



**ALL OF US AT CKCS
WISH YOU THE BEST
IN 2025!**



An Inspiring Sunset



Anne Campbell was at the right place at the right time to catch this inspiring image of the setting sun at Keene, northwest of Nicholasville, more than four years ago. Anne was visiting a friend in the summer of 2020 when she snapped the photo. Anne wrote, "It has always been a favorite of mine especially with the sunbeams shining across the sky above the clouds." She adds this image will be displayed at the state capitol in Frankfort from January to June as part of the [Team Kentucky Digital Art Gallery](#). Entries from across the state are shown in the capitol building for the public to view and can be seen on the [gallery website](#). **Congratulations to Anne on a fabulous entry.**

In addition, thanks to Joe Dietz, of the Digital Photography SIG, for steering us toward Anne's photo. Impressive work, Anne!

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*Jan.
2025*



*On
The
Inside*




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Computer File



Computer File® is a monthly publication of Lexington-based Central Kentucky Computer Society, founded four decades ago. Empowering people with tech skills has been the goal of CKCS since a handful of interested individuals began meeting in September 1984. Today, we rely on a fantastic group of dedicated volunteers.

CKCS is a non-profit organization. Your membership is vital to keep us running. If you'd like to become a member, join CKCS [here](#).

Donations also help keep CKCS operating and are accepted on our [website](#).

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

We appreciate your support.



Jan. 2025



On The Inside





January Meetings

CKCS Board of Directors
No Meeting

Amateur Photographers Club
Jan. 9, 16, 23, 30

Dr. Fix-it & iHelp
Jan. 4

Tech Night
Jan. 13

Windows SIG
No Meeting

All Things  SIG
Jan. 21

Digital Photography SIG
Jan. 28

[Click here for the SIG calendar provided by Larry Trivette.](#)



January Weather In Central Kentucky

January is the coldest month of the year in Lexington. [Weatherspark](#) notes the average low is 27°. The average high is only 41°. During the period, the skies are mostly cloudy much of the time. There's a 26% chance of precipitation on New Year's Day, with an average January snowfall reaching 2.3 inches by the end of the month. When the sun does shine, it makes a late arrival in January. The latest sunrise of the winter occurs at 7:54 A.M. on Jan. 5. Winds are climbing from an average 8.8 miles an hour on Jan. 1 to 9.2 m.p.h. on Feb. 25.



Fun Fact:

National Clean Up Your Computer Month is observed in January.

CKCS is a member of APCUG. Check out that tech organization's website [here](#).



Dec. 2024 CKCS Holiday Party Photo



Photo: Becky Brothers

Folks attending the annual CKCS holiday party on Dec. 9 pose for a group photo. The night included yummy food supplied by those attending, eggnog, a Pictionary-type game played by two teams using an iPad, and demonstrations of holiday gifts presented by several CKCS members. These included LED lights costing less than \$20, an emergency tire pressure inflator for when you discover a tire is low, a device allowing you to match existing paint so you get the right color when you need to touch-up or repaint an item, and the software ElfYourself.



Dec. 2024 CKCS Holiday Party Photo

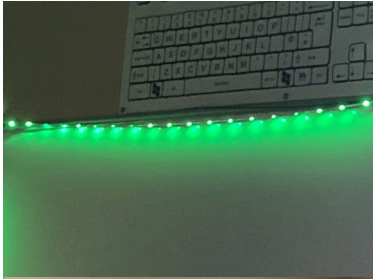


Photo: Brooke Thomas

Paul Stackhouse describes LED lights that he purchased for less than \$20. The versatile, inexpensive lights require no maintenance and help spread the holiday spirit. Paul says the lights were very easy to install and he keeps them installed year-round. Presenters provided those attending the party an overview of products they rely upon for safety and fun. You can see more on the next page. Those who attended the party brought a wide variety of tasty snacks, treats, and eggnog.



Members Present Their Picks



Paul Stackhouse displayed an inexpensive LED holiday light set in addition to a small-screen system he uses to play a movie from his Android phone while traveling home from a coaching trip.



Joe Dietz snapped a photo of Pennie Redmond to include in the popular holiday game Eif Yourself which is a fun easy-to-use way to get into the holiday spirit.



Joe Dietz shows how he includes a photo of a CKCS board member into the holiday game Eif Yourself. When he's done, dancing elves fill the screen as music fills the air.



Larry Mitchum relies upon a portable tire inflator to keep his car tires filled to the proper level. As he mentioned, tires take a beating during winter and can easily become deflated to unsafe levels.



How well can you draw? That question was answered as partygoers squared off in a game provided by Brooke Thomas on an iPad. It's similar to Pictionary, and loads of fun for all.

Larry Mitchum also demonstrated a great tool to get an exact match for touching up a garage door, wall, door, or other space. The small tool makes a color match to what is already on the spot you need to paint. Photos: Kurt Jefferson





January Holidays & Celebrations

Dates shown on this page come from Parade.com.

Jan. 1

- New Year's Day
- Ellis Island Day
- World Day of Peace

Jan. 3

- Women Rock! Day

Jan. 4

- Earth at Perihelion
(Day when earth is
closest to the sun
during its orbit.)

Jan. 5

- Nat'l. Bird day

Jan. 6

- Nat'l. Technology Day

Jan. 8

- Nat'l. Take
the Stairs Day

Jan. 10

- Houseplant
Appreciation Day
- Nat'l. Cut Your
Energy Costs Day

Jan. 11

- Learn Your Name in
Morse Code Day

Jan. 12

- Nat'l. Hot Tea Day

Jan. 13

- Korean American Day

Jan. 15

- Martin Luther King Jr.
(Born on Jan. 15, 1929)

Jan. 21

- Nat'l. Hug
Your Puppy Day

Jan. 22

- Answer Your Cat's
Questions Day

Jan. 24

- Macintosh
Computer Day

Jan. 25

- Visit Your Local
Quilt Shop Day

Jan. 26

- Christa McAuliffe Day



Who's Who @ CKCS?

Officers

Tenure ends June 2025

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

Ex-Officio Member

Bob Brown

Directors

Tenure ends June 2026

Boone Baldwin
Jan Landers-Lyman
Ben Rice
Mike Seiler
Kurt Jefferson

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 Online Calendar

Lydia Short
Nancy Bowling

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 Membership

For the period Nov. 22–Dec. 21, 2024

CKCS Board Member Ben Rice provided the names.

New members:

Laurie K. Hainley
Jim Williams

Renewing members:

Janet Cartmell
Lisa Demian
Fred W. Garrett
Barrie Hart
Laurie Ketcham-Schrick
Jerry Kirschner
Elizabeth R. & David Wachtel
Stuart Zahalka



There are three ways to join CKCS

Visit the CKCS website [here](#) and choose a membership

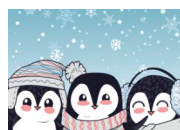
1. Individual, family, or corporate/institutional membership.
2. Call CKCS at (859) 373-1000 and tell the person manning the desk which membership you want. Pay by credit card.
3. Visit CKCS in person at 160 Moore Drive, #107 in Lexington. A volunteer will greet you at the desk during office hours. If you're unfamiliar with the location, look for the CKCS signage located at the front of the parking lot.



January, 2025 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
30 Dec	31 Dec	1 Jan	2 Jan	3 Jan	4 Jan
	New Year's Eve	New Year's Day	Photography Club No Meeting 7 p.m. Board of Directors In-Person Only No Meeting this Month		10 a.m. – Dr. Fix-It & iHelp Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. In-Person Only
6 Jan	7 Jan	8 Jan	9 Jan	10 Jan	11 Jan
			10 a.m. Photography Club In-Person Only		
13 Jan	14 Jan	15 Jan	16 Jan	17 Jan	18 Jan
7 p.m. Tech Night Phil O'Neill, AARP Tax Aide 2025 Tax Preparation In-Person & via Zoom	7 p.m. Windows No Meeting this Month		10 a.m. Photography Club In-Person Only		
20 Jan	21 Jan	22 Jan	23 Jan	24 Jan	25 Jan
	7 p.m. All Things Apple Brooke, Kurt, Joe See Topics in Newsletter Via Zoom Only		10 a.m. Photography Club In-Person Only		
27 Jan	28 Jan	29 Jan	30 Jan	31 Jan	1 Feb
	7 p.m. Digital Photography Joe Dietz John Snell & His 2024 Photo Adventures In-Person Only		10 a.m. Photography Club In-Person Only		10 a.m. Dr. Fix-It & iHelp Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. In-Person Only



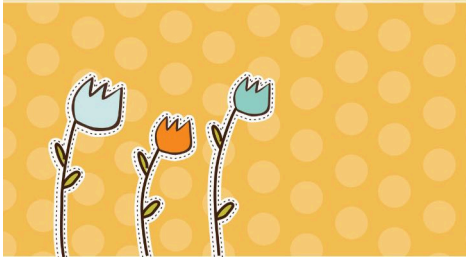
A BIG THANK-YOU

President's Report

By Brooke Thomas



Thank You



We had a great year in 2024! We owe a huge thanks to our board members, teachers, office supervisors, and special interest group (SIG) leaders for their incredible hard work this year. Their teamwork and dedication have been the driving force behind our achievements.

In 2024, we proudly taught over 40 classes and workshops, hosted more than 25 special interest groups, and organized 12 Tech Nights. Not to mention, we celebrated our 40th anniversary—a milestone that signifies our long-standing commitment to the community.

Our office supervisors have been our steadfast supporters, keeping our doors open and phones answered for 48 weeks this year. Their unwavering dedication has ensured that we remain a reliable resource for all our members.

And let's not forget our fantastic achievement of winning first place in the APCUG's newsletter and bulletin contests. We rely on those and the people who create them to get the word out about CKCS activities.

Thank you all for being part of this wonderful journey. Let's celebrate these accomplishments and look forward to another fantastic year in the coming year, 2025.





Amateur Photography Club

Meets in person on Thursday mornings at 10 A.M.
No meeting on Jan. 2!



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
859.373.9000
Email us
PhotoLexington@gmail.com

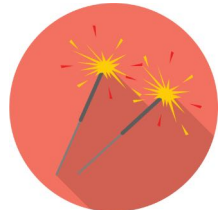
Address
160 Moore Drive, Suite 107
Lexington, KY 40503

Find us on

See more of our photos and current events



On Jan. 9
at 10 A.M.,
members of the
Amateur
Photography Club
will meet one
another at
Winchell's
Restaurant in
Lexington
for their annual
New Year's
breakfast.



