

# Hello February!



# Inside This Edition

<i>Hello February!</i>	1
<i>On the Inside This Issue</i>	2-3
<i>Front Page</i>	4
<i>February Holidays &amp; Celebrations</i>	5
<i>Who's Who at CKCS?</i>	6
<i>New &amp; Renewing CKCS Memberships</i>	7
<i>February Meetings Calendar</i>	8
<i>See the PowerPoint (AARP Tax-Aide)</i>	9
<i>President: Courses Aplenty at CKCS</i>	10
<i>Amateur Photography Club</i>	11
<i>Windows SIG is Back in March</i>	12
<i>What's Up? All Things 🍷 SIG</i>	13
<i>Digital Photography SIG</i>	14
<i>2025 Photo Contest Topics</i>	15
<i>Contest: Winning Photos</i>	16-18
<i>Tech Night: Back Up Your Data!</i>	19
<i>KyTrade CKCS Savings</i>	20
<i>Spring Classes &amp; Workshops</i>	21
<i>Class &amp; Workshop Descriptions</i>	22-25
<i>CKCS Inclement Weather Policy</i>	26
<i>Quotes About February</i>	27
<i>Historical People You May Not Know</i>	28-34
<i>Visit APCUG</i>	35
<i>Books!</i>	36-40
<i>Links You Can Use</i>	41
<i>Study: Being Active Reduces Risk...</i>	42
<i>Study: Regular Green Tea...</i>	43
<i>Your Health</i>	44-50

*Feb.  
2025*





*On  
the  
Inside*



<i>Your Tech</i>	<i>51-55</i>
<i>February is Here!</i>	<i>56</i>
<i>Time Machine</i>	<i>57-72</i>
<i>Videos &amp; More</i>	<i>73</i>
<i>Quiz Time! Answers</i>	<i>74</i>




 *Computer File* 

**Computer File**® is a monthly publication of the 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.* 

*Feb.  
2025*



*On  
the  
Inside*





## February Weather in Central Kentucky

### February Meetings

**Dr. Fix-it & iHelp**  
Feb. 1

**CKCS Board of Directors**  
Feb. 6

**Amateur Photographers Club**  
Feb. 6, 13, 20, 27

**Windows SIG**  
No Meeting in Feb., Back in March!

**Tech Night**  
Feb. 10

**All Things Apple SIG**  
Feb. 18

**Digital Photography SIG**  
Feb. 25

Click here for the SIG calendar provided by Larry Trivette.



This winter's heavy snowfall and bitterly cold weather is quite the contrast to the winter of 2024. In February 2024, Lexington recorded an average daily temperature of 45°, which is 7.9° above normal, according to updated records from the [National Weather Service Louisville office](#).



In addition, last year Lexington received only 1.5 inches of snow during February. That's three inches below normal. Over the years, Lexington has seen a number of ice storms during the month. Regarding snow, the average amount of snowfall received drops from 3.7 inches at the start of February, to an average 2.6 inches by month's end.

### Cold Fact:

The coldest temperature ever recorded on earth was on Feb. 5, 1892, in Vostok, Antarctica. It was -128.6° F.





## Holidays & Celebrations

Dates shown on this page come from [Parade.com](http://Parade.com).

Feb. 1

- Change Your Password Day
- Take Your Child to the Library Day

Feb. 2

- Groundhog Day

Feb. 3

- Golden Retriever Day
- Feed the Birds Day
- Nat'l. Missing Persons Day

Feb. 4

- Farmer's Day
- Homemade Soup Day

Feb. 5

- Nat'l. Weather-person's Day

Feb. 6

- Pay a Compliment Day

Feb. 7

- Nat'l. Woman's Heart Day
- Nat'l. Wear Red Day

Feb. 9

- Super Bowl Sunday
- Autism Sunday
- Nat'l. Cut the Cord Day

Feb. 10

- Oatmeal Monday

Feb. 11

- Nat'l. Shut-in Visitation Day

Feb. 12

- Abraham Lincoln's Birthday
- NAACP Day

Feb. 14

- Valentine's Day
- Frederick Douglass Day
- Pet Theft Awareness Day

Feb. 15

- Susan B. Anthony Day

Feb. 17

- Presidents' Day & Washington's Birthday
- Random Acts of Kindness Day

Feb. 20

- Martin Luther King Day
- Nat'l Love Your Pet Day

Feb. 21

- Nat'l Sticky Bun Day

Feb. 28

- Int'l. Stand Up to Bullying 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 Dec. 21, 2024 – Jan. 20, 2025

CKCS Board Member Ben Rice provided the names.

## New members:

Carrie McNamara  
Linda Millercox

## Renewing members:

Karen M. Bauer  
Barbara Binion  
David Dickason & Laura Cole  
Sterling Duvall  
Deborah B. Gresham  
Margaret Jeffiers  
Phillip & Caroline Johnson  
Bill Martin  
Larry Neuzel  
Carolyn Nichols  
Ward R. Ransdell  
Gary & Sharon Seckman  
John G. Strang  
Larry K. Trivette  
Susan Umberger  
Steve & Cheryl Wyatt  
Carol Young  
Robin Young



## 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.





## February, 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
27 Jan	28 Jan	29 Jan	30 Jan	31 Jan	1 Feb
	7 p.m. <b>Digital Photography</b> Joe Dietz John Snell & His 2024 Photo Adventures <b>In-Person Only</b>		10 a.m. <b>Photography Club</b> <b>In-Person Only</b>		10 a.m. <b>Dr. Fix-It &amp; iHelp</b> Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. <b>In-Person Only</b>
3 Feb	4 Feb	5 Feb	6 Feb	7 Feb	8 Feb
			10 a.m. <b>Photography Club</b> <b>In-Person Only</b> 7 p.m. <b>Board of Directors</b> <b>In-Person Only</b>		
10 Feb	11 Feb	12 Feb	13 Feb	14 Feb	15 Feb
7 p.m. <b>Tech Night</b> Judy Tylour, APCUG Importance of Backing Up your Computer Files <b>Via Zoom Only</b>	7 p.m. <b>Windows</b> <b>No Meeting this Month</b>		10 a.m. <b>Photography Club</b> <b>In-Person Only</b>		
17 Feb	18 Feb	19 Feb	20 Feb	21 Feb	22 Feb
	7 p.m. <b>All Things Apple</b> Brooke, Kurt, Joe See Topics in Newsletter <b>Via Zoom Only</b>		10 a.m. <b>Photography Club</b> <b>In-Person Only</b>		
24 Feb	25 Feb	26 Feb	27 Feb	28 Feb	1 Mar
	7 p.m. <b>Digital Photography</b> Joe Dietz <b>In-Person Only</b>		10 a.m. <b>Photography Club</b> <b>In-Person Only</b> 		10 a.m. <b>Dr. Fix-It &amp; iHelp</b> Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. <b>In-Person Only</b>



# January Tech Night: What You Missed

## AARP Tax Aide Income Tax Filing (It's Free)

To view details from Phil O'Neill's Tech Night presentation (he's a seasoned AARP tax counselor) view his slideshow [here](#).



Due to the keen interest in IP PINs during Tech Night, Phil provided the following clarification.

To many Americans, taxes are a four-letter word. Filing their yearly income tax forms rank up there with cleaning the gutters in the fall and shoveling snow in the winter. It doesn't have to be that way.

Phil O'Neill, a seasoned Tax Aide counselor with AARP, took center stage at January's CKCS Tech Night.

He guided onlookers through the AARP Tax Aide Program, spelled out the latest tax changes for 2024/2025, highlighted common tax filing errors, and discussed how technology is revolutionizing tax preparation. Tax Aide is AARP's free tax filing program, targeting people 50 and over.

### 1. Identity

**Theft Victim:** "If you are a confirmed victim of tax-related identity theft and we have resolved your tax account issues, we'll mail you a CP01A Notice with your new IP PIN each year."

### 2. Voluntarily Requesting an IP PIN:

"Once you have opted in and obtained an IP PIN online, you will need to retrieve your IP PIN online each calendar year as a CP01A Notice will not be mailed."

For more information, you can refer to this IRS Publication: [Get an Identity Protection PIN](#).

# Courses Aplenty at CKCS

## President's Report

By Brooke Thomas



We're excited to present another fantastic Winter/Spring lineup of classes and workshops! Our talented instructors are passionate about teaching a wide range of skills and we are constantly on the lookout for fresh topics and new instructors to join our team.

If you are interested in leading a class or workshop, please reach out to me at [president@ckcs.org](mailto:president@ckcs.org) to explore the possibilities.



