Central Kentucky Computer Society





Until the CDC (Centers For Disease Control) in Atlanta notifies CKCS that it is safe to return, CKCS will remain closed. No date has been set to reopen. We have no plans at this time to stream SIGs (special interest group) meetings in lieu of actual presentations.

Official Newsletter of the Central Kentucky Computer Society, Inc.© CKCS Resource Center, 160 Moore Drive, Suite 107, Lexington, Ky. 40503 (859) 373–1000 • ckcs.org







CLASSES, SIGS,
DR. FIXIT,
iHELP & MORE

CANCELLED
BECAUSE OF
VIRUS THREAT

CORONAVIRUS THREAT INTERRUPTS CKCS CLASSES

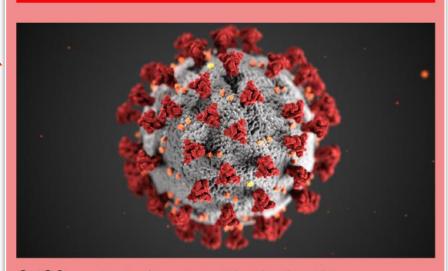
WORKSHOPS, SIGS, TECH NIGHT AND MORE IMPACTED

This is the message appearing on the CKCS website immediately after the coronavirus pandemic started spreading across the U.S.

CKCS had hoped to continue classes, workshops and other activities on Monday, April 6.

Now, this will not occur. **Until further notice, all CKCS activities are cancelled** because of the Covid–19 (Coronavirus) pandemic.

This includes classes, workshops, SIGS (special interest groups), Tech Night, Dr. Fixit, iHelp, and all other events.



CKCS wants to do our part in slowing the contamination and spread of the COVID-19 virus. We want to protect our volunteer staff, our members and students from a potentially lethal virus.

ALL CKCS ACTIVITIES

CANCELLED UNTIL

FURTHER NOTICE

Coronavirus threat forces CKCS cancellations

By Kurt Jefferson



A variety of planned activities at CKCS weren't held in March because of the coronavirus pandemic.

One of the most important features at CKCS are volunteers who man the front

desk to answer the phone, answer questions in person, and register students for classes, among other duties. These folks were missing in the latter half of March since the Resource Center was closed. So if

you called CKCS, you got a recording and were asked to leave a message. If you stopped by the office, you were greeted by a locked door.

All April events will be cancelled because of the coronavirus threat. The CKCS Resource Center stays closed for now.

The office is closed to prevent the spread of this virus to CKCS staffers, members, the general public, in addition to guests.

The April **Dr. Fixit** and **iHelp** sessions scheduled for April 4 won't be held. (CKCS members get free troubleshooting help with their Windows PCs and related hardware and Android questions at Dr. Fixit, while iHelp deals with iPhone, iPad, iPod touch and Mac issues.)

siG meetings are also cancelled through



at least the end of April.

One of the reasons this virus can spread so easily is

because health experts say individuals may possibly be infected and not even know it. They show no symptoms and yet are infected. So when they meet and greet others, they can unknowingly infect others who become ill and show a range of symptoms.

People ask, "Isn't this a lot like the flu?" The VOX website did a great job providing one chart that explains the differences.

It's estimated that 1.3 people are infected by an average individual who is sick with the flu. For Covid-19, that number climbs to 2-2.5 people infected.

The incubation time (period from exposure to first symptoms) is I-4 days with influenza. With the coronavirus, the incubation time is from I-I4 days.

Average hospitalization rate for the flu is 2%. It climbs to 19% for the coronavirus.

Percentage of reported deaths among all flu cases is .1% or less. For coronavirus, it's 1–3.4%.

VOX says this isn't to downplay the flu. It's awful. But coronavirus has the potential to be more dangerous. "Sober—minded epidemiologists says that 20 to 60 percent of the world's adult population could end up catching this virus," reports VOX.

"Four or so months ago, this virus is believed to have made the leap from animals to humans for the very first time. No human immune system had seen it before November, so no human had any natural immunity to it." Wow. That is an eye—opener.

The point here is to be safe – stay at home if possible – and wait it out.

Protect yourself. Wash your hands – often.

CKCS hopes to resume its activities later this year. Stay tuned.

March Tech Night: Toyota's Push For Quality

By Brooke Thomas



Jovonda Williams McKenzie describes efforts at Toyota's Georgetown plant to insure quality standards are met in auto production. McKenzie is a quality engineer at Toyota Motor Manufacturing Kentucky. Recently retired Toyota Manager, Jerry Sturdivant, looks on as McKenzie discusses how quality standards are met at the facility.

A car is the sum of its parts and if any one of those parts doesn't carry a quality design, the entire car will suffer. Jovonda Williams McKenzie knows that better than most people. She's a quality engineer at Toyota's Georgetown plant, known for producing everything from the best–selling car in America (the Toyota Camry) to the Avalon sedan line.

McKenzie appeared at CKCS for the March Tech Night and covered many of the innovations on the manufacturing side of TMMK (Toyota Motor Manufacturing Kentucky). As a quality engineer she also covered Toyota's push to improve all aspects of the production and product. She said just because something is working – that is not enough. Everything can be continually improved.

She also shared a fantastic program that Toyota is working to improve the mobility of people who have disabilities. It was a great program for anyone interested in cars.

Many of the audience came up to Jovonda after the program to thank her for her presentation and to mention that they drove a Toyota.

Best-Selling Vehicles in America (includes trucks, SUVs, and cars.)

- I. Ford F-series truck
- 2. RAM Pickup
- 3. Chevy Silverado
- 4. Toyota RAV 4

- 5. Honda CR-V
- 6. Toyota Camry
- 7. Nissan Rogue and Rogue Sport
- 8. Chevy Equinox
- 9. Honda Civic
- 10. Toyota Corolla

source: autoguide.com | List is through March 2020

President's Comments

These are eerie times



Brooke Thomas president@ckcs.org

It feels like a B movie.

The photos of empty streets in big cities, the stay home orders, and the lack of resources for the medical facilities all have a surreal quality.

Our imaginations could not grasp this scene back in mid-March. We were optimistic about getting on with our CKCS activities in April and had been busy rescheduling our classes and workshops.

Unfortunately, it soon became clear that we were going to have to put everything in limbo.

Thank goodness that some of the Spring Classes (February through May) had started and ended before we shut down.

A couple of our other ones were halted midstream and we will be working on how to finish those as soon as things return to normal.

The instructors will be in touch with their students to share plans.

Some of the other Spring classes and workshops scheduled to start after the shutdown had to be canceled.

Our Summer Schedule (June and July workshops) was established

back during the first week in March before we gave much thought to the pandemic and the fact that it was going to affect our lives in this way. We are being optimistic and will post those Summer Workshops on the website so you can see what we hope will be coming up.

Check the CKCS web page to see when sign-up for these classes will begin.

We will keep everyone posted to CKCS's plans via the CKCS website (www.ckcs.org) and weekly MailChimp.

