



# CKCS News



June 2024

Volume 40, Issue 6

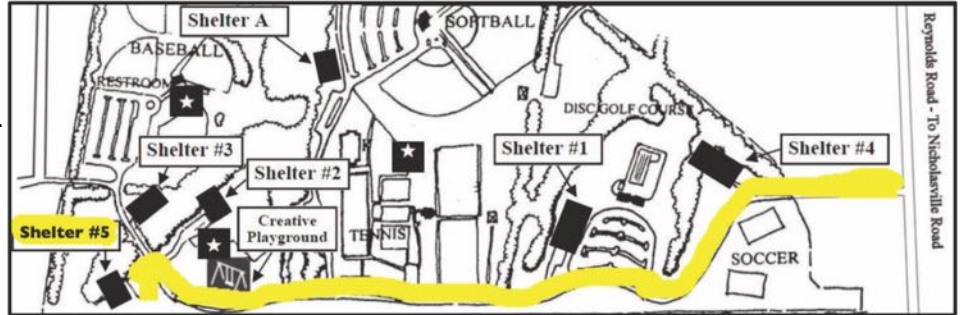
[www.ckcs.org](http://www.ckcs.org)

Join CKCS Today!

## Join Us in Park for Picnic and Election

**It's June.** That can mean only one thing: the annual CKCS picnic in the park and election of officers. This year's picnic and election **will be held at 6 P.M. on June 10.** The event will be held in Shillito Park, Shelter #5. The park entrance is off Reynolds Road, across the street from Meijer.

**If you want to participate in the picnic and election, you need to call 859-373-1000 as soon as possible and leave voicemail to confirm you'll be there.** In addition, you'll want to tell how many will be in your party,



Shelter #5 is shown at the end of the yellow line, on the left.

and whether you'll bring children. This is to

help determine how much fried chicken to order in addition to seating. CKCS will provide the fried chicken and soft drinks. Those attending are asked to bring a salad, veggie, or dessert to go with the chicken. Those attending are asked to be ready to eat by 6:30 P.M. Please bring your own lawn chair if you have one. **Guests are welcome.**



### What About the Election?

CKCS members attending the picnic will vote for:

- President (Brooke Thomas)
- Vice President (Joe Dietz)
- Secretary (Larry Trivette)
- Treasurer (Jim McCormick)

Bios are on the next page.



Date: June 10  
Time: 6 P.M.  
Location:  
Shillito Park



**Voting also includes** five directors whose terms expire during the month of June:

- Boone Baldwin
- Jan Landers-Lyman
- Ben Rice
- Mike Seiler
- Pat Vaughan

Bios are on the next page.

Shillito Park is located at 300 West Reynolds Road.  
**Mark your calendar and bring a lawn chair for the June CKCS picnic and election of officers.**



### June 2024 SIG Calendar (Special Interest Groups)

#### Amateur Photographers Club

June 6, 13, 20, 27, In person

#### Windows SIG w/ Paul

June 11 at 7 P.M. via Zoom and In person

#### Genealogy SIG w/ Larry

June 17 at 7 P.M. In person

**All Things Apple SIG w/ Joe, Kurt, Janet, & Brooke**  
No Meeting in June or July

#### Digital Photography SIG w/ Joe

June 25 at 7 P.M. In person

# Who's Running For Office? Read the Candidates' Bios

**Four officers and five directors** will be elected at the Annual Picnic/Business Meeting on June 6. The CKCS Nominations Committee chair, Mike Seiler, has announced the committee's slate of persons to fill the elected officer positions (four) and the director positions (five), which become vacant on July 1. The election will be held at the annual picnic (details on page 1). The four officer positions to be filled are president, vice president, secretary, and treasurer, all one-year terms. The five director positions are two-year terms.

## Officers



**President: Brooke Thomas** has been a CKCS member since 2008 and has served as president for several terms. She teaches the iPad, Apple Watch, and various other workshops and classes. She assists with the iPhone, Shutterfly, and FastStone workshops. She enjoys helping people understand technology and encouraging students to have fun while learning. In addition to volunteering at CKCS, Brooke volunteers as an ESL teacher of adults for Operation Read and is a volunteer with Altrusa International of Lexington. She is an active member of the YMCA and the Newcomers and Friends Evening Edition Book Club.



**Vice President: Joe Dietz** joined CKCS in 1996 after attending a digital photography special interest group by Ilse Newbery. Since then, Joe has learned the program and has been teaching it for years. He has expanded that program from beginning to advanced classes and then to an independent class where students work on various projects of their choosing. Joe also teaches other courses such as FastStone, Shutterfly, and iPhone. He has been on the board of directors as a board member or vice president for many years, and he heads up the Digital Photography SIG and holds monthly and annual photography contests.



**Secretary: Larry Trivette** has been a member of CKCS since 2000. In the past, he has served as secretary and board member, led the Word Processing SIG for eight years and now works as an office supervisor. Larry has taught email, Microsoft Word, and Excel and assisted with numerous other classes. He is in charge of the SIG schedule for the monthly newsletter. Larry is interested in history and genealogy and is a member of the Kentucky Historical Society and the Kentucky Genealogical Society.



**Treasurer: Jim McCormick** has been a member of the organization since the early 1990s. Throughout his time with CKCS, he has held various leadership roles, including treasurer, president, and office supervisor. Jim retired from The Jockey Club as part of the Consulting Group. He enjoys contributing to a community that endeavors to make computers enjoyable for everyone.



## Board of Directors



**Boone Baldwin** joined CKCS in 2010. Retired from his two businesses: Baldwin Distributing Company (1981-2013) and Boone Photo Graphics (1992-2010). He has been involved with teaching photography classes since joining CKCS, working with Larry Cox and Larry Neuzel in the first photography classes taught at CKCS and with Brooke, Fred and Pennie helping teach the DVD/Movie Maker class. A lifelong railroad enthusiast, he was a founder and charter member of the Bluegrass Railroad Museum. Interests include photography of all types, music, travel and watching and photographing trains.



**Jan Landers-Lyman** joined CKCS in 2007. After retiring from the Keeneland Association as Director of Human Resources, Jan has taken many classes and workshops that CKCS has offered. She has been a board member for several years. She works as an office supervisor and also serves as office coordinator for CKCS's volunteers. Jan has assisted with several classes and workshops and is an administrator for CKCS's Facebook page. Her main goal is to inform the community about our organization and increase our membership while developing and educating our members. Jan is a proud grandmother of fifteen and enjoys spending time with her grandkids.



**Mike Seiler** was a high school teacher for 35 years and taught mathematics and computer programming. He joined CKCS in 1993 and started volunteering and teaching classes at the CKCS in 2006. Mike has served as vicepresident and president of CKCS and is currently a board member. He works in the CKCS office on Monday morning, helps with Dr. Fixit, and runs the Windows SIG. He is an ambassador for the Lexington Sister Cities program. Also, Mike is a member of the Central Kentucky Mended Hearts chapter and is active in their visitation program. He has been visiting open-heart surgery patients at Baptist Health hospital since 2007. He was named volunteer of the year at McConnell Springs for 2019.



**Ben Rice** has been a CKCS member since 1996. He has served on the CKCS Board of Directors for several years in various capacities including director, president, vice-president and secretary. Also, he has assisted with the Dr. Fixit SIG (Special Interest Group). For several years he has managed the membership database for CKCS and received and processed new and renewed memberships. His employment at the University of Kentucky started in what was known as the Computing Center, which has evolved into the Information Technology department. He has been a member of the Staff Senate of the University of Kentucky for years.



**Pat Vaughan** has been a member of CKCS since 2018 when she started taking classes related to Photoshop Elements and Shutterfly. She has assisted instructors with iPad and Shutterfly classes. After moving to Lexington from Ontario in 1993, Pat retired in 2015 from Strand Associates Engineering after working there 23 years as administrator and file management coordinator. She is an active member of OLLI, Altrusa of Lexington, and Griffin Gate Garden Club and loves being involved with her six grandchildren, traveling to new places (and then creating Shutterfly books), and enjoying her beautiful perennial garden.



