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Explore macOS tools and architecture for executing support tasks and system administration, and prepare for the Apple Certified Support Professional (ACSP) certification exam Key FeaturesDelve into macOS Big Sur, from installation to managing apps and optimizing your environmentBecome an Apple Certified Support Professional (ACSP) with this comprehensive macOS support guideThe book is not intended to be a user guide, it covers concepts pertinent for a user acting as an administratorBook Description Apple is pushing the capabilities of its technologies to help users achieve high performance, including improvements in its OS running across all Mac systems, macOS, and new technologies such as M1 Silicon chips. This book walks you through macOS from a system administration and support point of view, exploring its latest features. The book starts by explaining macOS architecture, installation, and startup processes to enable you to get started with the OS. You'll learn how to manage users and discover techniques for user security and privacy. Moving on, you'll get to grips with the macOS file system and learn to manage disks, volumes, and partitions for effective file management. Most of the examples covered in this book are from an administrator's perspective; however, when relevant, a standard user's perspective is also presented. You'll find illustrations for Mac systems running macOS 11 (Big Sur), and when necessary, for macOS 10.15 (macOS Catalina). Finally, you'll explore advanced topics such as networking and using command-line tools for administration tasks. By the end of this macOS book, you'll be well-versed with macOS features, administration tasks, and best practices. You'll also be able to apply the concepts to increase your chances of success in obtaining Apple certifications such as Apple Certified Support Professional (ACSP). What you will learnUnderstand the fundamentals of the macOS system and architectureConfigure key services and perform essential troubleshooting in your Mac systemInstall, update, and configure your local macOS system and identify the stages of the startup processCreate and manage a local user account and set up your customized macOS environmentManage your file systems, storage, and permissionsExplore practices and techniques to work with apps, networks, and security for your Mac systemDelve into administration tasks such as managing service resources and peripheralsWho this book is for If you are a Mac system administrator, support and help desk technician or engineer, or Mac power user looking to explore macOS architecture and tooling, then this book is for you. The book assumes beginner-level knowledge of the macOS environment and system administration. "Full-color, step-by-step tasks walk you through getting and keeping your MacBook working just the way you want"--Back cover. This is the official curriculum of the Apple Mojave 101: OS X Support Essentials 10.14 course and preparation for Apple Certified Support Professional (ACSP) 10.14 certification—as well as a top-notch primer for anyone who needs to support, troubleshoot, or optimize macOS Mojave. This guide provides comprehensive coverage of Mojave and is part of the Apple Pro Training series—the only Apple-certified books on the market. Designed for support technicians, help desk specialists, and ardent Mac users, this guide takes you deep inside macOS Mojave. Readers will find in-depth, step-by-step instruction on everything from installing and configuring High Sierra to managing networks and system administration. Whether you run a computer lab or an IT department, you'll learn to set up users, configure system preferences, manage security and permissions, use diagnostic and repair tools, troubleshoot peripheral devices, and more—all on your way to preparing for the industry-standard ACSP certification. This is a step-by-step guide that works through lessons designed to teach practical, real-world tasks, with lesson files let you practice as you learn. This book is the publication of my PhD dissertation and is written in the corresponding style. The included research provides explorations and investigative reflections on Rollenwahrnehmung (a newly coined phrase meaning role perception/fulfillment), Perspective and Space through Virtual Reality (VR) game interfaces. A number of important topics will be addressed, like the creation of new experiences in the context of VR, the extension and new development of various interaction paradigms, various User Experience (UX) aspects and user guidance in a sophisticated new medium. Placed in the field of design practice, this research focuses on the creation of digital gaming artifacts, while extrapolating insights and guidelines concerning VR interfaces. Hence, this practice-based research is derived from a portfolio of specifically developed interactive artifacts, following the methodological approach of Constructive Design Research. These include the VR related games Nicely Dically, LizzE - And the Light of Dreams and Gooze. They were used for various Lab experiments and Showroom presentations, while continually being refined throughout an iterative process. Nicely Dically is an abstract game based on physics. In Local Multiplayer, up to four players are able to compete or collaborate. It is not a VR game per se, but features both, Monoscopic and 3D Stereoscopic Vision modes, which were tested in an experiment on their effect on Player Immersion. LizzE - And the Light of Dreams is a Singleplayer 3rd Person Hack and Slay game based in a fantasy universe. In an experiment, the game was used to primarily investigate in which ways 3rd Person VR games can work for a broad audience, regarding