Hannah’s iPhone notes problem - The problem with her phone on space. Started after backing up her phone by exporting the whole thing and looking at that. The problem was that there was a missing file so had to do it in chunks until I found the file. I went around it and saw that photos weren’t the problem. I fix the photos with just deleting the recently deleted and that fixes that problem. Then the notes I wasn’t able to fix. Started with offloading but it is under the data so that not only didn’t do anything but made it bigger when the app was installed. I tried and updating the phone and that just freed up space from the update. There weren’t any photos and she stopped sharing the notes with anyone else. It didn’t fix it and didn’t show up as anything big on the computer with the suspicion when dad was going to look at it that it was a mess somewhere with the pointers. Eventually tired deleting from the iCloud but nothing showed up and it was still there. Used this [website](https://discussions.apple.com/thread/7887180) and still came up with nothing. RESULT: Not able to solve the problem but did get it smaller.

Hard Link files – A hard link is when 2 files are pointing to 1 actual file on the drive. This occurs mostly with system files.

Emulation Appetize software – Isn’t up to date, can’t do much to them, is also modified for what they do. It is more like the iPhone 4.

Emulating iPadian software – the software was up to date unlike the other one but didn’t have any of the iCloud stuff that I wanted. It also cost $20 and wasn’t worth it since It didn’t have that many apps either.

Repairing windows August – Started out by trying to run SFC and that didn’t work in the end. We then created a full reset and it worked restoring everything and no problems. I installed multiple necessary things, and nothing has gone wrong since. When we created the backup, we couldn’t transfer it since it was locked to the Administrative access. This caused when trying to transfer when using Linux not working using terminal. After that we did a straight copy and that worked for some reason. Also need to figure out some more terminal commands since I didn’t know the copy commands (recursively) off the top of my head.

Manipulation of Microsoft Office for Students – The Microsoft office for students is free for some products using school email. These include the essentials and only one that I may need that it doesn’t is Access but I’m ok without it. Going to the website and creating the password with makes so many problems disappear. Also, when you login online it shows you and can control which computers are on and which ones you want to be on. There is also the application of Microsoft Admin which lets you take control as long as you know the necessary information. This would include DNS and IP addresses.

Free Office 365 used on more than one computer – The account can have 5 computers simultaneously and then to manage this you have to go online, and it is under settings.

Workforce training – Workforce training is used to better prepare people for the field with some training or in some cases certifications. I have found that some places do it for free.

Playing Rocket League on multiple Platforms – It was possible as of this summer to do this. I have included this [article](https://support.rocketleague.com/hc/en-us/articles/360001852193-Can-I-play-with-a-friend-that-is-on-a-different-platform-) with all the instructions. The only downside is you can only play against your friends and can’t make a party and play online.

How to determine if it is a HDD or SDD – I would check either the device management or what I do is optimize and there it will tell you.

POF – The app stands for plenty of fish and I made it. Instantly people started to message but I couldn’t message back until I paid. So much for a free app.

Optimization of Max Area – It was a calculus problem where we are given the perimeter and need to find the max area. The thing that we do is turn it all to 1 variable and then take the derivative of that. It should be A’(x) = x(y in x form)dx. That then gives us when set to 0 the max number that x can be and we figure out the rest from there.

Cougar Connect – There are many things that are happening on campus so they use the Cougar Connect website. The specific things that we note is this [website](https://collin.campuslabs.com/engage/organizations) that displays a list of organizations on campus. Then we have just one tab at this [website](https://collin.campuslabs.com/engage/events) of all the events that happen. Well at least for the most part.

One-Night Dating – A Dating app that people are constantly on. You automatically get messages because girls get paid to be on the app. The worst part about it is that it doesn’t really do any benefit unless you pay. You have to pay to message from the start so I didn’t use it.

Hinge App - A dating app that after a week I didn’t get any hits. Like nothing

Look up how to lift boxes - So the way that you have to lift up boxes includes 1 of two things. First you could kneel down and then move it as if you were standing up. The other way is to have feet shoulder width apart and then squat down and pick it up and don’t bend your back. Note in both of these to put it down you do it the same way but just in reverse. Also don’t twist the back and take more steps as that strain is bad. Also reaching for the box is bad.