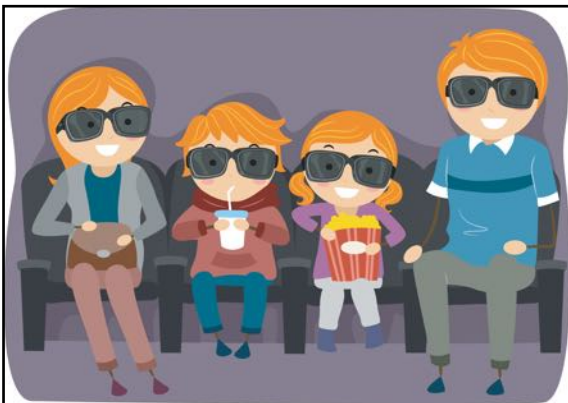


## CKCS Election is by Secret Ballot

*Any current member in good standing may place his/her name in nomination or nominate another current member for any office or position in this election. To nominate a member for any of these positions before ballots are printed, you should email the committee chair, Mike Seiler, using [w10sig.ckcs@gmail.com](mailto:w10sig.ckcs@gmail.com) or call the CKCS office at (859) 373-1000. Leave your name and contact information. We will contact you as soon as possible. Nominations for officer and director positions may also be made from the floor at the picnic. Write-in spaces will be on the printed ballot so members may vote for last-minute nominees. The election will be by secret ballot.*

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## Happy Father's Day, Dad!





# Inside This Issue

June 2024

CKCS is a proud member of APCUG, the international computer and tech organization.



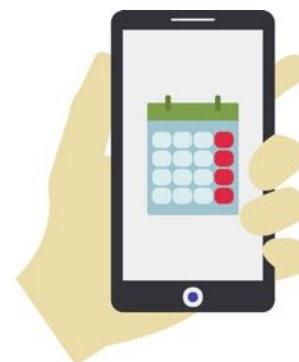
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Click on a topic to go to that page.

Online Calendar of Summer Session is [here](#).



## The Membership of CKCS

New and Renewing Members  
for the period April 22–May 21

Provided by CKCS Board Member Ben Rice

CKCS Membership

### New Members

Karen M. Bauer  
Faith G. Cordray  
Kathy J. Deboer  
Margee Koffler  
Al Pelphrey  
Charlanne J. Pook  
Anne P. Wegiel

CKCS Membership

### Renewing Members

Anna L Blair  
Jerry K. Brown  
James Brown  
Ed Brown  
Catherine Clay  
Stephanie Gardner  
Linda Gill  
Robert & Anne Hackett  
Shelby C. Jett  
Jeanie R. Moore  
Sandra O'Neal  
James L. Pepperl  
Jerry Roth  
Lydia Short  
William P. Sturm



We appreciate your membership!



## Who's Who at CKCS?



### Officers

**Tenure ends June 2024**  
President: Brooke Thomas  
Vice President: Joe Dietz  
Secretary: Larry Trivette  
Treasurer: Jim McCormick

**Ex-Officio Member**  
Bob Brown

**Directors**  
**Tenure ends June 2024**  
Boone Baldwin  
Jan Landers–Lyman  
Ben Rice  
Mike Seiler  
Pat Vaughan

**Tenure ends June 2025**  
Janet Cartmell  
Larry Mitchum  
Paul Stackhouse  
Pennie Redmond  
Arleigh Kerr

**Webmasters**  
Arleigh Kerr  
Bob Brown  
Wendell Curtis

**Class Coordinator**  
Janet Cartmell

**Office Supervisors**  
Jenny Brown  
Bob Brown  
Jan Landers–Lyman  
Mike Seiler  
Larry Trivette  
Wendell Curtis  
Nancy Bowling  
Lydia Short  
Edith Conyers

**Alternate Supervisors**  
Sandra O'Neal  
Debbie Bryant  
Jan Landers–Lyman  
Joe Dietz  
Brooke Thomas

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

**CKCS Online Calendar**  
Lydia Short  
Nancy Bowling  
Wendell Curtis

**CKCS Newsletter Calendar**  
Larry Trivette

**Newsletter Editor**  
Kurt Jefferson

**Newsletter Proofreaders**  
Ben Rice  
Brooke Thomas  
Gail Waller  
Pat Vaughan  
Lydia Short  
Diane Vance  
Lynne Bowman

**Constant Contact Manager**  
Larry Mitchum

**Refreshment Center**  
Jim Hughes

Website links used in the CKCS newsletter are in no way associated with CKCS. In addition, the linked websites do not endorse CKCS.

We include these links in this newsletter as a service to the reader. We attempt to provide high-quality content and believe the links provide a great addition to what you are reading.



**CKCS was incorporated in 1984**  
**Teaching Tech for Nearly Four Decades!**





# Tech Trouble Getting You Down?

If you need help with your tech device, get help at CKCS on the first Saturday of the month.



Volunteers give it their best shot to solve your tech troubles.

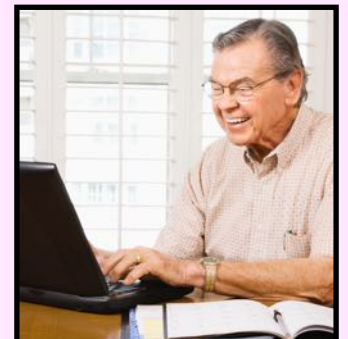


- **Dr. Fix-it** helps with Microsoft Windows PCs, as well as Android phones.

- **iHelp** tackles iPhones, iPads, Macs, and Apple Watches.



Mark your calendar for the first Sat. of the month and join us at CKCS from 10 A.M. to noon to get free troubleshooting help.



# CKCS Meetings & Links



Click [here](#) to see the SIG calendar also shown in this newsletter.

**Thu., June 6, @ 7 P.M.**

**CKCS Board of Directors Meeting**

In Person  
Only



**June 6, 13, 20, 27 @ 10 A.M.**

**Amateur Photographers Club**

**Meets Thursday Mornings at CKCS**

**In Person Only**

**Sat., June 1, @ 10 A.M. – Noon**

**Dr. Fixit-it & iHelp Troubleshooting**

**In Person Only**

**Mon., June 10, @ 6 P.M.**

**CKCS Picnic & Election**

**Shillito Park**

**Windows SIG w/ Paul Stackhouse**

**Tues., June 11, @ 7 P.M.**

In person and via Zoom

Zoom link: <https://us02web.zoom.us/j/82811157647>

**Genealogy**

**Tues., June 17, @ 7 P.M.**



**All Things Apple SIG**

**No Meeting in June or July**

**Enjoy your summer!**



**Photos Photos Photos Photos Photos**

**Digital Photo SIG**

**In person only Tues., June 25, @ 7 P.M.**



## My CKCS Resolutions for 2024

See how many of these goals you can meet this year.

- I plan to become a CKCS member or renew my membership.
- I plan to attend a CKCS SIG that I have never attended before either in person or via Zoom.
- I plan to attend at least one Tech Night in person or by Zoom.
- I plan to attend at least one Dr. Fixit or iHelp session held on the first Saturday of the month.
- I plan to register for and attend at least one CKCS class or workshop.
- I plan to tell at least one other person about CKCS.
- I plan to tell at least one other person about the CKCS newsletter that I'm currently reading.
- I plan to learn from and remember at least two new features that will benefit me on my Windows PC, Mac, iPad, iPhone, Apple Watch or Android Phone.
- I will celebrate the 40th anniversary of CKCS this September.
- This will be the year that I intend to learn – thanks to CKCS. I refuse to give up even when a new lesson turns out to be difficult or confusing. The answers are out there and I plan to make CKCS part of the answer. I will succeed.



**Summer Schedule here:** Click here to view the CKCS calendar online.

[www.ckcs.org](http://www.ckcs.org)



[www.ckcs.org](http://www.ckcs.org)



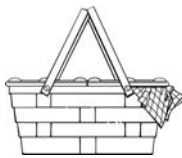
*Exciting Summer Ahead @ CKCS!**Exciting Summer Ahead @ CKCS!**Exciting Summer Ahead @ CKCS!*

**Get ready** for an action-packed summer with the Central Kentucky Computer Society! We've lined up a fantastic array of events, workshops, and presentations that'll keep your tech skills sharp and your curiosity piqued. Here's a sneak peek at what's coming up:

## Annual Picnic and Election

**June 10, 6:00 PM**

Shillito Park, Shelter 5



Join us for mouthwatering fried chicken from Critchfield's and delightful sides contributed by our talented members. Plus, vote in the election of officers and directors for the next term. It's a feast for both the taste buds and the mind!

## Summer Classes/Workshops

**Windows Computer Basics:** Whether you're a newbie or need a refresher, our computer basics class has you covered.

**Shutterfly:** Learn how to create stunning photobooks to capture your memories.

**Digital Imaging with FastStone for Windows:** Discover the power of this free program for editing and enhancing your photos.

**Master Your iPad:** Unleash the full potential of your iPad with tips and tricks for the Control Center and photo app.

**Windows 11:** Get the most out of your Windows 11 computer.

**Apple iCloud Demystified:** Sync, share, and store seamlessly with Apple's cloud services.

## Special Events

**Genealogy SIG:** Back by popular demand! Larry Mitchum leads our quarterly genealogy special interest group in June.

**July Tech Night:** Brace yourself for an eye-opening AI presentation by Dr. Trey Conatser, director of the Center for the Enhancement of Learning and Teaching at the University of Kentucky.

