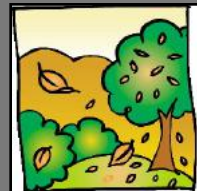


AUTUMN BEGINS ON MONDAY, SEPT. 22, AT 2:19 P.M. E.D.T.



Time and date.com for Lexington.





## September Meetings

Amateur Photographers Club  
Sept. 4, 11, 18, 25 @ 10 A.M.

CKCS Board of Directors (BOD)  
Sept. 4 @ 7 P.M.

Dr. Fix-it & iHelp  
Sept. 6 @ 10 A.M.

Tech Night  
Sept. 8 @ 7 P.M.

Windows SIG  
Sept. 9 @ 7 P.M.

Genealogy SIG  
Sept. 15 @ 7 P.M.

All Things Apple SIG  
Sept. 16 @ 7 P.M.

Digital Photography SIG  
Sept. 23 @ 7 P.M.

[View the SIG/Meeting Calendar](#)  
[Provided by Larry Trivette](#)

[Visit the Class/Workshop Calendar](#)



## September Weather in Central Kentucky

“Pleasantly warm, breezy” is the way Wanderlog describes this month’s weather in Lexington. Weather Atlas writes about the transition to September’s less hot and humid conditions. “The dramatic change in weather brings a sense of calmness to the otherwise hot summer days...transitioning toward October, Lexington experiences cooler nights, decreased humidity, and the gradual change in foliage.” This month, days are getting shorter. From the start of September until it ends, the length of a day drops by one hour, ten



minutes according to Weather Spark. September is the driest month of the entire year according to Weather Atlas as we only receive an average of 2.3 inches of rain the entire month. Central Kentucky is getting ready for the complete transition to fall which occurs in October. “This month serves as a bridge, showcasing a gradual dip in temperatures compared to the sweltering

August, yet it maintains a notable warmth that beckons outdoor activities. As the month progresses, residents experience the



beginning of autumn's embrace, making September an ideal time for enjoying the transition in nature, with vibrant foliage soon on the horizon,” writes nomadseason. Autumn begins in central Kentucky on Monday, Sept. 22, at 2:19 P.M.

**Fall classes and workshops are underway. If you haven't yet registered, please do it now.**

There are three ways to register:

- Register online at the CKCS Store. Click on either Classes or Workshops in the blue menu bar.
- Call CKCS between 10 A.M. and 4 P.M. Mon.– Thurs. and speak to a volunteer manning the desk at (859) 373-1000.
- Stop by CKCS during operating hours shown above and register in person.



CKCS is a member of APCUG. Check out that tech organization's website [here](http://www.apcug.org).



# Inside This Edition

Sept. 2025

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



Click on a topic to visit that page.

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# What We Are



**We're located** at 160 Moore Drive, #107, in Lexington.

**Our phone:** (859) 373-1000. Our website is [here](#).

**If you'd** like to become a member, join CKCS [here](#).

**Donations** help keep CKCS operating and are accepted [here](#).

*We appreciate your support. Thank you.*



**Our** monthly newsletter, *Computer File*, is available online [here](#).

*Click on News in the menu bar. In the drop-down menu, choose either PDF or Flipbook version.*

**The CKCS YouTube Channel** is [here](#).

**Central Kentucky Computer Society (CKCS)** is a non-profit, all-volunteer organization that has been empowering people with tech skills since it formed in September 1984. People from all walks of life are members, students, officers, directors, and others help man the desk. They share one goal: Helping folks get more out of technology. More than four decades after it formed, CKCS is still true to that goal. Join us as we empower others.



**CKCS Office Hours:** Mon.-Thu. 10 A.M. - 4 P.M. (These are hours when a volunteer is at the desk.) CKCS is a member of APCUG, the international computer and tech organization.



Website links used in *Computer File* 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.

**Central Kentucky Computer Society**



# Who We Are



These are just some of the people who make CKCS happen. There are plenty of other volunteers who give their time to make CKCS a success. We thank them.

## Who's Who at CKCS

### Officers

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

### Ex-Officio Member

Bob Brown

### Directors

Janet Cartmell  
Arleigh Kerr  
Larry Mitchum  
Pennie Redmond  
Paul Stackhouse

### Directors

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

### Webmasters

Arleigh Kerr  
Jim McCormick

### Class Coordinator

Janet Cartmell

## Who's Who at CKCS

### Office Supervisors

Jan Landers-Lyman, Coordinator  
Nancy Bowling  
Jenny Brown  
Edith Conyers  
Wendell Curtis  
Sandy Hallman  
Mike Seiler  
Lydia Short  
Larry Trivette

### Alternate Supervisors

Peggy Bern  
Mona Burger  
Debbie Bryant  
Joe Dietz  
Roberta Dwyer  
Jan Landers-Lyman  
Sandra O'Neal  
Brooke Thomas  
Susan Umberger

### CKCS Calendar (Online)

Nancy Bowling  
Lydia Short

### CKCS Calendar (Newsletter)

Larry Trivette

### Newsletter Editor

Kurt Jefferson

## Who's Who at CKCS

### Newsletter Proofreaders

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

### Manager, Constant Contact

Larry Mitchum

### Refreshment Center

Jim Hughes



**We don't normally** blow our own horn, but you're reading the Association of Professional Computer Users Groups (APCUG) first place winner in its 2024 newsletter category. *Computer File* was chosen as a "newsletter of excellence." We are honored and humbled by this achievement. We want to thank all the proofreaders who share their knowledge, expertise, and time to make this newsletter shine. We also want to thank all of our readers who live in and outside of central Kentucky. You are the reason we produce *Computer File* each month.  
-The Editor



New & Renewing Members for the period July 21–Aug. 20  
Provided by CKCS Board Member Ben Rice