camera behavior. Gooze is a 1st Person VR puzzle game, taking place in a realistic horror environment with supernatural aspects. It was designed with diverse VR interaction technologies in mind and offers users different options to play the game, depending on available hardware and preferences. The Locomotion and Virtual Object Interaction mechanics were tested in an experiment regarding their UX. In summary, this book illustrates various game, interface and VR designs, informing the emerging field of VR game development of the relationship between UX, interfaces and gameplay. Furthermore, guidelines for designing and developing specific aspects of VR games were identified and each single artifact can be used as a design and development precedent for practice and academia. This volume is based on the research papers presented in the 5th Computer Science On-line Conference. The volume Artificial Intelligence Perspectives in Intelligent Systems presents modern trends and methods to real-world problems, and in particular, exploratory research that describes novel approaches in the field of artificial intelligence. New algorithms in a variety of fields are also presented. The Computer Science On-line Conference (CSOC 2016) is intended to provide an international forum for discussions on the latest research results in all areas related to Computer Science. The addressed topics are the theoretical aspects and applications of Computer Science, Artificial Intelligences, Cybernetics, Automation Control Theory and Software Engineering. This manual covers exploring Os X Yosemite, upgrading to mac Os X Yosemite, getting started with mac Os X Yosemite ,working with finder and system preferences, exploring safari web browser and Os X Yosemite tips and tricks Explains how to connect various Apple devices to work together, from streaming movies across devices to sharing apps and calendars with friends and family, covering such topics as setting up restrictions, multiparty video chats, and text messaging. iWork is powerful software, and if you get a Mac, it's free. But let's face it: you've probably spent most of your life using Office. For a Mac user, iWork can make your documents really shine...but first, you need to know how to use it. This guide will help! Instead of spending hundreds of pages on functions you probably will never use, it shows you what you really want to know: the basics. In no time, you'll be creating visually stunning documents! It covers Pages, Keynote, and Numbers. Ready to get started? Let's go! Note: This guide is based on the bestselling series The Ridiculously Simple Guide To iWork For Mac. It has an added section on accessibility. macOS Catalina in easy steps covers the latest operating system that runs the sophisticated Mac desktop and laptop computers. This concise guide will get you up and running in no time, and then it'll take you through the key features to help you use your Mac to do more. It covers: · Multi-Touch navigation options for getting around in macOS Catalina. · Working with and managing your apps. · Productivity tools on your Mac. · Getting online with Safari, Mail and FaceTime. · Enjoying a digital lifestyle with photos, music, TV shows, books, games, podcasts, and more. · The invaluable iCloud function for backing up, sharing and continuing from different devices. · Using Siri, Dynamic Desktop and Dark Mode to make things even easier. · Keeping your Mac working smoothly. Get more out of your Mac, Mac mini, Mac Pro or MacBook with minimum time and effort! Table of Contents 1. Introducing macOS Catalina 2. Getting Up and Running 3. Finder 4. Navigating in macOS Catalina 5. macOS Catalina Apps 6. Getting Productive 7. Internet and Email 8. Digital Lifestyle 9. Sharing macOS 10. Networking 11. Maintaining macOS In the only Apple-certified guide to iLife '09, the authors have you working miracles with iLife within the first few pages. Featuring footage and images from around the world, this book uses real-life material and practical lessons that you can apply immediately to your own projects. Focused lessons take you step by step through all aspects of iLife '09—everything from organizing and sharing your photo library to creating polished video and soundtracks. Along the way, you'll produce movies, photobooks, podcasts, websites, blogs, and custom DVDs. • Master the iLife suite of tools quickly through fun, real-world projects • Turn your photos into cards, picture books, calendars, or a web gallery • Add motion and music to a slideshow, then publish it online • Create a video with polished transitions, music, effects, and even greenscreen • Learn “Hollywood-style” techniques for making better videos • Build a soundtrack in GarageBand, and learn to score a simple movie • Create websites, blogs, podcasts, and DVD menus in a snap. The Apple Training Series is both a self-paced learning tool and the official curriculum of the Apple Training and Certification Program. To find out more about Apple Training, or to find an Authorized Training Center near you, go to [www.apple.com/training](http://www.apple.com/training). All of Peachpit's eBooks contain the same content as the print edition. You will find a link in the last few pages of your eBook that directs you to the media files. Helpful tips: · If you are able to search the book, search for "Where are the lesson files?" · Go to the very last page of the book and scroll backwards. · You will need a web-enabled device or computer in order to access the media files that accompany this ebook. Entering the URL supplied into a computer with web access will allow you to get to the files. · Depending on your device, it is possible that your display settings will cut off part of the URL. To make