If you aren't currently getting
MailChimp you can easily sign up
online. Go to our website and click on
CKCS Weekly in the left-hand column.
That will take you to a form that has
3 easy items you need to complete.
Then click "Subscribe" and Larry
Mitchum will make sure you get the
weekly updates and notice about
Summer Session sign-up.

Stay healthy and safe and entertain yourself with all the great articles and information that our newsletter editor, Kurt Jefferson, has included in this newsletter and past newsletters!

Warning Issued at playground and exercise areas in Lexington parks

A sign warns parkgoers in Lexington
to practice social
distancing. The city
also urges parents
to wipe playground
equipment with
disinfecting wipes
before their
children touch
slides, handrails and
other play areas to
prevent the spread
of the coronavirus.



Central Kentucky April Forecast: Wet and Warm

By Kurt Jefferson
Three types of spring in central
Kentucky: Wet, Wetter, and
Wettest

I'm beginning to think I should have invested in raincoats. Or maybe umbrellas.

It appears after enduring the driest September on record last fall (no measurable precipitation at Blue Grass Airport in Lexington the entire month!), we're about to get wet. (Or maybe "even wetter" might be the better phrase to use here.)

The folks at NOAA, which operates the National Weather Service, predicts central Kentucky will have a much better than average chance of more rain than normal through late June. What's that saying kids repeat? Rain, rain, go away...

At the same time, the folks at NOAA's Climate Prediction Center predict a very good probability of above normal temperatures through late June.

Meanwhile, AccuWeather reports what might be good news regarding coronavirus. "A team of researchers unveiled the results of a new study last week that looked at how temperature and humidity may affect the transmission of Covid—19... According to the researchers' findings, high temperature and high relative humidity significantly reduce the transmission of COVID-19."

An increase of just one degree Celsius and 1% relative humidity increase substantially lower the

The Climate Prediction Center predicts a very wet April, May, and most of June for almost all of Kentucky, including central and eastern portions of the Commonwealth.

virus's transmission, according to the data analyzed by the researchers.

The study is the latest in a limited but growing body of research, not all of which has been peer-reviewed, that examines the effect of weather on the spread of the SARS-Cov-2 virus, which causes the COVID-19 illness."



Shirt in closet reminds me of CompuLEX

By Kurt Jefferson



Many of you may know that I am moving from a small house to a town home. I have collected more "things" over the past 19 years than I care to remember. I am giving away, tossing out, and getting rid of everything from clothing to computer desks.

Amid all of these belongings (would the word "debris" fit here?), I have discovered a few jewels.

One item that perked my interest is a quarter–century old shirt I got for volunteering at CompuLEX – central Kentucky's premiere computer show back in the 1990s.

CKCS hosted the show at Heritage Hall, and it bustled with visitors, shareware sales, booths galore, and company spokesmen demonstrating new versions of software.

I happened to be in one of those demonstrations when the unexpected occurred. The spokesman for the best–selling word processor at the time, WordPerfect, was showing the crowd features that made this product unique. In some ways, WordPerfect was ahead of its time.

Rain pounded at the ceiling. Out in the lobby, raindrops rolled down the windows. It was a very wet Saturday morning.

Shortly before noon, ceiling tiles crashed down from the ceiling and onto the heads of several onlookers viewing the WordPerfect demonstration.

Realizing that the unfortunate visitors in the hall were soaked and covered in drywall but not seriously hurt, WordPerfect guy rushed out to hand them free boxes of the new version of WordPerfect.

Among those still favoring WordPerfect are lawyers and government offices (often because of macros and a huge range of formatting options.)

When I look at the 25-year-old shirt, I think about how much technology has changed in the quarter-century since.

Try telling today's 21-year-olds about shareware sales, dial-up Internet connections, modem INIT strings, or software that came in a box. This shirt holds plenty of memories. Think I'll hold on to it.



Apple closes its retail stores; citing coronavirus

By Kurt Jefferson

Until further notice, Apple is shuttering all of its U.S. retail stores, in an attempt to help stop the spread of the coronavirus.

"The most effective way to minimize risk of the virus' transmission is to reduce density and maximize social distance," Apple CEO Tim Cook said in a statement.

Cook says Apple's online stores and the Apple Store app will remain open.

The statement from Cook says that Apple employees will continue to be paid "in alignment with business as usual operations."

While the decision is understandable, many Apple customers will miss the so-called "Genius Bar" in the back of its retail stores where they could get questions answered, hardware repaired, and software issues resolved.

Cook's statement cited the major challenge facing emergency personnel, health experts, and others responding to the pandemic.

"There is no mistaking the challenge of this moment. The entire Apple family is indebted to the heroic first responders, doctors, nurses, researchers, public health experts and public servants globally who have given every ounce of their spirit to help the world meet this moment. We do not yet know with certainty when the greatest risk will be behind us. And yet I have been inspired by the humanity and determination I have seen

from all corners of our global community. As President Lincoln said in a time of great adversity: "The occasion is piled high with difficulty, and we must rise with the occasion. As our case is new, so we must think anew, and act anew."

That's always how Apple has chosen to meet big challenges. And it's how we'll rise to meet this one, too."

APPLE STATEMENT

Apple's COVID-19 response

n y = 0

To the worldwide Apple family,

The global spread of COVID-19 is affecting every one of us. At Apple, we are people first, and we do what we do with the belief that technology can change lives and the hope that it can be a valuable tool in a moment like this. Teachers are innovating to make remote lessons come alive. Companies are experimenting with new ways to stay productive. And medical experts can diagnose illnesses and reach millions with critical updates in the blink of an eye. We are all adapting and responding in our own way, and Apple wants to continue to play a role in helping individuals and communities emerge stronger.

But this global effort — to protect the most vulnerable, to study this virus, and to care for the sick — requires all of our care, and all of our participation. And I want to update you about the ways in which we are doing our part.

Giving Back

Apple's committed donations to the global COVID-19 response — both to help treat those who are sick and to help lessen the economic and community impacts of the pandemic — today reached \$15 million worldwide.

We're also announcing that we are matching our employee donations two-to-one to support COVID-19 response efforts locally, nationally and internationally.

In Our Offices and Stores

First, I want to recognize Apple's family in Greater China. Though the rate of infections has dramatically declined, we know COVID-19's effects are still being strongly felt. I want to express my deep gratitude to our team in China for their determination and spirit. As of today, all of our stores in Greater China have reopened. I also want to thank our operations team and partners for their remarkable efforts to restore our supply chain. What we've learned together has helped us all develop the best practices that are assisting enormously in our global response.

One of those lessons is that the most effective way to minimize risk of the virus's

A screen grab of Apple's response to the coronavirus pandemic announcing the tech giant is closing all of its retail stores (including the Fayette Mall location) until further notice.

Unchartered Territory

By Kurt Jefferson

Closed in response to COVID-19

We are living in a period of time unlike any other in the modern era.

So many of us are being impacted in one way or another by the coronavirus that it's simply hard to imagine.