**Windows 11 Insights:** Paul Stackhouse dives into intriguing Windows 11 features and tips.

**Personalized Help:** The first Saturday of each month are for one-on-one assistance with your PC and Apple devices.

**All Things Apple:** We're taking June and July off to enjoy the summer.

Whether you're a seasoned tech enthusiast or just dipping your toes, this summer is your chance to brush up on your skills.

Dive into the details in each month's newsletter—you won't want to miss a thing!

Stay tuned, stay curious, and let's make this summer unforgettable!





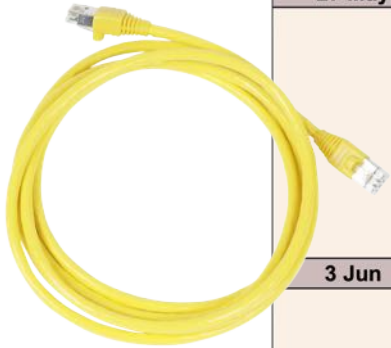
# SIGs CKCS



## June, 2024 CKCS Special Interest Group (SIG) Schedule

See <https://www.youtube.com/@ckcsVideos> for recorded Zoom SIG meetings. Larry Trivette prepared this SIG calendar. Print this page for your refrigerator or bulletin board.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27 May	28 May	29 May	30 May	31 May	1 Jun
	7 p.m. <b>Digital Photography</b> Joe Dietz <b>In-Person Only</b>		10 a.m. <b>Photography Club</b>		10 a.m. <b>Dr. Fix-It</b> <b>In-Person Only</b> <b>iHelp</b> Bring your Mac, iPad, or iPhone problems or questions and we'll try to help. <b>In-Person Only</b>
3 Jun	4 Jun	5 Jun	6 Jun	7 Jun	8 Jun
			10 a.m. <b>Photography Club</b>		
			7 p.m. <b>Board of Directors</b> <b>In-Person Only</b>		
10 Jun	11 Jun	12 Jun	13 Jun	14 Jun	15 Jun
6 p.m. <b>Shillito Park Annual Picnic &amp; Elections</b> <b>In-Person Only</b>	7 p.m. <b>Windows</b> Paul Stackhouse <b>In-Person &amp; via Zoom</b>		10 a.m. <b>Photography Club</b>		
17 Jun	18 Jun	19 Jun	20 Jun	21 Jun	22 Jun
7 p.m. <b>Quarterly Genealogy</b> Larry MITCHUM <b>In-Person Only</b>	7 p.m. <b>All Things Apple</b> <b>No Meeting</b>		10 a.m. <b>Photography Club</b>		
24 Jun	25 Jun	26 Jun	27 Jun	28 Jun	29 Jun
	7 p.m. <b>Digital Photography</b> Joe Dietz <b>In-Person Only</b>		10 a.m. <b>Photography Club</b>		



• **The Deal** •  
(Available Only to CKCS Members)

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# THE AMATEUR PHOTOGRAPHERS CLUB *of Lexington Kentucky*

[Welcome](#)[Meetings & Events](#)[Classes](#)[Location / Contact Us](#)

Visit our Facebook page to see latest photographs posted by our members.



## Welcome

We are a group of amateur photographers who enjoy cameras, photography and improving our skills. Please [join The Amateur Photographers Club](#).



© We are part of the Central Kentucky Computer Society

Call us today  
859.373.1000  
Email us  
[PhotoLexington@gmail.com](mailto:PhotoLexington@gmail.com)

Address  
160 Moore Drive, Suite 107  
Lexington, KY 40503

Find us on

See more of our photos and current events





# CKCS SIG Meetings



## Windows SIG w/Paul Stackhouse June 11 @ 7 P.M. Zoom & in person

**What is Cloud Storage?** Do you need OneDrive, Google Drive, or Dropbox? The June Windows SIG will look at how Microsoft has slowly and deliberately integrated OneDrive into Windows. What is their plan? How can one avoid being sucked in, or should we all let Microsoft hold our files in the name of being "backed-up". How do the other products stack up and coexist with Microsoft?

Join Paul Stackhouse for his final session as interim SIG leader on June 11 at 7pm. The meeting is hybrid, come in person at the resource center or join online via Zoom.

**The SIG starts at 7pm and will be jointly held in person at the CKCS Resource Center and online via Zoom.**

Zoom link:



# CKCS SIG Meetings

## All Things SIG

**No Meeting in June or July.**

We talk about the Mac, iPhone, iPad, and Apple Watch at this SIG.  
If you've got a question about another Apple device, let us know!



Zoom link: <https://us02web.zoom.us/j/81185707914>

# CKCS SIG Meetings



Digital Photography Special Interest Group  
Tuesday, June 25, 2024 @7 PM  
In Person



## As Found

Gary & Liz Hansen's Images shown at the Lexington Art League's  
Loudoun House

The images depict found objects, which have been neglected, abused, repurposed, or abandoned, that tell stories. Their condition and location tell stories of changing tastes and of the people who owned, used, or left them in the situations where we found them. In addition to focusing on the images, they will discuss the process of putting on their first solo/duo show, including developing the concept; selecting images; submitting a proposal; framing, hanging, and pricing the photos; and exhibit events and promotion.



This month our photo contest is **"Night Sky"**.  
There has been a lot of opportunity for night shots recently. Get  
out – take pictures and send a great one to [joedietz@aol.com](mailto:joedietz@aol.com)  
by June 24, 2024.



Join us at CKCS at 160 Moore Drive on Tuesday night June 25 @7 PM. Bring a Friend.

## In person only





# •Winning Photos•

## CKCS Digital Photography SIG

May Topic:

Rainbows



**First Place, Arleigh Kerr** So, in March of 2016, my daughter and I flew to Iceland for a “photo trip”. Since Erin was a teenager, she and I would go on photo trips, usually to places near us in Washington, Oregon or California. But she’d always wanted to go to Iceland. Spent 9 days there, driving around. Had a blast. One of the first places we stopped was Skogafoss, an easy to get to water fall on the south coast. Go into Google Maps and type “Skogafoss” and you’ll find it. Put it on satellite view. Unfortunately, it was cloudy and absolutely inundated with tourists. Took photos, but they weren’t all that great. Continued easts on our trip. On our way back to Reykjavik a few days later, it was sunny and we stopped again at Skogafoss and I got this photo. My camera was a Sony A6000 with a 16-105 lens.

As an aside, if you still have the map open to Skogafoss, you’ll see another waterfall, Kvernufoss, directly east of Skogafoss (half mile?). After stopping at Skogafoss, we drove to the little cafe just downstream from the waterfall and hiked the trail to the creek and up the box canyon to the waterfall. (Photo below.) You’ll note the trail disappearing off the left edge of the photo. Looks pretty good here, but there were places where it was just wide enough for one foot at the time. Hiked in, took photos, hiked out. On the way out, Erin was behind me, when she suddenly shouted “Whoa!”. I stopped, turned around and asked if she was okay. She said she was fine and asked why I shouted. Hmmm, I didn’t shout, she didn’t shout. And there was no one around. No one behind us, no one in front of us; yet we both distinctly heard someone shout “Whoa!”.

Couple of days later, we hired in local photographer for the day to take us around Thingvellir and points north of Reykjavik. And we got to talking about the little churches scattered around the countryside. He told us that while officially, all Icelanders are Lutherans, they only go to church for weddings and funerals. Then he on to say that Icelanders firmly believe in elves or hidden people that are occasionally seen or heard. Then we told him about the voice we heard at Kvernufoss and he said that was an elf and that we are one of the few non-Icelanders to hear them. Okay, little weird, but we DID hear something and there was no one around. So, maybe.

# •Winning Photos•

## CKCS Digital Photography SIG

May Topic:  
Rainbows



**Second Place, Ward Ransdell.** We asked Ward about his award-winning photo, and he responded: That is Crestwood Christian Church here in Lexington (on Bellefonte Dr.). Taken on August 4, 2022 after a heavy storm and I got to it as the rainbow was fading. It was shot with a Canon 90D and Tamron 24-70 at f/13, ISO 100, at 1/200 sec. I was happy the rainbow crossed the cross and the crow posed for me (on the cross.)







## 2024 Monthly Photo Contest Topics



Held by the Digital Photography SIG



**June...**night sky

**July...**bridges, Lexington icons, & old cemeteries  
(For July, paper copies must be delivered in person at CKCS.)

**August...**water motion

**September...**workers in the field

**October...**feet

**November...**couples

**December...**No contest. Enjoy the holiday season.

Email photos to Joe Dietz at [joedietz \(at\) aol.com](mailto:joedietz@comcast.net)  
no later than one day prior to meeting.