## New Members

Peggy Bern  
Mona Burger  
Benjamin Cowgill  
Sandy Hallman  
Bernhard (Bernie) Hennig  
Tracy A. Jacobson  
Janice Miller  
Ernest Mize  
Michelle K. Moore  
Dean Skarvan  
Pat Watts

## Renewing Members

Robert Barry Bingham  
Renita & Mitch Creager  
Cookie Dungan  
Rita Egan  
Stephanie Gardner  
Gerard R. Gerhard  
Debby Giannini  
Earleen S. Ginter  
Lael F. Heflin  
Robert B. Johnson  
Jacob & Mary Karnes, Jr.  
Linda Lawrence  
Tom Lillich  
Jim & Linda McCormick  
Glenn I. Moore  
Marty Myers  
Jean Sabharwal  
Terry Schoen  
Jackie Van Willigen  
George M. & Cindy C. Woolwine



## I want to join CKCS. How do I go about it?

### Three options:

1. Visit the CKCS Store and click on 'Membership' on the blue menu under the CKCS logo. Choose whether you want an Individual, Family, or Corporate/Institutional membership and provide the requested information.
2. Phone CKCS at 859-373-1000 during regular business hours (Mon.–Thu. from 10 A.M.–4 P.M.) and tell the volunteer manning the phone you want to join. Never leave credit card details on voicemail.
3. Stop by CKCS during regular business hours (Mon.–Thu. from 10 A.M.–4 P.M.) and speak to the volunteer manning the desk. Tell them you want to join CKCS.

**If you know someone who'd like to join CKCS, share this page and newsletter with them.**

**We appreciate your membership!**

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



## Fall Classes & Workshops Offered by CKCS

Taught at the CKCS Resource Center at 160 Moore Drive in Lexington, Suite 107. Phone: (859) 373-1000



*Click on a title to learn more about that course.*

• **More courses on the next page** •



If course is filled, you may sign up on a waiting list at the CKCS Store page after choosing a class or workshop.

Cyber Survival:  
How to Protect Yourself Online

What's New in  
iOS 26 for iPhone

Making a Photo Book  
Using Shutterfly

Getting the Most  
Out of Your iPhone

Computer Basics For  
Microsoft Word for Windows

Get Much More  
Out of Your Mac<sup>®</sup>

Intro to  
Astrophotography

You Should Be Using  
Pages for Mac<sup>®</sup>

Adventures in Photography:  
Close-up & Macro Photography

Organizing Your  
Computer Files  
on a Windows PC

iPad Mastery: Unveiling  
Hidden Features

Basic Beginning  
Photography



## Fall Classes & Workshops Offered by CKCS

Taught at the CKCS Resource Center at 160 Moore Drive in Lexington, Suite 107. Phone: (859) 373-1000

*Click on a title to learn more about that course.*

If course is filled, you may sign up on a waiting list at the CKCS Store page after choosing a class or workshop.

Using Apple iCloud  
For your iPhone & iPad

Intro to  
Windows 11

Apple Watch:  
Beyond Telling Time

iPad Photo Apps:  
Tips, Tricks & Hidden Gems



Got a suggestion for a course not listed here? We're always open to suggestions. Please contact the CKCS president to recommend a different course not currently being taught at the Computer Society. Thank you!

# Fall Classes & Workshops Descriptions

## **Cyber Survival: How to Protect Yourself Online**

**Tuesdays; Sept. 9, 16, 23 & 30, 1 to 3 p.m.**

*You will learn essential strategies to safeguard your digital life in this four-session course.*

*Strong Passwords – Create and manage secure passwords across devices.*

*Multi-Factor Authentication (MFA) – Enhance protection with text codes, authenticator apps, and biometrics.*

*Authenticator Apps – Set up tools like Google Authenticator and Apple's built-in security features.*

*Passkeys – Explore password-free login technology for added security.*

*Exercises will focus on Apple devices, but the concepts apply to Windows and Android as well. Students should bring their computer devices (laptops, smartphones and tablets) fully charged.*

## **Making a Photo Book Using Shutterfly for both Mac & Windows PC**

**Wednesdays; Sept. 17 & 24, from 1 to 4 p.m.**

*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 order the book and apply coupons to reduce the price. We will be using a program called Shutterfly, which uses the Internet, so it will work on either a Mac or Windows PC.*



## **Computer Basics for Microsoft Word for Windows**

**Thursdays; Sept. 4, 11, 18 & 25 and Oct. 2 & 9,  
10 a.m. to noon**

*Your children say, 'You just do this, this and this,' and you have no idea what they said. This class is geared toward simple and patient explanation of the basics of word processing and filing of documents and pictures. You will find it non-threatening, comfortable and fun.*

## **Intro to Astrophotography**

**Mondays; Sept. 8 & 15, from 1 to 3 p.m. in class and one evening when the moon will be in the first quarter.**

*It takes special know-how and equipment to get good photographs of the sky at night. This class will teach you the tricks and tips. The course will begin with a lecture session discussing the equipment needed to bring to the night session. The next class will be an evening of photographing with the instructors at McConnell Springs. The final class will be a review and discussion of how to post process your photographs.*

## **Adventures in Photography:**

### **Close-up & Macro Photography**

**Mondays; Sept. 29 and Oct. 6, 13, 20 & 27,  
from 1 to 3 p.m.**

*Taking photographs of objects close-up or extremely close-up (macro photography) requires special skills. This class will teach you the difference between the two and the techniques to photograph objects close-up using your camera and lens. Instructors will demonstrate and explain how to use extension tubes with your lens and discuss how to determine which of the three kinds of macro lenses is best for you. Students need to bring an object to use as a subject for the class, a camera with fully charged battery, camera manual, a note pad and a tripod, if you have one.*