Our hearts go out to those who have died due to Covid—I 9. Our hearts go out to family members who are dealing with the death of a loved one.

The sheer numbers of Americans who might be impacted by this awful virus are mind-boggling.

In the past few centuries, the Spanish flu of 1918–1919 is the most horrific pandemic most of us have heard about from loved ones who lived through it.

Even with modern medicine and science

light years ahead of the mid-1900's, we are facing a pandemic unlike any other most of us alive today have encountered.

Reports say the first human became infected by the coronavirus in November 2019 – it was spread by an animal.

So we simply have no immunity to this virus.

A vaccine might be available in a year to 18 months. What about right now – for those of us living in April 2020?

We have to stay away from other people, wash our hands many times a day, and practice what surely will become the phrase adopted by all dictionaries in 2020: social distancing.

That means stay at least six feet apart from other people.

"You can see that nearly everyone who develops symptoms of Covid-19 shows them around 10 to 15 days after the infection, and the majority get symptoms by around five days." That means that many patients are asymptomatic for days after being infected. That means that "not feeling sick" isn't a good enough reason to break social distancing norms. You could just be incubating the virus and spreading it inadvertently," reports the VOX website.

That's why staying apart from other people is so important. You may be infected and yet show none of the signs. That's also why CKCS remains closed. No classes. No Tech Nights. No SIGS. No Doctor Fixit or iHelp sessions.

Staying away from other people is one of the most important techniques to prevent this awful virus from spreading.

Another thing to remember is the coronavirus is stubborn. It stays in place.

Harvard Medical School did preliminary research on how long the virus stays on common surfaces. The answer? It depends on the surface, temperature, exposure to sunlight, etc. But, overall, it stays on surfaces. It's resistant.

Harvard research:

 2 to 3 days on plastic and stainless steel surfaces

- Up to 24 hours on cardboard
- 4 hours on copper
- Up to 3 hours in the air as droplets

"In general, it's a good rule to clean surfaces you touch a lot through the course of the day, first with soap and water, then with disinfectant. And as always: Wash your hands, wash your hands," writes VOX.

"We still have a lot to learn about the Covid-19 coronavirus. That's why caution should be the motto for all of us for the time being," adds VOX.

VOX Coverage of Covid-19

The 9 most important unanswered questions about Covid–19

Why Covid-19 Is worse than the flu in one chart

5 common questions about social distancing, answered

II charts that explain the coronavirus epidemic

If you can stay home now, you make things safer for the people who can't

Why we're not overreacting to the coronavirus, in one chart

Chart: How coronavirus is devastating the restaurant business

I miss teaching my CKCS/OLLI class. I miss iHelp and the SIG meetings. I miss CKCS.

Stay healthy. Wash your hands. Follow the tips to protect yourself.

We will get through this.

Coronavirus spreads just like the flu.

April 2020 CKCS SIG Schedule

Larry Trivette prepared the SIG calendar. Print this page for your refrigerator or bulletin board.

Due to the current Coronavirus pandemic, CKCS will remain closed until notified by the <u>Centers for Disease Control and Prevention</u> that it is safe to return. No date has been set to reopen.

There are no plans at this time to stream SIGs in lieu of the actual presentations.

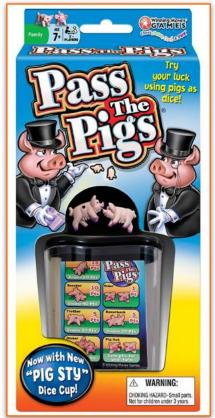
Check our website for updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Mar	31 Mar	1 Apr	2 Apr	3 Apr	4 Apr
AI 6 Apr	grou	p) m	pecial ir eetings becaus	ar	or Android device and we'll try to help
13 Apr 7 p.m. Tech Night		Cov	rid—19. id—19. Photography Chat 7 p.m. Access Database STUART ZAHALKA		18 Apr
	e wan		CKCS s		_
7 p.m. FoxPro Database GARLAND SMITH			health		Dr. Fixit, iHelp & Android Help Bring in your problem PC, Mac, iPhone, iPad, or Android device and we'll try to help

40 Great Family Games to play while you're stuck at home

By Kurt Jefferson

Leave it to the folks at Slate to come up with 40 – yes, 40 games for you to play with your kids or grandkids while you're stuck inside because of the coronavirus.



A highly rated game for youngsters where the goal is not to get a Pig-Out or oinker. Fans say it's addictive, requires strategy, skill, and luck.

The list of games follows the writer's five commandments for a great family game:

- •Games should be the right length
- •Games should be fair
- •Games should be action packed
- •Games should help you learn something
- •Games should encourage spontaneity

Noel Murray adds: "We've arranged our 40 games by the ideal age for a kid to play them, from 4 to 16. (Of course, that's merely a recommendation. Plenty of little

kids enjoy games that you might think are too advanced for them, and plenty of big kids enjoy something simple now and then.)"

If you're interested, you definitely have to check out the article. (Remember underlined text is designed for you to click on it and take you to the source article.)

So if you've got kids or grandkids who are done with their homework, here are some great options to get the entire family involved.

Enough TV. Turn off the box.

Enough PlayStation.

Enough Nintendo DS.

Enough Xbox.

Enough Wii U.

Bring out the games! May the best player win.



Village is a game filled with tactical challenges.
Difficult decisions lie ahead for each player! Geared toward 16-year-old and older teens.
Good luck!

Here is his list of great family games:

- Guess Who? (Optimal age: 4)
- Pass the Pigs (Optimal age: 5)
- Sorry! (Optimal age: 5)
- Richard Scarry's Busytown:
 Eye Found It (Optimal age 5)
- Concentration (Optimal age: 6)
- **Sequence** (Optimal age: 6)
- **Uno** (Optimal age: 6)
- **Dots and Boxes** (Optimal age: 7)
- Las Vegas (Optimal age: 7)
- Qwirkle (Optimal age: 7)
- Mexican Train (Optimal age: 8)
- Spot It! (Optimal age: 8)
- Labyrinth (Optimal age: 9)
- Mastermind (Optimal age: 9)
- Rummikub (Optimal age: 9)
- 6 Nimmt! (Optimal age: 9)
- Air Hockey (Optimal age: 10)
- Camel Up (Optimal age: 10)
- Carcassonne (Optimal age: 10)
- Mafia (Optimal age: 11)
- **Phase 10** (Optimal age: 11)
- Sushi Go Party! (Optimal age: 11)
- Apples to Apples (Optimal age: 12)
- Boggle (Optimal age: 12)

- **Celebrity** (Optimal age: 12)
- Codenames (Optimal age: 12)
- Colt Express (Optimal age: 12)
- Cribbage (Optimal age: 12)
- Spaceteam (Optimal age: 12)
- **Ticket to Ride** (Optimal age: 12)
- Wits & Wagers (Optimal age: 12)
- Catch Phrase (Optimal age: 13)
- Karuba (Optimal age: 13)
- **Pictionary** (Optimal age: 13)
- Betrayal at House on the Hill (Optimal age: 14)
- Catan (Optimal age: 14)
- **Splendor** (Optimal age: 14)
- Axis & Allies (Optimal age: 15)
- Pandemic (Optimal age: 15)
- Village (Optimal age: 16)



Inspired by a medieval fortress in southern France with the same name, Carcassonne is quite popular — this one game and its expansion packs have sold more than ten million copies worldwide.