# QR Code for the CKCS Store

Use the QR code below to register for CKCS classes or workshops, join CKCS, or just visit the CKCS Store online to browse.

If you have an iPhone running iOS 11 or later, simply open your camera app and point it at the code. Once your camera recognizes the code, a notification will appear, providing a link to the CKCS Store. Tap on the link and you'll automatically visit the CKCS Store.

If you have an Android Phone running Android 9 or later, open your camera and point it to the QR code. A notification will appear with a link you can tap to visit the CKCS Store.



## If you're new to QR codes:

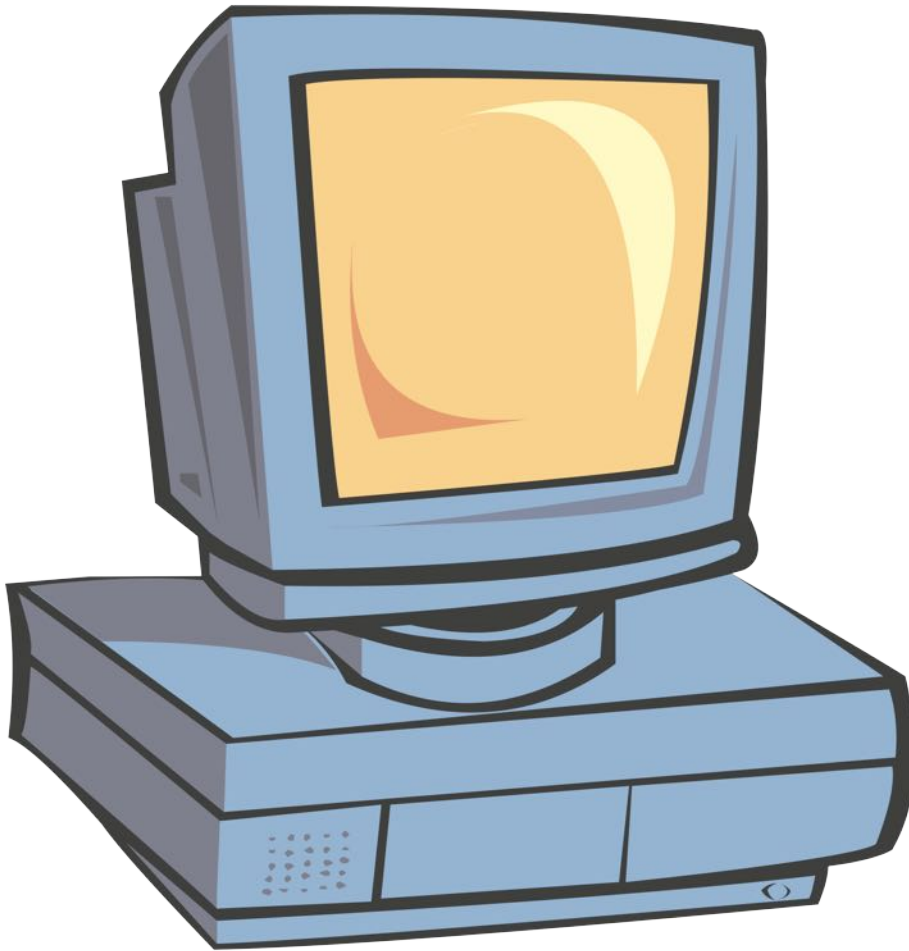
QR stands for 'quick response,' which was first created in 1994 by a Japanese company specializing in auto parts. The QR codes were used to keep track of different makes of cars so they could match the right parts with the right car.

During 2020 when Covid struck, some restaurants began using QR codes to provide a way for customers to read their menus without having to touch paper or laminated menus.

Today, QR codes are used for all kinds of reasons.

**Before you scan any QR code, make sure you know where it comes from and which websites it will take you to. QRs from bad actors can lead you to dangerous websites with malicious software that may try to get access to your private information.**

# Computer Factoids



In 1972, a basic HP 3000 computer sold for \$95,000. That would be more than half a million dollars in 2024 dollars.

Source: USA Today

From the Relatively Interesting website and the *Montreal Gazette*: “Commercial on-line services such as Compuserve and America Online, connecting users to such diverse sources as world weather reports or car-buying guides, are rapidly being embraced. From the beginning of 1994 to June of 1995, the number of Americans using online services jumped from 5 million to 12 million.”

Source: Relatively Interesting & *Montreal Gazette*

More tidbits from Relatively Interesting: In 1995, 18% of Americans did some work from home using a computer. At the time, more women than men were using e-mail to communicate with family and friends.

Source: Relatively Interesting & *Montreal Gazette*



Rated the top computer monitor in 1996 by Tom’s Hardware, the Sony Multiscan 20se II cost \$1,999. It sported 1600x1200 resolution at 75 Hz. It was quite heavy, weighing 66 pounds.

Source: Tom’s Hardware

Pew Research released its poll of mobile tech in January of this year. It revealed that 95% of U.S. adults say they use the Internet, 90% have a smartphone, and 80% confirm they subscribe to high-speed Internet at home.



# Summer Session: Upcoming Classes & Workshops



TECHNOLOGY  
CLASSROOM



Here's the scheduled list of summer classroom activities at CKCS.

**Remember: CKCS members get a price break.**

Six-week classes cost \$60 for non-members/\$48 for members.

Workshops cost \$30 for non-members/\$24 for members.

**The cost of each class uses this format:  
Non-CKCS Member \$/CKCS Member \$**

**Online Calendar** of Classes & Workshops

**How do I register? See the details  
on the bottom of the next page.**

## Tuesday

### Intro to Windows 11 Workshop

June 4

9 A.M.-Noon

\$30/\$24

We'll look at what's new in Windows 11, changes, and how to set it up to make it more user-friendly. If you are considering installing it on your computer, this workshop might help you decide whether to install it. On the other hand, if you have already installed it, this workshop will help you set up Windows 11. Students are encouraged to bring their laptop computers if they have Windows 11 already installed. However, ensure your laptop is fully charged before you bring it to class.

## Wednesday

### Making a Photobook Using Shutterfly Workshop

June 12

1-4 P.M.

\$30/\$24

You'll learn how to prepare pictures for a photobook, 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 for ordering the book and applying coupons to reduce the price. We will be using the app, Shutterfly.

## Mondays

### FastStone Digital Imaging Program for Windows PC Workshop

June 18 (Date has changed.)

1-4 P.M.

\$30/\$24

Want to improve and work on your pictures without paying a lot of dollars for a digital imaging program? Well, take a look at FastStone. It is a fairly extensive digital imaging program that is free and does a wide variety of things. In this workshop, you will learn how to dress up your pictures, crop, brighten or darken, create contact sheets, create a slide show that can include music, and lots more. We will show you how to download the program along with a great syllabus.

## Wednesday

### Using the Control Panel On Your iPad

June 26

1-3 P.M.

\$30/\$24

Learn how to find the hidden Control Center on your iPad and customize it to make it more useful to you. Much of this workshop will be spent on explaining how to use the 26+ controls such as Airplane Mode, Airdrop, Focus, Music, and Screen Mirroring. There are many features that you may not be aware of that you'll find extremely useful.

If you know someone who might benefit from this schedule, please share it with them. Thank you!





## Wednesday

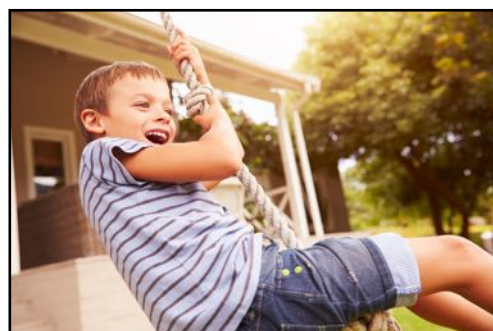
### Using Apple iCloud for your iPhone & iPad Workshop

July 3

1-3 P.M.

\$30/\$24

Learn how to take advantage of your iCloud account. When you buy an iPhone or iPad you have an account set up in the cloud. Here is where you store copies of your photos, contacts, messages, email, and more. Students will learn how to set up this account. We will talk about downloading and uploading your files to and from your iPhone or iPad. We will also discuss how to share documents and photos from the iCloud. Acquiring more storage space will also be tackled.