Strengthening back – I found a lot for it but this [website](https://apmhealth.com/educational-resources/healthy-living-tips-and-resources/2-uncategorised/183-5-low-impact-moves-to-strengthen-your-back-and-core) was the best for low impact exercises. The one that I like is the planking

Getting a license online requirements – Found all the information at this [website](https://www.dps.texas.gov/DriverLicense/renewal.htm)

1. You renewed your driver license in person at a driver license office last time.
2. You have a Class C, M, or CM driver license. You cannot renew a Class A, Class B or commercial driver license online.
3. Your driver license either expires in less than two years or has been expired for less than two years.
4. You are at least 18 years of age and your driver license is not a provisional or learner license.
5. You are younger than 79 years of age.
6. Your vision and your physical and mental conditions have not changed in a way that affects your ability to drive safely since your last renewal.
7. Your license is valid (not suspended or revoked), and you do not have any warrants or unpaid tickets. To verify your eligibility, visit our [[**License Eligibility**](https://txapps.texas.gov/txapp/txdps/dleligibility/login.do)](https://txapps.texas.gov/txapp/txdps/dleligibility/login.do)page.
8. Your Social Security Number is already on file.
9. You are a U.S. citizen.
10. You have in your possession your most recently issued driver license or the audit number from the card.

For King and Country Contact – The contact page is only for problems. Their company is [David Small bone management](https://www.smallbonemanagement.com/). Their email is [davd@smallbonemanagement.com](mailto:davd@smallbonemanagement.com). Email this or respond to the text/Instagram.

What is car toy – A place that sells more stuff for cars like subwoofers. They are kind of expensive since dash cam is $150 - $200

What to do when iTunes didn’t recognize phone – At first it wasn’t recognizing anything so I tried to shut and open it again. That to my shocker didn’t work. I then realized after a diagnostics test that I didn’t restart the computer after I did the update. It fixed the problem that it couldn’t find the iPhone 6 but not the iPhone 7 that was connected to the computer. I then ran another diagnostics to get to this [website](https://support.apple.com/en-us/HT204095?&cid=acs::fm-itunes_HT204095-305716). I went through deleting driver and everything for it to work.

Windows Update Error 0x8024a223 – This error came up on both of my computers. The video that I looked up was [this one](https://www.youtube.com/watch?v=7E5VWBBcJWM). I didn’t actually end up using it as I restarted my computer and then tried to automatically update it again and it worked.

Resetting a locked iPhone – It is pretty simple based on plugging it into the computer and iTunes giving a link to this [website](https://support.apple.com/en-us/HT204306?&cid=acs::fm-itunes_HT204306#recovery). From there I followed the instructions of doing a hard reset and then holding past then to reflashing it. At some points I was able to recover the data for some reason but not for that long before it would lock me out again. Once I got that done it is a new phone. Easy but takes time to get through the restart and then setting it up again.

Panther file in windows – For windows 8.1 and older the panther folder contains backups of older instillations of windows.

Binaural Beats ([Source Website](https://www.medicalnewstoday.com/articles/320019.php)): It is similar to a self therapy method. Starting out with there are 4 categories of frequency patterns

1. Delta Patterns – Frequencies between .1 and 4 Hz, associated with dreamless sleep
2. Theta Patterns – Frequencies between 4 and 8 Hz, associated with REM (Rapid Eye Movement) phase, meditation and creativity
3. Alpha Patterns – Frequencies between 8 and 13 Hz, associated with relaxation
4. Beta Patterns – Frequencies between 14 and 100 Hz, associated with concentration and alertness (Downside increase anxiety)

Benefits of Binaural beats: these are general and it is different for each person

* Reduced stress and anxiety
* Increase focus, concentration, motivation, and confidence
* Deeper meditation
* Improved psychomotor performance and mood

How to use binaural beats: Don’t do it alongside a task that requires full attention such as driving

* 15-30 min a day of listening time for 30-45 days
* A quiet and relaxing place with stereo headphones
* Patience (after the 45 days continue practice with meditation and yoga)

Support for the use of binaural beats: There is an article of one study conducted on this [website](https://www.binauralbeatsmeditation.com/binaural-beats-therapy-stimulates-long-life-well-being-hormones/). They found that

* Effect on DHEA (68% had increased levels) – The hormone DHEA impacts how a person ages and resists disease Higher levels are associated with improved health
* Effects on Cortisol (70-80% had reduced levels) – The hormone Cortisol is associated with stress. Higher levels can lead to many outcomes most commonly hypercortisolism, menstruation cycle and female libido changes, anxiety, and depression
* Effects on Melatonin (97.77 had increased levels) – The hormone Melatonin helps in a restful sleep.