CKCS Memberships:

New Members and Renewing Members

This update is from Feb. 22, 2020 - March 21, 2020.

Submitted by CKCS Board Member Ben Rice (ben.rice@ckcs.org)

New Members

- Angel Brown
- Emma J Campbell
- Martha F. Copeland
- Anna Robin Gwinn
- Jim Murray
- Michelle Prosser
- Vernon R Wiehe

Renewing Members

- Nancy & Bill Alverson
- Tee Bergman
- David Block
- Jeanette Coufal
- James A Donaldson
- James Fritz
- Steven A Gall
- Ray Hughes
- Kae C Koski
- Ron Pujia
- Ben F Rice
- Margaret F Rushing
- David & Virginia Smith
- Tim Tassie
- Bob Wilson

Thank you!

Central Kentucky Computer Society

Incorporated



CKCS Resource Center 160 Moore Drive, Suite 107 Lexington, Kentucky 40513 (859) 373–1000 www.ckcs.org

OFFICERS

Tenure ends June 30, 2020

President: Brooke Thomas Vice—President: Joe Dietz Secretary: Larry Trivette Treasurer: Jim McCormick

· DIRECTORS ·

Tenure ends June 30, 2020

Boone Baldwin Toni Greider Jan Landers–Lyman Ben Rice Mike Seiler

Tenure ends June 30, 2021

Bob Brown Janet Cartmell Larry Mitchum Eugene Potter Pennie Redmond

Webmasters Bob Brown, Wendell Curtis

Class Coordinator | Janet Cartmell

Office Coordinator | an Landers-Lyman

Office Supervisors

Bob Brown, Wendell Curtis, Tracy Elton, Nancy Kolacz, Jan Landers–Lyman, Mike Seiler, Lydia Short, Julia Steanson, Larry Trivette, Cookie Dungan

Alternate Supervisors

Jenny Brown, Nancy Bowling, Kathy Davis, Gale Greer, Marie Han, Nita Martin, Toni Greider, John Plumlee, Sandra O' Neal, Helen Pope, Dottie Van Winkle

CKCS Calendar Wendell Curtis

Mail Chimp Manager Larry Mitchum

Newsletter Editor Kurt Jefferson

Jim Hughes

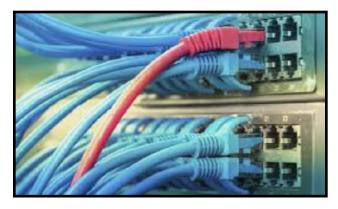
Newsletter Proofreaders

Ben Rice, Brooke Thomas, Bob Flynn, Toni Greider, Kurt Jefferson

Refreshment Center

Coronavirus even impacts the Internet

By Kurt Jefferson



As people from Bardstown to Barcelona huddle at home away from their offices, demand for the Internet is extremely high. The coronavirus is forcing workers to use sometimes creaky Internet connections at home rather than broadband high—speed service at their work stations.

For some, the "so-called" last mile connection to homes, apartments, town homes and condos is what's causing home connections to stutter.

The spike in Internet traffic is partially driven by folks who are videoconferencing at home.

They're using huge amounts of bandwidth to communicate on cameras with co—workers spread across the country and the world.

As the Associated Press reports, "Most U.S. homes get their Internet from cable companies and thus connect to the broader network via coaxial cable, a legacy of the cable TV era. These connections provide faster "downstream" speeds to your home than "upstream" speeds back to the Internet. Since videoconferencing sends equal amounts of data both ways, simultaneous sessions can clog the upstream channel and disrupt service for the entire household."

Multiple teens in your neighborhood playing Call of Duty online may be having a similar impact.

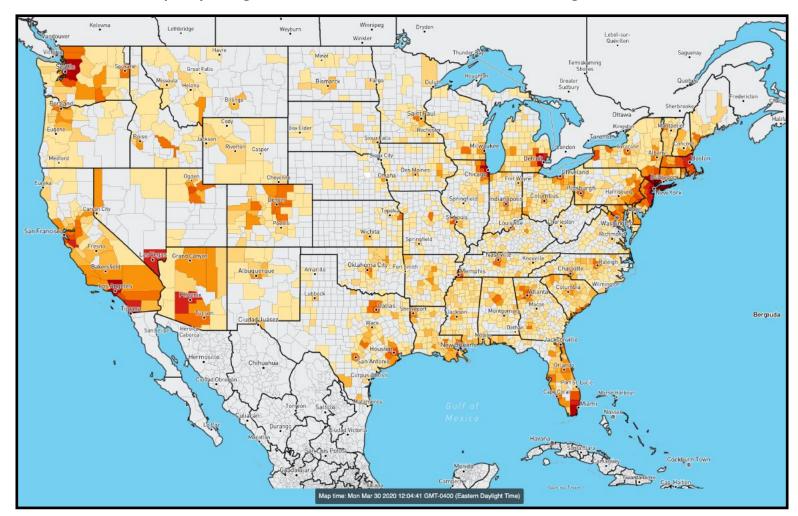
The A.P. adds, "The relatively few U.S. households with their own direct fiber—optic connections have the same bandwidth in both directions and shouldn't experience serious hiccups."



Map of Coronavirus pandemic vividly displays cases nationwide

If you have loved ones in another state, want to keep tabs on the coronavirus outbreak in Kentucky, or just learn more through maps, this is a site that does a great job of showing the big picture. (Remember anything underlined in this newsletter is a link. Click on it and it will display the source that we're describing.)

This site provides a county-by-county overview of cases in each state. Instead of watching cable news, I check this map daily to see how many cases are popping up across the U.S. I'm waiting for the numbers to drop and no need for this map any longer. But it's a useful tool for monitoring.



Purell is the new 'Gold'

By Kurt Jefferson

If you're lucky enough to have a bottle of Purell, Germ X, or store brand of hand sanitizer, you might as well have a gold bar resting on your table.

Good luck finding a bottle in central Kentucky stores or on Amazon. As The Washington Post published in late March, "On eBay, travel—size Purells went for \$10 or \$20 as coronavirus made its way into the United States. In gyms and yoga studios, before the gyms and yoga studios closed, communal bottles were padlocked to prevent theft, like engagement rings at Zales."

Then there's the former Air Force technical sergeant from Tennessee who went rogue, according to The New York Times, Washington Post, Associated Press and other news outlets. He reportedly hoarded nearly 18,000 bottles of hand sanitizer from dollar stores in Tennessee and Kentucky and began selling them for up to \$70 each on Amazon until the big online store shut him down. The New York Times broke the story and then

reported the guy promised to donate his stockpile to churches.