## Thursday

### Computer Basics for a Windows PC Class

June 6, 13, 20, 27 &

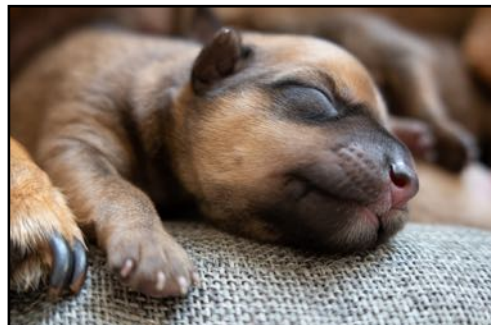
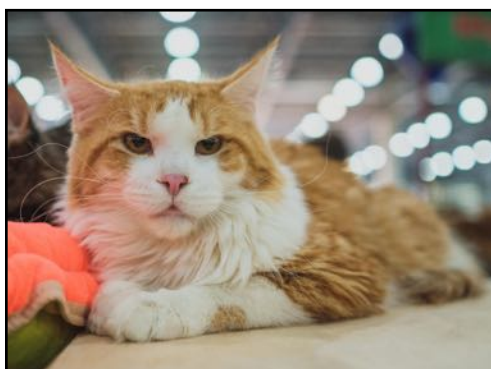
July 11, 18 (no class July 4)

10 A.M.-Noon

\$60/\$48

Learn the fundamentals of using a Windows computer. Learn to use various aspects of Microsoft Word, including manipulating text and inserting graphics into a document. Basic filing and basic file management are introduced. The final class of this course deals with the basics of email and use of the Internet.

If you know someone who might benefit from this schedule, please share it with them. Thank you!



## Wednesday

### Organize & Fix Your Photos on Your iPad Workshop

July 10

1-4 P.M.

\$30/\$24

Learn how to navigate the photo app, make albums of your pictures, find your photos using facial recognition and location, edit your photos, lift a subject from the background, make stickers, and share your photos.

### Enrollment Procedures

We enroll students on a first-come, first-pay basis.

### Use the CKCS Store

Credit card only

Look for the Sign-up link at the top of <https://ckcs.org>

To learn more, look for Instructions under the Sign-up link.

### By phone

859-373-1000 Credit card only

### In person

160 Moore Drive, Suite 107  
Lexington, KY 40503

Cash, check, or credit card

In-person and phone times

Monday to Thursday

10 A.M. – 4 P.M.



Continued on next page...



# Message from Tech Workers: So Long. I Won't Be Back.

By Kurt Jefferson

I'm outta here. You won't see me again. That seems to be the message from some very senior employees at large tech companies, including SpaceX, Microsoft and Apple. What pushed these employees in sometimes hard-to-fill positions out the door?



Return-to-work mandates triggered the exodus, [according to researchers](#) at the University of Michigan and University of Chicago.

The study of those three large tech firms revealed SpaceX, the only one of the three to require its workers to

return fully in person, lost 15% of its senior workers. Microsoft lost five percent of its senior workforce and Apple lost four percent.

“Our findings imply that return to office mandates can imply significant human capital costs in terms of output, productivity, innovation, and competitiveness for the companies that implement them,” notes the study.

Some of these senior staffers who headed for the doors began working for direct competitors. The study emphasizes what others have reported for many months after the Covid-19 epidemic.

Business Insider, in January, [noted](#) “Return-to-office mandates aren’t making companies more valuable and productive, study finds.”

The story goes on to say that back-to-the-office mandates “might not be doing what bosses want them to do.” Business Insider was reporting on research by the University of Pittsburgh Katz Graduate School of Business. It looked into whether “pushing employees into the office increases productivity and performance.”

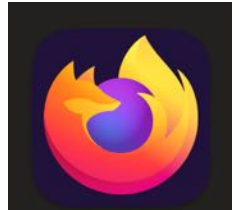
Those researchers reviewed data from 137 Standard and Poor’s companies and determined the answer was no. In fact, they concluded that return-to-office mandates were far more common among companies who had experienced poor stock market performance.

[MIT Management Review](#) reported “Toxic Culture is Driving the Great Resignation.” It reported in January 2022 that workers were fleeing in droves. “More than 40% of all employees were thinking about leaving their jobs at the beginning of 2021, and as the year went on, workers quit in unprecedented numbers. Between April and September 2021, more than 24 million American employees left their jobs, an all-time record.”

## The Most Secure Browsers

The computer security website Security Detectives has released its list of the ten most secure browsers for 2024. The list might surprise you. While Google Chrome is now the most used web browser in the world, it’s rated number six. Safety Detectives believes the #1 rated browser for security on all platforms is Firefox. Here’s what writer Rachel Ho writes about Firefox:

“Firefox is my favorite web browser in 2024 — it’s a secure, open-source browser with tons of customization options. And because it’s highly customizable, it’s a great choice for advanced users. But Firefox is also one of the most intuitive and user-friendly browsers on the market, which makes it an excellent choice for non-tech-savvy users, too. Because Firefox automatically blocks tracking cookies from third-parties, it also runs quicker than browsers like Chrome, which allows websites to track your activity. Firefox’s anti-phishing protections are really impressive — I tested Firefox against a database of known phishing sites, and it detected risky and known phishing sites more effectively than almost any other browser on this list.”



In second place is a browser you may never heard of, Tor. Ho says it’s “best for user privacy and maintaining maximum anonymity (but it’s a bit slow.)”

That’s followed by Brave, featuring “very fast speeds with ad and tracker blocking.”

Rounding out the top five are Pale Moon (“great choice for advanced users.”) and DuckDuckGo, which was designed for Android and iOS devices, has released versions for macOS and Windows computers.

The rest on the list are 6. Google Chrome (“fast and secure with some privacy issues”), 7. Bromite (“excellent Android browser”), 8. Iridium (“Chromium-based browser...with a steep learning curve”), 9. Microsoft Edge (“basically Chrome with better tracker blocking”), 10. Waterfox (“privacy-focused browser.”) So, there you have it.



# One Spoonful of Olive Oil

By Kurt Jefferson



There's growing research pointing to the benefits of taking just a single daily spoonful of olive oil. It might just ward off dementia. A team at Harvard University crunched the numbers after collecting data on more than 92,000 adults observed over 28 years.

"The researchers found adults who regularly consumed more than 7 grams of

olive oil a day (a little over a teaspoon, or about half a tablespoon) were 28 percent less likely to die of dementia-related diseases compared to those who never or rarely consumed olive oil," reported Science Alert in May. The study was originally published in the Journal of the American Medical Association's Network Open website.

Researchers discovered that, unlike other ingredients you might add to food, olive oil doesn't have negative impacts. "This study found that in US adults, particularly women, consuming more olive oil was associated with lower risk of dementia-related mortality, regardless of diet quality. Substituting olive oil intake for margarine and mayonnaise was associated with lower risk of dementia mortality and may be a potential strategy to improve longevity free of dementia. These findings extend the current dietary recommendations of choosing olive oil and other vegetable oils to the context of cognitive health and related mortality," reports JAMA.

## Mediterranean Diet Might Be a Stressbuster

By Kurt Jefferson

Feeling down? Research shows a Mediterranean diet might be what the doctor ordered. The journal *Nutrients* reported that people on that diet were more likely to have reduced anxiety and stress. The diet includes plenty of fresh fruit and veggies, nuts, seeds, whole grains, legumes, and olive oil. The study was done in Australia and derived from older people living there.



HealthDay notes, "Researchers surveyed nearly 300 Australians aged 60 and older regarding their diet and their symptoms of depression, anxiety and stress.

People who ate in ways that closely tracked a Mediterranean diet had lower levels of stress and anxiety,

even after researchers accounted for other factors.

The researchers also found that specific elements of a Mediterranean diet – fruit, nuts, legumes and low consumption of sugary beverages – were associated with less stress and anxiety. No association was found between the diet and depression, however."

## Who's Using the Internet Right Now?

By Kurt Jefferson

**Get ready.** We're going to fill your head with numbers all about the net. Here we go. (Details from Datareportal.com)

- 66.2% of the world population is currently using the Internet.
- 5.35 billion individuals are using the net.
- 63.5% of females and 68.8% of males in the world are on the Internet in some capacity.
- 96.5% of the global population accesses the Internet using a mobile phone.
- 61.8% of humans on earth are accessing the Internet using a laptop or desktop computer.
- On average, an Internet user spends six hours, 40 minutes every day on the net.

Location matters. The vast majority of the population in Scandinavia is connected.. Far fewer people living in eastern Africa are online.

Here's a breakdown:

### Internet Adoption (as of Jan. 2024)

Individuals Using the Internet as %  
of the Total Population

97.6% - Northern Europe  
96.8% - North America  
94.5% - Western Europe  
90.2% - Southern Europe  
88.4% - Eastern Europe  
82.5% - South America  
78.8% - Central America  
77.5% - Oceania  
76.8% - Eastern Asia  
76.2% - Central Asia  
76.1% - Western Asia  
73.1% - Southern Africa  
70.2% - Caribbean  
67.8% - Northern Africa  
42.3% - Western Africa  
26.7% - Eastern Africa



Source: Datareportal.com

The regions with the largest number of unconnected residents include North Korea (99.9%), Central African Republic (89.4%), Burundi (88.7%), South Sudan (87.9%), Niger (83.1%), Yemen (82.3%), and Afghanistan (81.6%).