sure this is not the case, try reducing your font size and turning your device to a landscape view. This should cause the full URL to appear. This is the official curriculum of the Apple Yosemite 101: OS X Support Essentials 10.10 course and preparation for Apple Certified Support Professional (ACSP) 10.10 certification—as well as a top-notch primer for anyone who needs to support, troubleshoot, or optimize OS X Yosemite. This guide provides comprehensive coverage of Yosemite and is part of the Apple Pro Training series—the only Apple-certified books the market. Designed for support technicians, help desk specialists, and ardent Mac users, this guide takes you deep inside the Yosemite operating system. Readers will find in-depth, step-by-step instruction on everything from installing and configuring Yosemite to managing networks and system administration. Whether you run a computer lab or an IT department, you'll learn to set up users, configure system preferences, manage security and permissions, use diagnostic and repair tools, troubleshoot peripheral devices, and more—all on your way to preparing for the industry-standard ACSP certification. Covers updated system utilities and new features of OS X Yosemite. Features authoritative explanations of underlying technologies, troubleshooting, system administration, and much more. Focused lessons take you step by step through practical, real-world tasks. Lesson files and bonus material available for download—including lesson review questions summarizing what you've learned to prepare you for the Apple certification exam. Microsoft Office used to rule them all. It didn't matter what computer or operating system you had—if you needed to type something, you used Office. Times have changed! Today there are many Office Suites out there. If you have a Mac, then the best one for you just might be iWork. If you really want to get the most out of it, then this guide will help. It will show you the ropes—including how to do all those things you are used to doing in Office - and help you with some of the features you may not even know about. Ready to get started? Let's go! Get up to speed quickly with macOS 11! Version 1.1, updated November 12, 2020 Get to know macOS 11 with Take Control of Big Sur. Learn everything you need to know to prepare for a smooth transition to the new version of macOS—and what to do once you've upgraded. Discover new features, explore the revised user interface, and avoid potentially unpleasant surprises. macOS 11 Big Sur is more than just Apple's annual update to its Mac operating system. This revision breaks entirely new ground, significantly overhauling your Mac's look and feel, adding big new features, and including support for the first (soon-to-be-released) Macs based on Apple silicon rather than Intel processors. We're changing things up this year, too. Rather than two separate titles on the new macOS version as we've had in past years, this time we've rolled everything into one: a book that helps you prepare for the new system, safely upgrade your Mac to run Big Sur, and then get to know all the new features. (So, if you're looking for Take Control of Upgrading to Big Sur, look no further: this book contains an abbreviated version of Joe's legendary upgrading instructions.) Some of the topics covered in this book are: • How to tell whether your Mac can run Big Sur • Steps you should take before upgrading • How to perform an in-place upgrade—or do a clean install and migrate your old data from a backup • What Control Center is and how it can simplify adjusting system settings • What's new in the Maps app (guides, Look Around, indoor maps, and more) • Ways to improve your messaging with enhanced group conversations, Memoji, and other changes in Messages • How to use and customized the heavily revised Notification Center • New features in Photos to make your images and videos even better • Improved privacy features in Safari—plus a Start Page, improved tabs, and spiffy new features • The small changes throughout macOS and bundled apps, including Apple Arcade, Spotlight, Siri, the App Store, Notes, Reminders, Voice

Memos, and more The definitive story of a game so great, even the Cold War couldn't stop it Tetris is perhaps the most instantly recognizable, popular video game ever made. But how did an obscure Soviet programmer, working on frail, antiquated computers, create a product which has now earned nearly 1 billion in sales? How did a makeshift game turn into a worldwide sensation, which has been displayed at the Museum of Modern Art, inspired a big-budget sci-fi movie, and been played in outer space? A quiet but brilliant young man, Alexey Pajitnov had long nurtured a love for the obscure puzzle game pentominoes, and became obsessed with turning it into a computer game. Little did he know that the project that he labored on alone, hour after hour, would soon become the most addictive game ever made. In this fast-paced business story, reporter Dan Ackerman reveals how Tetris became one of the world's first viral hits, passed from player to player, eventually breaking through the Iron Curtain into the West. British, American, and Japanese moguls waged a bitter fight over the rights, sending their fixers racing around the globe to secure backroom deals, while a secretive Soviet organization named ELORG chased down the game's growing global profits. The Tetris Effect is an homage to both creator and creation, and a must-read for anyone who's ever played the game—which is to say everyone. Covers MacBook, MacBook Pro, and MacBook Air Step-by-step instructions with callouts to MacBook photos that show you exactly what to do. Help when you run into hardware or operating system problems or limitations. Tips