Purell, the hand sanitizer that has become gold, (no Fort Knox, is not supplementing its gold blocks and dollar bills with Purell as has been incorrectly reported) traces its roots to a a curly—haired brunette in Akron named Goldie Lippman.

The Washington Post reports
Lippman had spent WW II
creating life rafts in a rubber
factory. She, and her husband,
Jerry, sought a better way to
clean her hands. Harsh
cleaners were beginning to
ruin her skin.

They named their company GOJO and spent several decades improving their product. Finally, in the late 1980's, GOJO created a "clear, alcohol-based, emollient-enriched, disinfecting substance that was dispensed by a pump bottle and required no water at all," writes the Post. Nearly a decade later, it hit the public which timed nicely with the 1996 presidential

campaign. The *Post* says both the Bill Clinton and Bob Dole camps got early samples. Tipper Gore was said to be a big fan.

The Post writes, 'Purell is "just the thing for people who have to shake hands with lots of people and don't have time to wash up between shakes," remarked Tipper.

So there you have it. After SARS, MERS, the bird flu, swine flue, Ebola and other assorted diseases hit, Purell could barely keep up with demand.

The Post quotes a professor and director of the cosmetic science program at the University of Cincinnati who confirms hand sanitizer works only if you use it properly: Thoroughly cover your hands with sanitizer and let it sit without touching anything else for 30 seconds.

I'll have to remember that. Now if I could only find a bottle of hand sanitizer to practice that technique...

CKCS SIG Meetings					
SIG	Monthly Meeting	Leader(s)			
Database	4th Monday at 7 P.M.	Garland Smith			
Disital Phot The	se ^{tt} SIG (spe	cial Joe Dietz			
	rest group)	Be / Rice			
	tings are collings are collings.				
	st Saturday at 10 A.M. Disease Co	ntrol pet Cartmell ke Thomas			
<u> </u>	s the "all c				
	S to open				
	e again, hold etings along				
	2nd Nesday at 7 P.M. Ser events.	Mike Seiler			
Mac & i ^r ad	2nd Thursday at 7 P.M.	Kui Jefferson			
VA <mark>IX / LINUX</mark>	4th Thursday at 7 P.M.	Lewis Gardi, er			

Every month, Central Kentucky Computer Society offers SIG meetings open to members and guests. Starting times are snown above.

You may want to check the 'Monthly Schedule' and 'Nowsletter' link on the CKCS home page for any schedule changes.

Summer Classes & Workshops

Remember: The CDC must give the green light for CKCS to open before these classes and workshops are held.

If CKCS opens by the time these classes and workshops are scheduled to begin, you should be able to register by phone (859.373.1000) and pay by credit card. Or, stop by the CKCS Resource Center and pay by credit card or check.

WE APPRECIATE your patience.

Classes

Class Name	Held When?	Description
Computer Basics for Windows 10	Tuesdays & Thursdays: June 16, 18, 23, 25, 30 & July 2; 10 A.M. – Noon	Learn the fundamentals of using a Microsoft Windows 10 personal computer. Learn to use various aspects of the Microsoft Word Processing program, Word 365, including manipulating text and inserting graphics into a document. Basic filing and basic file management are introduced. If time permits, we will look at email and searching on the internet.

Workshops

Workshop Name	Held When?	Description
Is Windows 10 Driving You Crazy?	Tuesday, June 9; 9 A.M. to Noon	Students will learn how they can set up the Windows 10 Start Menu, Desktop, Taskbar, and File Explorer, making them easier to use and understand. Also, a free program will be demonstrated that changes the Start Window making it look like the Windows 7 or XP Start Window. The instructor will demonstrate the steps needed to modify a Windows 10 computer. Students who have a laptop that is running Windows 10 are welcome to bring them to the workshop to follow along with the instructor. If you bring one, make sure its battery is fully charged.

Workshops

Workshop Name	Held When?	Description
Understanding Facebook for Windows PC	Thursday, June 25; 1 P.M. to 4 P.M.	Learn how to maintain a Facebook page on the Windows PC. The Profile page and Home page will be explained. How to find friends, make a post, edit and respond to posts, prioritizing news feeds, checking privacy settings, unfriending and blocking friends, and deleting and deactivating your Facebook account are some of the features covered.

Workshops

Workshop Name	Held When?	Description
Using your iPhone camera to the MAX*	Tuesday, July 14; 1 P.M. to 4 P.M.	Using apps already on the iPhone students will learn techniques to take better pictures, fix them up by cropping, lightening or darkening, or adding filters. They will learn how to take videos, timelapse and panoramas. They will also learn how to create albums and several ways to share their photos with others.

Workshops

Workshop Name	Held When?	Description
30+ tips to Using the Internet*	Tuesday, July 14; 10 A.M. to Noon	Whether you are working on a Microsoft Word document, a digital image or another project, you probably will use internet to gather more information, capture images or find explanations on how to do something. We will be using Google Chrome to explore ways to find things on the Internet, how to exclude things from a search, and how to search for specific words or a string of words. We will cover handy things like the snipping tool; using the Internet as a dictionary, Thesaurus and calculator; and a lot more.

Workshops

Workshop Name	Held When?	Description
iPhone Advanced Workshop*	Tuesday, June 23; 1 P.M. to 4 P.M.	We will build on iPhone techniques that students learned in "Getting the Most out of your iPhone" and "Secrets of your iPhone" courses. After taking one or both of these sessions, many students have asked for more. This is it! Learn about group text and e-mail messages, verifying backups, working with your photos, cleaning up bursts, scanning documents, blocking calls and silencing unknown callers, getting your phone to read to you, and a lot more.

Workshops

Workshop Name	Held When?	Description
Secrets of your iPad*	Thursday, June 18; 1 P.M. to 4 P.M.	Learn key information about many pre-installed apps on your iPad. Learn some important functions in Settings; how to arrange, nest, download and delete apps. Sending emails and texts will be covered. Taking better photos, making folders, and sending photos will be demonstrated. Face-time will be included if time permits. Participants should bring their iPad updated with the latest operating system and know (or bring) their Apple ID and password.

Workshops

	_	
Workshop Name	Held When?	Description
Secrets of your iPhone*	Tuesday, June 9; 1 P.M. to 4 P.M.	Learn important (and hidden) functions of your iPhone. Learn how to download apps, to move them, to nest them and to delete them. Learn how to get better photos with your phone, organize your pictures, and send them in text and emails. Texting messages and using Siri will also be covered. Participants should bring their iPhone and know (or bring) their Apple ID and password.

Workshops

Workshop Name	Held When?	Description
Making a Photo book using Shutterfly	Tuesday, July 7; 1 P.M. to 4 P.M.	In this workshop, you'll learn how to prepare pictures for a photo book, how to transfer pictures to the Shutterfly workspace, and then how to organize the pictures from the front to the last page of the book. Finally, we will go through the steps to order the book and to apply coupons to reduce the price. Students will be using provided pictures on CKCS PCs. We will be using the program called Shutterfly.