Another study (at this [website](https://www.ncbi.nlm.nih.gov/pubmed/17309374)) evaluated 8 people listening to delta waves for 60 days. They showed a decrease in anxiety, insulin-like growth factor, and dopamine; Along with increase in quality of life.

Final study [website](https://onlinelibrary.wiley.com/doi/full/10.1111/j.1365-2044.2005.04287.x#t1n4) where they surveyed over 100 people who were undergoing general anesthesia for a day procedure. They reported a decrease in pre-operational anxiety. Participants listened to 30 min of binaural beats before surgery but an higher levels would listen up to an hour beforehand. Conflicting data that needs more research and good for now.

Overall: It is a self-help type of tool and a person should talk to healthcare provider or qualified professional to see if it is right for them.

Changing the brightness on a Computer – For the surface I kept on trying to press the lighting buttons and seeing that the screen didn’t change the brightness. I noticed a little later that because it was an add on keyboard the brightness button controlled the lights on the keyboard and not the screen.

Car Struggling to start: I suspect that the reason that the dart was struggling to start was because of the clutch. We had to replace that and it cost 3.5k to do it. Some common reasons why it wouldn’t start would be  
Bad Starter, Bad Relay Wiring, Low or Dead Battery.  
Some other possibilities include Failing Solenoid, Failing Ignition Switch, Defective Fuel Pump, Fouled Plugs, Clogged Fuel Filter, and Contaminated Fuel.

Draining the Car Battery by changing your Phone – So we think that the battery may be drained because of charging your phone. Multiple websites said the same thing. I found this [website](https://lifehacker.com/a-12v-usb-charger-probably-wont-ever-kill-your-cars-bat-1758567184) the most useful when it comes to brief and statistically to the point. A car produces 40A while a phone takes 12.5mA. At that rate it would take 2817 Hours or 117 days of nonstop to run out of battery. Might want to remove the charger thing if you don’t touch the car for a week or so but the security system of the car takes more energy than a phone so we are all good.

Fixed Upstairs TV – The Vizio TV was displaying sound but no visual except for casting. I unplugged everything, powered off the TV, left there for a little while, and then plugged everything back in after the power. It ended up working.

Updating Windows But stopping at 100% Downloaded – Was updating David’s computer and it finished with 3 pending to install and 1 Downloading at 100%. I found on this [website](https://answers.microsoft.com/en-us/windows/forum/windows_10-update/windows-10-not-downloading-updates/8645d14a-f286-4a0c-a4da-48692260b0c2) and the first response works. That is for future reference.

Light Not working in Pantry – We replaced the light in the pantry to be LED like most of the house. Problem became that when it was on Auto it would stay on and If we did turn it off it would still have a dim glow. Noticing there that it was a common problem The reason being would consist that you need a dimmable bulb to get it to work by motion activated and the problem wasn’t necessarily the LED aspect of the light.

Tech hiring Gender Bias – So there are the three factors that we found for hiring. There is who you know, what you know, and like all interviews the interviewers bias. The thing we tried and research is the interviewing process. Going through the first [website](https://www.ft.com/content/d5d6035a-f63e-11e7-a4c9-bbdefa4f210b) we found that they could not establish a common trend between the hiring and being female. Then the second [website](https://www.hiremorewomenintech.com/) gave so many resources for women in tech that they are pushing it but don’t know if that is 100% of the correlation. The real thing is that when I was standing there they approached a girl and not me at all.

Real World Geocaching - Found the [website](https://www.geocaching.com/play) for geocaching as Pokémon go was referred to as the virtual geocaching. Looking into it I found that it is more mysterious than when I started. This can be explain in a couple of points. 1. There are waypoints and it can’t be .1 mile near a waypoint. 2. It must be reviewed which is weird. 3. You can’t put It partially or completely in the ground. 4. Lastly you must be able to maintain it which is a little weird as I can’t think of many things that must be maintained as I thought they were in containers. This may be because of a storm but that doesn’t happen if it is in a good spot. More interested now after watching the video how this could be that people overlook what is right in front of them.

Texas Burning Laws – So using the official [document](https://www.tceq.texas.gov/assets/public/comm_exec/pubs/rg/rg-049.pdf) of Texas, I confirmed a theory that burning is illegal. You can request a permit from the TCEQ for legalization of burning. The main pointes becung that if you were to burn it must be in a Firepit, Campfire, Chiminea, etc… Also the most important at least 300 ft away from any residence or structure that may cause harm.