Windows SIG

Join the CKCS Windows SIG Team Today

By Brooke Thomas

As many of you are aware, last month we announced that Mike Seiler would be stepping down as the Windows SIG



Mike Seiler

Leader. While we are deeply grateful for his years of dedication and leadership, we now face the challenge of finding someone to fill his shoes. The

monthly Windows SIG is one of the cornerstones of CKCS, providing invaluable insights and support to our community. To keep this vital resource alive, we're seeking enthusiastic members to help us continue this tradition.

How Can You Help? *Become the Windows SIG Coordinator:* We're looking for a member to take on the role of Windows SIG Coordinator.

This person would manage the logistics of our monthly meetings but wouldn't necessarily need to present. By ensuring everything runs smoothly, you would play a crucial role in maintaining the quality and consistency of our sessions.

No Meeting in January

Join the Rotating Presenters Team: To lighten the load, we envision a team of rotating presenters. This means that, as a presenter, you would only need to prepare and deliver a few sessions per year. Sharing the responsibilities in this way ensures that no single person is overburdened.

Why Join? *Contribute to the Community:* Share your expertise and help fellow members navigate the ever-evolving world of the Microsoft Windows computer operating system.

Flexible Commitment: With a rotating schedule, you can still enjoy all the other activities and commitments you have. If you're interested in becoming the Windows SIG Coordinator or one of the rotating presenters, we would love to hear from you. Your involvement will make a significant difference and ensure that our Windows SIG continues to thrive.

Thank you for your consideration and ongoing support!

All Things SIG

Join Us Live @ 7 P.M., Jan. 21, on Zoom!

Brooke, Joe, & Kurt will present three separate Apple-related topics.

Brooke

Exploring Apple Maps Beyond Directions

Discover the full potential of Apple Maps on your iPhone and iPad! Join us as we explore the "Flyover" feature, which provides a breathtaking bird's-eye view of over 350 cities worldwide. Soar virtually through iconic landmarks and experience destinations like never before. During this session, we'll take you on a virtual tour of London and Paris. Additionally, learn how to access City Guides to uncover the best places to eat, shop, and explore around the globe.

Joe

iPhone

Joe will walk us through some of the revisions to the iPhone photos app. We will briefly touch on how to create an album and then talk about how to sort albums by their name or customize the order.

In addition, when you have some verbiage (a note, greeting, thank you message, etc.) in Apple notes, you can ask your iPhone to rewrite it in a more friendly, concise, or professional manner.

Kurt

ChatGPT on Mac

Kurt has replaced Google with ChatGPT, using both the separate app for the Mac as well as Apple's built-in AI features. Apple's version of AI (artificial intelligence) is now up and running on all Apple devices running the latest OS versions. Kurt has been impressed with what ChatGPT has to offer, and so far, the answers to his questions have been "spot on" as the Brits say.



Join us on Zoom here: | <https://us02web.zoom.com/j/81185707914>

Digital Photography SIG



Digital Photography Special Interest Group

7 PM Tuesday, January 28

In Person at CKCS



John Snell's 2024 Photo Travels

Once again, John's travels have taken him to Michigan's Upper Peninsula, the Blue Ridge Parkway area of North Carolina, Florida, and, of course, various Kentucky venues. Not only did he make some more wonderful images in those places, but he captured some stunning photos of the aurora borealis (aka the northern lights)! He will also present wildlife photos and reveal how he made those. Snell will also tell how newer technology makes results possible that were unattainable just a few years ago. Mark January 28th on your calendars and plan to be there!



Check out John Snell's webpage for a lot more examples of his fine work.

www.johnsnellphoto.com/

Photo Contest – “Night Scenes” Get out and take some good shots or search your archives. I know you have some.

Submit your shot to joedietz@aol.com no later than January 27.

Join us in person at CKCS – 7 P.M. on **January 28**.

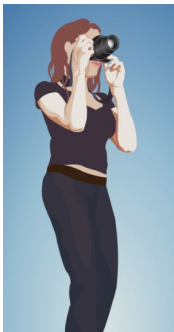
Invite a friend.



2025 Photo Contest Topics

The CKCS Digital Photography SIG hosts this monthly contest.

By Joe Dietz



Print this list and keep it handy.

Jan. Night Scenes

Feb. Pets

March Signs
(Funny or not so funny)

April Happy places

May Birds

June Waterfalls

July

- Clouds
- First signs of spring
- What were they thinking?

(Three topics in July. Don't email. One hard copy of your photo(s) this month must be delivered to CKCS on Moore Dr.)

Aug. Food photography

Sept. Interesting faces

Oct. Stained glass windows

Nov. Hands

Dec. No meeting.

Except for July, entries must be emailed to joedietz@aol.com. Good luck!

Oh No. Tax Season Approaches.



Tech Night

Don't Despair.

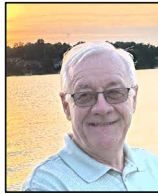
Phil O'Neill, a seasoned Tax-Aide counselor with AARP, is here to provide answers.

13

Mark Your Calendar.

By Brooke Thomas, CKCS President

In 2024, about 1.7 million individuals relied on nearly 28,000 AARP Tax-Aide volunteers to secure around \$1.3 billion in tax refunds. Those specially-trained individuals were helping people from all walks of life complete what is considered by some to be a complicated, confusing, and dreaded process: tax filing.



Phil O'Neill

On Jan. 13 at CKCS, Phil O'Neill, who's a seasoned Tax-Aide counselor, will provide insights into the unique tax preparation program provided free by trained AARP volunteers. AARP Foundation's Tax-Aide program is provided yearly at Lexington library branches to help folks file their personal income taxes free of charge. Those volunteers who file taxes for others are specially trained and certified annually by the IRS. They also are required to follow meticulous security protocols to safeguard taxpayer information.

Phil will tell you all about the Tax-Aide program, answer tax questions, and highlight common tax filing mistakes. He'll also describe tax changes occurring in 2024 and 2025 and tell how technology is transforming tax filing to make it easier and more efficient.

This is your opportunity to get tax tips, learn about AARP's free program, and get a jumpstart on your taxes!



Tech Night: Phil O'Neill of AARP on Your Income Taxes Where? CKCS When? Jan. 13 @ 7 P.M. Join Us! In person @ the CKCS Resource Center, Moore Drive

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

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Spring Classes & Workshops



Course Title	Day of the Week	Dates	Time	Class or Workshop
Intro to Adobe Photoshop Elements For Windows	Monday	Feb. 3, 10, 17, 24, Mar 3 & 10	11 A.M.–1 P.M.	Class
Composition: Learning to See Creatively in Photography	Monday	Feb. 3, 10, 17, 24, Mar 3	1 P.M.–3 P.M.	Class
Getting the Most Out of Your iPhone	Tuesday	Feb. 4, 11, 18, 25, Mar 4 & 11	1 P.M.–3 P.M.	Class
iPad Mastery: Unveiling Hidden Features	Thursday	Feb. 6, 13, 20, 27, Mar 6 & 13	1 P.M.–3 P.M.	Class
Organizing Your Windows Computer Files	Tuesday	Feb. 11, 18, 25	10 A.M.–Noon	Class
Computer Basics For A Windows PC	Thursday	Feb. 20, 27, Mar 6, 13, 20 & 27	10 A.M.–Noon	Class
Get Much More Out Of Your Mac	Friday	Feb. 21, 28, Mar 7, 14, 21, & 28	10:30 A.M.–12:30 P.M.	Class
Intro to Black and White Photography	Monday	Mar 17, 24	1 P.M.–3 P.M.	Class
Making Brochures with MS Publisher for Windows	Tuesday	Mar 18, 25	1 P.M.–3 P.M.	Class
Creating Personal Greeting & Note Cards With MS Word	Thursday	Apr 3, 10, 17, 24	10 A.M.–Noon	Class
Adventures in Photography– Intro to Landscape Photography	Mondays	Apr 14, 21, 28, May 5 & 12	1 P.M.–3 P.M.	Class
iMovie For iPad	Wednesday	Apr 23, 30, May 7	1 P.M.–3 P.M.	Class
Intro to Windows 11	Tuesday	Mar 4	9 A.M.–Noon	Workshop
Making a Photo book Using Shutterfly	Wednesday	Mar 19	1 P.M.–4 P.M.	Workshop
Using Apple iCloud For Your iPhone & iPad	Wednesday	Apr 9	1 P.M.–4 P.M.	Workshop
FastStone Digital Imaging For Windows	Wednesday	Apr 16	1 P.M.–4 P.M.	Workshop
Apple Watch Workshop: Beyond Telling Time	Thursday	May 1	1 P.M.–4 P.M.	Workshop

See Full Course Descriptions online at the CKCS [Calendar](#) & Below.

Registration gets underway on Monday, Jan. 6. You can register [here](#).





Spring 2025 Classes & Workshops

ckcs Course Descriptions

Intro to Photoshop Elements for Windows

In this introductory course to Adobe's Photoshop Elements, we will learn to use the tools of this program to do basic photo editing including adjusting lighting and color, cropping, cloning and spot healing, red eye removal, and many other techniques. We will also discuss photo considerations prior to printing or sharing, introduction to layers, converting images to black and white, enhancing and restoring old photos, adding text, using brushes, graphics, adjustment layers, templates, guided edits, filters and special effects, and a demonstration of how this program can create cards, calendars, slide shows, collages and photo books.

Composition - Learning to See Creatively in Photography

Learn the ingredients for a good photo. We will study the elements of design, perspective, composition, lighting, and color of light. Why are some pictures more appealing than others? They follow some simple rules: A. Simplicity. B. Drawing Attention to the Subject. C. Positioning the Subject. D. Knowledge of Graphic Design for Interest and Harmony. Understanding and using these guidelines will show you how to implement this knowledge and become a better photographer. Instruction will consist of lecture, class discussion & video presentations.

Getting the Most Out of Your iPhone

In the latest iPhone iOS18 update, many things have changed. In this class you will learn important (and hidden) functions of your iPhone. Learn how to download apps, move them, nest them, and 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 (fully charged) iPhone and know (or bring) their passcode, Apple ID and password.

iPad Mastery: Unveiling Hidden Features

Dive into the depths of your iPad and emerge a master of its capabilities. This class offers a comprehensive guide to utilizing the built-in Apple apps to their fullest potential. Tailor your iPad experience by personalizing and organizing your apps, enhancing your photos, and managing your albums with ease. Gain insights into the iPad's settings, uncover keyboard shortcuts, and add flair to your emails and texts with animations. Plus, receive practical tips on optimizing the use of Calendar, Notes, Reminders, FaceTime, and the Libby app. Transform your iPad into a powerhouse of productivity and personal expression.

Organizing Your Windows Computer Files

Have you ever created a file and saved it, only to find you cannot locate it later? We will look at several strategies for organizing your files to make them easier to find. We will also learn techniques for moving files and folders on your computer and external storage devices.

Registration Gets Underway on Jan. 6. Register [here](#).