## Could a Tetanus Shot Help Prevent Parkinson's Disease?

By Kurt Jefferson

**Nearly one-million** Americans are living with Parkinson's Disease and every year, 90,000 in the U.S. are diagnosed with the ailment. Men are 1.5 times more likely to suffer from Parkinson's than women. Parkinson's is second only to Alzheimer's in the number of Americans who have a neurodegenerative disease. Symptoms include a tremor, rigidity, balance problems, dementia, sleep disorders, mood swings, behavioral changes and more.

The Parkinson's Foundation notes the disease is more prevalent in midwest states that formerly relied on industrial manufacturing ("Rust Belt"), as well as Florida, central Pennsylvania, southeastern Texas, and parts of southern California.



Now, a story in *NewScientist* indicates folks who've had a recent tetanus shot seem to be less likely to develop Parkinson's. The indication, experts say, is that the disease might be triggered by an infection caused by tetanus bacteria.

Much more work needs to be done to confirm this, but study results are promising.

The study in Israel of 1,446 patients between 45 and 75 years of age indicated a recent tetanus vaccination to block infection from a wound were half as likely to later be diagnosed with Parkinson's. Researchers also learned that Parkinson's progressed more slowly in patients who had received a tetanus shot.

The tetanus vaccine produces antibodies against the *Clostridium tetani* bacteria which is believed to cause Parkinson's. *C. tetani* damages nerve cells and can be transferred to the nose where it can potentially travel to the brain, according to researchers. A tetanus shot is believed to block this from occurring.

Those involved in the study conclude, "Tetanus vaccination and clostridium eradication are promising strategies to prevent PD and slow its progression, pending controlled trials."

Gilmore Health News adds, "Eliminating the bacteria from patients can produce a better clinical outcome in patients who eventually have the disease. Also, this study helps us to understand better the infection route and proliferation of *C. Tetani* in human beings."



# HISTORIC PEOPLE YOU MAY NOT KNOW

by Kurt Jefferson



*Frank Whittle adjusts a slide rule at his desk on Dec. 30, 1943, at the Ministry of Aircraft Production. Courtesy: Wikipedia*

Born on June 1, 1907, **Sir Frank Whittle** is given credit for inventing the turbojet engine—which provides thrust solely from high speed gases exhausted from the aircraft. Whittle was a British engineer, Royal Air Force (RAF) air officer and inventor. Because of a lack of funding and insufficient interest in Whittle's design by the British Air Ministry, Whittle failed to create the first turbojet airplane ever to fly. That credit would go to German Hans von Ohain, who sought a patent for his invention in 1935. That would lead to the Heinkel HeS 178, the first aircraft with a turbojet engine to fly in the air.



*The Stanley Brothers in their steam-driven car made by the Stanley Motor Carriage Company. Photo taken in 1898. Courtesy: Wikipedia*

You may never have heard of him, but his invention was all the rage among auto lovers in the late 1890s. **Francis Edgar Stanley** (known as F.E.), along with his twin brother, Freelan Oscar Stanslee (known as F.O.), co-founded the Stanley Motor Carriage Company. The pair became the most famous inventors of the steam-driven automobile. Their first car was built in 1897 and became a big

hit with wealthy auto owners. They competed in racing events to prove how fast steam autos could go. In 1906, the brothers set a world record for the fastest mile driven in 28.2 seconds in their auto called the Rocket. It was traveling at 127.6 miles an hour. F.E. died in 1918 when his car slammed into a woodpile while he was trying to swerve around two farm wagons motoring side by side on the street. Francis Edgar Stanley was born on June 1, 1849.



*Astronauts Pete Conrad, Dick Gordon and Alan Bean pose with the Apollo 12 Saturn V moon rocket behind them. Courtesy: Wikipedia*

**Pete Conrad**, born on June 2, 1930, was the third man to walk on the moon. He was commander of the Apollo 12 space mission. Wikipedia notes, "The launch was the most harrowing of the Apollo program, as a series of lightning strikes just after liftoff temporarily knocked out power and guidance in the Command Module." Conrad's first remarks on the moon were "Oooh, is that soft and queasy." Years later, a photo Conrad took showing himself on astronaut Alan Bean's helmet visor as both stood on the moon made the list of best astronaut selfies in *Popular Science*. In addition to serving as an astronaut, Conrad was an aeronautical engineer, aviator and test pilot. He died from injuries sustained in a motorcycle crash in 1999. He was 69.



*Robert Falcon Scott photographed in London in 1905. Copyright has expired because photo was taken 100 years after author's life. Courtesy: Wikipedia*

**Robert Falcon Scott** was a British naval officer and explorer who led two expeditions to the Antarctic region. He led the ship *Discovery* in 1901-1904 and the *Terra Nova* expedition in 1910-1913. Hopes were dashed during the ill-fated journey aboard the *Terra Nova* when Scott and remaining members of his party who hadn't perished discovered that Norwegian Roald Amundsen had beaten them to the South Pole by about a month. Scott died in March 1912 at the age of 43 on the Ross Ice Shelf in Antarctica. Later, explorers discovered the first Antarctic fossils on the bodies of Scott and his companions.



*Virginia Apgar holding a self-made violin in the 1960s. Courtesy: Wikipedia*

Before **Virginia Apgar**, there wasn't a standard method to determine the health of a child immediately after birth. She changed all that when she devised a system called the Apgar score. Back in 1952, Apgar developed her ten-point system to assess a newborn at one minute and again at five minutes after birth. The Apgar score checks a number of vitals including a newborn's breathing, heart rate, reflexes, skin color, and more. The Apgar score became widely used as doctors and nurses used it to verify the health of newborns. Apgar was a doctor, a medical researcher and a specialist in obstetrical anesthesiology. She was born on June 7, 1909.



*Tim Berners-Lee speaking at the launch of the World Wide Web Foundation. Courtesy: Wikipedia Photo by: Scott Henriksen & the John S. and James L. Knight Foundation.*

**Tim Berners-Lee** is a British computer scientist credited with developing the World Wide Web. He also created HTML markup language (the series of links and coding of web pages) and URLs (website addresses). In 2004, Queen Elizabeth II knighted Berners-Lee for his groundbreaking work. He is the son of computer scientists who worked on one of the first commercially-built computers, the Ferranti Mark 1. Berners-Lee created the first web site on Dec. 20, 1990. That site described the World Wide Web, how it worked and how average folks could create their own websites. He was born June 8, 1955.



# HISTORIC PEOPLE YOU MAY NOT KNOW

by Kurt Jefferson



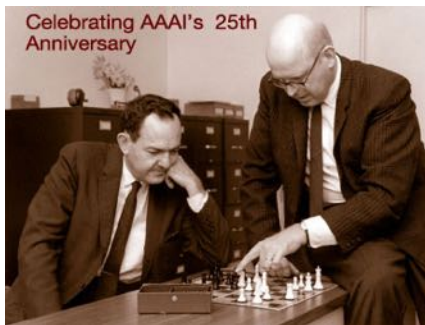
*Elizabeth Garrett Anderson around 1889.  
Photo by Walery, published by  
Sampson & Law in Feb. 1889.  
Courtesy: Wikipedia*

Born on June 9, 1836, **Elizabeth Garrett Anderson** was the first woman to become a doctor and surgeon in Great Britain. She also co-founded the London School of Medicine for Women, the first medical school in England training women to become doctors. She was also the first female dean of a medical school in Britain, first British woman to be elected to a school board, and the first female mayor in England. There was no school in the town where Anderson grew up so her mother taught her reading, writing, and arithmetic. After spending six months as a surgery nurse at a London hospital, she applied to more than six medical schools. All rejected her. She persisted and eventually received a license to practice medicine. She eventually opened a clinic, allowing poor women to be treated by another woman. Anderson was also active in the British suffrage movement pressing for women to be given the right to vote.



*Capt. Jacques Cousteau (right) receives  
the National Geographic Society's  
Gold Medal from President John F. Kennedy  
on April 19, 1961.  
Courtesy: Wikipedia*

**Jacques-Yves Cousteau** became a popular figure on American TV from 1966 to 1976 on ABC-TV. *The Undersea World of Jacques Cousteau* was a popular documentary series during that period. For the first time, millions of Americans saw different life forms living in the ocean and realized the ecosystem existing in the water. Earlier in his life, Cousteau had been a French naval officer before oceanographer, author, and documentary producer. He invented the first self-contained underwater breathing device, the Aqua-Lung, which allowed him to film segments for his program. Cousteau was born on June 11, 1910.