Teachers at the 2024 OLLI open house: Brooke Thomas,

Kurt Jefferson, Larry Neuzel, Boone Baldwin, Joe Dietz, Myra Engle, Karen Higdon, and Anne Campbell. Not pictured: Rita Egan, Becky Brothers, Joe Hallock, Mike Seiler, Arleigh Kerr, and Kathy Davis.

Check out some of our classes:

- **Photography Skills:** Our photographers will cover landscape, composition, and black-and-white

techniques during this session of classes.

- **Creative Note Cards:** Using MS Word for Windows, Myra Engle will teach you how to make creative 3D and novelty note cards with your photos and graphics. As she says, "The only limitation will be your imagination."
- **Brochure Design:** Joe Hallock will show you how to create stunning brochures using MS Publisher, included in Microsoft 365.
- **Photo Editing:** Learn to enhance your photos with Photoshop Elements.
- **Photo Book Creation:** Discover how to save and share your treasured photos by creating a photo book using Shutterfly.

And that's just the beginning! Be sure to check out the full list of 17 courses in this newsletter.

# FEBRUARY

**Amateur Photography Club**  
Meets in person on Thursday mornings at 10 A.M.



## 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

## Windows SIG

The first session will be on  
Tuesday, March 11 at 7 p.m  
via Zoom .

# WINDOWS SIG IS BACK

We are proud to announce  
that

**Ben Rice**

is our Windows SIG  
Coordinator

● ● ● ● ● YAY

If you are interested in  
presenting at this SIG please  
email - [Ben.Rice@uky.edu](mailto:Ben.Rice@uky.edu)



# All Things SIG



Join Us Live @ 7 P.M., Feb.18, on Zoom!

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

## Brooke

### Find My app

Join us as we delve into the versatile Find My app on both iPad and iPhone. This powerful tool helps you locate lost Apple devices, AirTags, and even third-party items. Additionally, it allows you to share your location with friends and family. In this session, you'll discover the app's capabilities, understand how it works, and learn how to set it up. Brooke will explain how she tracked down her missing iPhone when it vanished after the CKCS Holiday Party.



## Kurt

### Browser: Opera

Everyone needs to have a second browser installed on their computers and mobile devices. Opera is one of the most popular browsers in South America, Africa, parts of Scandinavia, and elsewhere, so it's a good choice. It uses the Chrome engine but doesn't collect reams of data as the Google Chrome browser does. Also, there's a free VPN (virtual private network) included for the security conscious.



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

# Digital Photography SIG



Digital Photography Special Interest Group  
Tuesday, February 25  
In Person



Join us for a session on

## Genealogy Photo Restoration!



**L**earn how to breathe new life into your old family photos using a digital imaging program. I will be demonstrating using Corel PaintShop Pro, but there are many other programs out there that can help fix up your pictures. Whether you're dealing with faded colors, water damage, or just want to enhance your treasured memories, this session will provide you with the skills and techniques to make your photos look amazing again.

No prior experience with digital imaging programs is necessary. All you need is a willingness to learn and a passion for preserving your family history.

Don't miss this opportunity to transform your family's past into vibrant, lasting memories!



This month our photo contest is "Pets".

Get out – take pictures and send a great picture to [joedietz@aol.com](mailto:joedietz@aol.com) by February 24.

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

**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](mailto:joedietz@aol.com). Good luck!



# Winning Photos

Digital Photography SIG Photo Contest

January Topic: Night Scenes



“The Ferris wheel was first introduced by George Ferris at the Chicago world exhibition of 1893. The Ferris wheel is a must have for any carnival and it’s a delight for all ages. Some famous ones include: London Eye, Singapore Flyer and Melbourne Star. The one in this photo makes its annual appearance at the Fayette Mall carnival in the back parking lot. The lines are long for those waiting to take a spin. This one made its appearance in April 2018. Photo made by iPhone 8 Plus,” writes Carolyn.



First Place Winner  
Carolyn Nichols

# Winning Photos

Digital Photography SIG Photo Contest

January Topic: Night Scenes



Arleigh Kerr  
Second Place Winner

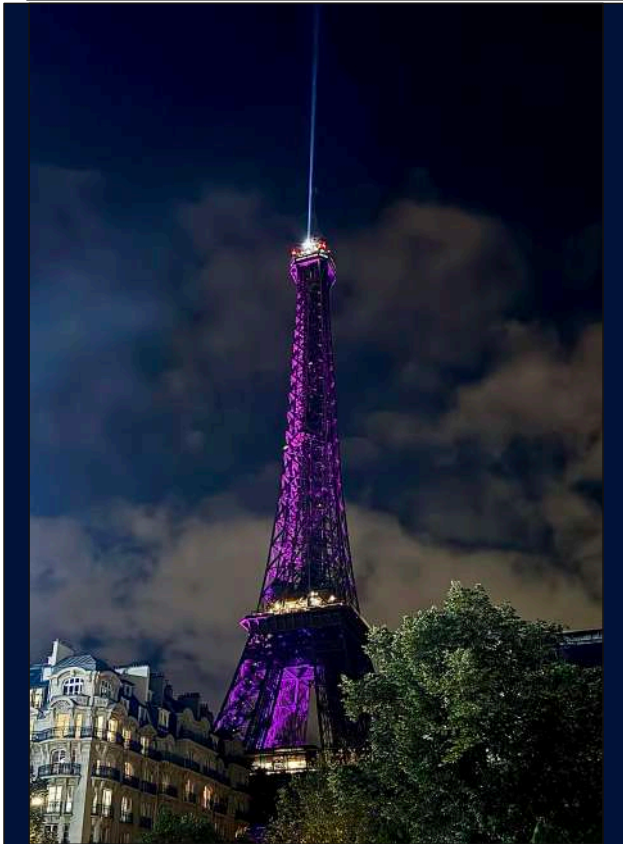


“Subject is the Roanoke Marshes Lighthouse in Maneto (Outer Banks), North Carolina. Photo was taken in April of 2023. Camera was a Sony A7r III. 90 second exposure at f20,” writes Arleigh.

# Winning Photos

Digital Photography SIG Photo Contest

January Topic: Night Scenes



Anne Campbell  
Third Place Winner

“I took this picture of the Eiffel Tower in Paris on September 30, 2024. The tower, along with several other monuments in Paris, were lit in pink that night for the beginning of Breast Cancer Awareness Month that started the next day. I took the picture with my iPhone 15 Pro Max,” writes Anne.



## Safeguarding Your Digital World— The Importance of Backing Up



### This Tech Night is Zoom only

Zoom here: <https://us02web.zoom.us/j/82109235232>

By Brooke Thomas

**N**ew year, new tech goals!  
Have you been putting off  
backing up your computer?  
**Well, now's the perfect time  
to get it done!**

We're thrilled to announce that  
our guest speaker this month is  
none other than **Judy Tylour**.



Judy has been a powerhouse in  
the tech community for more than  
three decades as a member of the  
Santa Clarita Valley Computer  
Club. She's worn many hats, in-  
cluding president, editor, and  
webmaster. You might recognize  
her from the APCUG Wednesday  
Workshop or the Saturday Safaris.

Judy is on a mission to ensure all  
APCUG members back up their  
data, and she's bringing her

wealth of knowledge and enthu-  
siasm to our Tech Night.

In today's digital age, backing  
up your data is a must to protect  
against various risks. Judy puts  
it perfectly: "By investing in  
backups, you mitigate the po-  
tential loss of valuable informa-  
tion and maintain peace of  
mind, knowing that your data is  
protected and accessible when  
needed."

Get ready for an informative  
and enjoyable presentation.  
Judy has been teaching adult  
education tech classes for over  
20 years and is a member of the  
Pierce College Computer Appli-  
cations and Office Technologies  
(COAT) Advisory Committee.

She also co-facilitated the  
Southern California Regional  
User Group Summit (SCRUGS)  
for over 20 years, where tech  
enthusiasts gathered to share  
ideas and solve problems.

So, grab a cup of cocoa, cozy  
up, and join us for this month's  
Tech Night from the comfort of  
your home. Don't miss out!

**Feb . 10  
@ 7 P.M.  
via Zoom**

**Tech Night in February**

*Tech Night*

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

Visit **KyTrade** ✓

Show Your Current CKCS Membership Card ✓

Save Money on any Services, Hardware ✓  
and a Malwarebytes Subscription

It's That Easy!



Thank you!

Please visit us  
and bring your CKCS membership card  
To get discounts.

**KyTrade Computer Services**  
373 Virginia Avenue  
Lexington  
[kytrade.com](http://kytrade.com)  
Phone: (859) 225-1700

**\$20** on any services, **5%** on any hardware,  
**\$10** on Malwarebytes subscription





# 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 is now underway [here](#).



# Spring 2025 Classe & Workshop

## 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 is now underway [here](#).





# Spring 2025 Classe & Workshop

## 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 Classe & Workshop 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, 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 workspace, 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. We will be using a program called Shutterfly.