Spring 2025 Classes & Workshops

Course Descriptions

Computer Basics for a Windows PC

Learn the fundamentals of using a Windows computer. Learn to use various aspects of the Microsoft Word Processing program, 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.

Get Much More Out of Your Mac

Students will benefit by learning how to go beyond the basics they have been using on their Mac. This class is designed for students who want to learn more than the basics – we will show you how to use different options built into macOS in addition to techniques which will make you more productive. We'll discuss a variety of topics including Mac security, printing, desktop publishing and configuring your Mac so it works better for you. Students will learn about Mac specifics such as Stacks, Launchpad, open apps vs. apps that are active, customizing the Dock and learning how it works, and keyboard shortcuts to streamline your activity.

Intro to Black & White Photography

Learn how to change a color image to black and white using the six color channels. This allows you to alter the tone of each individual color channel, resulting in a more controlled final result with greater depth and contrast.

Making Brochures with MS Publisher for Windows

Students will learn to create professional-looking brochures using MS Publisher. While prior knowledge of Microsoft Word and other Office products can be helpful, it is not required. The skills acquired in this course will enable students to design an effective brochure for their class, church group, club, or their special interest activity with ease. This is just a small sample of the powerful features available in Microsoft Publisher. MS Publisher is part of your Microsoft 365 subscription.

Creating Personal Greetings & Note Cards with MS Word

Never buy another greeting or note card! Let your special talent shine. Learn how to create note/greeting card templates, how to insert graphics/photos and text boxes, and how to add special effects to these elements. Making three-dimensional cards and novelty cards will also be introduced to open the world of possibilities in creating personalized cards. The only limitation will be your imagination. This is a fun and useful class!

Adventures in Photography - Introduction to Landscape Photography

We'll discuss detailed ways to help you creatively photograph a variety of landscapes from fields to coastal scenes whether you are at home or on vacation. We will cover multiple topics including lens selection, depth of field, composition, lighting, shooting panoramas, shooting for focus stacking and stitching. What you learn also will be applicable to your photography in general. The course will include fieldtrip{s} where you will have a chance to practice what you learn, then share your photos in the next class. Students should have a basic knowledge of their camera.



Spring 2025 Classes & Workshops

Course Descriptions



iMovie for iPad: Creating Movies Made Easy

Unlock the power of storytelling with your iPad in this engaging class. Discover how to use the **free iMovie app** to craft compelling movies using photos and music. Add a personal touch with custom text and smooth transitions. By the end of the session, you'll be ready to share your cinematic creation with friends and family, and on social media. Whether you're a beginner or looking to enhance your video editing skills, this class is your ticket to producing memorable movies with ease.

Intro to Windows 11

This workshop will look at what is new in Windows 11, what has changed, 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 might 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.

Making a Photo Book Using Shutterfly

Students will learn how to prepare pictures for a photo book, how to transfer pictures to the Shutterfly's program, and then organize the pictures from the front to the last page of the book. Finally, we will go through the steps to ordering the book and applying coupons to reduce the price.

Using Apple iCloud for your iPhone & iPad

Learn how to take advantage of your iCloud account. When you purchase an iPhone or iPad you have an account set up in the cloud. Here, you store copies of your photos, contacts, messages, email and more. Students will learn how to set up this account to their best benefit. 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 discussed.

FastStone Digital Imaging Program for Windows PC

Are your photos in need of a makeover? Want to enhance, crop, and create stunning slideshows without breaking the bank? Look no further! Join the workshop and unlock the power of this **free**, versatile program.



Registration Gets Underway on Jan. 6. Register [here](#).





Spring 2025 Classes & Workshops

CKCS Course Descriptions

Apple Watch: Beyond Telling Time

Join us for an engaging and informative workshop where you'll discover over 20 tips and tricks to maximize the potential of your Apple Watch! Whether you're a new user or a seasoned pro, this session will help you unlock many of the capabilities of your device. Some of the tips include the following: how to get help in an emergency, remove apps from your watch, make the text size larger, adjust brightness and wake duration, change the layout of your watch, mute your watch notifications, use your watch as an alarm clock, use auto pause for workouts, use your watch as a flash light and running or walking light at night, unlock your iPhone with your watch, and find your iPhone with your watch. An Apple Watch 6 will be used for demonstration. Many of the features are similar on the different series of Apple Watches that are using the current Watch operating system.

Remember, you can always get a quick look at complete course descriptions on the CKCS class calendar [here](#).

If you would like to teach a class or wish CKCS offered another class or workshop, please email the society president [here](#).



Quotes About January

“January is the quietest month in the garden. But just because it looks quiet doesn’t mean that nothing is happening.” – Rosalie Muller Wright

“January is the month for dreaming.” – Jean Hersey

“And now we welcome the new year. Full of things that have never been.” – Rainer Maria Rilke

“When you realize the value of life, you dwell less on what is past and concentrate more on the preservation of the future.” – Dian Fossey, born on Jan. 16, 1932

“Service to others is the rent you pay for your room here on earth.” – Muhammad Ali, born in Louisville on Jan. 17, 1942

“If you want the rainbow, you have to put up with the rain,” – Dolly Parton, born on Jan. 19, 1946, in Tenn.

“We have flown the air like birds and swum the sea like fishes, but have yet to learn the simple act of walking the earth like brothers.” – Martin Luther King Jr., born on Jan. 15, 1929

“If I had my way, I would remove January from the calendar altogether and have an extra July instead.” – Roald Dahl



From: [GoodGoodGood](#)

People Who Made HISTORY

By Kurt Jefferson

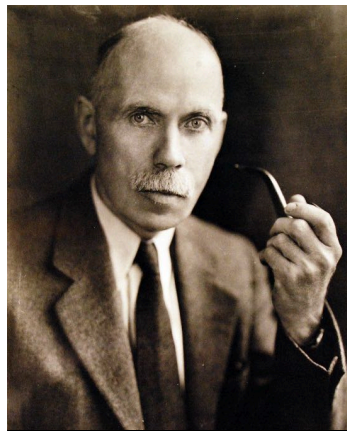


Jule Gregory Charney
on Jan. 1, 1978.

Source: MIT Museum/ Wikipedia

Today, most of us take weather forecasts for granted. San Francisco-born **Jule Gregory Charney**, born on New Year's Day in 1917, is considered to be the man who is responsible for guiding the “postwar evolution of modern meteorology more than any other living figure,” wrote the *American Geophysical Union*. Charney realized there was plenty going on in the atmosphere above the ground and he created math models to confirm that. He also studied the connections between the atmosphere and oceans. Between 1959 and 1965, he created what was considered to be the most ambitious international research of weather that had ever been done when he organized the Global Atmospheric Research Program. Earlier, during WW II, Charney was instrumental in training meteorologists to provide exact weather details during the war effort.

Electrical engineer **Albert Hoyt “Radar” Taylor** played a major role in the development of the U.S. radar system. He’s been called the “father of navy radar” for his efforts. Born on Jan. 1, 1879, in Chicago, Taylor worked with Leo C. Young to devise a system to transmit high frequency radio waves to detect incoming ships entering harbors or traveling between ships. The invention is described in Robert Buderi’s [book](#) *The Invention That Changed the World: How a Small Group of Radar Pioneers Won the Second World War and Launched a Technical Revolution*. Working with assistant Robert Morris Page in Dec. 1934, Taylor demonstrated a prototype radar unit that could detect an airplane flying one mile in the distance.



Albert H. “Radar” Taylor in a
U.S. Navy photo in July 1945.
Source: U.S. Navy/Wikipedia

People Who Made HISTORY

By Kurt Jefferson



Agner Erlang
Source: Wikipedia

Danish engineer **Agner Erlang** devised queueing theory. It's the study of the movement of people, objects, or information through a line. Erlang worked for the Copenhagen Telephone Company for nearly 20 years. He created the field of telephone networks analysis, where he studied required circuits to provide adequate phone service, the number of phone operators required to handle a certain number of calls, and more. Erlang was born on New Year's Day in 1878.

West Virginia-born **Michael Joseph Owens** revolutionized the glass bottle-making industry. He was born in Point Pleasant on Jan. 1, 1859, to parents who immigrated from Ireland. His use of a glass blowing process to create bottles removed child labor from bottle factories. In 1903, Owens formed the Owens Bottle Machine Co., which reduced labor costs by 90%. By the following year, he created a machine to produce four glass bottles every second. While working for a plant in Findlay, Ohio, he managed the production of glass bulbs for Edison General Electric's light bulbs. There, he created a system to lower the cost of light bulbs, so that average individuals could afford them. By 1929, Owens and Edward Libbey merged their company with Illinois Glass Co. to become the Owens-Illinois Glass Company. Today, it's known as O-I Glass and is a billion-dollar international corporation.



Michael Owens before 1923
Source: Wikipedia

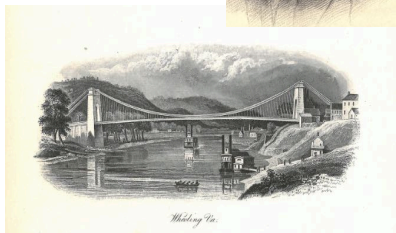
People Who Made HISTORY

By Kurt Jefferson

Charles Ellet, Jr.
Source:
Wikipedia

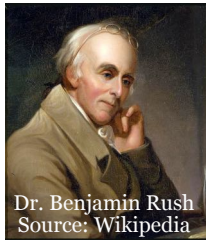


Civil engineer **Charles Ellet, Jr.** designed and built groundbreaking suspension bridges, railroads, and canals. He designed and oversaw construction of the Wheeling (WV) Suspension Bridge, the longest suspension bridge ever built until the early 1850s. As part of the U.S. Army Corps of Engineers, Ellet completed the first federal survey of the Ohio and Mississippi Rivers. During the Civil War, he commanded the U.S. Ram Fleet, a series of ram ships converted from steamers, which played a crucial role in the Union victory at the First Battle of Memphis. Ellet was shot in the knee during the battle and refused amputation. He died about two weeks later in Cairo, Ill. from a blood infection. He was born on Jan. 1, 1810, in Bucks County, Pennsylvania.



Wheeling Suspension Bridge in 1850.
Source: Wikipedia

Dr. Benjamin Rush, a well-known Philadelphia doctor, was the first to teach medical chemistry in America. He also is known as the father of American psychiatry, was a signer of the Declaration of Independence, and helped fight the yellow fever epidemics of the 1790s. He was born on Jan. 4, 1746.



Dr. Benjamin Rush
Source: Wikipedia



Shannon Lucid
Source: Wikipedia

American biochemist **Shannon Lucid** born in the Republic of China on Jan. 14, 1943, is a retired astronaut who lived aboard the Russian space station Mir for a record-breaking 188 days in 1996. While on the Mir, she performed numerous experiments researching the impact of outer space on the human body. She became the first woman to travel into space on four separate trips on *Columbia*, setting a record for total flight time by a woman on the shuttle.