and Notes to help you get the most from your MacBook. Full-color, step-by-step tasks walk you through getting and keeping your MacBook working just the way you want. Tasks include: • Managing, arranging, and tagging your files • Staying on top of important events with Notification Center • Creating and navigating virtual workspaces in Mission Control • Opening and organizing apps with Launchpad • Connecting to and accessing network resources • Activating and using iCloud services • Communicating online with email, instant messaging, and video • Keeping appointments with Calendar and Reminders • Planning trips and checking traffic with Maps • Being social with Facebook and Twitter integration • Downloading and enjoying music, movies, and more • Buying, reading, and annotating eBooks • Getting the latest and greatest software from the App Store and other sources • Challenging your friends to games with Game Center • Protecting and securing your system and data • Expanding your system with peripheral devices • Troubleshooting common system problems Lora wants to stay a kid forever, and she'll do anything to make that happen . . . including befriending Alexa, the ghost who haunts her house. A middle-grade graphic novel about growing up that's perfect for fans of Ghosts and Making Friends. Growing up sounds terrible. No one has time to do anything fun, or play outside, or use their imagination. Everything is suddenly so serious. People are more interested in their looks and what others think about them than having fun adventures. Who wants that? Not Lora. After watching her circle of friends seemingly fade away, Lora is determined to still have fun on her own. A tea party with a twist leaves Lora to re-discovering Alexa, the ghost that haunts her house -- and Lora's old imaginary friend! Lora and Alexa are thrilled to meet kindred spirits and they become best friends . . . but unfortunately, not everything can last forever. Reimena Yee brings to life a story about growing up, childhood, and what it means to let go. A fantastical story following lovable characters as they each realize what it means to be who you are. Get more out of your MacBook with the help of this savvy and easy Dummies guide Lighter, faster, and way cooler, the new MacBooks put the power of a desktop into your hands anywhere. Mac expert Mark Chambers shows you how to personalize your Desktop, stay connected while on the road, make movies with iMovie, create and share photos and videos, compose your own music with GarageBand, build a website with iWeb, and much more. Packed with coverage of the latest MacBook hardware including the MacBook Air and MacBook Pro plus OS X Mountain Lion, iCloud, iLife, and iWork, this new edition is completely revised and updated to let you in on all the secrets of the magnificent MacBook. Features updated coverage of the latest MacBook devices, OS X Mountain Lion, iCloud, iLife, and iWork Shows how to navigate with Mission Control and LaunchPad, sync everything with iCloud, and add some apps to your desktop experience Explains how to customize the dock and desktop; connect from the road; take your music mobile; use iWeb, iMovie, iPhoto, and GarageBand; and get to work the Mac way with the iWork productivity suite Gets readers acquainted with Multi-Touch gestures, Mail, and the Mac App Store MacBook For Dummies, 4th Edition helps you make friends with your MacBook the fun and easy way! Social anxiety disorder is persistent fear of (or anxiety about) one or more social situations that is out of proportion to the actual threat posed by the situation and can be severely detrimental to quality of life. Only a minority of people with social anxiety disorder receive help. Effective treatments do exist and this book aims to increase identification and assessment to encourage more people to access interventions. Covers adults, children and young people and compares the effects of pharmacological and psychological interventions. Commissioned by the National Institute for Health and Clinical Excellence (NICE). The CD-ROM contains all of the evidence on which the recommendations are based, presented as profile tables (that analyse quality of data) and forest plots (plus, info on using/interpreting forest plots). This material is not available in print anywhere else. macOS Mojave in easy steps opens up by explaining the foundations of macOS: the Dock and the Finder. Then, it reveals a raft of ways in which you can make the most of macOS Mojave: • Multi-Touch navigation options for getting around in macOS Mojave. • Working with and managing your apps. • Productivity options on your Mac. • Getting online with Safari, Mail, Messages and FaceTime. • Managing your digital lifestyle for photos, music, video, books and games. • The invaluable iCloud online function for backing up, sharing and continuing from different devices. • Using Siri, Dynamic Desktop and Dark Mode to make things even easier. • Keeping your Mac working smoothly. There is also a chapter on troubleshooting and keeping macOS Mojave in tiptop shape. Get more out of your Mac, Mac mini, Mac Pro or MacBook with minimum time and effort! Covers macOS Mojave, released September 2018. Table of Contents: 1. Introducing macOS Mojave 2. Getting Up and Running 3. Finder 4. Navigating in macOS Mojave 5. macOS Mojave Apps 6. Getting Productive 7. Internet and Email 8. Digital Lifestyle 9. Sharing macOS 10. Networking 11. Maintaining macOS This is the official curriculum of the Apple Yosemite 101: OS X Support Essentials 10.10 course and preparation for Apple Certified Support Professional (ACSP) 10.10 certification—as well as a top-notch primer for anyone who needs to support, troubleshoot, or optimize OS X Yosemite. This guide provides