Smelling salts – The substance ammonium carbonate, is considered a drug by its makeup. The process is done by the user putting the mixture under the nose and inhaling some of the ammonia gas released by the salts. Entering the body the smell irritates the mucous membranes of the nose and lungs as a reflex. This will stimulate the muscles that control the breathing and make them work faster. There are 2 prevalent downsides to this. Most obviously the increased and depth of the breaths. Another big and very mentioned one is based on the reaction. It weakens the spine and the reflux may cause a head shift and that puts more stress on the spine. In addition to all of this, it creates a block over time to the reaction and so it takes more and more to get the same stimulation. This makes it addicting and easier the more you get to overdose the body. This was mostly found in this [website](https://wellnesskeen.com/smelling-salts-dangers) with a little bit of help in some other sources confirming the affirmations. But summing it up, it can be good if used in moderation but a slippery slope and many bad possibilities.

NVD – The NVD is the National Vulnerability Database that is ran by the government. It is updated by many people but who runs the website is NIST or National Institute of Standards and Technologies. They release all the CVE (Common Vulnerabilities and Exposures) to this [website](https://nvd.nist.gov/).

Symbols not loading Visual Studio – So I am trying to do my code and get all this stuff about dll files not loading. I looked it up and it said to check the box with server which when I ran it the who;le program got slower and loaded unnecessary things. I then did it without it to read the rest of the instructions once the unchecking didn’t work. I read on [stackoverflow](https://stackoverflow.com/questions/4813975/why-is-visual-studio-2010-not-able-to-find-open-pdb-files) to run with CTRL + F5 which does it without debugging and that works.

Run Window Closing on Visual Studio – Add the command system(“PAUSE”); at the end of your code

Copying console on Visual Studio – Click on the Window and Select all -> Copy

Windows 10 Edge Running – Microsoft edge is running on windows 10 by default because of in the settings it is activated under background refresh. Disable through Settings > Privacy > Background Apps. Found the problem through CCLeaner.

Difference between W4 and W2 – Both forms are used for taxes. After reading on it, the W4 is for the employer and is the input form. They submit those and then your copy which is the W2 is what you file for taxes.

Bipolar Symptoms memory loss – Someone mentioned this [website](https://www.everydayhealth.com/bipolar-disorder/bipolar-disorder-and-memory-loss.aspx) somewhere and after looking into it the memory loss makes sense. It explains how because of the encoding process and not being able to due to instability there can be problems remembering information when bipolar. Further more in this article there is a better description of the 3 stages (Euthhymia (Normal), Depressed, and Manic) in each of those stages there can be a number of symptoms that can occur. The more I read the more I have to e aware of these symptoms. This [website](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2570029/) was determining in many parts that it is undetermined in many areas. Generalized though, it does have an impact on memory no matter what state your in. Best ways to counteract this is to repeat information in your head.

Big zip files – There is no problem with big zip files. It would take the computer longer to cache and can be bad if trying to search. For this reason, searching the files while being a zip has some downsides. Overall the essence of a big zip file isn’t bad. It is essentially just another file type. Big files aren’t bad but can slow down the computer if the computer is set to load the whole file before showing it.

What is a 401k – A 401k is a pension plan that is put in plave by the government. It is typically improved by employer and over time it gains a small interest. Downside is you cannot take any money out of it until you reach retirement or there is a fine on the money (Like 10% is deducted). Good invest into as it is a savings plan.

Talking in your sleep – Sleep talking or somniloquy is a disorder of talking in your sleep from diolouges to mumbling. Anyone can experience it but more common in male and children. In this [website](https://www.sleepfoundation.org/sleep-disorders-problems/sleep-talking) I have concluded that it can be caused by stress, depression, sleep deprivation, alcohol, and fever. But in our case it is a psychological disorder that is the cause of this. There is no cure and nothing you can do but it should be rare and not really a problem.

Photos sending through text and not iMessage for iPhones – First thing that can be established is it is either text or iMessage, but not both. The reason that this could happen is based solely on the Wi-Fi network. If that is all good going through the [steps](https://www.payetteforward.com/my-iphone-wont-send-pictures-heres-real-fix/), then you check the other persons phone and your network provider. That answers our question of why sometimes it would switch forms of transportation.

Emailing following a job interview – It is a risky thing as it makes you seem a little desperate. Most of the ways that I think of the email comes off desperate or trying to sell yourself again. Better off asking for a timeline for when to hear a response in the interviewing state.

Snoring in your sleep – The [generalization](https://www.helpguide.org/articles/sleep/snoring-tips-to-help-you-and-your-partner-sleep-better.htm) of snoring can be summed up as it most likely caused by age, weight, alcohol, nasal and sinus problems, and sleep posture. It can lead to some heath problems and the best way to reduce it in most cases is to exercise.