People Who Made HISTORY

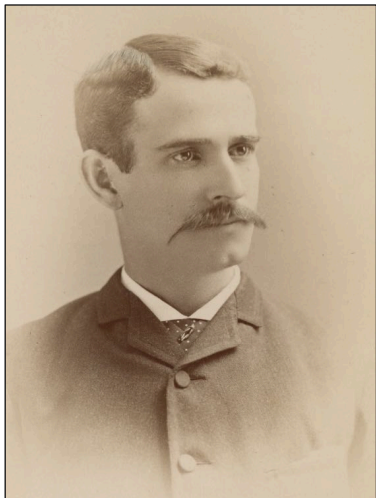
By Kurt Jefferson



Benjamin Franklin, circa 1785
Source: Oil canvas by Joseph-Siffred Duplessis/Wikipedia

Benjamin Franklin was one of the most influential intellectuals of his era. He was a leading American inventor, printer, writer, diplomat, publisher, scientist, statesman, and philosopher. He was a Founding Father, as one of the men who signed the Declaration of Independence. He owned slaves, but by the late 1750s, Franklin argued against slavery and pushed for integration of African Americans into U.S. society. As U.S. Minister to France, he helped create positive relations between the two countries, and he helped secure French support during the American Revolution. Franklin was born on Jan. 17, 1706, in Boston.

Dr. Charles Chapin was a pioneering American health researcher from Rhode Island who helped create the first city-run bacteria lab in the country. He discovered that infectious diseases were spread through personal contact and, in 1910, set up the Providence City Hospital, where disease carriers could be isolated and treated away from the general public. He was the Superintendent of Health in Providence for 48 years. During that time, through field studies, he collected statistics on diseases and the sick who were carriers and theorized how to control the spread of disease. His superb record-keeping and efforts helped enact disease control measures throughout the U.S. Chapin was born on July 17, 1856, in Providence.



Dr. Charles Chapin taken in 1885 when he was a professor at Brown University.
Source: Wikipedia

People Who Made HISTORY

By Kurt Jefferson



Betty White in her role as hostess of the “The Happy Homemaker” playing Sue Ann Nivens in Aug. 1973 on *The Mary Tyler Moore Show*.

Source: CBS Television/Wikipedia

Born on Jan. 17, 1922, **Betty White** was best known for her TV appearances. She was a pioneer in early television and later appeared on many shows such as *Password*, *The Mary Tyler Moore Show*, *Golden Girls*, and *Boston Legal*. *The Guinness Book of World Records* awarded her twice for the longest career by a female entertainer. In 1987, the American Veterinary Medical Association awarded White its Humane Award for her many years of working with animals to ensure their health and well-being. NBC-TV began airing *The Betty White Show* in 1954. Some criticized White for allowing a black tap dancer to appear on her show. To threatened boycotts, White was quoted in a 2018 documentary as saying, “He stays. Live with it.”

Architect and engineer **Julia Morgan** pioneered the use of reinforced concrete, which held up better under earthquakes than other materials. She designed more than 700 buildings in California and is best known for the Hearst Castle. Morgan has been called “America’s first truly independent female architect.” She was the first woman to run her own architectural practice in California. She was also the first woman to study architecture at the Paris School of Beaux-Arts. Morgan was born in San Francisco on Jan. 20, 1872.



Julia Morgan on Jan. 1, 1926. Photo taken by the Boyé Studio in San Francisco. Source: Wikipedia

People Who Made HISTORY

By Kurt Jefferson

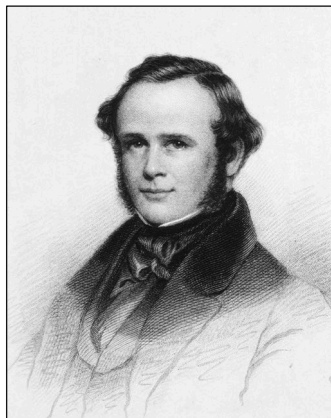


Mary Lou Retton in 2004 as a member of the President's Council on Physical Fitness and Sports.

Source: Wikipedia

West Virginia-born **Mary Lou Retton** became a household name in America after her performance in the 1984 Summer Olympics in Los Angeles. She was the first woman from the U.S. to win the all-around gold medal in Olympic gymnastics. She competed in the Olympic games while a sophomore in high school. Retton was inspired while watching Nadia Comăneci beat Olga Korbut on TV during the 1976 Summer Olympics in Montreal. She was the first woman athlete to appear on a box of Wheaties cereal. She was born with hip dysplasia and underwent hip replacement surgery while in her mid-thirties. As a retired gymnast, Retton was appointed to the President's Council on Physical Fitness and Sports. She was born on Jan. 24, 1968, in Fairmont.

Horace Wells is best remembered for his pioneering use of anesthesia in his dental practice. He used nitrous oxide (“laughing gas”) to sedate patients while he worked on them. Unlike others at the time, Wells promoted preventative dental hygiene and advocated the use of toothbrushes. He was just 23 when he wrote a booklet, “An Essay on Teeth,” about oral diseases and how teeth grow, in addition to practices to insure dental health. In 1836, Wells opened a dental practice in Hartford, Connecticut, where he became a popular dentist. Wells was born on Jan. 21, 1815, in Vermont.

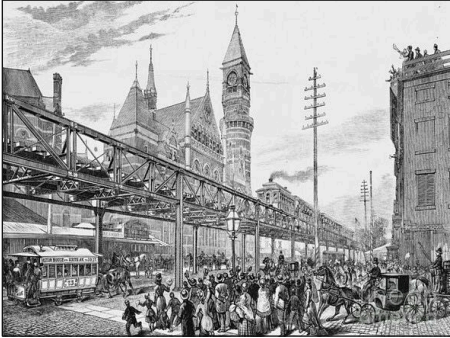


Dentist Horace Wells in a photo by Henry Bryan Hall taken before 1858.

Source: Wikipedia

People Who Made HISTORY

By Kurt Jefferson



A wood engraving of the initial train traveling the Gilbert Elevated Railroad passing through Sixth Avenue, near the Jefferson Market Police Court. Drawing created on April 29, 1878.

Artist is unknown.

Source: Wikipedia

American surgeon and inventor **Rufus Henry Gilbert** was born on Jan. 26, 1832. He believed that rapid transit could help with the cramped and unhealthy living conditions in New York City's tenements. He played a major role in the city's early rapid transit system as a way to free people living in crowded housing units. He developed Gilbert Electric Railway Company in June 1872 to create elevated lines in New York City. Delayed due to a financial depression, Gilbert used trains pulled by steam locomotives rather than ones he planned moved by air pressure in tubes mounted on the elevated surface.

Hyman G. Rickover was called the "Father of the Nuclear Navy." He developed the world's first nuclear-powered engines and the first nuclear-powered submarine, launched in 1954. He was born in Russia but reared in Chicago. Rickover led development of research into the first full-scale, civilian nuclear power plant in the U.S. at Shippingport, Penn. His exacting standards are credited with the Navy's accident-free record of zero nuclear reactor accidents. Historians say this contrasts with Russia's nuclear submarine record of at least 14 known reactor mishaps. Near the end of Rickover's career, in 1982, he testified before Congress that he did not believe nuclear power was worth it if it created radiation. Regarding nuclear powered ships, he testified, "That is a necessary evil. I would sink them all. I am not proud of the part I played in it. I did it because it was necessary for the safety of this country. That's why I am such a great exponent of stopping this whole nonsense of war."



Hyman G. Rickover aboard the world's first nuclear-powered submarine, the *USS Nautilus*.

Photo taken around 1954.

Source: U.S. Navy Office of Information/Wikipedia

Spring Session Classes & Workshops

Look for descriptions and details of what CKCS is offering [here](#).
Registration gets **underway Jan. 6**.



There's a worldwide tech organization designed to empower you.

It's called APCUG.

Zoom meetings, tips for users of different systems including:



- Windows
- macOS
- Linux
- iOS
- Android
- Chromebook

**and more are waiting for you to take part. CKCS is a member of APCUG.
Here is just a small portion of links you'll find on APCUG's website:**

[Wednesday Workshops](#)

[Saturday Safaris](#)

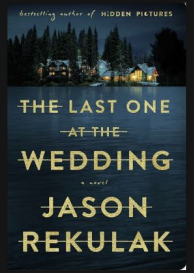
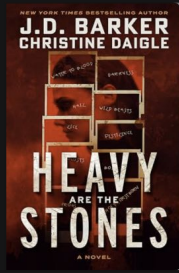
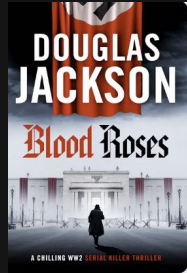
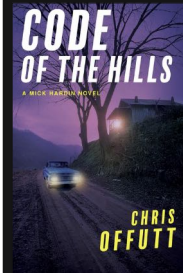
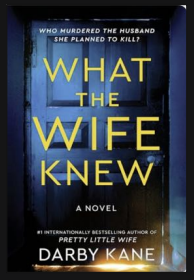
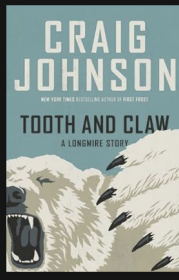
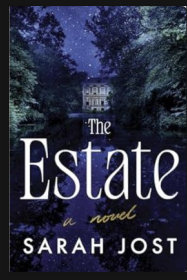
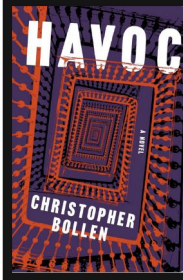
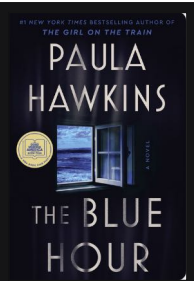
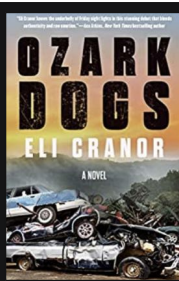
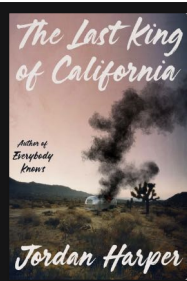
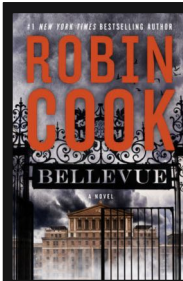
[Cybersecurity Awareness Month](#)

[Speakers Bureau](#)