## **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 our **FastStone Digital Imaging Workshop** and unlock the power of this **free**, versatile program.





# Spring 2025 Classe & Workshop

## 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: learn 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](#).



# CKCS Inclement Weather Policy Guidelines for Classes, SIGs, & Office Workers

By Brooke Thomas

**W**e have already had a historically difficult winter, and if it continues, you



need to be aware of our cancellation policy. Canceling a class or Special Interest

Group (SIG) is left to the discretion of the class teacher or SIG leader.

Many times when we have had bad weather the roads in the city become reasonably clear by the time the class/SIG is scheduled to begin. Many times the instructor will decide to hold the class. The instructor will email the students to let them know if the class is going to be canceled. If the class is held, it's the student's responsibility to decide whether they should attend or miss a class.

If there is bad weather that might impact a SIG please call the office, and the answering machine will have any cancellation alert.

For office workers, if Fayette County Public Schools are called off because of inclement weather, it is up to the individual office worker to decide whether they will be at CKCS or not. Members who call in and fail to reach a human are urged to leave a voicemail message, and most of the time someone will call you back.

During this last stretch of bad weather Mike Seiler did his best to call people back and help them register for a class or help with an issue they were having. Thank you, Mike!

Thank you for your understanding and cooperation during inclement weather conditions.

Stay safe and take necessary precautions.



The CKCS phone number is  
(859) 373-1000.



# Quotes About February



"While it is February, one can taste the full joys of anticipation. Spring stands at the gate with her finger on the latch."  
- Patience Strong

"In the coldest February, as in every month in every other year, the best thing to hold on to in this world is each other."  
- Linda Ellerbee

"We must never forget that Black History is American History. The achievements of African Americans have contributed to our nation's greatness."  
- Yvette Clarke

"February, cold and still... Yet, we're glad this month is brief, March brings a sense of relief."  
- Catherine Pulsifier, *February Cold*

"The most serious charge which can be brought against New England is not Puritanism, but February... Spring is too far away to comfort even by anticipation, and winter long ago lost the charm of novelty. This is the very three a.m. of the calendar."  
- Joseph Wood Krutch

"February may be the shortest month of the year, so enjoy every day as it will soon be over!"  
- Catherine Pulsifier

"Never despair that you were born in the cold of February. History shows important and significant events occurred—including your birth."  
- B.C. Artworst

"February is the month we start dreaming about our garden, we have had enough of winter."  
- Catherine Pulsifier

"The flowers of late winter and early spring occupy places in our hearts well out of proportion to their size."  
- Gertrude Smith Wister

"Life is too short to wish February away. Get out and enjoy it!"  
- Mary S. Scotsburn

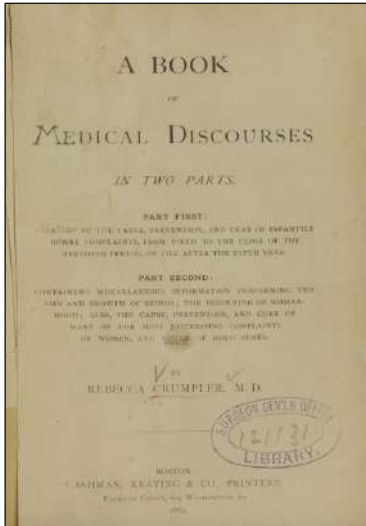
"Now I know why I was born near the beginning of winter—in order to save up enough fat to make it through January and February."  
- Rory R. Cuphist

From: [GoodGoodGood](#), [QuoteGarden](#), and [Stressless Country](#)

# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson

To celebrate Black History Month, we've included a number of African Americans about whom you've never heard. Interesting people. Interesting lives. These folks were not necessarily born in February.



*A Book of Medical Discourses*, written by Rebecca Lee Crumpler in 1883. Source: National Institutes of Health/Wikipedia

**Rebecca Lee Crumpler**, born February 8, 1831, in Delaware, was a doctor, nurse, and writer. She was reared by an aunt who cared for the sick in Pennsylvania. Crumpler was the first black woman in America to become a doctor at a time when African Americans faced strong racism and women faced sexism. Historians say what she accomplished was remarkable since a very small number of African Americans were allowed to attend medical school, write books, or treat women and children. Many male doctors refused to fill her patients' prescriptions or listen to her medical theories. In 1883, Crumpler published *A Book of Medical Discourses*, about how a human body grows as well as bowel disorders in babies. She was the only African American student at New England Female Medical College, which later became Boston University.

The New England Female Medical College in 1860. Source: Harvard University Library/Wikipedia

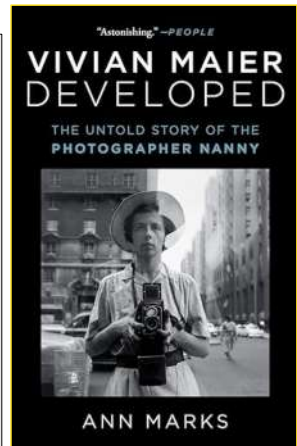




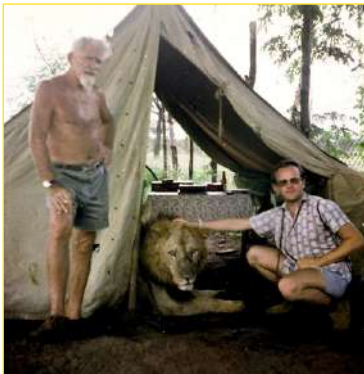
# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson

Acclaimed street photographer **Vivian Dorothy Maier** took more than 150,000 photos during her lifetime, but her works weren't discovered until after her death. Maier discovered photography during a trip to France and recorded her travels during a world tour in 1959 and 1960. Chicago photo collectors even discovered photos in her boxes and suitcases. She took photos all over the world as she traveled but is primarily remembered for her images of people and architecture in New York, Chicago, and Los Angeles. Wikipedia notes that in 2009, a Chicago photo collector linked his blog to some of Maier's photos on Flickr and her photos went viral. Maier's images attracted critical acclaim and have since been exhibited around the world. Maier's life and works have been the focus of books and documentaries. She was born on Feb. 1, 1926, in New York City.



Ann Marks published this book about Vivian Maier in 2023. Maier is shown on the cover. Source: Amazon (Book cover fair use by a non-profit, educational newsletter.)



George Adamson (left) in 1968.  
Source: Sergey Koulik/Wikipedia

British wildlife conservationist and author based in Kenya, **George Alexander Graham Adamson** was called the “Father of Lions.” Born on Feb. 3, 1906, in India, Adamson, along with his wife, Joy, began the movement to preserve African wildlife. Joy wrote a best-selling book, *Born Free*, in 1960. It was made into a film in 1966. The movie portrayed the couple's life with Elsa the Lioness, an orphaned lioness cub they raised together and eventually released into the wilderness. The couple also adopted a cheetah called Pippa and a leopard named Penny. Joy founded an international group to pay for African conservation and educational projects. George Adamson died in 1989 close to Kora National Park in Kenya near his camp when attacked by Somali animal poachers. He is buried in Kora National Park near his brother. Joy was buried in Meru National Park.



# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson



Born in Nashville in 1898, **David Crosthwait** was an African American expert on central air conditioning, ventilation, and heat transfer. He was the man remembered for creating heating systems in Rockefeller Center and Radio City Music Hall. Crosthwait was a mechanical and electrical engineer, inventor, and writer. He graduated from Purdue University and earned 39 American patents as well as 80 international patents dealing with heating systems, refrigeration, vacuum pumps and more.

Rockefeller Center in New York City as it appeared in Dec. 1933. Today, it's a complex of 19 commercial buildings covering 22 acres in midtown Manhattan. Crosthwait developed Rockefeller Center's heating system.

U.S. Library of Congress Prints & Photographs Division/Wikipedia

**Charles Drew** was one of the most prominent surgeons of the early 20<sup>th</sup> century. The African American doctor was born on June 3, 1904, in Washington, D.C. He's remembered as the creator of the blood bank, the first director of the American Red Cross, and the first African American man to earn a doctorate from Columbia University. He died when he was 45 years-old in a car crash on his way to Alabama for a medical conference.



Charles Drew around 1949.  
Source: Howard University/  
National Library of  
Medicine/Wikipedia

# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson



Katherine Johnson in 1983.  
Source: NASA/Wikipedia

If you've read the book or watched the movie *Hidden Figures*, you're familiar with **Katherine Johnson**. The West Virginia-born "human computer" hired by NASA at Langley, Va., completed the computations that got us into space. She was one of the first African American employees to work as a NASA scientist. She did the math that allowed astronaut Alan Shepherd to successfully complete the first trip into space by an American. Johnson also did computations for astronaut John Glenn to become the first American to orbit the earth. Her work also was essential to the Space Shuttle program and trips to the moon. She got very little recognition at the time despite her very strong skills solving complex math problems correctly using a slide rule. She was born on Aug. 26, 1918.