*Celebrating AAAI's 25th  
Anniversary*

*Herbert A. Simon (left), plays chess  
with coworker Allen Newell in 1958.  
Courtesy: Wikipedia*

Born in Milwaukee in June 1916, **Herbert A. Simon** was a pioneer in the field of artificial intelligence. He was a political scientist who co-created the Logic Theory Machine in 1956 and, a year later, the General Problem Solver computer program. Wikipedia notes that Simon, "predicted in 1965 that 'machines will be capable, within twenty years, of doing any work a man can do.'" He is also known for his work in psychology, math, statistics, and operations research.

Simon is probably best known for his theory of corporate decision making called "behaviorism."



One of the world's foremost authorities on turtles, **Archie F. Carr** focused attention on the declining turtle populations due to exploitation and loss of their natural habitats. Carr conducted extensive studies on turtle habitats, their

migratory habits, nesting, mating and food they preferred. His work for turtle conservation worldwide helped increase their population. Carr was a high school science teacher who later became a professor at the University of Florida. In his lifetime, he published hundreds of articles on turtles. He eventually categorized 79 species and subspecies of turtles. Carr also worked to dispel folklore about turtles. He became known as the "turtle man" at Tortuguero in Costa Rica as well as the British territory of Ascension Island. Carr was born on June 16, 1909.



*A bowl of Wheaties.  
Photo by Th78blue.  
Courtesy: Wikipedia*

One of the best-selling breakfast cereals in America, Wheaties, was the result of an accident. In 1921, an employee of the Washburn Crosby Company (which later became General Mills), was preparing a mixture of bran food when he spilled a portion of it on a hot stove. It sizzled and transformed into a bran flake. The chief miller, named **George Cormack**, was asked

to create a flake which wouldn't turn into dust inside a cereal box. Cormack tried 36 different types before finding the right flake. On Christmas Eve 1926, Washburn Crosby Co. used the first ever pre-recorded commercial jingle in a radio ad to promote Wheaties on WCCO. Later, in 1934, Wheaties was the first American cereal to display an athlete on its box. That athlete was baseball player Lou Gehrig. The co-creator of Wheaties was George Cormack, born on June 17, 1870.



**Richard G. Drew**, the inventor of masking tape and cellophane tape, was born on June 22, 1899. Drew created masking tape while working for the 3M Company. His creation solved a problem encountered by auto body shops. In the 1920s, two-tone cars were quite popular. As they repainted autos, shops endured

issues on the border where the two colors met as they repainted cars. Drew's invention solved the problem. Later, in 1930, he created Scotch Brand Cellulose Tape (called sellotape in Great Britain.)

Learn more: [The Man Who Invented Scotch Tape](#)



# NEWS & MORE YOU MAY HAVE MISSED

by Kurt Jefferson

**TIME:** What's the most refreshing drink that's not water?



**Atlas Obscura:** Inside one family's mission to revive an abandoned Appalachian trout farm

**Good Housekeeping:** 47 Memorial Day quotes to honor our nation's heroes

**Mental Floss:** 17 forbidden places you can't visit



**Inverse:** Rubbing your eyes is way more harmful than you think

**Mental Floss:** Want to be less biased? Take a nap.



**Quartz:** Boeing is investing \$70 million into its flying car business

**Atlas Obscura:** Why is the sun so active right now?



**Quartz:** The ten most dangerous states to work in America  
Click link at bottom of page that says 'Next'.

**Smithsonian Magazine:** Why Leopold and Loeb committed cold-blooded murder in the 'Crime of the Century'

**Atlas Obscura:** All eels in America and Europe come from the Bermuda Triangle

**Mental Floss:** The man who built a 40-foot spite fence around his neighbor's home

**Quartz:** Nine cool tricks to make the most of your iPad

**VOX:** If you want to belong, find a third place



**Collectors Weekly:** Are these really collectibles? Six surprising finds that hold unexpected value

**BBC:** How the busiest people get 'deep work' done

**Mental Floss:** How an obscure British comedy sketch became the world's most repeated TV program



**Quartz:** McDonald's and other food giants are struggling in the inflation economy

**Taste:** Fudgetown USA: How a Michigan vacation town transformed the sweet into a nationwide tourist attraction



**WIRED:** How to clear your browser's cache, and why you should

**Lifhacker:** Hidden Google Maps features everyone should be using



**Popular Science:** This tell-tale sign means your cat likes you

**Popular Science:** Why your dog needs to smell the world

**New York Magazine:** Google is about to change the whole Internet—again



**Business Insider:** Here's how much money you need to make to be middle class in each U.S. state

**Business Insider:** A millennial who quit Fidelity and Salesforce is one of many choosing to 'descend the corporate ladder' – for less stress

**SFGate.com:** One of the most unusual heists in America seems to be unfolding at Taco Bell

**Undark:** When will America get better sunscreens?

**Slate:** The case for doing laundry every day



**Fatherly:** Sports are seriously stressful for kids—that's kind of the point

**Business Insider:** Home sellers are facing the summer from hell



**Business Insider:** I've been offered every job I've interviewed for. Here are five questions I ask interviewers.

**Lifhacker:** How to split an apple in half with your bare hands (and a way to cheat a little)

**Fatherly:** This 20-minute mindfulness practice is the key to better sleep



**Techxplore:** To 6G and beyond, Engineers unlock the next generation of wireless communications

**Techxplore:** AI headphones let wearer listen to a single person in a crowd by looking at them just once

**Smithsonian Magazine:** A new airline for dogs takes flight

**Popular Mechanics:** A new cat color is defying genetic expectations



**HuffPost:** Turns out, cats like when you use a 'baby voice'

**PC World:** The 25 greatest PCs of all time

**Digital Trends:** The most important personal computers in history, ranked

## Study: Climbing Stairs Connected to Longer Life

By Kurt Jefferson

When faced with the prospect of riding an elevator or taking steps in a multi-story building, which option do you take? Science is on the side of taking the steps, according to a study presented at a European Society of Cardiology conference. Not everyone can walk the stairs. But if you can, it's worth the effort according to an analysis of studies asking similar research questions about climbing stairs. A review of nearly a half million people showed a link between climbing stairs and a lesser chance of dying from any cause.



Experts add there just isn't enough research to recommend a specific number of steps we should be climbing daily. Science Daily reports, "Cardiovascular disease is largely preventable through actions like exercise. However, more than one in four adults worldwide do not meet recommended levels of physical activity. Stair climbing is a practical and easily accessible form of physical activity which is often overlooked."

However, more than one in four adults worldwide do not meet recommended levels of physical activity. Stair climbing is a practical and easily accessible form of physical activity which is often overlooked."

## Study Shows Night-time Heat Raises Risk of Stroke



The risk of stroke climbs considerably on hot nights, report researchers from Helmholtz Munich and the Augsburg University Hospital in Germany. To reach this conclusion, the researchers collected details on about 11,000 strokes over a 15-year period. Science Daily reports their investigation

revealed, "extreme heat at night increases the risk of stroke by seven percent." The lead author indicated that older people and women are especially at risk. Patients often learn they have suffered a stroke with mild symptoms the next day in a clinic.

## Study: Pet Ownership May Reduce Human Mortality

That dog or cat sitting next to you as you read this might be much more than a beloved pet. It might also play a role in keeping you alive, according to a study by the American Heart Association. Researchers discovered that pet owners had lower overall blood pressures than people without pets. "In a study of 240 married couples with or without pets, both systolic and diastolic blood pressures were significantly lower in participants with a pet (dog or cat) than in those without a pet," writes the Association. Overall human longevity appears to increase with pet ownership.

## A Study of Specific Ultra-Processed Foods

Sugar-laden breakfast foods, highly processed meats, beverages sweetened with sugar or artificial sweeteners are all on the hit list. That so-called "hit list" includes foods that just might increase the risk of early death. That's the word from a study published by the *BMJ*, The British Medical Association's journal. The study was led by researchers at the Harvard T.H. Chan School of Public Health.