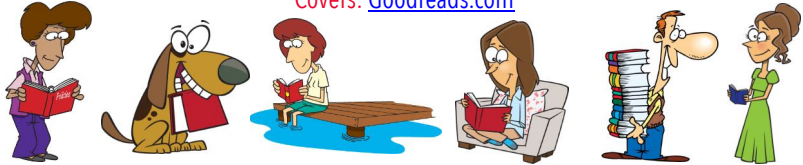
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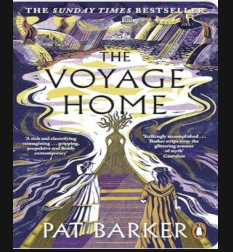
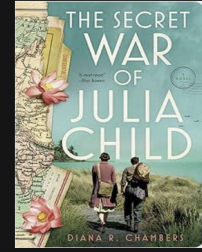
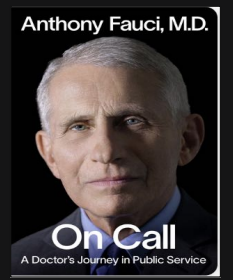
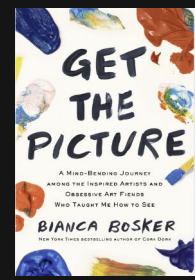
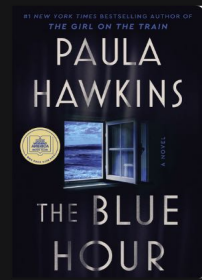
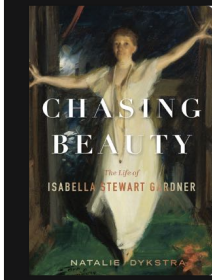
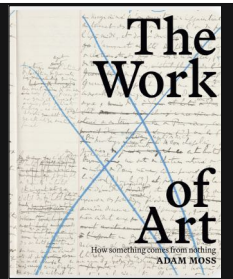
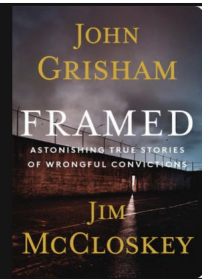
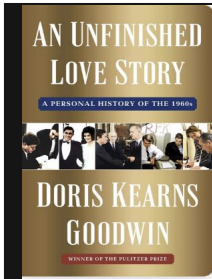
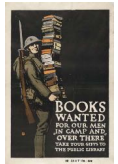
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Books!

Covers: [Goodreads.com](https://www.goodreads.com)

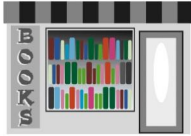


138 [What's Inside this issue?](#) Happy New Year From All Of Us at CKCS!



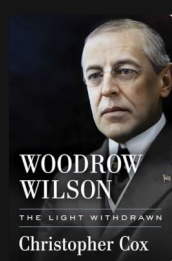
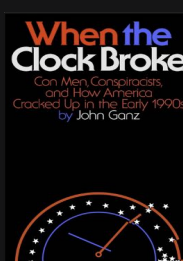
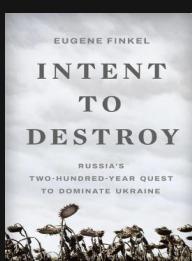
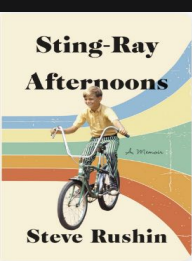
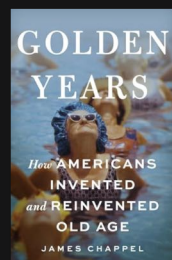
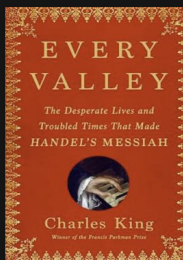
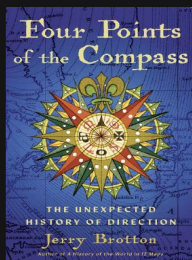
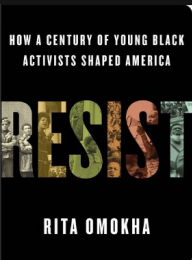
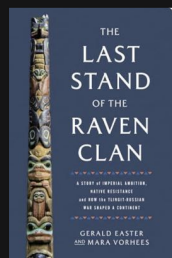
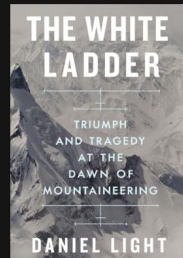
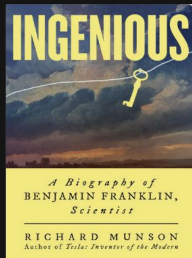
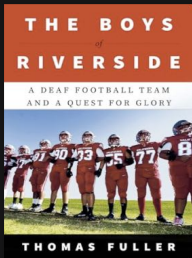
Books!

Covers: Goodreads.com



Books!

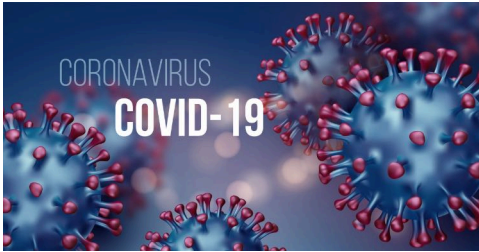
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Report: Life Expectancy in U.S. Rises to 78.4 Years

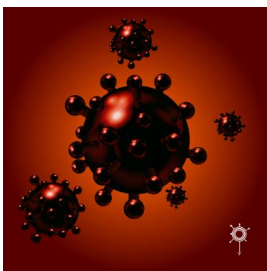
By Kurt Jefferson

Good news on the health front comes from the Centers For Disease Control and Prevention. A new [report](#) from the CDC says Americans are living longer—life expectancy is now the highest it's been since 2019, before Covid struck.



The report says Americans' life expectancy was 78.4 years in 2023. That's a major rise—nearly a full year—from 77.5 years in 2022. The primary reason behind the increase is a decline in Covid deaths. In 2022, Covid was the fourth-leading cause of death. In 2023, Covid dropped to tenth place.

The CDC report says Covid was responsible for 76,000 deaths in 2023.



In 2020, Covid killed 350,000 Americans.

The CDC report is based on death certificates from all 50 states and Washington D.C.

Doctors are quick to point out that Covid is not gone. The threat from the virus is still real and health experts urge Americans to continue getting booster shots. As of Dec. 7, the CDC reports only about 22% of adults have gotten the 2024-2025 Covid-19 booster shot. What many folks forget is that Covid is still killing Americans. There were 254 Covid-reported deaths for the week ending Dec. 14. That's up from 179 deaths reported during the week ending November 30.

This CDC [map](#) provided by *Newsweek* shows the U.S. prevalence of Covid for the week ending Dec. 14.

Tea is the second most popular drink in the world after water. A new [study](#) from Spain reveals that brewing tea using commercial tea bags could be releasing millions of plastics into your cup. And, for the first time, the study from the



[Universitat Autònoma de Barcelona \(UAB\)](#) shows that these plastics can enter the bloodstream,

be absorbed by the human intestines, and spread throughout the body.

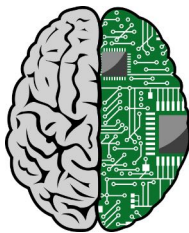
Study: Boost From Exercise May Last Into the Next Day

By Kurt Jefferson



People between 50 and 83 who exercised at a moderate to vigorous level – more than their normal workout

on a given day – got a brain boost even the next day in a study led by [University College London](#) (UCL) researchers. Those taking part in the study scored higher on memory tests given the next day after exercise.



Researchers also discovered a connection between fewer hours sitting and getting six hours or more of sleep. Those factors translated into better scores on memory tests the following day.

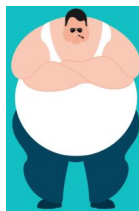
More deep sleep also improved memory. Deep sleep is sometimes called “restorative sleep” when an individual’s heart rate decreases and blood pressure falls. More sedentary behavior translated into worse memory results the next day.

Those running the study say it only involved 76 men and women wearing activity trackers so it needs to be completed using a larger number

of participants. The lead author on the study stressed that any activity boosting the heart rate is what’s important. Dr. Mikaela Bloomberg of the UCL Institute of Epidemiology & Health Care indicated walking up a few flights of stairs, brisk walking or dancing fits the bill.

Hidden Fat Linked to Alzheimer’s Years Before Symptoms

A specific kind of body fat has been linked to Alzheimer’s Disease at least 20 years before symptoms appear, according to a study by Washington University School of Medicine in St. Louis. [ScienceBlog](#) reports deep belly fat—that surrounds internal organs—is tied to abnormal protein buildup in the brain, which is directly linked to Alzheimer’s Disease. Washington University studied 80 normal men and women with an average age of 49.4 years and discovered a striking connection between [body fat deep within the abdomen](#) and the onset of Alzheimer’s years later. This is the first study of its kind to link so-called visceral fat in mid-life with Alzheimer’s Disease.



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TeleHealth Breach Involves 900,000 Americans' Personal Info

By Kurt Jefferson

Because of busy schedules, some Americans have been getting help from telehealth. They are getting advice, health care, and other benefits through online services.



Now, one of those online health services, ConnectOnCall, has been the victim of a major security breach, according to [Bleeping Computer](#).

Personal details and medical information of more than 900,000 patients have been exposed online. ConnectOnCall says between February and May of last year, “an unknown third party” gained access to “certain data,” reports Bleeping Computer.

Patient details exposed in the breach included names and phone numbers. Other exposed data may have included birthdates, health conditions and treatments, prescriptions, and, in a small number of incidents, social security numbers. As [Tom's Guide](#) writes, “At this time, we still don't know if a single individual or group of hackers was behind the breach itself.”

Reports indicate ConnectOnCall's parent company, Phreesia, is sending



letters to breach victims. If you keep up with the long list of security breaches, you know this is not an isolated case.

As Tom's Guide notes, “Medical data breaches seem to be all the rage with hackers now, and for good reason. These companies store all sorts of sensitive data and have the money necessary to pay a ransom to stop hackers from leaking their stolen info.”

As in so many security breaches, victims were not responsible for the breach. The companies providing the service are ones to be held accountable for releasing sensitive personal data to unwanted and unknown intruders.

Other recent health-related breaches include:

[UnitedHealth Says Data of 100 Million Stolen in Change Healthcare Breach](#)

[Cyberattack at French Hospital Exposes Health Data of 750,000 Patients](#)

[Norton HealthCare Discloses Data Breach after May Ransomware Attack](#)

[CommonSpirit Health Issues Update Confirming 164 Facilities Affected by Ransomware Attack](#)

Your Health

By Kurt Jefferson



Lower rates of Alzheimer's Disease among taxi drivers and ambulance workers are the

bottom line of a study of those professions by researchers at Mass General Brigham.