comprehensive coverage of Yosemite and is part of the Apple Pro Training series—the only Apple-certified books the market. Designed for support technicians, help desk specialists, and ardent Mac users, this guide takes you deep inside the Yosemite operating system. Readers will find in-depth, step-by-step instruction on everything from installing and configuring Yosemite to managing networks and system administration. Whether you run a computer lab or an IT department, you'll learn to set up users, configure system preferences, manage security and permissions, use diagnostic and repair tools, troubleshoot peripheral devices, and more—all on your way to preparing for the industry-standard ACSP certification. Covers updated system utilities and new features of OS X Yosemite. Features authoritative explanations of underlying technologies, troubleshooting, system administration, and much more. Focused lessons take you step by step through practical, real-world tasks. Lesson files and bonus material available for download—including lesson review questions summarizing what you've learned to prepare you for the Apple certification exam. This book constitutes the thoroughly refereed post-conference proceedings of the 20th International Conference on Financial Cryptography and Data Security, FC 2016, held in Christ church, Barbados, in February 2016. The 27 revised full papers and 9 short papers were carefully selected and reviewed from 137 full papers submissions. The papers are grouped in the following topical sections: fraud and deception; payments, auctions, and e-voting; multiparty computation; mobile malware; social interaction and policy; cryptanalysis; surveillance and anonymity; Web security and data privacy; Bitcoin mining; cryptographic protocols; payment use and abuse. Covers MacBook, MacBook Pro, and MacBook Air Step-by-step instructions with callouts to MacBook photos that show you exactly what to do. Help when you run into hardware or operating system problems or limitations. Tips and Notes to help you get the most from your MacBook. Full-color, step-by-step tasks walk you through getting and keeping your MacBook working just the way you want. The tasks include: Managing, arranging, and tagging your files Staying informed and productive with Notification Center Creating and navigating virtual workspaces in Mission Control Opening and organizing apps with Launchpad Accessing network devices and resources Activating and using iCloud services Communicating online with email, instant messaging, and video Keeping appointments with Calendar and Reminders Planning trips and checking traffic with Maps Keeping up-to-date with friends and family via Twitter and Facebook Downloading and enjoying music, movies, books, and more Sharing purchases with your family Challenging your friends to games with Game Center Working seamlessly with iOS Devices with Handoff and AirDrop Protecting and securing your system and data Expanding your system with peripheral devices Troubleshooting common system problems The MATLAB® programming environment is often perceived as a platform suitable for prototyping and modeling but not for "serious" applications. One of the main complaints is that MATLAB is just too slow. Accelerating MATLAB Performance aims to correct this perception by describing multiple ways to greatly improve MATLAB program speed. Packed with thousands of helpful tips, it leaves no stone unturned, discussing every aspect of MATLAB. Ideal for novices and professionals alike, the book describes MATLAB performance in a scale and depth never before published. It takes a comprehensive approach to MATLAB performance, illustrating numerous ways to attain the desired speedup. The book covers MATLAB, CPU, and memory profiling and discusses various tradeoffs in performance tuning. It describes both the application of standard industry techniques in MATLAB, as well as methods that are specific to MATLAB such as using different data types or built-in functions. The book covers MATLAB vectorization, parallelization (implicit and explicit), optimization, memory management, chunking, and caching. It explains MATLAB's memory model and details how it can be leveraged. It describes the use of GPU, MEX, FPGA, and other forms of compiled code, as well as techniques for speeding up deployed applications. It details specific tips for MATLAB GUI, graphics, and I/O. It also reviews a wide variety of utilities, libraries, and toolboxes that can help to improve performance. Sufficient information is provided to allow readers to immediately apply the suggestions to their own MATLAB programs. Extensive references are also included to allow those who wish to expand the treatment of a particular topic to do so easily. Supported by an active website, and numerous code examples, the book will help readers rapidly attain significant reductions in development costs and program run times. This is the eBook of the printed book and may not include any media, website access codes, or print supplements that may come packaged with the bound book. Apple Pro Training Series: macOS Support Essentials 10.12 The Apple-Certified Way to Learn This is the official curriculum of the macOS Support Essentials 10.12 course and preparation for Apple Certified Support Professional (ACSP) 10.12 certification—as well as a top-notch primer for anyone who needs to support, troubleshoot, or optimize macOS Sierra. The only Apple-certified book on the market, this guide is designed for support technicians, help desk specialists, and ardent Mac users and takes you deep inside the macOS Sierra operating system. You'll find in-depth, step-by-step instruction on everything from installing and configuring macOS Sierra to managing networks