# Fall Classes & Workshops Descriptions

## **iPad Mastery: Unveiling Hidden Features**

**Thursdays; Oct. 9, 16, 23 & 30, and Nov. 6 & 13,  
from 1 to 3 p.m.**

*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.*

## **What's New in iOS 26 for iPhone**

**Tuesday, Oct. 14, from 1 to 4 p.m.**

*Students will learn many of the new features of the latest iPhone operating system. There are many things being discussed for Apple's new iOS 26, such as new design, smarter Siri along with some new accessibility features and AI.*

## **Getting the Most Out of Your iPhone**

**Wednesdays; Oct. 1, 8, 15, 22 & 29, and Nov. 5,  
from 1 to 3 p.m.**

*In the latest iPhone update (iOS26), 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 Account ID and password.*



## **You Should Be Using Pages for Mac**

**Fridays; Sept. 19 & 26 and Oct. 3, 10, 17 & 24,  
from 10:30 a.m. to 12:30 p.m**

*Apple Pages is one of the most powerful, yet easy-to-use apps made for Macs and Apple devices. You will become proficient in using this desktop publishing/word processing app.*

## **Get Much More Out of Your Mac**

**Mondays; Sept. 22 & 29, and Oct. 6, 13, 20 & 27,  
from 10:30 a.m. to 12:30 p.m.**

*In a hands-on classroom setting, Mac users will learn how to become much more efficient on their computers. This is for both long-term Mac users and Windows users switching to the Mac. This is the live edition of the Mac user manual, designed to help you master all the essential information you need.*

## **Organizing Your Computer Files on a Windows PC**

**Tuesdays, Oct. 28 and Nov. 4 & 11, from 10 a.m. to noon.**

*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.*



# Fall Classes & Workshops Descriptions

## **Basic Beginning Photography**

**Mondays; Nov. 10, 17 & 24, and Dec. 1 & 8,  
from 1 to 3 p.m.**

Learn the basic functions of your camera in order to improve your photography skills. You will learn advanced techniques for the ISO, shutter speed and aperture settings, how they affect your photographs and how to control your camera's settings. The instructors will use video and lecture to demonstrate how to operate the camera. There will be specific photography assignments to practice using these settings and an opportunity to get feedback and ask questions to improve your skills. Students need to bring their camera with a fully charged battery, camera manual, and a note pad to class.

## **Using Apple iCloud for Your iPhone and iPad Tuesday, Dec. 2, from 1 to 4 p.m.**

Learn how to take advantage of your personal 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 iCloud. Acquiring more storage space will also be discussed.

## **iPad Photos App: Tips, Tricks & Hidden Gems Wednesday, Dec. 3, from 1 to 3 p.m.**

Ready to take your photo game to the next level? In this hands-on workshop, you'll uncover the hidden features of the iPad Photos App and learn the best ways to organize, edit, and share your favorite snapshots. Master the art of navigating your photo library like a pro—use the sidebar, create albums and folders, and label your images with captions. Plus, dive into editing tools, markup tricks, and ways to duplicate and share photos effortlessly, including using AirDrop for quick transfers between devices. Whether you're managing memories or crafting creative projects, this session will give you the skills to make your photo collection work for you!



## **Intro To Windows 11**

**Tuesday, Oct. 14 from 9 a.m. to noon.**

Learn what's new in Windows 11, what has changed, and how to set your PC so it's more user-friendly. If you are considering installing Windows 11 on your PC, this workshop might help you decide whether to install it. On the other hand, if you have already installed it, this workshop may help you set up Windows 11. Students are encouraged to bring their laptops if they have Windows 11 already installed. However, ensure your laptop is fully charged before you bring it to class.

## **Apple Watch: Beyond Telling Time Thursday, Nov. 20, from 1 to 4 p.m.**

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.



## Celebrating 41 Years of CKCS



This month marks a major milestone: **41 years since CKCS was founded**—and **23 years at our current location**. CKCS officially began on **September 4, 1984**, and while I wasn't part of the founding crew, I've learned a lot from those who were, and from Jerry Heaton's excellent write-up, *The History of CKCS*, which you can find on our website under About > CKCS History.

It's a fascinating read. CKCS has evolved through many phases, moved across several locations, and thrived thanks to a dedicated group of volunteers. If you were involved in those early days, you'll especially enjoy the photos and the very first newsletter, which includes a 1984 article titled "A Look at Computer Addiction." Definitely worth a look!



As the saying goes, **"The more things change, the more they stay the same."** We're still doing what we do best, teaching, sharing, and learning together.

- **Fall Classes Begin This Month** We're offering a mix of multi-session courses and one-day workshops covering computers and mobile devices. Be sure to check out the new offerings listed in this newsletter.
- **Special Interest Groups (SIGs)** We have 5 SIGs. Most meet every month. You will find dates and times in this newsletter.
- **Powered by Volunteers** CKCS remains an all-volunteer organization. Take a moment to browse the "Who's Who at CKCS" section to see the many members who keep things running smoothly.

Most importantly, we're still a community of curious minds who love technology and lifelong learning. Your support has kept us going for over four decades—and we're just getting started.

Here's to the next chapter!



# Tech Night: Experience the Electric Future



## Eight EV Vehicles Expected at Tech Night:

- Ford F-150 Lightning Pickup
- KIA EV-6
- VW ID.4
- Chevy Bolt
- Cybertruck
- Tesla Model X
- Tesla Model Y
- Tesla Model S







**Date:** Sept. 8, at CKCS on Moore Drive

**Time:** 6:00 P.M. (Note the earlier start time!)

Are you ready to charge into the future? Join us for an electrifying evening where you can ride in—or even drive—an electric vehicle (EV) and see firsthand what all the buzz is about.

We are thrilled to welcome **EvolveKY**, a nonprofit group of passionate EV owners who love sharing their enthusiasm for electric cars. These are not dealers, they are everyday drivers who want to show you why they have made the switch and why they think you should too.

You will have the chance to:

-  Explore a variety of EV makes and models
-  Check out features up close
-  Ask questions directly to experienced EV owners
-  Ride along—or even drive—an EV on New Circle Road!