[ScienceDaily](#) notes that workers who must use their spatial skills such as finding the shortest route to the hospital or a taxi customer-might lead to a lower death rate by Alzheimer's. Researchers combed

through national data on people with 443 occupations. Driving taxis and ambulances were among the jobs with fewer deaths from Alzheimer's. Of the nearly nine million people in the study from all walks of life and holding different occupations, 3.88% died from Alzheimer's.



❑❑❑ TAXI ❑❑❑

Migraine pain can be unbearable, and about 39 million Americans suffer from it. 18% of women, six percent of men, and ten percent of children in the U.S. suffer migraines. A study published in *Neurology* revealed that the drug

ubrogepant could block the pain. [ScienceDaily](#) notes if the drug is taken at the early stages of a migraine before pain, it "may be effective in helping people with migraine go about their daily lives with little or no symptoms." 518 participants took part in the study. Lead author was Dr. Richard Lipton of the Albert Einstein College of Medicine in the Bronx.



Researchers studied overweight cats at Ohio State University to look for possible

obesity treatments for humans. It turns out that that dietary changes in cats create changes in their gut microbiomes similar to humans. [ScienceDaily](#) reported "Though there is still a lot to learn, the findings place pet cats at the top of the list of animals whose gut bacteria may tell us a lot about our own – and whether gut microbe-based therapy could be one way to battle obesity." *Scientific Reports* published the study.



Please consider joining CKCS if you aren't a member. There are plenty of benefits!

Your Health

By Kurt Jefferson



An eye-opening report in *The Lancet* shows that the U.S. life expectancy global ranking is expected to drop by 2050 below most high-income nations and some middle-income countries. [Science Daily](#) reports drug use, high blood sugar, high blood pressure, and high BMI (body mass index) are behind the life expectancy drop prediction.

Should You Avoid Sweet Drinks? A study of Swedish men and women tracked



Source: [Lernestorod/Pixabay.com](#)

sugar consumption and seven cardiovascular diseases. [MedicalX-Press](#) reports researchers followed whether those in the study consumed honey, a sweet pastry, sweet drinks such as soda or other sweet treats. [MedicalX-Press](#) notes that those running the study “found that consuming sweet drinks was worse for your health than any other form of

sugar: drinking more sweetened drinks significantly increased the risk of ischemic stroke, heart failure, atrial fibrillation and abdominal aortic aneurysm.” Another tidbit: Consuming sweet treats occasionally was better than avoiding them completely. Researchers say much more work is needed to understand the impacts on the body from consuming sugar from different foods.

Wheaties is “the breakfast of champions”, but oatmeal is ideal for both heart health and weight loss, reports [MedicalXPress](#). The website notes that “oats made history when they became the first food with a Food and Drug Administration health claim label in 1997. This claim was related to heart health and showed that intake of whole oat products decreased blood cholesterol levels.” As dieticians say, eat up!



Please consider joining CKCS if you aren't a member. There are plenty of benefits!

Your Health

By Kurt Jefferson



Four-minute daily bursts of physical activity by women could nearly cut in half the risk of heart attacks and heart failure among the middle-aged according to a study from Australia.

[ScienceDaily](#) notes the activity was connected to better cardiovascular health for women who don't do structured exercise. Researchers said, "given fewer than 20 percent of middle-aged or older adults engage in regular structured exercise, engaging in VILPA (vigorous intermittent lifestyle physical activity) could be a good alternative." To start, it could be as simple as walking uphill, carrying shopping, stair climbing, or playing tag with a pet, noted the lead author of the study at the University of Sydney.



Norovirus is the most common cause of infectious diarrhea and also

causes vomiting. It's spread through contaminated food or water. But it's also spread through contaminated surfaces. 685 million people worldwide get sick from norovirus yearly. Now, a new [study](#) reveals that disinfecting surfaces at airports every two hours cuts norovirus infections by 83%. Restaurants at airports had the highest transmission rate. [MedicalX-Press](#) notes the study revealed handwashing every two hours only reduced norovirus infection rates by two percent. Wearing masks 50% of the time reduced the risk by 48%.

¿Habla español? If you don't speak Spanish but are trying to learn that



language or any other, one factor might be more vital than any other:

good sleep. A new [study](#) by a team of Australian researchers shows that sleep is [critical](#) to remembering new words and grammatical rules.

Your Health

By Kurt Jefferson



If you love dark chocolate, read on. A new study revealed that eating dark chocolate was related to a 21% lower risk of developing type 2 diabetes. [Science Daily](#) notes that “participants who consumed at least five servings of this chocolate per week showed a 21% lower risk of T2D” (type 2 diabetes.) Milk chocolate did not have the same impact and was directly connected to weight gain. The study published in the [British Medical Journal](#) monitored 192,000 healthy adults over more than 30 years. Researchers caution the study is observational, meaning it’s not possible to prove that dark chocolate is the reason behind the reduction in type two



diabetes or if there’s another unknown factor at play here. We do know that

dark chocolate is much healthier than milk chocolate because it

contains more cocoa and flavonols. Clearly, researchers say, more study is needed.



The cost of asthma medicine in the U.S. prevents one in six adults from taking the

medicine they need, says a new study. Details were published in [Thorax](#). In 2021, the CDC estimated that about 20 million U.S. adults had asthma. Americans between 18-60, women, and African Americans were more likely to avoid taking their asthma medication because of cost.

Americans born before 1996 have had a much higher rate of mental health issues because of one factor: lead in gasoline. At least that’s the conclusion of a study by Duke University. [Science Daily](#) writes, “In 1923, lead was first added to gasoline to help keep car engines healthy.”



It adds that came at great expense to our own well-being.

Your Health & More

By Kurt Jefferson



Dogs talk. Now if only their owners would listen. New

research using the app Fluent Pet confirms dog can “talk” using soundboards, which play pre-recorded human words or phrases when tapped, according to [StudyFinds](#). Data collected from 152 dogs using soundboards in their homes shows the dogs intentionally pressed certain buttons to “speak” to their owners. StudyFinds noted that combined words such as outside+potty or food+water were used more than random chance indicating dogs had a purpose when they communicated. Scientists from the University of California–San Diego and John Hopkins University did the research.

Drinking coffee might be good for people who have atrial fibrillation. A study from Switzerland shows that having up to five cups of caffeinated coffee daily, or



even more, could help prevent mental decline. [ScienceDaily](#) reports more than 2,400 people, with an average age of 73, took part in the study. Those who drank coffee fared better on a series of cognitive tests.

Foods causing inflammation are linked to a much higher risk of dementia according to a new study. [The Cleveland Clinic](#) notes that inflammatory foods



include added sugars, trans fats, omega-6 fatty acids, refined carbs or processed

or red meats. Anti-inflammatory foods include veggies, fruits, nuts, beans, seeds, and fatty fish. [MedicalXPress](#) reports research by Glenn Biggs Institute for Alzheimer’s & Neurodegenerative Diseases at UT Health, San Antonio; Boston University School of Medicine; and the Framingham Heart Study confirmed higher scores on the Dietary Inflammatory Index are tied to increased incidence of all-cause dementia and Alzheimer’s dementia.

Your Tech

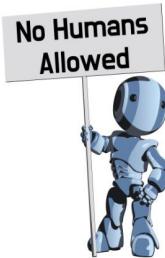
By Kurt Jefferson

Is [ChatGPT](#) search better than Google? You be the judge. After launching paid versions in October and

ARTIFICIAL INTELLIGENCE seeing Apple choose it for the

company's version of AI called "Apple Intelligence," - ChatGPT is available—free. It can be downloaded as an app on your [Mac or Windows computer](#). ChatGPT is also built into Apple's computers and devices and Siri-but you have to activate it in your settings. It's also available through the App Stores for iOS and Android. Internet

users can also access it through a [search website](#), similar to Google. I used the website to search for "bourbon ball recipe" and was impressed with results. Now let's see. What did I do with that recipe? 🤖



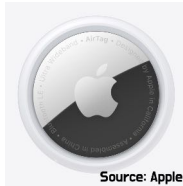
The popular password manager NordPass (produced by the same company as Nord-VPN) has released its [Data Breach Trends Report](#) for 2024. The report reveals that 85% of all security breaches occurred in private companies. The U.S., India, and United Kingdom are home to businesses hit with the most breaches.



[PCMag](#) has issued its list of "Everything Leaving Netflix in January 2025." As the tech website notes, "expiring licensing deals and budget constraints force Netflix to refresh its lineup." In other words, out with the old and in with the new. So if you're a fan of a show leaving this month, catch it now.

Your Tech

By Kurt Jefferson



Here's a neat way to use tech: If you place an AirTag in your luggage and use United Airlines, Air Canada, or Aer Lingus, should your luggage get lost, you will now be able to track your belongings using Apple's AirTag system. [PC-Mag](#) notes that Apple's Share Item Location is available for users of iOS 18.2, iPadOS 18.2, and macOS 15.2. It works on iPhone Xs or later.

UPDATE: [MacRumors](#) adds that additional airlines have now jumped on board, supporting Apple's "Find My" for lost luggage feature. These include Delta, United, British Airways, Lufthansa, Air Canada, Air New Zealand, Austrian Airlines, Brussels Airlines, Turkish Airlines, Swiss International



Airlines, Eurowings, and Iberia.

Now that 2025 is here, why not make security your number one priority? **2025** One website that can definitely help is [Safety Detectives](#). Independent reviewers pick their favorites from password managers to anti-virus software to VPNs (virtual private networks.)

Check out their top picks for [password managers](#).

Here are their favorite [anti-virus](#) software choices.

If you're shopping for a VPN to keep your Internet connection away from prying eyes, here are top choices for [VPNs](#).

Finally, Safety Detectives reviews [parental tools](#) to keep kids safe.

Your Tech

By Kurt Jefferson

Three separate U.S. agencies are investigating the most popular



brand of home Internet routers in the country over

concerns of a potential national security threat, writes [9to5Mac](#).

The brand is TP-Link and their Wi-Fi routers comprise 65% of the American market, partially because more than 300 Internet service providers supply them in homes. U.S. officials are concerned because TP-Link is a Chinese company “whose popular home-internet routers have been linked to cyberattacks,” writes *The Wall Street Journal*.

ChatGPT notes, “TP-Link is one of the leading manufacturers of networking products, including routers, switches, and smart home

devices. While their products are sold worldwide, the company is headquartered in China.”

The Wall Street Journal adds that three separate investigations are underway—by the Justice, Commerce, and Defense departments. It reports the U.S. might ban the sale of TP-Link routers in the U.S. this year. *The Wall Street Journal* adds in its report, “TP-Link routers may have effectively been used as a botnet to carry out cyberattacks on U.S. organizations including suppliers to the Department of Defense.”