and system administration—all on your way to preparing for the industry-standard ACSP certification. Covers updated system utilities and new features of macOS Sierra, including Siri and Optimized Storage. Features authoritative explanations of underlying technologies, troubleshooting, system administration, and much more. Focused lessons take you step by step through practical, real-world tasks. Lesson files and bonus material available for download—including lesson review questions to help prepare you for the Apple certification exam. Web Edition provides full text of the book available online as part of our Content Update Program with revised content for significant software updates. Explains how to use QuickBooks to set-up and manage bookkeeping systems, track invoices, pay bills, manage payroll, generate reports, and determine job costs. Build your understanding and confidence with this hands-on guide to programming with C# 10 and .NET 6 Key Features Gain a solid foundation in C# and focus on coding real-world applications Learn how to write clean, effective code and think like a C# developer Build your experience and confidence with hands-on exercises and activities Book Description C# is a powerful, versatile language that can unlock a variety of career paths. But, as with any programming language, learning C# can be a challenging process. With a wide range of different resources available, it's difficult to know where to start. That's where The C# Workshop comes in. Written and reviewed by industry experts, it provides a fast-paced, supportive learning experience that will quickly get you writing C# code and building applications. Unlike other software development books that focus on dry, technical explanations of the underlying theory, this Workshop cuts through the noise and uses engaging examples to help you understand how each concept is applied in the real world. As you work through the book, you'll tackle realistic exercises that simulate the type of problems that software developers work on every day. These mini-projects include building a random-number guessing game, using the publisher-subscriber model to design a web file downloader, creating a to-do list using Razor Pages, generating images from the Fibonacci sequence using async/await tasks, and developing a temperature unit conversion app which you will then deploy to a production server. By the end of this book, you'll have the knowledge, skills, and confidence to advance your career and tackle your own ambitious projects with C#. What you will learn Understand the fundamentals of programming with C# 10 and .NET 6 Build your familiarity with .NET CLI and Visual Studio Code Master the fundamentals of object-oriented programming (OOP) Understand and implement concurrency to write more efficient code Create a database and handle data using C#, SQL, and Entity Framework Build web applications using the ASP.NET framework Run automated unit tests with NUnit to validate your code Use principles including SOLID, KISS, ACID, DRY, and design patterns Who this book is for This book is for aspiring C# developers. It is recommended that you already have a basic understanding of core programming concepts before you start. Prior experience of another programming language would be beneficial, though it is not absolutely necessary. The United States is among the wealthiest nations in the world, but it is far from the healthiest. Although life expectancy and survival rates in the United States have improved dramatically over the past century, Americans live shorter lives and experience more injuries and illnesses than people in other high-income countries. The U.S. health disadvantage cannot be attributed solely to the adverse health status of racial or ethnic minorities or poor people: even highly advantaged Americans are in worse health than their counterparts in other, "peer" countries. In light of the new and growing evidence about the U.S. health disadvantage, the National Institutes of Health asked the National Research Council (NRC) and the Institute of Medicine (IOM) to convene a panel of experts to study the issue. The Panel on Understanding Cross-National Health Differences Among High-Income Countries examined whether the U.S. health disadvantage exists across the life span, considered potential explanations, and assessed the larger implications of the findings. U.S. Health in International Perspective presents detailed evidence on the issue, explores the possible explanations for the shorter and less healthy lives of Americans than those of people in comparable countries, and recommends actions by both government and nongovernment agencies and organizations to address the U.S. health disadvantage. This proceedings book presents state-of-the-art research innovations in computational vision and bio-inspired techniques. Due to the rapid advances in the emerging information, communication and computing technologies, the Internet of Things, cloud and edge computing, and artificial intelligence play a significant role in the computational vision context. In recent years,