In 2023, CKCS members got to experience vehicles from Ford, Tesla, Chevrolet, and Volkswagen. One generous EvolveKY member even invited attendees to take the wheel and feel the instant torque that makes EVs so thrilling.

Why does this matter? EV demand is accelerating due to environmental concerns, expanded vehicle options, improved battery technology, and long-term cost savings.

No formal presentation, just a hands-on experience and real conversations. Come see what the future feels like.

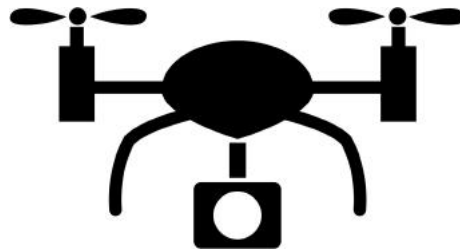


# Send In the Drones!

**Revisiting August Tech Night** with drone demonstrations by the Lexington Model Airplane Club at their headquarters on Hedger Lane in Lexington. Brandon Chavez, Ches Fuller, and his son, Eli, gave hands-on demonstrations and shared the magic of modern drones as CKCS members watched and learned.



Photos by Mary Anne Szeluga



# Send In the Drones!

**Resources:** LMACKY Website: <http://www.lmacky.org> (Lexington Model Airplane Club)  
FAA Drone Zone: <https://faadronezone-access.faa.gov>  
AMA: <https://www.modelaircraft.org>

**UAS resources and learning platforms:** Contact– Brandon.E.Chavez at gmail.com

**CKCS Members are invited to:** LMAC Fall Classic Fly-In, Sept 11-14 at LMAC Flying Facility at 4200 Hedger Lane, in Lexington.

**CKCS YouTube Tech Night Presentation:** <https://www.youtube.com/watch?v=qyPcSpApbeY>



Photos by Joe Dietz



# Quotes About September

"All the months are crude experiments, out of which the perfect September is made."

–Virginia Woolf

"And then the sun took a step back, the leaves lulled themselves to sleep, and autumn awakened."

–Raquel Franco

"If a year was tucked inside of a clock, then autumn would be the magic hour."

–Victoria Erickson

"How smartly September comes in, like a racing gig, all style, no confusion."

–Eleanor Clark

"In many ways, September feels like the busiest time of the year: The kids go back to school, work piles up after the summer's dog days, and Thanksgiving is suddenly upon us."

–Brené Brown

"September is dressing herself in showy dahlias and splendid marigolds and starry zinnias."

–Oliver Wendell Holmes

"When you are reluctant to change, think of the beauty of autumn."

–V.V. Brown

"Autumn carries more gold in its pocket than all the other seasons."

–Jim Bishop

"Life starts all over again when it gets crisp in the fall."

–F. Scott Fitzgerald

September quotes are  
from The Positivity Blog.

"Anyone who thinks fallen leaves are dead has never watched them dancing on a windy day."

–Shira Tamir

"There is something incredibly nostalgic and significant about the annual cascade of autumn leaves."

–Joe L. Wheeler

"But the days grow short when you reach September."

–Maxwell Anderson

"Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all."

–Stanley Horowitz

"Notice that autumn is more the season of the soul than of nature."

–Friedrich Nietzsche

"I am most radiant and full of energy when the leaves are falling and there is a ghost of change in the air."

–Anna Madsen

"Let's strive to be better in September."

–Charmaine J. Forde

"The window is open admitting the September breeze: A month that smells like notebook paper and pencil shavings, autumn leaves and car oil. A month that smells like progress and moving on."

–Lauren Oliver

"September is the other January."

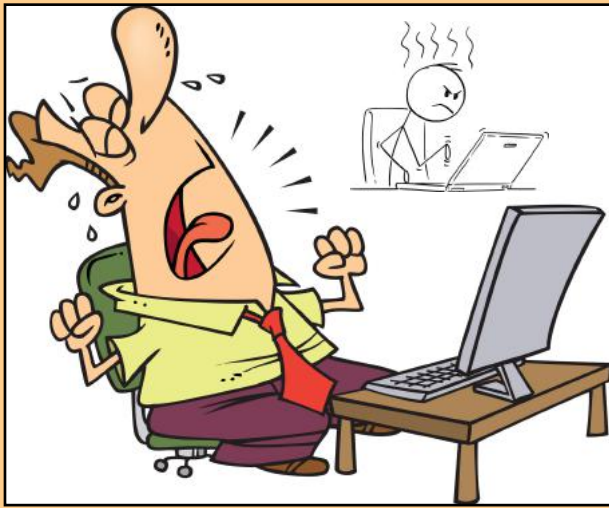
–Gretchen Rubin

"I love September, especially when we're in it." –Willie Stargell



**"Happy  
September! The  
world shall very  
soon transform  
into pumpkin  
everything."  
–Keith Wynn**





# Tech Trouble Getting You Down?

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

Volunteers really *try*  
to solve your tech troubles.

- **Dr. Fix-it** helps with Microsoft Windows PCs, as well as Android devices.
- **iHelp** tackles iPhones, iPads, Macs, and Apple Watches.