Cell research was just one of the areas that made **Ernest Everett Just** a remarkable pioneering biologist and science writer. He was born on Aug. 14, 1883, in Charleston, South Carolina, and reared by a single mother. The African American biologist suffered typhoid fever while four years old. This forced him to relearn how to read and write. Despite struggling, Just graduated magna cum laude from Dartmouth University. While teaching at Howard University, he became the first black student to earn a PhD from the University of Chicago. In 1940, when Germany invaded France, Just was held in a prisoner-of-war camp. His father-in-law, a German citizen, was able to secure his release. Just had been ill before being held in prison and died of pancreatic cancer shortly after arriving back in the U.S.



Ernest Everett Just working in the lab in 1925.  
Source: University of Chicago Library/Wikipedia

# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson



Gladys West reviews data in 1985 from the Global Positioning System with Sam Smith at the Naval Proving Ground in Dahlgren, Va. Her work helped create GPS, which relies on satellites to pinpoint locations.

Source: U.S. Navy /Wikipedia

Highly skilled mathematician **Gladys West** helped create what is today called GPS, or Global Positioning System. She graduated as valedictorian at her rural high school south of Richmond and received a full scholarship to Virginia State College. In 2018, West was inducted into the U.S. Air Force Hall of Fame, one of the highest honors given by the Air Force Space Command. She was among a small group of women who did computing for the U.S. military during early days of the Cold War. Her work for the Defense Department became the basis for what is now GPS. West was born in Oct. 1930 in Sutherland, Va.

Born in Montgomery, Alabama, in April 1899, **Percy Julian** was a pioneer in securing medicines from plants, such as soybeans and Mexican yams. He used a chemical process to extract the drugs. His work opened the door to cortisone and artificial hormones leading to birth control pills. He also worked on a protein that became the basis for foam fire extinguishers used by the U.S. Navy in WW II. In 1950, a newspaper named him Chicago's Man of the Year, but his home was bombed and burned when he moved to the all-white suburb of Oak Park. At a time when most African Americans were blocked from an education beyond the eighth grade, Julian's parents urged all of their children to seek higher education. Julian graduated as valedictorian from Indiana's Depauw University in 1920, despite facing numerous roadblocks in where he could live, where he could eat, and where he could sleep.



Percy Lavon Julian around 1950.  
Source: Wikipedia

# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson



Charles Lindbergh Jr. with his father, Charles Senior. Taken when the famous pilot was a young boy. He was born in Detroit in Feb. 1902.

Source: Wikipedia

Aviator **Charles Lindbergh** became a household name in the late 1920s after making the first solo non-stop flight across the Atlantic Ocean from New York to Paris. He battled fog, icing and drowsiness to land in France on May 21, 1927. The trip onboard the small airplane, the *Spirit of St. Louis*, took more than 33 hours and 3,600 miles. Before that famous flight, he was the first pilot to deliver airmail, [a quite dangerous job at the time](#), in central Illinois between St. Louis and Chicago, with stops in Peoria and Springfield. According to [Smithsonian Magazine](#), “Of the roughly 230 men who flew mail for the Post Office Department between 1918 and 1927, 32 lost their lives in plane crashes. Six died during the first week of operation alone.”

German scientist **Ludwig Prandtl** has been called the “father of aeronautics.” He conducted studies on how to streamline airplane wings, how to improve wind tunnels, and other vital research. Prandtl developed the math behind the science of aerodynamics to create the foundation of aeronautical engineering. In 1901, he presented a paper which would have a major impact on aviation. He described what was called a boundary layer and its impact on drag. He also detailed for the first time the concept of stalling such as an airplane climbing too fast and encountering a stalling engine. Prandtl was born in the German Empire on February 4, 1875.



Ludwig Prandtl in 1937 via a Creative Commons license.

Source: DLR/Wikipedia

# HISTORICAL PEOPLE YOU MAY NOT KNOW

By Kurt Jefferson



Patricia Bath  
Source: NIH/Wikipedia

Born in New York City in Nov. 1942, **Patricia Bath** was an ophthalmologist who developed laser technology to treat cataracts. Her invention is called the Laserphaco probe. While a young intern dashing between Columbia University and Harlem Hospital, Bath was struck by the number of half blind or visually impaired patients at Harlem. By contrast, she saw very few similar cases at Columbia. This convinced her to create a community effort to bring eye care to underserved populations. While in France at the Rothschild Eye Institute of Paris, and also in Berlin, Bath started early studies of cataract surgery. She became the first African American woman to earn a patent for a medical device—for her equipment to use a laser beam to dissolve a cataract and insert a new lens. In 2003, Bath received a patent to use ultrasound and laser to remove cataracts.

**Janet Bashen** is recognized as the first African American woman to earn a web-based software patent. She is the founder and CEO of Bashen Corporation, a private consulting firm that investigates Equal Opportunity Complaints under Title VII of the 1964 Civil Rights Act. She was born on Feb. 12, 1957, in Mansfield, Ohio. The family moved to Huntsville, Ala., when Bashen was young. Her mother was that city's first black woman emergency room nurse. In 1994, Bashen borrowed \$5,000 from her mother to start her own EEO complaints management firm at her dining room table. As her business grew, she faced challenges storing and retrieving data. She worked with her cousin, a computer scientist from Tufts University, to develop software to securely store her files. She received a patent in 2006 for LinkLine (now called Nalikhah), for her web-based software app.



Janet Bashen in Oct. 2010.  
Source: Creative Commons  
License 3.0 via Wikipedia

# Spring Session Classes & Workshops

Look for descriptions and details of what CKCS is offering [here](#).  
[Registration](#) is now underway.



**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](#)**





# Books!

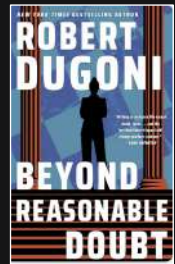
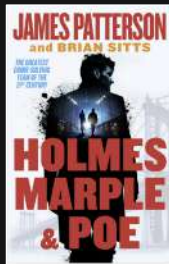
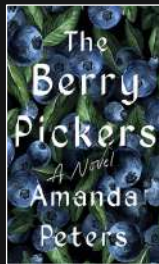
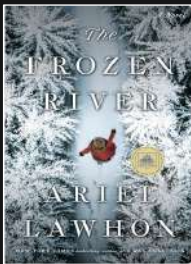
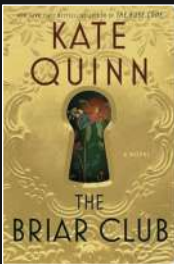
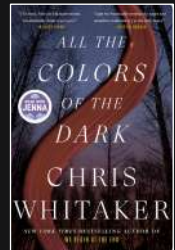
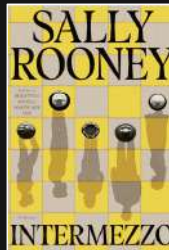
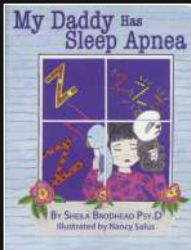
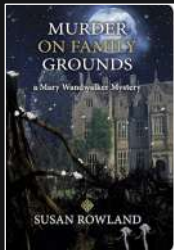
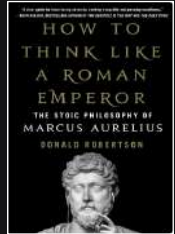
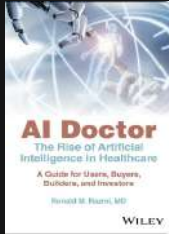
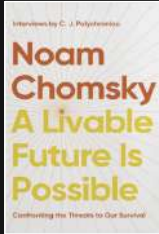
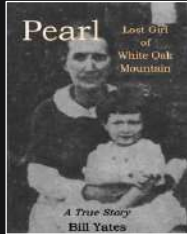
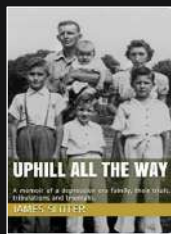
Covers: [Goodreads.com](http://Goodreads.com)





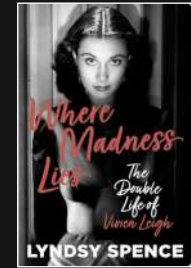
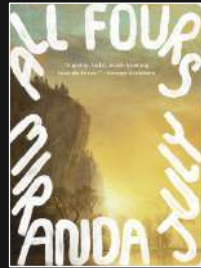
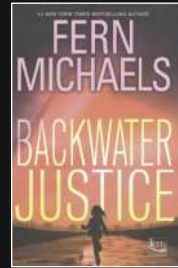
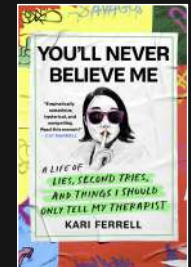
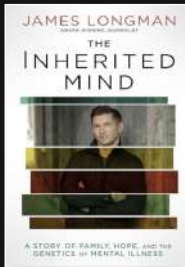
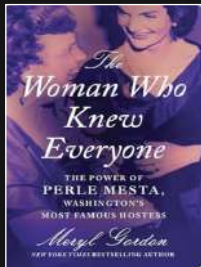
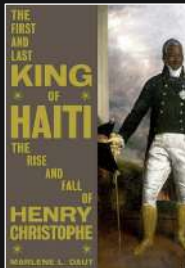
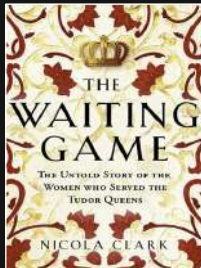
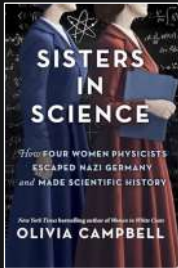
# Books!