*These classes or workshops meet in the main room and their class size is determined by the instructor. All other classes meet in the computer classroom and are limited to eight students on the Windows PCs and five students on the Mac mini desktops.

Students may use their portable computers if they have the appropriate software installed (this is at the discretion of the instructor). CKCS cannot provide copies of the proprietary software.

CKCS members get a 20 percent discount on all class and workshop fees.

To register for a class or workshop:



Phone: (859) 373–1000 and tell the CKCS volunteer which class or workshop you want.



D I I OK

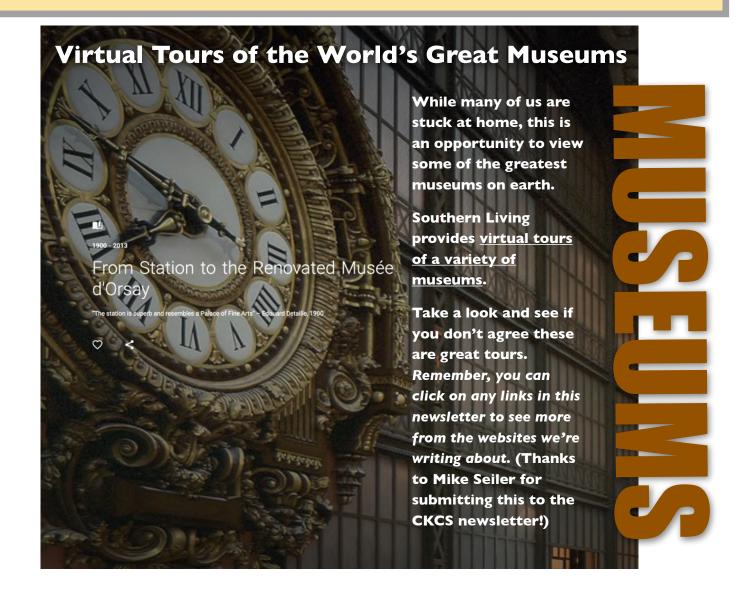
In-Person: Drop by the CKCS Resource Center at 160 Moore Drive, Suite 7 in Lexington

Pay by Cash, Check or Credit Card

Inclement Weather Policy

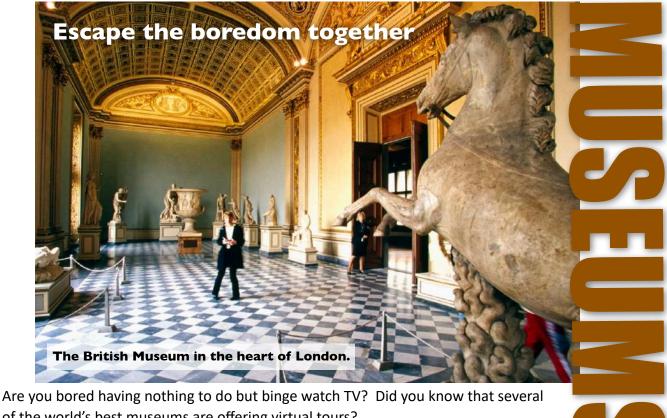
When CKCS classes, seminars, workshops, or SIGs are scheduled and there is bad weather, such as snow, ice, high winds etc., our policy about canceling the class or SIG (special interest group) is left to the discretion of the class teacher or SIG leader. When there is bad weather, many times the roads in the city become reasonably clear by mid morning

or afternoon and an instructor will decide to continue with a class. It is the member's/student's decision as to whether the roads you travel are safe enough for you to use and to determine if you should attend or miss a class or event. Check your email in the event of a cancellation if you have provided one. Call the office to hear if there is a recorded message for SIG's.



Mitchum provided even more for

us to view. More virtual museum tours, a visit to some of the



of the world's best museums are offering virtual tours?

That means you can sit around in your pajamas and visit places like the British Museum in London, the Guggenheim Museum in New York, the Pergamon Museum in Berlin where you can see the Ishtar Gate of Babylon. If you want to virtually tour oui Immediately after we received the item on page 25 from Mike Seiler, more museums, try some of those listed below: CKCS board member Larry

Rijksmuseum, Amsterdam

Van Gogh Museum, Amsterdam

The J. Paul Getty Museum, Los Angeles

The Louvre, Paris

National parks, and more are a click away. A big thanks to Larry! Maybe art isn't your thing. What about a tour of one of our National Parks?

Carlsbad Caverns

Yellowstone National Park

If you appreciate historical photographs, a trip to Mathew Brady's National Portrait Gallery deserves a virtual tour. And don't forget about **Ansel Adams** captivating photos from Yosemite N.P.

I'm sure that you will find so many more things to see than those listed above. Have a happy virtual reality day and we hope to see you as soon as this COVID-19 pandemic is over. 26



Digital Photography SIG

Digital Photography Special Interest Group





Due to the coronavirus, we will not be holding the digital photography special interest group until further notice.

Photo contests are suspended until further notice.

However you can still take pictures!

Hope to see you all back at CKCS soon

Joe

Now's the time to Read!

If you've ever considered cracking that book you've been thinking about reading, now's the time! I was especially impressed by the folks over in Frankfort at the Paul Sawyier Public Library. They were providing curbside service by filling book requests in real time as people called in requesting titles. Like many libraries in central Kentucky, they have eliminated overdue fines on materials during this unprecedented time.

view this email in your browser



Closed in response to COVID-19

In order to assist with efforts to stop the spread of the COVID-19 virus, the Paul Sawyier Public Library will close starting March 21 and will cease all operations, with the exception of online resources. Please see our website and Facebook page for updates. Click here for more information.

Items & Materials

Please keep all checked out materials during this time period. **We will not charge fines on late items.** We are not accepting any donations at this time.



macrolit:

I found this 1909 set of Harvard Classics at my university's library book sale

May I borrow Volume 16? Here's what I call a steal (so to speak). Someone posted this on the Internet that he or she bought the entire 1909 set of Harvard Classics at his/her university's library book sale. This would be a perfect time to dig into classic books that you've never read before.

BookBub's eleven happy books to read in this time of uncertainty

"During these uncertain times, we find ourselves turning to books to raise our spirits and give us comfort. So we rounded up a collection of uplifting and feel—good new releases," says a blog by BookBub, the service that provides great prices on downloadable titles.

If you're looking for that certain book to put you in a better mood, one of these might do it.

Oona Out of Order by Margarita Montimore

"On New Year's Eve 1982, with her entire adult life still ahead of her, 19—year—old Oona faints — only to awaken 32 years in the future and with no memory of the years that have lapsed."

Separation Anxiety by Laura Zigman

"Judy's life is a mess. Her career as a children's writer has fallen apart, her teenager has no interest in talking to her, her marriage is over but she can't afford a divorce, and her best friend is dying."