computational vision has contributed to enhancing the methods of controlling the operations in biological systems, like ant colony optimization, neural networks, and immune systems. Moreover, the ability of computational vision to process a large number of data streams by implementing new computing paradigms has been demonstrated in numerous studies incorporating computational techniques in the emerging bio-inspired models. The book reveals the theoretical and practical aspects of bio-inspired computing techniques, like machine learning, sensor-based models, evolutionary optimization, and big data modeling and management, that make use of effectual computing processes in the bio-inspired systems. As such it contributes to the novel research that focuses on developing bio-inspired computing solutions for various domains, such as human-computer interaction, image processing, sensor-based single processing, recommender systems, and facial recognition, which play an indispensable part in smart agriculture, smart city, biomedical and business intelligence applications. Family caregiving affects millions of Americans every day, in all walks of life. At least 17.7 million individuals in the United States are caregivers of an older adult with a health or functional limitation. The nation's family caregivers provide the lion's share of long-term care for our older adult population. They are also central to older adults' access to and receipt of health care and community-based social services. Yet the need to recognize and support caregivers is among the least appreciated challenges facing the aging U.S. population. Families Caring for an Aging America examines the prevalence and nature of family caregiving of older adults and the available evidence on the effectiveness of programs, supports, and other interventions designed to support family caregivers. This report also assesses and recommends policies to address the needs of family caregivers and to minimize the barriers that they encounter in trying to meet the needs of older adults. Your "get-started" guide to the world of macOS Big Sur Wherever you like to Mac—at home in front of your trusty iMac or over a coffee with your portable MacBook Air—macOS provides you with the seamless, efficient, and reliable user experience that makes these devices so famously a pleasure to use. macOS Big Sur For Dummies is here to heighten the experience for new users and upgraders alike by providing the very latest on the ways macOS Big Sur can enhance how you work and play. Written in a no-jargon style by Bob LeVitus—the Houston Chronicle's much-loved "Dr. Mac" since 1996—this guide starts with the basics, like getting set up, and explains more advanced uses, like making music and movies, exploring the expanding universe of apps and giving tips on how to save time and enhance productivity along the way. With this book, you'll learn to Set up and connect your Mac Get friendly with Siri Enhance your world with apps Work better and faster Use the comprehensive capabilities of macOS Big Sur to do anything and everything you would like to do—and do it even better. For beginners and experts alike, macOS Big Sur For Dummies is the best way to step into the magical world of getting things done with Mac. When Steve Jobs jumped on stage at Macworld San Francisco 2006 and announced the new Intel-based Macs, the question wasn't if, but when someone would figure out a hack to get Windows XP running on these new "Mactels." Enter Boot Camp, a new system utility that helps you partition and install Windows XP on your Intel Mac. Boot Camp does all the heavy lifting for you. You won't need to open the Terminal and hack on system files or wave a chicken bone over your iMac to get XP running. This free program makes it easy for anyone to turn their Mac into a dual-boot Windows/OS X machine. Running Boot Camp guides you step-by-step through the entire installation process, including upgrading your Mac's Firmware, creating the Macintosh Drivers CD to make XP work properly with your Mac's hardware, and using the Boot Camp Assistant to partition your hard drive and install Windows XP. You'll also learn how to avoid common pitfalls (such as previously partitioned drives and wrong disk permissions). And finally, you'll find out which Mac functions don't work in XP and which XP features backfire on a Mac. With this invaluable guide at your side, you'll finish configuring your dual-boot Mac in as little as two hours, avoiding numerous hazards and annoyances along the way. This insightful text presents a guide to video distribution networks (VDNs), providing illuminating perspectives on reducing power consumption in IP-based video networks from an authoritative selection of experts in the field. A particular focus is provided on aspects of architectures, models, Internet protocol television (IPTV), over-the-top (OTT) video content, video on demand (VoD) encoding and decoding, mobile terminals, wireless multimedia sensor networks (WMSNs), software defined networking (SDN), and techno-economic issues. Topics and features: reviews the fundamentals of video over IP distribution systems, and the trade-offs between network/service performance and energy efficiency in VDNs; describes the characterization of the main elements in a video distribution chain, and techniques to decrease energy consumption in software-based VoD encoding; introduces an approach to reduce power consumption in mobile terminals during video playback, and in data center networks using the SDN paradigm; discusses the strengths and limitations of different methods for measuring the energy consumption of mobile devices; proposes optimization methods to improve the energy efficiency of WMSNs, and a routing algorithm that reduces energy consumption while maintaining the bandwidth; presents an economic analysis of the savings yielded by approaches to minimize energy consumption of IPTV and OTT video content services. The broad coverage and practical insights offered in this timely volume will be of great value to all researchers, practitioners and students involved with computer and telecommunication systems. Drug overdose, driven largely by overdose related to the use of opioids, is now the leading cause of unintentional injury death in the United States. The ongoing opioid crisis lies at the intersection of two public health challenges: reducing