Covers: [Goodreads.com](http://Goodreads.com)



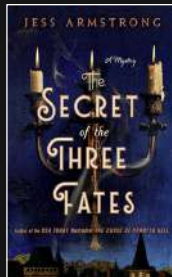
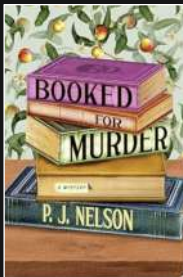
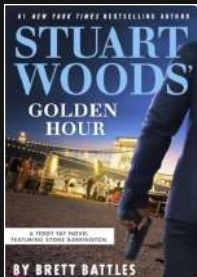
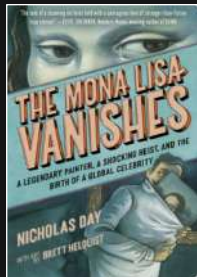
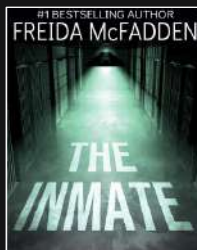
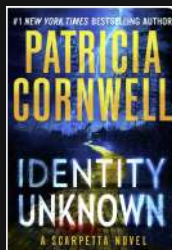
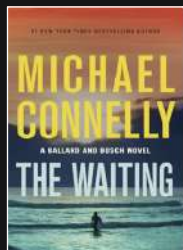
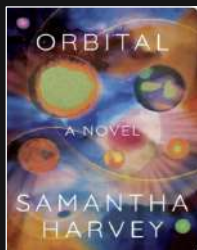
# Books!

Covers: [Goodreads.com](http://Goodreads.com)



# Books!

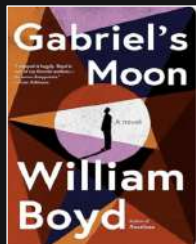
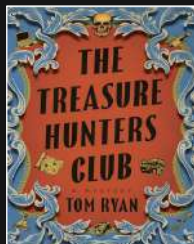
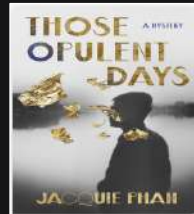
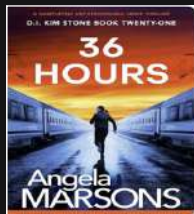
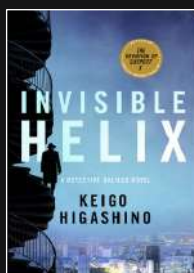
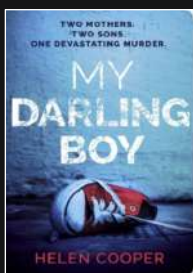
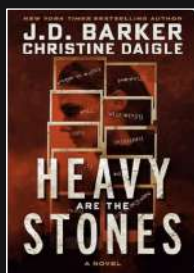
Covers: [Goodreads.com](http://Goodreads.com)





# Books!

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



# Links You Can Use



A Variety of Items  
We Hope You Find Useful

By Kurt Jefferson

[Your Alcohol Bottles May Look Different Soon-and It Might Make You Drink Less](#)

[Ten Hip Stretches You Need In Your Life If You Sit A Lot](#)

[You Are What Your Ancestors Didn't Eat](#)

[Flight Attendants Reveal the Nine Things They Never Do As Air Passengers](#)

[Why You Probably Aren't Washing Your Towels Often Enough](#)

[Ten Expert-Recommended Products For Keeping Drafts Out](#)

[NPR Shopped For 96 Items at Walmart to Track How Prices Are Really Changing](#)

[The Faroe Islands Will "Close" Again to All But 80 Volunteers-And You Could Be Among Them](#)

[Eight Words to Say to a Friend](#)

[Is It Safe to Keep Using Old Plastic Food Containers? Here's How to Tell.](#)

[Ten of Our Easiest Slow Cooker Drop Dinners Ever](#)

[Norovirus Cases Are Surging Right. These Are the Most Common Symptoms Doctors Are Seeing Right Now.](#)

[This Is the Most Expensive Fast Food Burger in America Right Now](#)

[This Is the Healthiest Fast Food Burger in America Right Now](#)

[Ten Healthiest Breakfast Orders From Your Favorite Fast Food Chains](#)

[Do It Yourself \(DIY\) Drain Cleaning Method](#)

[Cleaning Your Garbage Disposer With Baking Soda & Vinegar](#)

[How to Clean Your Garbage Disposal With Ice](#)

[How to Clean Pillows](#)

[A Much Easier Way to Clean Your Micro Fiber Towels](#)

[How to Clean a MacBook Screen Without Streaks](#)

[How to Clean Your iPad Screen](#)

## Study: Being Active Reduces Risk of Chronic Diseases

By Kurt Jefferson

Just how valuable is physical activity? A study from the [University of Iowa](#) shows a link between activity and a lower risk of 19 chronic illnesses, including diabetes,



heart disease, respiratory disease, and cancer. Researchers concluded this after studying responses from more than 7,000 patients at Iowa City's University of Iowa Health Care Medical Center.

Those patients indicated their activity levels in a questionnaire. Ones with the highest activity level-which means they exercised moderately or vigorously at least 150 minutes every week-were at a statistically lower risk of having one of those 19 illnesses.

The University of Iowa researchers now recommend that patients be given a survey to see how active they are.



[ScienceDaily](#) reports that one of the study's authors said a two-question survey called the Exercise Vital Sign Survey would take less than 30 seconds for a patient to complete on a computer tablet but could reveal plenty about a patient's overall health.

Researchers note that no hospital system in the midwest and few nationwide quiz patients about their physical activity levels.

---

### Study Shows Mediterranean Diet Linked to Improved Memory



Eating a Mediterranean diet changes the bacteria in the stomach. That is directly linked to a better memory, researchers at [Tulane](#)

[University](#) report in a new study. What experts call gut bacteria was vastly different in the Mediterranean diet compared to the typical Western diet.

Those connected to the study say it's important that more studies involving humans, rather than mice, are needed to get a much better picture of the complex connection between gut bacteria, diet, and boosting the brain's memory ability, writes [MedicalXPress](#).

## Study: Regular Green Tea Consumption May Help Prevent Dementia

By Kurt Jefferson

For years, green tea has been touted as a healthy alternative to other drinks. Studies claim that green tea might help with weight loss, reduce



the risk of cancer, cut the risk of health disease and even improve skin health.

Another study now shows a link between the popular drink and fewer brain lesions connected to dementia, notes [Medical News Today](#). The study, from Japan, was published in [npj Science of Food](#). The research studied more than 8,700



people living in Japan and recruited for the Japan Prospective Studies Collaboration

for Aging and Dementia between 2016 and 2018. Drinking green tea on a regular basis was “linked to having fewer cerebral white matter lesions, suggesting that green tea may help prevent dementia,” writes Medical News Today.

White matter is the part of the brain consisting of long nerve cells. White



matter is located in deeper parts of the brain and works as the brain’s communications network. Lesions in this part of the brain have

been directly linked to dementia in older people. It turns out “after adjusting for confounding factors, the researchers found a significant association between higher green tea consumption and fewer cerebral white matter lesions,” according to Medical News Today.

In contrast, coffee did not have the same impact.



That drink is not

linked to fewer brain lesions, according to researchers. The reason may be traced to catechins, which the National Library of Medicine notes, “Green tea catechins are widely described to be efficient in the prevention of lung cancer, breast cancer, esophageal cancer, stomach cancer, liver cancer and prostate cancer.” So if you enjoy green tea, drink up!

