targets some Chinese GPU makers and ZLUDA:**

Nvidia has banned running CUDA-based software on other hardware platforms using translation layers in its updated licensing terms. This move is designed to prevent both the ZLUDA initiative and some Chinese GPU makers from utilizing CUDA code with translation layers. The new clause states that users may not reverse engineer, decompile or disassemble any portion of the output generated using Software elements for the purpose of translating such output artifacts to target a non-Nvidia platform. This decision threatens Nvidia's hegemony in accelerated computing space, particularly with AI applications.

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## **Category:Obsolete occupations:**

This article discusses the category of obsolete jobs that have been rendered unnecessary due to advances in technology and social conditions. There are 30 subcategories within this category, covering various occupations from different time periods. Some examples include alchemists, conquistadors, cup-bearers, and human computers. The article also lists various pages related to obsolete occupations that can be found on Wikipedia.

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## **Java is becoming more like Rust, and I am here for it!:**

This article discusses the recent enhancements in Java and how it is adapting features from Rust, another programming language. It showcases two Rust features that contribute to its excellence: immutability by default and using algebraic types for invalid state handling. The author then compares these features with recent innovations in Java, such as record classes and sealed interfaces containing records, which aim to achieve similar results. The article concludes that although Java will never become Rust, the adoption of its strong features will strengthen Java's position in the programming language landscape and ensure its relevance in the business world for years to come.

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### **Panna Cotta Rezept: selber machen ohne Gelatine und Agar Agar:**

The article is about a book titled „Ingemacht & zuge dreht: 80 Rezepte und Ideen zum Einkochen, Trocknen, Fermentieren & Co.“ (Bound Edition). It offers 80 recipes and ideas to preserve various food items such as vegetables, fruits, herbs, and more. The book provides simple and sustainable methods of preservation through techniques like drying, fermenting, salting, pickling, and freezing. These methods not only help in extending the shelf life of food but also maintain their nutritional value and taste. The book is published by smarticular Verlag and contains over 120 colorful illustrations. It was printed on environment-friendly recycled paper certified with FSC®, Blauer Engel, and EU Ecolabel.

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### **Kann Europa sich selbst ernähren? | ARTE Hintergrund (Video):**

The topic of the Youtube video discusses the issue of food sovereignty in Europe and whether it is possible for Europe to be self-sufficient in terms of food production. This question has gained attention due to farmers' protests in Germany, France, and other European countries. Food sovereignty refers to the right of peoples to choose their preferred agricultural and food systems independently. The main argument is that Europe heavily relies on imports for its food supply, making it vulnerable during conflicts or crises.

France is used as an example, with 52% of its land being agricultural. Despite its self-sufficiency in some areas, the country faces a significant import dependency, especially in terms of fertilizers and other agricultural inputs. Some sectors face overproduction, while others require imports to meet their needs.

The European Union (EU) is considered capable of being self-sustaining in terms of food production. However, current practices show that Europe relies on importing proteins and calories from other countries. The EU is also dependent on trade agreements with external countries, which can lead to unstable markets for farmers and put pressure on them to lower prices.

The video highlights the need for reform in the EU's Common Agricultural Policy (CAP) to focus more on European food security rather than export-oriented practices. It also mentions that free trade agreements, such as Mercosur with South American countries like Brazil, could further undermine Europe's food sovereignty by opening markets for foreign products and making it harder for local producers to compete.

In conclusion, the video emphasizes that for Europe to achieve true food sovereignty, it must focus on sustainable agricultural practices, protecting biodiversity, ensuring fair incomes for farmers, and reducing its reliance on imports from other countries.

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