Evvie Drake Starts Over by Linda Holmes

"There can be life after loss, but Eveleth "Evvie" Drake hasn't figured that out yet. In fact, she hasn't left her house in Maine since her husband died in a car crash."

Writers and Lovers by Lily King

"Writers and Lovers is a big-hearted story about grief, growing up, and the challenge of leading a creative life.

Once a child golf prodigy, Casey is still committed to her creative pursuits long after her old friends have moved on with more traditional lives."

Get a Life, Chloe Brown by Talia Hibbert

"Chloe Brown is tried of her chronic health issues affecting her life. So she makes a list and decides it's time to experience all of the things she's missed out on."

Running with Sherman by Christopher McDougall

"An act of kindness — adopting a donkey from a hoarding situation — leads to the adventure of a lifetime for Chris McGougall and his family."

Adequate Yearly Progress by Roxanna Elden

"Remember the teacher who changed your life? Brae Hill Valley is a struggling urban high school in Texas where the teachers do the best they can to connect with their students while keeping their own personal issues in check. But thanks to one teacher's anonymous blog and an overzealous school superintendent, things are about to reach a breaking point..."

Frankly in Love by David Yoon

"Korean-American teenager Frank Li lives in two worlds, with two different names. Frank is falling in love for the first time with a girl who is definitely not the Korean girl his parents have in mind..."

The Authenticity Project by Clare Pooley

"Eccentric septuagenarian Julian Jessop details his lonely life in a journal and leaves it behind in a café. Café owner Monica finds the journal and adds her own thoughts before leaving it in a different location."

The Big Finish by Brooke Fossey

(Available April 14) "Centennial Assisted Living is a fine facility for seniors and 88-year-old Duffy is enjoying his twilight years with his best friend, Carl. Everything was going according to plan until Carl's granddaughter Josie climbed through their bedroom window with a black eye and more baggage than Duffy needs at this stage..."

When We Were Vikings by Andrew David MacDonald

Zelda is a young woman obsessed with Vikings: their language, their legends, and most of all, their heroes. Zelda was born with fetal alcohol syndrome and lives with her older brother, Gert, who struggles to keep them afloat financially. "A quirky heartfelt novel about an unlikely heroine," says Saturday Evening Post.



Now Boarding: If there was no pandemic and life was normal, here are some flights you might consider. The longest non–stop flight in the world is from Singapore to Newark aboard Singapore Airlines. Travel time? A mere 18 hours, 45 minutes. **Next up: Auckland to Doha!**

Now, more than ever. We need a good laugh.

Our intention is to provide a pause that refreshes – not offend. Please consider these graphics found by Joe Dietz that are designed to put a smile on your face and make you laugh. We will get through this. Some day life will return to normal. In the meantime, we all need a few good chuckles. Enjoy. *And smile*.

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.









GAS IS FINALLY AFFORDABLE AND WE CAN'T GO ANYWHERE!

CRITICAL ADVISORY

8pm is now the official time to remove your day pajamas and to put your night pajamas on

This is it. The day your dogs have all been waiting for. The day they realize their owners can't leave the house and they get you 24/7! Lol. Dogs are rejoicing everywhere. Cats are contemplating suicide.



20 years ago we had Johnny Cash, Bob Hope, and Steve Jobs.

Now we have no Cash, no Hope, and no Jobs.

- PLEASE DO NOT
let Kevin Bacon die.

We thought we'd have flying cars by 2020.

But no, here we are teaching people how to wash their hands



Central Kentucky Computer Society

Computer File

June 2004 Vol. 5, No. 12 © 2004 Central Kentucky Computer Society, Inc.



Monday, June 14 at 6 p.m.

CKCS Membership Meeting and Picnic

Bring an appetite and a covered dish - it's time for the Central Kentucky Computer Society's membership meeting and potluck picnic! The party starts at 6 p.m. on Monday, June 14. Members and their guest are welcome at Shelter 2 of Lexington's Shillito Park.

We supply the fried chicken, soft drinks and paper products. You supply a salad, side dish or dessert to share. The picnic is always a good time and a good meal, so plan to attend. Just call the Resource Center at (859) 373-1000 to tell us who you are and how many adults and children there will be in your party.

Also at the picnic, CKCS members will elect officers and five directors. The candidates are listed below. Please bring your CKCS card or other proof of membership to cast your ballot.























Trustee Candidate Trustee Candidate Dwight Auvenshine

Jim Geeding

Trustee Candidate Trustee Candidate Trustee Candidate Trustee Candidate Frankie Harvener

David Martin

Larry Mitchum

Larry Parker

For President Ben Rice

For Vice President Jerry Heaton

For Treasurer Jim McCormick

For Secretary

THE FOLLOWING ARE CANDIDATES FOR FIVE TRUSTEE SEATS.

Dwight Auvenshine retired from UK after 33 years on the faculty. He is active with Cardinal Hill Rehabilitation Hospital, Habitat for Humanity, New Beginnings, and the Kentucky Board of Psychology.

Incumbent Jim Geeding leads the CKCS CADD Workshop. He is also chairman of the CKCS Membership Committee.

Frankie Harvener has belonged to CKCS since Apple SIG met at John Brouse's house. She began teaching SeniorNet classes in the early 1990s. She has written or co-written several manuals, and she has stepped into leadership positions in emergencies.

Incumbent David Martin is an active CKCS volunteer who followed his inspiration and now makes his living with computers.

Larry Mitchum is a former board member, an active volunteer and a leader in coordinating our monthly General Meetings. He is also responsible for our weekly CKCS e-mail updates.

Larry Parker is an incumbent director and a long-time CKCS volunteer. He is also chairman of the CKCS Finance Committee.

THE FOLLOWING CKCS MEMBERS ARE OFFICER CANDIDATES.

For President: Incumbent Ben Rice has served on the CKCS board for several years. He leads the CKCS Internet Workshop and compiles the newsletter's workshop calendar.

For Vice President: Incumbent Jerry Heaton leads the CKCS Word Processing Workshop. He co-manages the Resource Center office and has presented several CKCS General Meetings.

For Treasurer: Incumbent Jim McCormick has been a CKCS volunteer for several years. He is a previous president, and he has covered the office on first and third Saturdays since the mid-90s.

For Secretary - At press time, this is no candidate for secretary. Please contact Nominating Committee Chairman Kurt Jefferson at lextown1@iglou.com if you are interested in running. Nominations can also be accepted from the floor at the election.

In This Issue

Investments Workshop: TC2000.com	Page 2
From the President	Page 2
CKCS Classes	Page 3
June Workshop Calendar	Page 5
The Mac Corner	Page 6
Digital Photography	Page 6
Working With Word(s)	Page 7
Membership Application	

While tossing out items during my move, I stumbled upon a nearly 16-year-old copy of Computer File. The official CKCS newsletter back in those days was printed on paper and mailed to CKCS members by the U.S. Postal Service. Shown is page one of the June 2004 newsletter, with candidate summaries for folks running for the CKCS board. — Kurt

Windows 10 features that are coming in May

By Kurt Jefferson

If you use a Windows 10 computer, put on your T-shirt that reads, "I Like Change," because Microsoft is expected to offer several new features this spring (hint: many Windows watchers are predicting May.)