**If you’re reading this newsletter and aren’t a member, consider this:**

CKCS counts on your membership. Please join. You can join [here](#).





# Your Health

By Kurt Jefferson

**S** **Smoke?** One cigarette reduces a long-term smoker's lifespan by about 20 minutes according to a new study by scientists at the University College London, reports [MedicalXPress](#). Smoking is the leading cause of preventable death in the U.S. The



Centers For Disease Control (CDC) reported in 2022 that 49.2 million Americans smoke cigarettes, or nearly one in

five U.S. adults. The London study concentrated on smoking in the U.K. 6.5 million people living there currently smoke. [MedicalXPress](#) writes, "The research team further noted that general benefits from quitting smoking can be broken down by day, week, month or even years. Not smoking for a week, for example, can prevent a one-day reduction in longevity; doing so for a couple of months could prevent a reduction in longevity of a full week."

| 44 [Inside This Edition](#)

**I**nteracting with friends and family helps boost our immune systems and helps cut the risk of diseases such as type 2 diabetes, heart



disease and stroke as well as inflammation. [ScienceDaily](#) reports that's the finding of a study by the University of Cambridge and Fudan University in China.

**I**t's a well known fact that batteries wear out quicker in cold temperatures. That's why a study by the University of Queensland is an eye-opener. [ScienceDaily](#) reports that researchers in Australia have developed a very thin, flexible film that uses body heat to power devices.

What's being called a "break-through" study may open the door to wearable electronics powered by a human's body heat.



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

The Best to You in February From CKCS.

# Your Health

By Kurt Jefferson

**D**rinking alcohol is tied to more severe nut allergy reactions, according to a study at McGill University. As



[Science Daily](#) reports, this study “offers a sober warning to people allergic to tree nuts.”

Tree nuts include almonds, walnuts, cashews, Brazil nuts, and others. The study showing a link between alcohol and nuts could lead to quicker action in emergency rooms for people who have anaphylactic allergies.

**P**artial tooth loss leads many folks in America to get dentures. It turns out that benefits from dentures go beyond dental care. A study of older Chinese adults revealed dentures may prevent mental decline in older adults who have partial tooth loss. The study was done by New York University Rory Meyers College of Nursing in New York City. [MedicalXPress](#) notes the study involved more than 27,000 Chi-



nese adults 65 and older.

**“Y**our eyes show the strength of your soul,” wrote Brazilian novelist Paulo Coelho. It turns out that your pupils describe more about you than your soul. Studies of more than 500 people in the Atlanta area reveal the size of one’s pupils is a sign of intelligence.



Researchers measured the pupil size of those taking part in the studies. Then, participants were tested on how well they remembered specific details over time, used reasoning to solve problems, and used attention control to avoid distractions. Researchers from the Georgia Institute of Technology, who authored the study wrote in [Cognitive Psychology](#) “large differences in baseline pupil size, even observable to the unaided eye, exist between high and low cognitive ability individuals.”

# Your Health

By Kurt Jefferson



**M**ore than one in three children and teens are now nearsighted. That's three times the number reported in

1990, according to a study published by the [British Journal of Ophthalmology](#). Reports of nearsightedness among younger people climbed dramatically since the Covid-19 outbreak in 2020. Researchers studied 276 separate studies from around the world and concluded there may be a connection between the Covid epidemic and increased vision issues where younger people cannot see distant objects without glasses. Studies have drawn a link between nearsightedness and children spending too little time outside.



**D**eep sleep may clear away waste that's collected in the brain according to a

new study published in [Cell](#). It was

Danish researchers who discovered a specific molecule called norepinephrine did much of the heavy lifting for cleaning the brains of mice. As [ScienceDaily](#) reports, "A good night's sleep does more than just help you feel rested—it might literally clear your mind."

**P**lenty of U.S. adults—39%—have reported back

pain, according to the National Council on Aging. Men and women 65 and over suffer more back pain than other groups. One option for many is a mattress topper. Another option is free: walking. [A Macquarie University study](#) shows adults with periodic back pain went twice as long without a recurrence of pain if they walked regularly. Macquarie University's Spinal Pain Research Group tracked 701 adults who had recovered from recent back pain. Those who walked had a substantially longer period of time without a recurrence of back pain.



# Your Health

By Kurt Jefferson

The vast majority of Americans are missing one important item in their diets—fiber. In

## Fiber

fact, the American Society for Nutrition reports that only 9% of women and 5% of men get the daily recommended amount of fiber. Eating more fiber to boost the good bacteria in your gut may prevent life-threatening infections according to a [new study](#). It says there's a direct link between fiber intake, gut health, and the body's immunity.

A new study analyzes the gut bacteria from 12,000 people in 45 countries. [The University of Cambridge](#) used computers and artificial intelligence to study gut bacteria from stool samples of these individuals. [Nature Microbiology](#) reported the study's findings. It turns out, according to the study, microorganisms living in our guts can predict the chances of dying from opportunistic infections such as pneumonia, [shigellosis](#), and other

serious ailments. The University of Cambridge concludes on its website "researchers suggest that eating more fibre in our

diet will support the growth of good bacteria - and crowd out the bad ones to significantly reduce the risk of illness.

In contrast, taking probiotics - which don't directly change the environment in the gut - is less likely to affect the likelihood of *Enterobacteriaceae* infection."



### Dr. Fix-it and iHelp

The First Saturday of the Month at 10 A.M. @ CKCS!

If you've got a Windows PC or Android issue, the Dr. Fix-it team is there to give it their best to troubleshoot your issue.

For iPhone, iPad, and Mac issues, check out the iHelp team. They have helped dozens in the past and are happy to help you too!



# Your Health

By Kurt Jefferson



There might be a connection between hearing loss and Parkinson's Disease, according to a new study from Lancaster University. [MedicalXPress](#) reports this is one of the first studies showing that hearing loss may be a red flag indicating there's a greater risk for Parkinson's in an individual. Parkinson's Disease is the fastest growing nervous system disorder in the world. Researchers utilized the UK Biobank, a database of half a million people participating across the United Kingdom. The study involved nearly 160,000 people who had undergone hearing tests but showed no signs of Parkinson's when they were tested.

Colorectal cancer is the third most prevalent cancer in the world. [A new study from the Cancer Epidemiology Unit at University of Oxford](#) found a connection between alcohol



and colorectal cancer. The study examined data from nearly 543,000

middle-aged women in the U.K. to draw that conclusion. Dairy products such as milk, yogurt, and other calcium-rich foods were tied to lower rates of colorectal cancer.



What will 2025 bring in terms of health trends

and innovations? [A team of doctors for medichecks](#) recently made its predictions. Here's some of what that team predicted for this year: You'll hear more about the phrase "cleaner eating." That translates into many of us ditching highly processed foods and toxins. In addition, the doctors predict more of us will discard cheap plastics and everyday products containing toxins in favor of healthier

**2025** products. Holidays will be digital-free as more of us temporarily give up cell phones to fight the toll of digital fatigue. We'll see advancements in wearable health technology, and more people will opt for early checkups to prevent sickness.

# Your Health

By Kurt Jefferson

**R**obots in nursing homes have improved retention of employees, increased quality of care, and increased

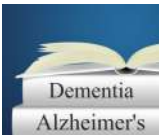


productivity, according to a study by the University of Notre Dame.

[ScienceDaily](#) notes the school studied robots in Japanese long-term care facilities

by using surveys at those nursing homes in 2020 and 2022. Japan has the highest proportion of older citizens in the world with 38% of the population above 60, according to 2014 estimates.

**D**ementia in the U.S. is expected to double by 2060, according to a new study



by NYU Langone Health and NYU Grossman School of Medicine. That rising number is

linked to the aging of the U.S. population. In addition, diabetes, high blood pressure, obesity, lack of exercise, unhealthy diets, and other factors are factors according to the study. [ScienceDaily](#) reports on the new research, "The risk of developing dementia anytime after 55 among Americans is

42%, more than double the risk reported by older studies."

**S**moking has a direct connection to a smaller paycheck, according to a study in *Nicotine & Tobacco Research*.



It reveals that smoking has a negative impact on paychecks

earned by younger workers, and it's especially true among the less educated, reports [MedicalXPress](#).

**E**lderberry might be an underappreciated berry when it comes to health benefits. A Washington State-led study revealed elderberry



juice could benefit metabolic health and help manage weight. Details of the study were published in [Nutri-](#)

[tion](#). Eighteen overweight adults took part in the study by drinking elderberry juice or a placebo, reports [ScienceDaily](#). Those drinking elderberry juice had more beneficial gut bacteria levels and other health benefits.