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



# SIGs



## September, 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
1 Sep	2 Sep	3 Sep	4 Sep	5 Sep	6 Sep
			10 a.m. <b>Photography Club</b> <i>In-Person Only</i> 7 p.m. <b>Board of Directors</b> <i>In-Person Only</i>		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. <i>In-Person Only</i>
8 Sep	9 Sep	10 Sep	11 Sep	12 Sep	13 Sep
7 p.m. <b>Tech Night EVs at CKCS</b> Mike Proctor, EVOLVE KY <i>In-Person Only</i>	7 p.m. <b>Windows Paul Stackhouse Co-Pilot</b> <i>In-Person &amp; via Zoom</i>		10 a.m. <b>Photography Club</b> <i>In-Person Only</i>		
15 Sep	16 Sep	17 Sep	18 Sep	19 Sep	20 Sep
7 p.m. <b>Quarterly Genealogy</b> Larry Mitchum Find a Grave & BillionGraves <i>In-Person Only</i>	7 p.m. <b>All Things Apple</b> Brooke, Kurt, Joe See Topics in Newsletter <i>Via Zoom Only</i>		10 a.m. <b>Photography Club</b> <i>In-Person Only</i>		
22 Sep	23 Sep	24 Sep	25 Sep	26 Sep	27 Sep
	7 p.m. <b>Digital Photography</b> Joe Dietz <i>In-Person Only</i>		10 a.m. <b>Photography Club</b> <i>In-Person Only</i>		
29 Sep	30 Sep	1 Oct	2 Oct	3 Oct	4 Oct
			10 a.m. <b>Photography Club</b> <i>In-Person Only</i> 7 p.m. <b>Board of Directors</b> <i>In-Person Only</i>		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. <i>In-Person Only</i>



• **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





# 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.**



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



Meets in person at 10 on Thursday mornings at CKCS.  
Join us!



# CKCS SIG Meetings



## Windows SIG

Join us on Sept. 9 at 7 P.M.

Live at CKCS & via Zoom

**Topic:** Microsoft's artificial intelligence chatbot, Copilot.

**Presenter:** Long-time CKCS member, Paul Stackhouse

Microsoft has integrated Copilot into most of its devices, including Windows PCs. Get your questions answered and join us for live demos of Microsoft's AI version.

### Top Six Flashiest Capabilities of Co-Pilot

**Contextual Task Assistance:** Effortlessly handle multi-step processes—draft emails, schedule meetings, or format documents—just by describing what you need.

**Intelligent Code Generation:** Write and debug code across multiple languages with AI suggestions that understand your project's context and best practices.

**Real-Time Collaboration Enhancements:** Copilot integrates with Teams and Office apps to generate meeting summaries, capture action items, and propose next steps instantly.

**Natural Language Data Analysis:** Ask questions in plain English and watch Co-Pilot translate them into complex Excel formulas, charts, and pivot tables.

**Creative Content Composer:** Generate blog posts, social media captions, or design layouts with style and tone adjustments tailored to your audience.

**Adaptive Learning and Customization:** Copilot learns your habits over time, offering personalized shortcuts, templates, and prompts that fit the way you work.

### Don't Miss Out!

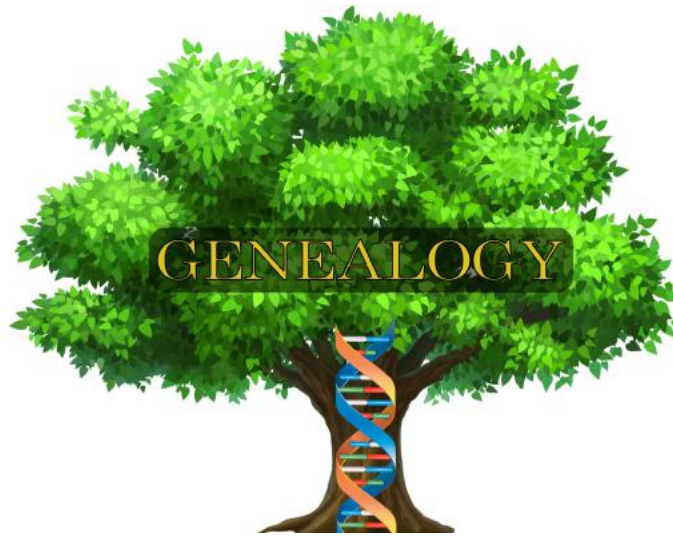
Mark your calendar for Tuesday, September 9th at 7 P.M. We'll meet in the CKCS meeting room, dive into live demos, and answer all your burning questions about Microsoft Copilot. Great conversations guaranteed. You are invited.

If you have a suggestion for a topic for a Windows SIG, particularly relating to a feature included with Windows, please let Ben Rice, Windows SIG coordinator know. You can reach him here: [Ben.Rice@ckcs.org](mailto:Ben.Rice@ckcs.org)

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



# CKCS SIG Meetings



## Our September SIG Topics:

- Find a Grave

Owned by Ancestry.com, with more than 250 million memorials.

- Billiongraves.com

The world's largest resource for searchable GPS cemetery data.

**Join us on Monday, Sept. 15 at 7 P.M.**  
**In person only**

**Fun Fact:** In 2024, FamilySearch reported over 285 million visits to their site, indicating a significant number of people searching their family trees.  
Source: The Family History Guide Blog



Source: Pixabay



Source: Pixabay/stcpictures

# CKCS SIG Meetings

Next Meeting: Sept. 16  
@ 7 P.M. via Zoom

## All Things SIG

Next Meeting: Sept. 16  
@ 7 P.M. via Zoom

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



## This month's topics

### iPad and iPhone

- 1) Translate a menu from French to English – using a menu photo
- 2) Capture verbiage on a sign
- 3) Translate a French sign to English
- 4) Learn new functions of the Action Button on iPhone (available on iPhone 15 Pro, 15 Pro Max, and newer models). It replaces the old Ring/Silent switch and lets you trigger custom tasks with a single press. We will show you how to make it work for you: (camera/flashlight/silent mode, etc.)

### Mac Anti-Virus Software-Do I Need It?

There are plenty of options from which to choose, yet many Mac users don't run anti-virus software on their machines. We'll talk about options, whether you should be running anti-virus software, and where to get it.

**Next Meeting:**  
**Sept. 16 @ 7 P.M.**  
**Via Zoom Only**

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

# CKCS SIG Meetings

**CKCS** Digital Photography Special Interest Group  
Tuesday, September 23  
In Person Only



## *How Images Lie—and How to Catch Them* Fake Photos over time



What is wrong with these pictures?