[Difference](https://stackoverflow.com/questions/771756/what-is-the-difference-between-cygwin-and-mingw) between Cygwin and MinGW – Cygwin is based to be in Linux and cross-platform compatible. MinGW on the other hand is the alternative solution to Windows C++ Compiler. It is native and vary hard to make Cross platform but is easier to program and sets up Windows things automatically.

Traffic theories and enhancement – There is a theory created by [ResearchGate](https://www.researchgate.net/publication/283556349_Enhanced_scheduling_traffic_light_model_using_discrete_event_simulation_for_improved_signal_timing_analysis). It is good as it runs it to get traffic more consistent and in every preposition it is more efficient. Can read more here buy basically cyts the traffic into 3 different scenarios and their optimum amount of wait time to keep the flow of traffic at the fastest pace possible. The only problem I can think of is you have to deal with people and that is very unpredictable.

Instagram API – It is used to create bots and is open sourced so that developers can do stuff to their page.

Bending at back notes – To help avoid injury

* Spread your feet apart to give your body a wide base of support
* Stand close to object
* Bend at the knees (Not back or waist)
* Tighten stomache muscles as you lift or lower object
* Keep object close to body
* Lift slow using muscles in hip and knees
* Don’t bend forward or twist back.
* Squat as you set the object down while keeping your back straight

How do detergents work – Made with a lot of chemicals the basic thing that detergents do is quite simple. One side of the substance clings to oil and greeses while the other clings to water. While washing this takes away the stains. The three factors that play into this are Chemical, mechanical, and thermal energy. That means the more of one requires less energy from the others. Chemical (Detergent), Mechanical (Spinning clothes), and thermal (Water Temperature). I assume after reading this [website](https://www.explainthatstuff.com/detergents.html) that every time that you wash something it weakens the bond between fibers in the clothing.

Getting a song out of your head – It is called an ear worm and apparently 90% of people get it at least once a week. It is said that finishing the song or ignoring that it is there are the most common solutions. Another one that the whole internet was saying is to think about the song and then once it is done to do something that requires a lot of brain power like Sudoku (Like in every website).

How to make Python portable – Using this [website](https://stackoverflow.com/questions/4556424/how-to-make-my-python-script-easy-portable-or-how-to-compile-into-binary-with-a) install one of the modules and it will convert it to another executable format more compatible with that Operating System.

Straightening out a cord – The way that you can do this go three ways

1. Don’t do anything and let it straighten eventually by putting it straight
2. Hanging it and putting some weight on the end
3. The most famous one; Heat it up and then bend it back into place (Shortens the life span a little bit). This includes various methods some of which are risky but IDC that much

The iPhone not Downloading (Partial Download) – The iPhone Would download part of the App and then wouldn’t install it saying retry and endlessly doing that. Solution was to check the security was up to date on AppleID and potentially (In our case) Making a new AppleID which solved the problem.

The 1098 t form – This is a form that does a tuition statement. Because of the American Opportunity Credit provided for each qualifying student you can claim the $2,500. This was provide by both google result and this [website](https://www.forbes.com/sites/kellyphillipserb/2015/03/22/understanding-your-forms-1098-t-tuition-statement/#32fded005233).

Odds of flipping a coin – We think that flipping a coin will have the odds of 50/50 which in theory that is true. Everything has a chance of yes or no and so that is 50/50 odds. Based on a [study](https://econ.ucsb.edu/~doug/240a/Coin%20Flip.htm) by a university that is not true. They say that it is a 51/49 odds based on their research.

Comparison between the food deliveries – The main 3 food delivery services are GrubHub, UberEats, and DriverDash. The similarity between all of them are good and above a 4 star rating and people continually use them. We won’t be comparing in GrubHub because I never tried it but we can do the other two. The one that gets a lot more is DriverDash because you have to reserve and it pays more. They problem is you can’t just pick up the app and go like UberEats and there are enough people that want it. Also paying for the taxes in Texas would be a lot because they pay for the gallon. Then there is also the fact that people tip really well and if they don’t uber will cover the rest for slow nights. Then there is Driverdash that has a lot of people so don’t worry about being busy but you have to be on time. Uber you can be a little late and no one really cares. I would say both are great but there is one huge downside. Driverdash you have to drive at a certain amount and can’t be picky because if you are then it won’t give you more next time. So the drive back may be lowering that income to be a little bit closer to UberEats amount.