the burden of suffering from pain and containing the rising toll of the harms that can arise from the use of opioid medications. Chronic pain and opioid use disorder both represent complex human conditions affecting millions of Americans and causing untold disability and loss of function. In the context of the growing opioid problem, the U.S. Food and Drug Administration (FDA) launched an Opioids Action Plan in early 2016. As part of this plan, the FDA asked the National Academies of Sciences, Engineering, and Medicine to convene a committee to update the state of the science on pain research, care, and education and to identify actions the FDA and others can take to respond to the opioid epidemic, with a particular focus on informing FDA's development of a formal method for incorporating individual and societal considerations into its risk-benefit framework for opioid approval and monitoring. #1 NEW YORK TIMES BESTSELLER • A surprising and moving novel of fathers and sons, forgiveness and redemption, set in the world of Major League Baseball... "Grisham knocks it out of the park."—The Washington Post It's the summer of 1973, and Joe Castle is the boy wonder of baseball, the greatest rookie anyone has ever seen. The kid from Calico Rock, Arkansas, dazzles Chicago Cubs fans as he hits home run after home run, politely tipping his hat to the crowd as he shatters all rookie records. Calico Joe quickly becomes the idol of every baseball fan in America, including Paul Tracey, the young son of a hard-partying and hard-throwing New York Mets pitcher. On the day that Warren Tracey finally faces Calico Joe, Paul is in the stands, rooting for his idol but also for his dad. Then Warren throws a fastball that will change their lives forever. Decades of research have demonstrated that the parent-child dyad and the environment of the family—which includes all primary caregivers—are at the foundation of children's well-being and healthy development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance, parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased access to information about parenting. Parenting Matters identifies parenting knowledge, attitudes, and practices associated with positive developmental outcomes in children ages 0-8; universal/preventive and targeted strategies used in a variety of settings that have been effective with parents of young children and that support the identified knowledge, attitudes, and practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes recommendations directed at an array of stakeholders, for promoting the wide-scale adoption of effective programs and services for parents and on areas that warrant further research to inform policy and practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States. A complete guide to understanding and using the latest macOS, Big Sur, on your Apple Mac or MacBook. If you've bought yourself a new Mac or recently upgraded the software on your old one, then you'll be looking at the desktop of Apple's new operating system, Big Sur and wondering how it all works. Well, you're in luck. Within these pages are the keys to the Big Sur kingdom and we'll help you unlock its potential and discover how everything fits together. This is the official curriculum of the Apple El Capitan 101: OS X Support Essentials 10.11 course and preparation for Apple Certified Support Professional (ACSP) 10.11 certification—as well as a top-notch primer for anyone who needs to support, troubleshoot, or optimize OS X El Capitan. This guide provides comprehensive coverage of El Capitan and is part of the Apple Pro Training series—the only Apple-certified books the market. Designed for support technicians, help desk specialists, and ardent Mac users, this guide takes you deep inside the El Capitan operating system. Readers will find in-depth, step-by-step instruction on everything from installing and configuring El Capitan to managing networks and system administration. Whether you run a computer lab or an IT department, you'll learn to set up users, configure system preferences, manage security and permissions, use diagnostic and repair tools, troubleshoot peripheral devices, and more—all on your way to preparing for the industry-standard ACSP certification. Covers updated system utilities and new features of OS X El Capitan. Features authoritative explanations of underlying technologies, troubleshooting, system administration, and much more. Focused lessons take you step by step through practical, real-world tasks. Lesson files and bonus material available for download—including lesson review questions summarizing what you've learned to prepare you for the Apple certification exam. Web Edition provides full text of the book as part of our Content Update Program with revised content for significant software updates. This book is part of Peachpit's Content Update Program. As Apple updates features of OS X El Capitan, sections of this book may be updated or new sections may be added to cover significant updates to the software. The updates will be delivered to you via a free Web Edition of this book, which can be accessed with any Internet connection. For details about accessing the Web Edition, please see the "About This Guide" section of your book. This book constitutes the refereed proceedings of the Second International Conference on Security Standardisation Research, SSR 2015, held in Tokyo, Japan, in December 2015. The 13 papers presented in this volume were carefully reviewed and selected from 18 submissions. They are organized in topical sections named: bitcoin and payment; protocol and API; analysis on cryptographic algorithm; privacy; and trust and formal analysis.

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