We often see a photo in a newspaper or magazine and wonder if it is real. In this session, we will view several photos that have been altered—some easy to detect and some not so easy. You will see a short demonstration of ways to alter photos. We will also take a look at the consequences of submitting altered photos to magazines, newspapers or TV news broadcasts.

This month's photo contest topic is "Interesting Faces."  
Many of you take great pictures of faces.  
Now is the time to show them off!



Get out – take pictures and send an interesting face picture to [joedietz@aol.com](mailto:joedietz@aol.com) by September 22.

Join us at CKCS at 160 Moore Drive on Tuesday September 23, @7 PM. Bring a Friend.



# •Winning Photos•

CKCS Digital Photography SIG

**Topic: Food**

**The Winners**



## First Place, Janet Cartmell

"The photo was taken with my iPhone 16 Pro the first week in June, 2025, when I was on a cruise to Alaska. Each day at lunch they had different dessert choices at the buffet and this little bird was my favorite," wrote Janet.

# •Winning Photos•

CKCS Digital Photography SIG

**Topic: Food**

**The Winners**

**Second Place, Carolyn Nichols**



"New York style cheesecake with a side of my special raspberry sauce and topped with the best ever whipped cream. Used my favorite Bybee pottery plate to serve this delicious dessert! Cheers! Photo taken May of 2023 with iPhone 8+," writes Carolyn.

# •Winning Photos•

CKCS Digital Photography SIG

**Topic: Food**

**The Winners**

## Third Place-Tie, Anne Campbell



"We were in Paris for a week last fall and enjoyed all the foods and beverages we tried - some new to us and some we were familiar with. The photos include desserts including creme brûlée and mille-feuille, entrees including boeuf bourguignon, a breakfast plate, and beverages including wine, of course, and an Aperol spritz. I took all the photos with my iPhone 15 Pro Max," writes Anne.

# •Winning Photos•

CKCS Digital Photography SIG

**Topic: Food**

**The Winners**

## Third Place–Tie, Dick Mathy



"What you are seeing is the March 23, 2022 version of the Spumoni Ice Cream dessert from Giuseppe's Ristorante Italiano here in Lexington," writes Dick Mathy. The photo was taken with an iPhone 11 Pro.



# 2025 Monthly Photo Contest Topics



Held by the Digital Photography SIG



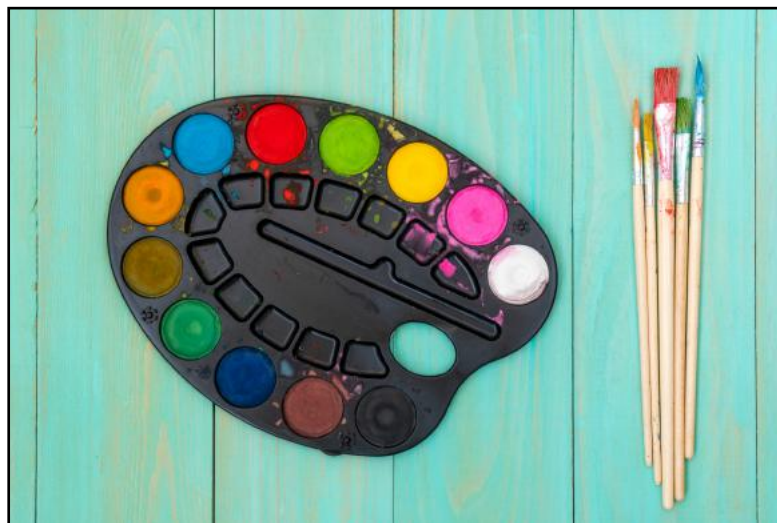
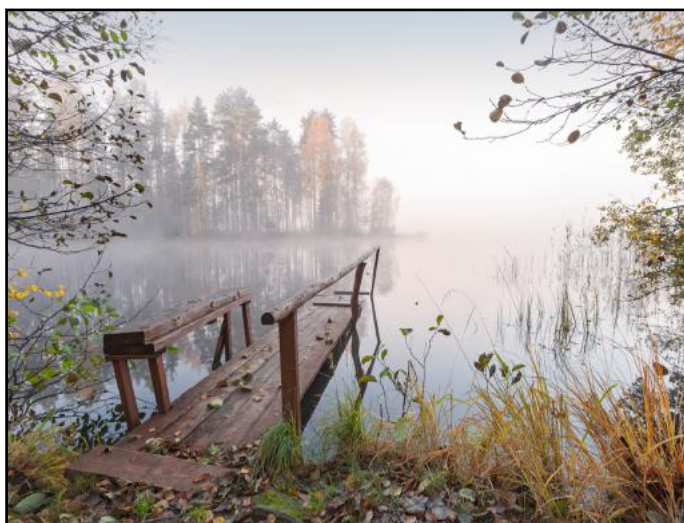
## Photo Contest Topics For the Remainder of 2025

**September**...Interesting faces

**October**...Stained glass windows

**November**...Hands

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



# QR Code for the CKCS Store

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

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

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



## If you're new to QR codes:

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

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

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

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

# QR Codes Galore For CKCS Sites



CKCS Website



CKCS Facebook



CKCS Amateur Photographers Club



CKCS Amateur Photographers Club Facebook

**R**oughly a dozen years before the onset of heart disease symptoms, many adults have reduced their levels of physical activity, according to a new study reported in MedicalXpress. A lack of physical activity has been linked to cardiovascular disease. Researchers discovered that physical activity fell as a person



ages. "Black men had a more sustained decline, while Black women consistently reported the lowest activity throughout adulthood. White men showed initial decline followed by stabilization and slight recovery, while white women began with lower activity than men but showed notable recovery beginning in midlife," reported MedicalXpress. The study began in 1985-86 and assessed physical activity of individuals through 2020-2022.