# Your Health

By Kurt Jefferson

If you know a family member considering college, you might want to share this story. A



study reveals that Americans who graduate from college, on average, live 11 years longer than those who drop out of high school. [MedicalXpress](#) reports on the study by the University of Washington's School of Medicine. The lifespans of those graduating from college grew by 2.5 years to 84.2 years. The [Lancet Public Health](#) reported the study results. The study concludes, "Educational disparities in life expectancy are large, widespread, and increasing, both nationally and in most counties throughout the USA."

If you wear an Apple watch, a FitBit, a Garmin smartwatch, or a smart ring, there's a good



chance you don't report the devices results to your doctor. Ohio State University's Wexner Medical Center surveyed just over 1,000 Americans and discovered nearly two-thirds wear a smartwatch or

50 [Inside This Edition](#)

other device to monitor their heart health, according to a report by [ScienceDaily](#). "Of those who use a device, only one in four use that data to prompt a conversation about their heart health with their doctor," reports ScienceDaily.

Between 2000 and 2019, the rate at which Americans died from Alzheimer's Disease nearly doubled according to the Alzheimer's Association.



In the United Kingdom, dementia is now the number one cause of death. A new study by the Universities of Cambridge and Exeter, of more than 130 million people, reveals some surprising results. "One unexpected finding was an association between antibiotics, antivirals and vaccines, and a reduced risk of dementia," reports [ScienceDaily](#). This supports a belief that dementias might be caused by bacterial or viral infections.

The Best to You in February From CKCS.



# Your Tech

By Kurt Jefferson



The VLC video player app on a Mac.

**F**uture versions of the popular VLC media player will rely on artificial intelligence to create subtitles for videos, say

[reports from PCMag](#). Subtitles will be available even if the computer is offline since the translation occurs locally, according to VLC. The subtitle features supports more than 100 different languages.



**A**T&T says it will issue a bill credit equal to one day of service for customers encountering a network outage on one of AT&T's

wireless or fiber networks. It's part of what the company calls its AT&T Guarantee Program. AT&T says wireless customers who experience an outage lasting an

hour or more or fiber customers encountering an outage of 20 minutes or more will receive the bill credit, [reports PCMag](#). The cell phone provider says the outage impacting wireless customers must last not only 60 minutes or more, but must also be "caused by a single incident impacting ten or more towers." This excludes incidents beyond AT&T's control such as natural disasters, weather events, or third-party created outages. Those using AT&T's fiber network will not receive the credit if planned maintenance is the reason for the outage.

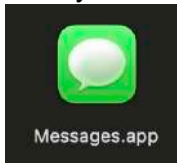
**I**f you use Windows, you probably use the Snipping Tool to take screenshots. You may not know that it can do a lot more than that. [LifeHacker tells how](#).

**M**ac users might want to cut down on their Internet data usage when using a hot spot or a slow, metered connection. [LifeHacker tells how](#).

# Your Tech

By Kurt Jefferson

A sense of urgency is the latest tool hackers are using to get around Apple's security protection in its iMessage app, according to [PC-Mag](#). Whether it's an urgent message about an overdue highway toll bill or claims that a package is sitting at a warehouse because those delivering it cannot find your address, hackers desperately want you to click on the link



Apple's Messages app on a Mac (sometimes called iMessage.)

text or adds the sender to their contacts. Scammers are

Last Call! We are trying to send your funds tonight. E-Sign your loan approval now [fpkjm.com/RVG0](#)

A bogus text I received shortly before Christmas using iMessage.



trying to get around this by stepping up their game and sending urgent messages to trick iMessage users into clicking on the link provided. Experts say you should never respond or reply by writing "Stop" because you've verified your phone number is working and it opens the door to even more scams and junk texts.

What should you do in light of allegations against TP-Link, the popular Wi-Fi router? Three separate federal agencies are investigating TP-Link for alleged hacking backed by the Chinese government exploiting issues in the routers to create networks of compromised devices for malicious reasons. The [Cybersecguru](#) recommends that TP-Link users upgrade to the latest firmware in their routers, consider OpenWRT (open-source firmware), and explore alternatives such as Netgear, Asus and Linksys.



# Your Tech

By Kurt Jefferson

**Y**ou've probably never heard of Gravy Analytics. But it most certainly knows a lot about you. It's a data broker. Data brokers collect personally identifiable details about individuals



and then sell what it collects. [TheVerge](#) reports that Gravy Analytics is the [latest victim of a security breach. The company admits](#) unauthorized access to its Amazon cloud storage system. [Criminals claim](#) they stole 17 Terabytes (TB) of data on individuals and threaten to publish. As TechCrunch writes, "Data privacy advocates have long warned of the risks that data brokers' pose to individuals' privacy and national security." A Russian forum published online a small sample of the data which Predicta Lab obtained. That "small" sample included data

from more than 30 million locations, including the White House, the Vatican, Kremlin, and military bases, writes [TechCrunch](#). "News of the breach comes weeks after the Federal Trade Commission banned Gravy Analytics and its subsidiary Venntel, which provides location data to government agencies and law enforcement, from collecting and selling Americans' location data without consumers' consent. The FTC accused the company of unlawfully tracking millions of people to sensitive locations, like healthcare clinics and military bases," adds TechCrunch. Malwarebytes Labs concludes, "The whole ordeal, whether the data will be published or not, proves once again why data brokers should stop trading health and location data."



# Your Tech

By Kurt Jefferson

What are the [best tech brands for 2025?](#) PCMag has released its list of what readers, its editors and analysts believe are the best tech brands. This list includes everything from computer makers, a monitor company and a popular Korean car maker.



More than three years ago, Kentucky's Transportation Cabinet announced that Kentuckians [would be able to add driver's licenses and IDs to their iPhones and Apple Watches.](#) News outlets



reported “the TSA will let customers at select airport security checkpoints show their IDs on their phone or watch.” So far that has not happened. [Gadget Hacks](#) reports, “Nothing concrete has really happened on the

subject in Kentucky since a proposed bill in 2015 asked for a feasibility study. Apple Wallet status: listed as an upcoming participating state since 2021.” Kentucky is not alone. Other states including Michigan, Louisiana, Minnesota, and others have not implemented the mobile ID system yet.

Genealogy is hot right now. A nearly [four-year-old study](#) by Ipsos revealed that 70% of Americans believe knowing their family's history is important. What's most surprising is the same poll showed that only 33% say “they or a blood relative (parent, sibling, child) have researched their ancestry online,” notes Ipsos. The [Genealogy Foundation](#) provides dozens of helpful links for those searching their roots. Also, don't forget the next CKCS Genealogy SIG coming up in March.



# Your Tech

By Kurt Jefferson



Some Americans have never used it, but Opera is the [fourth most popular](#) web browser in the world. It's especially popular in Scandinavian countries. No surprise because it was created in Norway in 1995. It's also popular in South America and Africa. Now, Opera is making it easier to interact with



its artificial intelligence (AI) system called Aria. [The newest mobile version](#) of

Opera for iOS offers new home screen widgets with quick access to Aria and

other features if you long press on the icon. You don't need an account to use the newest iOS Opera version. Opera for iOS is catching on with a 31% increase in users worldwide and is available from the App Store. Opera is also available for Windows, Mac, Linux, and Android. It is the first browser to offer a free, built-in VPN (virtual private network) in all of its versions.

# VPN



We don't often blow our own horn. Thanks to APCUG for awarding Computer File first place in the newsletter category.

# FEBRUARY

**February Is Here!**



**Spring Is Not Far Away!**



**We Invite You to Get  
Active with CKCS While  
It's Still Cold Out.**

# TIME MACHINE



**Unidentified Soldier of the First Australian Imperial Force**

This photo was probably taken in Australia before this soldier boarded a ship headed for WW I activity. The Australian War Memorial sought help from the public to identify this man but so far he remains unidentified.

Photo: [Australian War Memorial collection](#)

Taken: Between 1915 and 1918.



# TIME MACHINE



**Soldier With a 'Joey'**

An American soldier with his pet kangaroo in Australia at an advance Allied base during WW II era.

Photo: From the [Australian Memorial War Collection](#)

From: John Earl McNeil

Taken: Sept. 10, 1942

# TIME MACHINE



## Take This Out for a Spin!

A one-wheel motorcycle invented by Italian M. Goventosa de Udine, apparently driven in the Netherlands. The cycle was capable of reaching speeds of 93 miles an hour. The photo comes from Spaarnestad Photo, located in the Hague. Founded in 1985, the group's goal is to preserve around 13 million photos. Possibly taken in 1931.

Photo: From the Nationaal Archief, Spaarnestad Photo  
Photographer unknown

# TIME MACHINE



## From the Horse to the Airplane

A clash in transportation modes shown in a photo taken in The Netherlands. Translation from Dutch to English using [DeepL.com](https://www.DeepL.com). A farmer on a hay-maker, pulled by horse, with a low-flying aeroplane in background over the field at Waalhaven Airport, Rotterdam, in 1934.