There are also allegations that TP-Link is selling its routers for less than they cost to manufacture. A TP-Link spokeswoman disputes this and says the company doesn’t sell its products for less than they cost to manufacture.

More from [Ars technica](#).

Your Tech

By Kurt Jefferson

Data never sleep. A company called Domo monitors what occurs on the Internet every minute, every day. [PCMag](#) shares

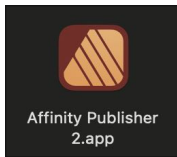


Domo's color wheel showing a visual display of every Internet minute. Highlights include an increase in both emails and text messages sent, a drop in Google searches, and a drop in Netflix streaming. One eye-opener: "the number of personal records compromised by data breaches every minute is 4,080," writes [PCMag](#).

Adobe is raising prices on two of its monthly plans. [PCMag](#) writes the price for Adobe's 20GB Plan, which includes Photoshop, Lightroom and Lightroom Classic will increase 50% for U.S. customers. It will jump from \$9.99/month to \$14.99/month. There are more price hikes, but the

cost of the company's yearly plan, paid upfront, will not change.

The [Verge](#) reports that Canva-based in Australia-acquired the Affinity creative software suite, "positioning itself as a challenger to Adobe's grip over the digital design industry." The [Verge](#) adds, "Affinity apps are used by over three million global users according to Canva—that's a fraction of Adobe's user base, but Affinity shouldn't be underestimated here. The decision to make its Affinity applications a one-time-purchase with no ongoing subscription fees has earned it a loyal fanbase, especially with creatives who are actively looking for alternatives to Adobe's subscription-based design ecosystem."



Affinity Publisher icon on a Mac used to create *Computer File*. Affinity Designer and Affinity Photo are also available for Mac, Windows, and iOS.

Your Tech

By Kurt Jefferson

CyberCrooks

Tis the season for... scams? Whether they're poorly worded emails trying to convince you to give up cold cash and your credit card number or a text message claiming there's a pot of gold waiting for you, hucksters are hard at it. As 2024 was winding down, I was deluged daily with one bogus text message after another—directed at my cell phone number. Here are just some of the scam texts I received during three days in late December. *Believe it or not, people respond to these and lose plenty of money:*

Congrats! Your Christmas funds are approved, e-sign for immediate cash here: twrgp.com/JVEzb

Hi Genny, we still have time this weekend to extend another 2500 if you need visit tsrrequests.co/R3QG or reply STOP to cancel

At first, the text messages stressed, "Hey Genny, you'll lose your money if

Congratulations! You are eligible for 7,000\$. Visit faeyku.com/8Nvxvx to confirm and initiate transfer

Christmas funds update: E-sign approval to get your cash today: kfxtj.com/RVGO

Last Call! We are trying to send your funds tonight. E-Sign your loan approval now fpkjm.com/RVGO

you didn't respond now!" By responding to these sleazy characters, Genny definitely would win no pot of gold for the holidays.

Instead, she'd be clutching at her wallet, asking herself what did she just do? She gave away her bank account to thieves who want to use her money to buy expensive gifts—for themselves.

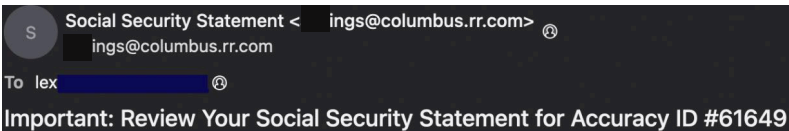
So the next time you get a similar text message or email, delete and report it as spam. **Do Not Become a Victim in 2025.**

Your Tech

By Kurt Jefferson

I recently received a carefully crafted, bogus email claiming to be from the U.S. Dept. of Social Security. How do I know it's bogus? Look at the email sender. Social Security, based in Washington D.C., does not use a Road Runner email account (rr.com) that appears to be based in Columbus, Ohio.

You shouldn't believe it either. The message adds: "SSA Leader Changes Announced. We are reaching out to remind you of an important update regarding your Social Security benefits. To help you better manage and plan for your future, your Social Security Statement is now available for download."



My email app, Thunderbird, did not flag this as junk so I trained the app to recognize future emails from the source.

To access my statement, the email instructs me to click on a link provided, download the statement file, and open the statement.

Speaking of the source, I cannot be sure the sender is in Columbus. They could be anywhere in the U.S. Or Spain. Or Turkey. Or elsewhere.

The email's conclusion is filled with irony: "Thank you for your attention to this matter, and for your commitment to securing your financial future with Social Security." *By clicking on the link in the email, you're providing a financial future for the scam artist, not you.*

The sender might be using a stolen email. Using the word "Important," and an "Accuracy ID" in the subject line are attempts to get by my "cynic radar" to convince me this is legit. It isn't working.

At the end of the day, how do I know this is a scam? *I don't receive Social Security benefits.*

A Potpourri of Links

By Kurt Jefferson

The Hustle: [Why Thieves Love to Steal Razors](#)

NPR: [FBI Warns Americans To Keep Their Text Messages Secure—What To Know](#)

9to5Mac: [Huge Growth in AI Usage Could Cause Electricity Blackouts in U.S. From Next Year](#)

History Today: [New Year, Old Books](#)

BBC: [‘Being a Starlet Was Difficult’: How Shirley Temple Saved a Hollywood Studio From Bankruptcy](#)

Popular Mechanics: [Archaeologists Accidentally Discovered the Oldest Gun Ever Found in America](#)

Popular Mechanics: [Where ‘Roger That’ Really Comes From](#)

History Today: [Books of the Year 2024, Part 1](#)

WIRED: [17 Tips to Take Your ChatGPT Prompts to the Next Level](#)

IdentityTheft.org: [2024 Identity Theft Facts & Statistics](#)

NIH: [Tips to Boost Your Health as You Age](#)

The Dodo: [Cat Wanders into a Third Grade Class—and Decides He’s Never Leaving](#)

MacRumors: [iOS 18.2: Everything You Can Do With ChatGPT Integration](#)

Goodreads: [Readers’ Favorite Books for 2024](#)

BestLife: [I Slept Eight Hours a Night For a Month—The Results Completed Changed My Life](#)

The Kitchn: [I Finally Found the Best Way to Store Apples So They Stay Perfectly Crisp—For Six Weeks](#)

BestLife: [Scientists Confirm These Simple Activities Could Help Prevent Dementia](#)

Happy New Year!



Source: Mylene 2401/Pixabay.com



WOKANDAPIX/Pixabay.com



kim_hester/Pixabay.com

Everyone at CKCS Wishes You a Terrific 2025!

TIME MACHINE



Blowing Horns To Welcome the New Year

A group of celebrants blow horns on New Year's Day on Bleeker Street in New York City as they usher in 1943.

Photo: Marjory Collins (1912–1985)

Taken: Jan. 1943

TIME MACHINE



Ushering In the New Year

The Di Costanzo family, owners of a restaurant on New York City's Mulberry Street, celebrate New Year's Eve with their annual family dinner. There are few customers that night. On the left is a photo of their son in the U.S. Army and an American flag.

Photo: Marjory Collins (1912–1985)
Taken: Dec. 1942

TIME MACHINE



New Year's in Chinatown

New York City's Port Arthur Chinese Restaurant celebrated the new year with flags and other items. [China Rhyming](#) writes "The Port Arthur Restaurant was established in 1897 and operated on New York's Mott Street for more than 85 years. Chu Gam Fai, the original owner, selected the name obviously after what is now Lushun and would have been a much more familiar name back then. The restaurant was located on the second and third floors of 7-9 Mott Street... The Port Arthur was the first Chinese restaurant in NYC's Chinatown to obtain a liquor license with the upper floor dining rooms reserved for private parties and banquets, – mostly used by local Chinese for weddings and family ceremonial dinners."

Photo: Bain News Service Date taken: Unknown

TIME MACHINE



Silver Service

Silver tableware service (cups, bowls, ladles, and more) on the ship *U.S.S. Kentucky*, made possible by people from Kentucky.

Photo: Detroit Publishing Company

Photo by: Edward H. Hart

Taken: Believed to be either 1900 or 1901.

TIME MACHINE



Streetcar Stuck in Heavy Winter Storm

A major snowstorm struck New York City on Jan. 24, 1908, covering the city in snow more than ten inches deep. 35 mile-an-hour winds added to the mess, creating snowdrifts six to ten feet tall. The heavy snowfall stalled horses, cars, and streetcars in their tracks as it brought the city to a halt. One [website](#) writes that the *New York Tribune* reported the Society for the Prevention of Cruelty to Animals sent men to spread sand on the streets to keep horses from falling on the very slick roads.

Photo: George Grantham Bain Collection
Taken: Jan. 1908

TIME MACHINE



Cleaning Snow From Streets

Street cleaners remove snow from what is believed to be East 16th Street in New York City.

Photo: From the George Grantham Bain Collection
Taken: Jan. 1908

TIME MACHINE



Snow Removal

Horse-drawn carts in New York City carry snow away after street cleaners removed heavy snow from the streets during the 1908 storm.

Photo: From the George Grantham Bain Collection

Taken: Jan. 1908

TIME MACHINE



Mummers Parade

Participants in the Philadelphia Mummers Parade on Broad Street celebrating New Year's Day. Mummers is the longest-running continuous folk parade in the U.S., having started in 1901. The parade traces its roots to the 17th century, and is related to the Mummers Play tradition from Ireland and Great Britain. Mummers are folk plays performed by troupes of amateur actors.

Photo: Bain News Service

Taken: Jan. 1, 1909

164 [What's Inside this issue?](#) Happy New Year From All Of Us at CKCS!



TIME MACHINE



White House Celebration

New Year's celebrants gather outside the White House on New Year's Day.

Photo: Bain News Service

Taken: Believed to be Jan. 1, 1909

TIME MACHINE

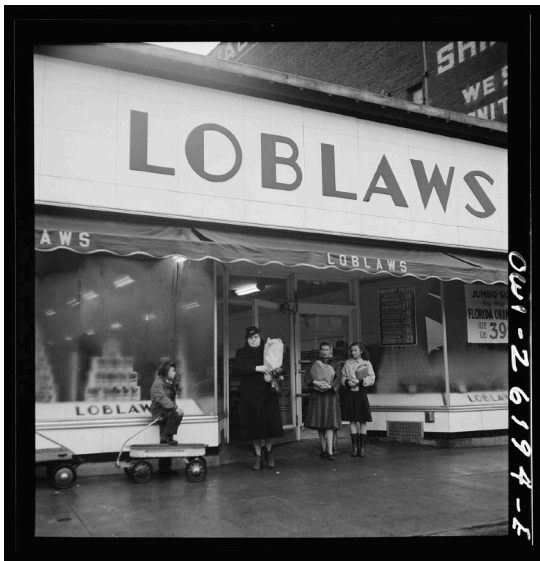


Model Airplanes

A 15-year-old expert on model airplanes who formerly spent all day Saturday at the movies, now devoting this time to instructing younger boys enrolled in the day care program at New York City's Greenwich House, a community center.