### Need Tech Help?

Dr. Fix-it and iHelp are ready to help the 1st Saturday of the month at CKCS.



**A** large study that involved nearly 85,000 mainly Black and low-income people living in the south-east came to one conclusion. Fast walking—even for just 15 minutes a day—can help lower the risk of dying—especially from heart disease. Fast walking is normally considered to be a pace of about three-and-a-half to four miles per hour where you can talk but not sing comfortably. ScienceDaily reported the study details. Vanderbilt University researchers did the walking study.



## Your Health

By Kurt Jefferson

**E**very year, *U.S. News & World Report* issues a report card on hospitals and medical centers around the country. You can read the magazine's ratings by state of regional hospitals here. Here is the magazine's ranking of best hospitals by specialty and procedures.



**D**read Mondays? You're not alone. ScienceDaily reports "New Research Shows Monday Stress is Etched Into Your Biology." Another study showed



that Monday is the one day of the week when "the most severe type of heart attack is most likely to happen," according to ScienceAlert. Researchers analyzed more than 10,500 patients in Ireland and Northern Ireland to determine there's a 13% greater chance of a heart attack on Monday involving a blockage of a major coronary artery. A team at the University of Hong Kong "tracked thousands of older adults and found those who dread Mondays carry elevated cortisol in their hair for months, a stress echo that may help explain the well-known Monday heart-attack spike," writes ScienceDaily.

**H**ere's a surprise finding from a 2020 study at The Ohio State University that you may not have heard. The world's most popular drug taken for pain relief may increase risky behavior, according to the study. The drug is acetaminophen. In Europe, the drug is known as paracetamol. The drug is sold under the brand names Tylenol and Panadol. ScienceAlert reports the study involved more than 500 students. Those who "took acetaminophen engaged in significantly more risk-taking..." The study involved students blowing up an imaginary balloon on a computer screen and filling out diaries. Those involved in the study wonder if the pain killer might be reducing anxiety—leading to risky behavior. Nearly 25% of the world's population takes acetaminophen weekly.



**M**ost of us in the modern world take steps to keep our natural teeth as long as possible. We brush, floss, possibly use anti-cavity mouthwashes, and make time for regular dental visits. It turns out that a 17th century French aristocrat, according to ScienceAlert, "had a clever secret for

keeping her teeth." The site reports that Anne d'Alegré, who died in 1619, used a gold wire "to hold together and tighten several of her teeth." The report says she suffered from periodontal disease and several of her teeth were loose. Her embalmed body in a lead coffin kept her skeleton and teeth in very good condition, according to Science Alert. Her body was discovered in northwestern France back in 1988 during an archaeological dig and new technology allowed researchers to discover the gold.

**S**uffer from lower back pain? You have plenty of company. Now a study from Norway indicates that "people who walked for more than 78 minutes a day on average significantly reduced their risk of developing chronic low back pain, even if it was just a slow stroll," reports ScienceAlert. The site reported last year on an Australian study which determined that walking might keep back pain at bay. New research from Norway indicates longer walks might prevent back pain from occurring in the first place. More than 11,000 people in Norway were studied for several years. Those walking between 78 and 100 minutes every day had on average a 13 percent lower risk of chronic back pain than those individuals walking less than 78 minutes daily.



## Feed Your Brain

Register For a Fall Class or Workshop at CKCS. Registration is Underway! Register online [here](#).



**M**ove it or lose it should be a bumper sticker. "Move it" refers to your body. "Lose it" refers to your health. A study headed up by a researcher at the University of Pittsburgh that tracked 400 people over seven years revealed interesting results. It showed despite regular exercise, sitting for too long can be bad for the brain. Another study from South Korea examined people who worked less than 52 hours a week versus those who worked longer work weeks. It showed that too much work-related stress can also impact brain health. The Press Rundown describes both studies and indicates that future research may prove ways to "maintain an active and balanced lifestyle for better cognitive outcomes."



### Need Tech Help?

Dr. Fix-it and iHelp are ready to help the first Saturday of the month at CKCS.



**T**rying to lose weight? A study by University College London showed that the key to losing weight might be this: avoid ultra-processed foods. The study involved 55 adults split into two groups. One group ate ultra-processed foods such as ready-to-eat lasagna and breakfast oat bars. The other group ate minimal processed items such as home-made spaghetti Bolognese and overnight oats (a no-cook breakfast where rolled oats are soaked in milk overnight). The diets were matched in nutrition. ScienceDaily reports after eight weeks, both groups lost weight. Those who eat minimally processed foods lost more weight from "reductions in fat mass and total body water, with no change in muscle or fat-free mass, indicating a healthier body composition overall."



## Your Health

By Kurt Jefferson

**S**ocial media outlets such as TikTok claim that women need more sleep than men. Research does show that women typically sleep about 20 minutes longer than men. "The key caveat to these findings is that our individual sleep needs vary considerably," writes ScienceAlert. The site reports that women often report poorer sleep quality than men and are 40% more likely to be diagnosed with insomnia.



**P**eople who live near the ocean tend to live longer, according to a study by The Ohio State University. Researchers examined census records for more than 66,000 people, studying where they lived in relation to the coast. ScienceAlert reports, "What the data found was that living near



the coast was associated with a longer life, but somewhat surprisingly, the same wasn't true of living in urban areas with inland blue

spaces, such as lakes or rivers. People in those areas actually tended to live shorter lives." The O.S.U. doesn't show direct cause and affect, but ScienceAlert writes, "On the whole, coastal areas have fewer hot days and fewer cold days, better air quality, and more opportunities for recreation than urban areas near inland blue spaces. A sea-front property tends to cost more than most homes, too – so increased socioeconomic status is likely to be a key influence as well."

### Feed Your Brain

Register for a fall class or workshop at CKCS. Registration is underway! Register online [here](#).