Photo: Possibly taken around March 8, 1934. Author: Wiel van der Randen  
In public domain because the copyright term is the author's life plus 70 years in the U.S.

# TIME MACHINE



**Delivering Precious Cargo**

A letter carrier poses with a young boy in his mailbag. After parcel post service began in 1913 in the U.S., at least two children were sent by the service. With stamps attached to their clothing, the children rode with the railway and city carriers to their destination. The Postmaster General quickly issued a regulation forbidding the sending of children through the U.S. postal system after hearing about several successful deliveries.

Photo: From the U.S. Postal Employees Collection  
Date: Unknown.

# TIME MACHINE



## Wouldn't Ponies Be a Better Choice?

These young men and the goats might be more comfortable if the lads were riding ponies. From left to right, the boys are Owen McVey, Walter Grant, James Grant, and Carl Vaughan.

Photo: From the State Library of Queensland, Australia

Photographer: Unknown

Taken: Around 1918

# TIME MACHINE



**3D in the 50s**

In May 1951 during the Festival of Britain, the audience wears special glasses to view a 3D “stereoscopic film” at the Telekinema on the south end of London.

Photo: From the George Grantham Bain Collection  
Taken: May 11, 1951



# TIME MACHINE



**Churchill, Roosevelt, and Stalin**

At the Yalta Convention in the Crimea, dignitaries included British Prime Minister Winston Churchill, U.S. President Franklin D. Roosevelt, and Secretary-General of the Communist Party of the Soviet Union Joseph Stalin. They met to discuss the postwar reorganization of Germany and Europe.

Photo: The National Archives, U.K.  
Taken: Feb. 1945



# TIME MACHINE



**This Woman is Standing in a Giant Skillet**

With huge slabs of bacon under her feet, holding a giant wooden spatula, this woman must be preparing quite the meal. Taken in Chehalis, Washington.

Photographer: Vern C. Gorst  
Taken: 1929–1932

# TIME MACHINE



**RMS *Mauretania***

On the afternoon of Sept. 20, 1906, the *Mauretania* launched on the River Tyne. The British ocean liner was the largest ship ever made until the 1910 launch of the RMS *Olympic*. The *Mauretania* was sister to the *Lusitania*. The RMS *Mauretania* could hold more than 2,100 passengers.

Photo: North East Museums; Photo taken at Canada Dock in Liverpool.  
Taken: 1909

# TIME MACHINE



**Celebrating Christmas**

Children celebrating Christmas during the annual party while being hoisted by a crane on board the HMAS *Australia II*. Notice the Sydney Harbor Bridge in the background is still under construction.

Photo: From the Samuel J. Hood Studio Collection

The Australian National Maritime Museum on the Commons (ANMM) notes that Hood was a Sydney photographer with a passion for ships. “His 60-year career spanned the romantic age of sail and two world wars,” writes the ANMM.

Taken: Dec. 6, 1930

# TIME MACHINE



## Elvis at the White House

Elvis Presley, one of the top-selling musical artists of all time, greets President Richard Nixon for a photo opportunity in 1970. Presley sold more than 235 million certified units worldwide, which includes vinyl records, cassette tapes, CDs, online downloads, and other formats. The top five sellers by worldwide certified sales are in order: The Beatles, Michael Jackson, Elvis, Elton John, and Madonna. In March 1958, the Recording Industry Association of America - the RIAA - awarded its first gold record to Perry Como for his hit single, "Catch a Falling Star."

Photo: U.S. National Archives, White House Photo Office  
Taken: Dec. 21, 1970

# TIME MACHINE



## Baby and Dog on Sailing Ship

The Australian National Maritime Museum (ANMM) writes “Between 1900 and the 1950s, Sydney photographer Sam Hood took hundreds of photographs of ships and their crew for souvenirs of their visit or to send home to families. This photograph depicts a baby and a dog sitting on top of a deckhouse of a ship. The child may have been part of the captain's family living on board the ship, which was not uncommon in this era.”

Photo: Sam Hood/ANMM Photo taken: Around 1910

# TIME MACHINE



**“Okay, Mr. Demille. We are ready to roll film!”**

A pet ring-tailed possum examines an Australian Department of Information movie camera, assuming the operator’s stance, somewhere in northern Australia.

Publisher: From the Australian Memorial War Collection

Photographer: Unknown

Taken: Aug. 13, 1943

# TIME MACHINE



## Now Listen Here

From the Florida Memory (State Library & Archives) -  
Listed under-*Umpire-Player Argument*: For all the head-to-head 'ferocity,'  
player Marie Wegman, 22, of Cincinnati, Ohio, meekly asks umpire Norris  
Ward, 'sure you're right about that play?' Wegman is 6'2". She plays infield  
and second base for Ft. Wayne. Last year she played for the Rockford club.  
Photographer: Unknown  
Taken: April 22, 1948



# TIME MACHINE



**Daredevil Circus Act Practice**

From the Florida Memory (State Library & Archives) -  
Carla Wallenda, of the Flying Wallendas daredevil circus act, shown during  
practice in Sarasota.

Photographer: Joseph Janney Steinmetz Collection

Taken: Believed to be 1960.

# Videos & More



[\*One Incredible Trick to Improve Your Walking\*](#)

[\*3 Key Movements Over-50s Should Do Daily\*](#)

[\*Muscle Loss Test for Ages 60+ Summer In New Zealand\*](#)

[\*Ten Unspoken Rules of New Zealand\*](#)

[\*Summer in France \(Provence\)\*](#)

[\*Top 10 Places to Visit in Germany\*](#)



[\*5 Awesome Windows 11 Features\*](#)

[\*10 Actually Useful Mac Tips & Tricks\*](#)

[\*50 Mac Tips in 11 Minutes\*](#)

[\*Secret iPad Tips & Tricks You Should Try\*](#)

[\*iPad Tips for Seniors\*](#)

[\*8 iPad Tips I Wish I Knew Years Ago\*](#)

[\*Secret iPad Tips & Tricks You Should Know\*](#)

[\*25 iPhone Tips & Tricks\*](#)

[\*iPhone Tips for Seniors\*](#)

[\*The Funniest Signs You'll Ever See\*](#)

[\*These Signs are So Funny They Should be Illegal\*](#)

[\*Best Carol Burnett Show Bloopers\*](#)

[\*Aunt Mae is Dead\*](#)

[\*The Best of Paul Lynde on Hollywood Squares\*](#)

[\*21 Fan Favorite Golden Girls Scenes \(Part 3\)\*](#)

[\*Golden Girls \(Funny Moments\)\*](#)

[\*Best of Dorothy \(Season 3\)\*](#)

[\*The Best Way to Clean Your Dryer Vent\*](#)

[\*5 Easy Tips to Make Your Bed\*](#)

[\*The Best Way to Clean Stainless Steel Appliances\*](#)

[\*20 Things You Need to Know About Doing Laundry\*](#)

[\*Secret to Cleaning Stainless Steel Sinks Like a Pro\*](#)

[\*10 Things You Need to Know About Cleaning Your Toilet\*](#)

[\*The Daily Routine that Successful People Swear By\*](#)

[\*10 Winter Car Tips & Tricks You Need to Know\*](#)

[\*Nosferatu \(1922\)\*](#)

[\*Nosferatu \(Movie Review\)\*](#)



# Quiz Time! Answers

**You've waited an entire month for answers to last month's quiz. Here they are...**

1. D. French Bulldog

[Forbes](#)

2. C. Toyota RAV4 Hybrid

[Newsweek](#)

3. A. 46.5% of the population owns dogs.

[World Population Review](#)

4. B. 32.2% of Kentuckians own cats.

[World Population Review](#)

5. True

[Census.gov](#)

6. True

[World Population Review](#)

7. A. Bowling Green

[Wikipedia.org](#)

8. B. Paducah

[Wikipedia.org](#)

9. A. 33% always had a beard, 27% say they sometimes had a beard, and 40% said they don't have a beard.

[Earthweb](#)

10.C. One horse.

[Kentucky Thoroughbred Association](#)

11. B. India has 70 million colorblind in its population while China has 53 million. About 12 million Americans are colorblind.

[Colorblind Guide](#)

12. A. In the Latin America market, the Volkswagen Polo became the market leader. The Fiat Strada was #2. The Polo edged out the Chevrolet Onix which used to be the best-selling vehicle in the region.

So, how did you fare? Would you like more quizzes? (Yes, that spelling looks weird but I looked it up on the Internet to make sure I spelled "quizzes" correctly.) Feel free to drop me a note [here](#) if you'd like to see more quizzes.