Microsoft is expected to unveil a new update screen showing all updates in one place. Windows Update automatically installs many updates and some of these updates are optional. For some computer users, it's a bit confusing. Now you'll be able to see all pending updates in one window. This will streamline the update process.

A New Cortana? If you would prefer to type questions to Cortana rather than speak them, this might be a key feature for you. Microsoft is expected to update Cortana so you can type questions on the keyboard rather than speak them out loud. (For example, you can type "What's the current temperature in Stockholm, Sweden?" rather than speaking that question aloud.) For some who prefer using a keyboard, this is a major improvement.

Windows 10 has a new "Cloud download option" to reset your PC to a default Windows system. If you need to reinstall Windows so your computer resembles a new machine without any customization or apps you've

added, you can do so through the cloud. So, rather than installing Windows 10 from the files on your local system, Microsoft will download the most up—to—date version of Windows 10 and install it on your system. This should save you considerable time so you don't have to install one patch after another to the system.

How would you like to reinstall Windows?

Cloud download
Download and reinstall Windows

Local reinstall
Reinstall Windows from this device

Cloud download can use more than 4 GB of data.

Windows Updates will allow bandwidth limits. The new feature will allow users to set an exact "Absolute bandwidth" limit in Mbps for more targeted throttling of downloaded updates, according to HowtoGeek.com.

Sources: HowtoGeek.com, TechRepublic.com



New iPad Pro, Mac mini & MacBook Air laptop

By Kurt Jefferson

Apple's retail stores may be shuttered because of the Covid–19 pandemic worldwide, but that doesn't stop the company from announcing new hardware.

What? The new iPad Pro supports

trackpads? The respected Apple tech blog, TidBits, announced the news by saying: "Is reality melting along with the polar ice caps? It sure feels like it. As if

things weren't strange enough due to coronavirusrelated social distancing, Apple has surprised the world by announcing a new iPad Pro that will be compatible with a new Magic Keyboard

Apple wrote, "With iPadOS 13.4, Apple brings trackpad support to iPad, giving customers an all-new way to interact with their iPad. Rather than copying the experience from macOS, trackpad support has been completely reimagined for iPad. As users move their finger across the trackpad, the pointer elegantly transforms to highlight user interface elements. Multi-Touch gestures on the

trackpad
make it fast
and easy to
navigate the
entire system
without users
ever lifting
their hand."

I sure didn't see that coming.

The Verge has a video showing how the new iPad trackpad works. I predict this

trackpad will be a major hit for Apple as it sells even more iPad Pros.

featuring — get this — a trackpad."

Source: tidbits.com

Apple Doubles the Storage Options in the newest Mac mini

Apple's smallest desktop Mac now comes with more pre-installed storage:

- Base model (\$799): 256 GB, up from 128 GB
- The \$1,099 model comes with
 512 GB, up from 256 GB
- I TB and 2 TB options remain available

You may remember that Apple introduced a new Mac mini last October – for the first time announcing a Profocused Mac mini. The new model is aimed at professionals who use computers for rendering video, live performances, running specialized hardware and and more.



New MacBook Air laptop priced \$200 below previous model

You can now buy the new MacBook Air base model for \$999.

What do you get? Apple has replaced the butterfly keyboard (which many critics and regular folks dissed) with what it calls its Magic Keyboard. (Adam Engst of Tidbits reports that he refused to buy a new MacBook of any sort until Apple replaced the butterfly keyboard.)

You get more storage options and what Apple claims is up to twice the performance. You can also hook it up to a 6K external display. For the first time, the MacBook Air is getting Intel's quad core processor, which is a 10th generation Intel CPU. Engst recommends you max out the CPU and RAM options making sure you buy sufficient storage if you plan to keep this machine for some time to come.



The Wirecutter's Best Articles about Coronavirus

For year's, I've read The Wirecutter's reviews of everything from lawn mowers to air purifiers. The folks behind this website really do their homework.

Now with the Covid–19 pandemic, The Wirecutter offers practical information for anyone interested in trying to beat this awful virus.

Remember, any underlined word in this newsletter should take you to the source material used to help write that article.

Here are some of the latest Wirecutter articles dealing with coronavirus:

 Do homemade face masks actually help fight the Coronavirus?

- The best cleaners, wipes, and homemade disinfectants for the Coronavirus
- You're at home. The news is intense. Make time for self care.
- Should you disinfect your phone? Here's how.
- How to handle packages during the Coronavirus pandemic
- Can HEPA air purifiers
 capture the Coronavirus? Yes

 & No.
- Your Coronavirus questions answered
- How to be social while social distancing during the Coronavirus pandemic

Source: The wirecutter.com

Kentucky Covid-19 Sources

JOIN CKCS TODAY!

I've had several folks ask about where to go to get statewide information regarding the Coronavirus pandemic.

(Remember underlined words are links. Click on them to open the source website.)

Here are some websites that will keep you up-to-date:

- The official "Team Kentucky" source for information – operated by state government and offering updates from Governor Beshear.
- KET's Covid-19 Website offering a slew of sources, including video of Gov. Beshear's press announcements

Timeline of actions taken by the governor since Covid-19 first appeared in the Commonwealth (This includes everything from restaurant closings to cancelling K-PREP student testing in schools.)

Other Articles:

- New Yorker: How does the Coronavirus behave inside a patient?
- VOX: Ventilator vs. respirator, quarantine vs. isolation: Covid-19 pandemic terms, defined
- The Atlantic: Homes actually need to be practical now
- The Atlantic: The curve is not flat <u>enough</u>
- The Wirecutter: All of Wirecutter's Coronavirus coverage (a giant page of links ranging from cleaners to how to create a full-time work space at your home.)
- VOX: Nine charts showing what coronavirus is doing to the economy

Walk 8,000 steps when stuck inside?

JOIN CKCS TODAY!

New research shows walking can lead to lower mortality

It may be a strange time to discuss walking, but new research shows it really pays to get out and walk.

If you walk 8,000 steps a day you might be increasing your odds of living longer – says new research from the Centers for Disease Control and Prevention, the National Cancer Institute, and the National Institute on Aging.

Researchers concluded that people who walk 8,000 steps (equivalent to four miles) daily, are about about half as likely to die in the next decade for any reason including cancer and cardiovascular disease.

If you walk even more – 12,000 steps (six miles) a day – your chances of dying over the next ten years drops from 51 percent

lower to 65 percent lower than two-mile-a-day walkers.

What's interesting is that it doesn't depend on your age, your sex or your race.

The more steps you walk, the lower the risk of dying, says the research.

The intensity of your walk (how many steps a minute) has no bearing on a person's mortality rate. It might be tough to reach those goals while staying inside because of the coronavirus, but most of us can still walk around the block or hit the treadmill to compensate while avoiding contact with others.