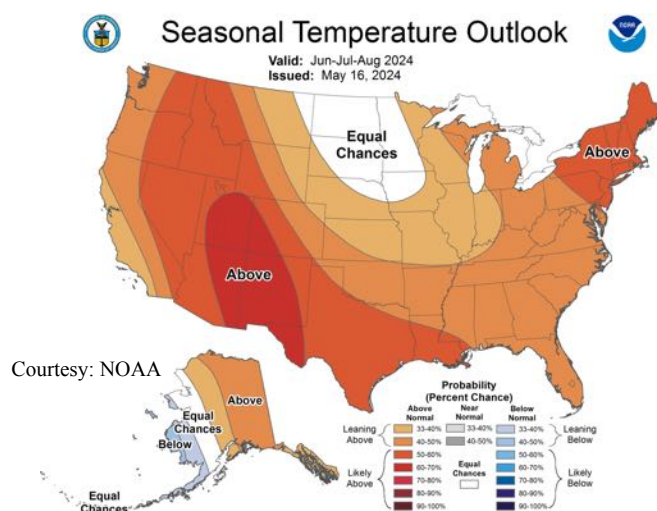
This study was a bit different from ones in the past in that it examined specific foods. The ones the study highlighted included processed meats, artificial sweeteners and sugary drinks, packaged sweet snacks, and dairy-based desserts. Diets and the health of more than 114,000 American adults were monitored for more than 30 years.

The study concluded that people who ate the most ultra-processed food faced a 4% greater risk of death and an 8% higher risk of diseases such as Alzheimer's, Parkinson's and ALS.

The study's author wrote in *The Washington Post* that ultra-processed foods now account for more than 60% of daily calories in America. But he added that overall diet is what's most important and fruits, veggies, and nuts are much preferred. In addition, if people maintain an overall healthy diet, they shouldn't be scared by this study.

## A Warm & Wet Summer in the Ohio Valley?

NOAA has issued its updated three-month-outlook for June, July and August. Warmer and wetter than normal is the prediction for all of Kentucky. Forecasters are leaning above normal for both temperature and rainfall in central portions of the state. NOAA predicts 2024 might go down in the history books as one of the hottest summers on record in the U.S. The two hottest summers so far occurred in 2021 and 1936, according to records provided by the federal government. Not everyone agrees with that forecast. AccuWeather told *USA Today* that its forecasters overall anticipate a milder than average summer across the U.S.



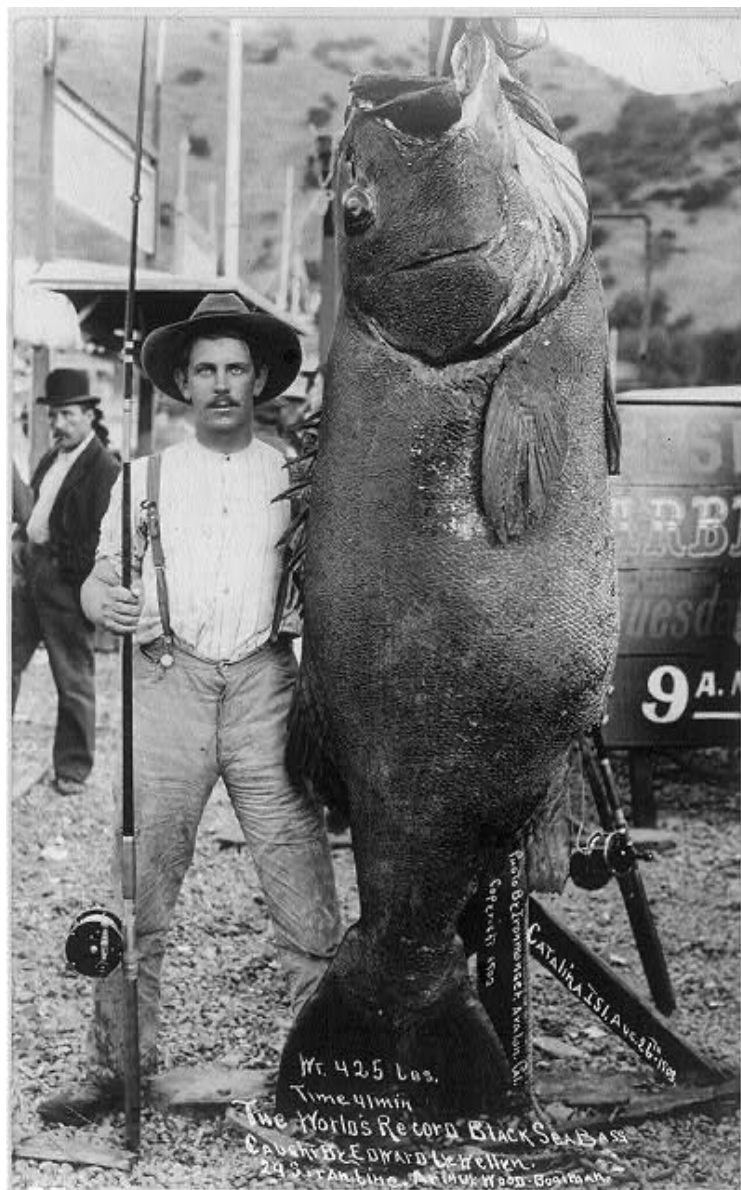




# TIME MACHINE: GOING BACK IN TIME



From the U.S. Library of Congress photo collection and other sources



**Edward Llewellyn** poses with the world's largest black sea bass he caught (425 lbs.) at Catalina Island, Calif. on Aug. 26, 1903.

He used a 24 strand line. Boatman was Arthur Wood.

Photo by Ironmonger, Avalon, Calif.

From a photo print.

**Astronomers** at the National Observatory observe the solar eclipse on Jan. 24, 1925.

From a glass negative.

Photographer is not known.





# TIME MACHINE



**Nancy Maria Donaldson** (1794–1890) was an inventor who received a patent on the device for hand crank ice cream freezers in 1843. She was also active in the American Missionary Association, volunteering to teach freed slaves at Port Royal, South Carolina, in 1862. Her husband, Walter Rogers Johnson (1794–1852), was a scientist, serving as the first secretary of the American Association for the Advancement of Science in 1848.

The couple adopted two children and moved into a home in Washington, D.C.

Photo is believed to have been taken around 1875. Photo is an albumen print on card mount. Photographer is unknown.

**Stereograph shows** the display of a light house and buoys at the 1876 International Expo in Philadelphia.

Photo taken around 1876.

Photo print on a stereo card.  
Photographer is not known.



# TIME MACHINE



**Leo Day** on his bicycle in Tampa, Fla., delivering a telegram. Day, 12, was a telegraph messenger, who was said to be “a very knowing lad.”

Photo taken in March 1911.

Photographer was Lewis Wickes Hine (1874–1940)

From a photo print.

**Garden at Beacon Hill House** on a 33-acre spread in Newport, Rhode Island. This is the garden on the grounds of the Arthur Curtiss James house on Beacon Hill Road. View to the well head with columns and pergola on the north end.

The Library of Congress notes, “James, largely forgotten today, was a railroad baron with an enormous fortune.”

Photo taken in the summer of 1914.

From a lantern slide by Frances Benjamin Johnston. Her landscape photos are famous today, according to the Library of Congress. She didn’t start taking photos until she was in her 50s.





# TIME MACHINE



A **reading room** filled with young readers and adults at the Carnegie Library in Pittsburgh. This library contained the first fully developed children's department in 1899. This was one of the historic milestones made by the Carnegie Library.

Photo taken between 1900 and 1905.

From a photo print.

A **bookmobile** operated by the Perry County Public Library in Hazard.

Photo taken: July 19, 2020

Photo by Carol Highsmith.





# TIME MACHINE



A **botanist** working at the Tuskegee Institute in Alabama.

Photo taken in March 1942.

Photographer is Arthur Rothstein (1915–1985).

From a safety negative.

A man **inoculates** a horse with diphtheria bacteria to produce an antitoxin at the New York City Department of Health serum and vaccine farm in Otisville, New York.

Photo taken around 1944.

Photographer is not known.



# TIME MACHINE



**This photo**, taken between 1903 and 1907, shows an Inuit woman ice fishing in Nome, Alaska.

Photographer is Lomen Bros.

Title of this print is “Tom Kod Peluk.”

**A Currier and Ives lithograph**, showing two white kittens “fishing.”

Published by Currier and Ives around 1871. Lithograph is hand-colored.

Currier and Ives was a New York City-based printmaking operation, producing inexpensive lithographs based on a range of topics from news events to views of popular American culture.

Wikipedia notes that Currier and Ives was the most successful of all lithographers operating in the U.S.





# TIME MACHINE



**A glimpse inside** the Miller House in Columbus, Indiana. Industrialist J. Irwin Miller and his wife, Xenia Simons Miller, had the home constructed in 1953. Eero Saarinen designed the home. The Miller House contains 6,838 square feet of space. Miller was instrumental in the success of Cummins Inc., which designs, builds, and distributes engines, filtration systems, fuel systems, and other equipment. Miller helped form the National Council on Churches in 1950 and served as its first lay president.

Photo taken between 1953 and 1957 by Balthazar Korab. From a color transparency.



# Books for Early Summer

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Most popular song in Europe each month of the 70s

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