Photo: Risdon Tillery
Taken: May 1944

TIME MACHINE



Waiting For Customers

Peter Grimm, 10, awaits with his wagon outside Loblaw's Grocery in Buffalo, New York. He waits to see if he can carry customer's groceries home for them. This was a rainy day with few customers but on some Saturdays Peter makes as much as three dollars a day. He pays for all of his school supplies and much of his clothing. His mom, a 26-year-old widow, is a crane operator at Pratt and Letchworth.

Photo: Marjory Collins (1912–1985)

Taken: May 1943

TIME MACHINE



Inspecting Engine Parts

Women inspecting and assembling Rolls Royce engines at the Packard Motor Car Company in Detroit. The employees are visually inspecting and marking super charger clutch plates.

Photo: Arthur Siegel
Taken: Jan. 1943

TIME MACHINE

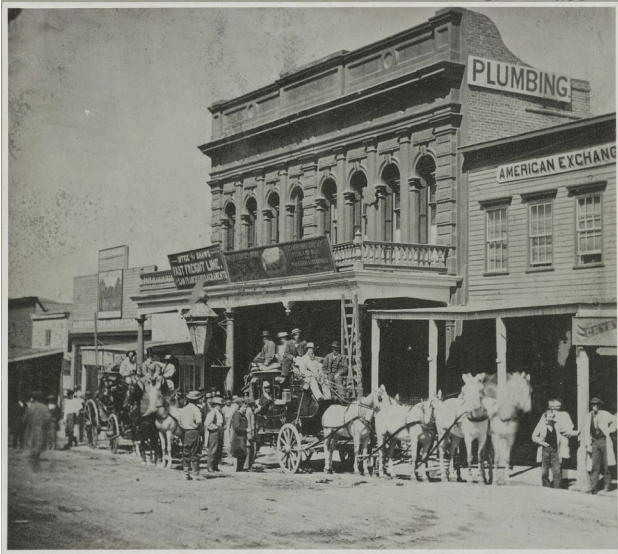


San Francisco Earthquake

Destruction and fires caused by the 1906 San Francisco earthquake. Photo shows ruins in the vicinity of Post and Grant Ave., looking northeast. The quake struck on April 18 at 5:12 A.M. (PST). It shook San Francisco and parts of northern California with an estimated 7.9 magnitude. 80% of San Francisco was destroyed and more than 3,000 people perished. It is the deadliest earthquake in U.S. history.

Photo: H.D. Chadwick/NARA/Wikipedia Photo taken: April 1906

TIME MACHINE



A Busy Street in Virginia City, Nevada

Wells Fargo and Company's Express Office on C Street in Virginia City, Nevada. Virginia City grew as a boomtown starting in 1859 with the discovery of the Comstock Lode, the first major silver deposit discovery in America. By the mid-1870's, Virginia City was a bustling city with 25,000 inhabitants. By 2020, the U.S. Census recorded a population of only 787. In its early days, Virginia City's nickname became "the richest place on earth."

Publisher: Lawrence & Houseworth
Published: 1866

TIME MACHINE



Bessie Smith

Blues singer Bessie Smith was one of the most popular blues singers of the Jazz Age. Regarded as one of the best singers of her era, she was a major influence on other blues singers and jazz performers. She scored a recording contract with Columbia in 1923. Her career was cut short by a fatal car accident when she was 43.

Photo: Carl Van Vechten (1880–1964)

Taken: Feb. 3, 1936

Videos & More



[Golden Girls, Funny Moments](#)

[Tribute to Maggie Smith](#)

[Dame Maggie Smith on her brilliant career](#)

[Fool If You Think It's Over](#) by Chris Rea

[Tim Conway's Hilarious First Appearance on the Tonight Show](#)

[Bikers Mess With the Wrong Woman at the Restaurant](#)

[American Bandstand, May '67](#)

[American Bandstand, Aug. '69](#)

[Password, Lucille Ball & Gary Morton \(May 1964\)](#)

[What's My Line, Elizabeth Taylor](#)

[What's My Line, Bette Davis](#)

[Dame Judi Dench stuns everyone with her Shakespeare sonnet reading](#)

[They Should Have Asked My Husband, Pam Ayres](#)

[Victor Borge](#)

[Red Skelton & John Wayne](#)

[Foster Brooks Roasts Jack Benny](#)

[The Diner Sketch, W.C. Fields](#)

[The Twilight Zone, Will the Real Martian Please Stand Up?](#)

[Beautiful Relaxing Music with Winter Wildlife](#)

[Chronicles of Narnia](#)

[Cozy Winter Porch Ambience](#)

[Cozy Winter Vibes](#)

[Winter Coffee Jazz](#)

[Winter Coffee Shop Ambience](#)

[The Magic of Ordinary Days](#)

[New Zealand Winter](#)

[Living With the Dark Winters in Sweden](#)

[Man Builds House with Stones and Logs in the Forest](#)

[One Day in the Coldest Village on Earth](#)

[19 Weird Things Swedish People Do](#)

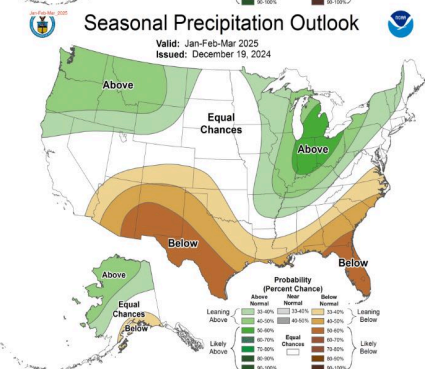
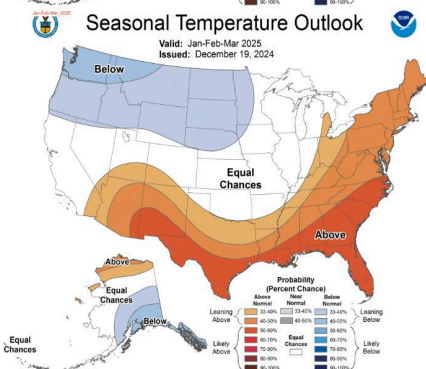
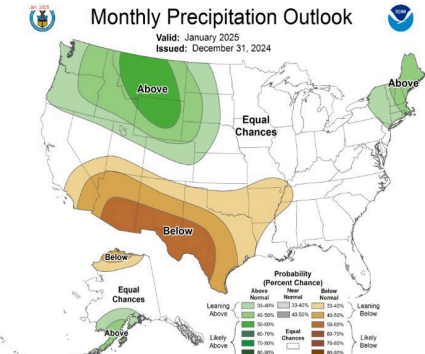
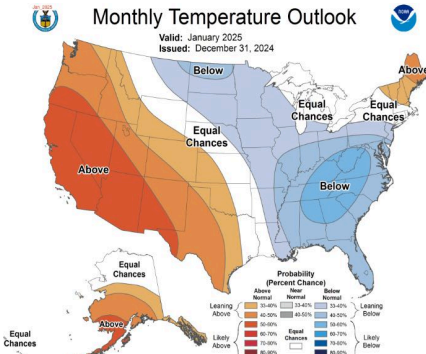
[12 Nordic Habits For a Simple & Peaceful Life](#)

[Wisdom of Life at 96](#)

[107-Year-Old Wisconsin Veteran's Advice on Life, Family & Politics](#)

[107-Year-Old Irish Farmer Reflects on Change, 1965](#)

Winter Weather Predictions



NOAA has updated its monthly outlooks and seasonal outlooks for Kentucky. The top maps show the National Weather Service predictions for only the month of January. The bottom maps provide an overview of outlooks for January, February and March as a whole. The top set of maps were issued on the last day of December, after an earlier edition of this newsletter had been published. This updated newsletter now provides the updated maps.

Source: NOAA/National Weather Service

Quiz Time!

Get ready for fun. We supply the questions. You supply the answers. Are you ready to start?

By Kurt Jefferson

New Year's Quiz

Okay, with the start of the new year, it's time for a quiz. Got your thinking caps on? This is a general knowledge quiz with topics galore. See how well you do. Answers arrive next month.

We compiled this quiz using the DuckDuckGo search engine as well as the ChatGPT artificial intelligence app.

1. Name the most popular dog breed in America.

- A. Beagle
- B. Basset hound
- C. Poodle
- D. French bulldog

2. The Ford F-150 has been the top-selling vehicle in the U.S. for many years. What about *non-trucks and hybrids*? Name the best-selling hybrid *vehicle* in America.

- A. Toyota Prius
- B. Honda CR-V Hybrid
- C. Toyota RAV4 Hybrid
- D. Ford Escape Hybrid

3. According to World Population Review, Idaho has the highest dog ownership rate at 58.3%. What percentage of Kentuckians own dogs?

- A. 46.5%
- B. 49.6%
- C. 33%
- D. 24%

4. Vermont has the highest domestic cat ownership with 44.6% of the population owning pet cats according to the World Population Review. What percentage of Kentuckians own cats?

- A. 42%
- B. 32.2%
- C. 21%
- D. 15%

5. True or False?

91.6% of households in Georgetown had a broadband Internet subscription between 2019-2023 while 87.2% of the Kentucky population as a whole had the same, according to the U.S. Census.

Quiz Time!

Get ready for fun. We supply the questions. You supply the answers. Are you ready to win?

6. In 2024, Georgetown, Bowling Green, Richmond, and Nicholasville all made the list of fastest growing cities in Kentucky according to the World Population Review. True or false?

- C. Owensboro
- D. Murray

7. Here's a fun fact you may not know. Since 2002, the clothing/underwear maker Fruit of the Loom has been a subsidiary of Berkshire Hathaway. Fruit of the Loom is one of the largest producers of women's jeans, casual wear, underwear, and other items. Its roots date back to Rhode Island in the mid-1850s. Fruit of the Loom's world headquarters are based in what Kentucky city?

- A. Bowling Green
- B. Union
- C. Hebron
- D. Manchester

8. The National Quilt Museum is the only museum dedicated to contemporary quilts and quilt makers. It's in which Kentucky city?

- A. Pikeville
- B. Paducah

9. In 2024, what percentage of American men say they always wear a beard according to Earthweb?

- A. 33%
- B. 24%
- C. 48%
- D. 66%

10. The Kentucky Thoroughbred Association keeps track of the horse population in the state. For every 18 residents, there are how many horses in the state?

- A. 6 horses
- B. 10 horses
- C. 1 horse
- D. 5 horses

Look for the answers in next month's *Computer File*. Thanks for playing.