**S**uperAgers is what Northwestern University calls folks who are 80 and older and show signs of someone decades younger.



Researchers there have been studying SuperAgers for more than a quarter century. MedicalxPress writes, "These unique individuals, who show outstanding memory performance at a level consistent with individuals who are at least three decades younger, challenge the long-held belief that cognitive decline is an inevitable part of aging." By examining these individuals, researchers hope to unlock the key to preventing dementia and keeping the brain healthy.

**S**tay curious! That seems to be the message from research done at the University of California, Riverside. MedicalxPress reports, "In a pair of new studies, researchers found that older adults who challenge themselves to learn new things are less likely to experience loneliness or depression, even during times of major upheaval." Two groups—one included people 19 and older and the second involved adults 50 and over. Both groups kept track of how much time during the COVID-19 outbreak they spent learning new skills. It turns out the ones who used isolation during the pandemic to learn new skills reported fewer mental health issues and greater well-being.



**I**s there a link between eating false morel mushrooms and the disease ALS, also called Lou Gehrig's Disease? Researchers now believe they may have discovered a link between that type of mushroom and a disease cluster in a French village located in the Alps called Montchavin, a town of about 200. In the past decade, 14 folks living there have acquired ALS, far more than what would be expected. The worldwide diagnosis rate for ALS is two or three per 100,000 population. A neurologist from the region discovered that many of the ALS patients had eaten the mushrooms.

## ALS

Those omega-3 fatty acid capsules that many of us take might be doing more than lowering our blood pressure and fat levels (triglycerides). ScienceAlert reports researchers at the University of Pennsylvania reviewed 29 separate studies that included nearly 4,000 participants. They discovered that "Across all the trials, a modest but noticeable short-term effect was found, translating to up to a 28 percent reduction in aggression across multiple different variables (including age, gender, medical diagnosis, and length and dosage of treatment)," reports ScienceAlert. In addition to capsules, Omega-3 fatty acids can be found in all types of foods ranging from flaxseeds and chia seeds to different types of fish including salmon, tuna, and mackerel. In 2023, Eating-Well pointed out that most Americans only get 90 to 110 daily milligrams of Omega-3, while 250 milligrams a day can protect against dying from heart disease.



Source: Pixabay.com

ical diagnosis, and length and dosage of treatment)," reports ScienceAlert. In addition to capsules, Omega-3 fatty acids can be found in all types of foods ranging from flaxseeds and chia seeds to different types of fish including salmon, tuna, and mackerel. In 2023, Eating-Well pointed out that most Americans only get 90 to 110 daily milligrams of Omega-3, while 250 milligrams a day can protect against dying from heart disease.

### Need Tech Help?

Dr. Fix-it and iHelp are ready to help the 1st Saturday of the month at CKCS.



A new report published in *JAMA Health Forum* reveals COVID shots were highly effective in saving lives. ScienceDaily notes that between 2020 and 2024, one life was saved

COVID-19  
VACCINATION



per every 5,400 doses. The study by researchers from the Università Cattolica del

Sacro Cuore in Rome and Stanford University revealed that the COVID shots saved 2.5 million lives globally.

## Your Health

By Kurt Jefferson

There is a major connection between poor sleep habits and 172 diseases according to a new study of more than 88,000 adults who are in the giant U.K. database known as the UK Biobank. Researchers from Peking University and Army Medical University did the study. ScienceDaily reports the study showed a link between sleep habits such as irregular bed times and interrupted circadian rhythms to a range of illnesses ranging from cirrhosis of the liver to gangrene. This study, the largest of its kind, also showed that long sleep—beyond nine hours—was not linked to disease. Neuroscience writes, "Going to bed after 12:30 a.m. and having low sleep regularity significantly raised the risk for serious



After following more than 36,000 Australian adults for nearly 14 years, researchers concluded "that drinking just one can of artificially sweetened soft drink a day may increase the risk of developing type 2 diabetes by 38%," reports MedicalXpress. In fact, the risk of artificially sweetened soft drinks is even higher than sugar-sweetened beverages, according to those involved in the study at Monash University, RMIT University, and Cancer Council Victoria.



You've probably read studies in the past about the benefits of drinking coffee. A new study from Tufts University ("Hold the Cream and Sugar") shows that drinking one to three cups of coffee daily is linked to "a lower risk of death from all causes and death from cardiovascular disease," reports Science-



Daily. But there's a catch. This holds true only if you don't overload your coffee with plenty of cream and sugar. The study included a sample of 46,000 adults who were 20 and over.

This is among the first studies to investigate the impact of adding cream and sugar to coffee. "Black coffee and coffee with low levels of added sugar and saturated fat were associated with a 14% lower risk of all-cause mortality as compared to no coffee consumption. The same link was not observed for coffee with high amounts of added sugar and saturated fat," notes ScienceDaily.

For years, many Americans have avoided eggs for fear they'll play havoc with their cholesterol levels. A new study from the University of South Australia disputes this. Researchers there discovered that eating two eggs a day, along with a low-fat diet, can actually reduce levels of LDL (bad cholesterol) and lower the risk of heart disease. ScienceDaily quotes



University of South Australia professor Jon Buckley, "When it comes to a cooked breakfast, it's not the eggs you need to worry about - it's the extra serve of bacon or the side of sausage that's more likely to impact your heart health."

### Feed Your Brain

Register For a Fall Class or Workshop at CKCS. Registration is Underway! Register online **here**.



You may eventually be able to receive vaccines by using dental floss. Researchers at North Carolina State University have been using that technique to floss the teeth of lab



mice using unwaxed floss. It turns out the floss method provides a much higher antibody response than methods such as nasal sprays. An NC State news story indicates researchers recruited 27 humans for testing. The tests were positive and the next step may include actual clinical trials. There are some drawbacks because the technique would not work with infants or toddlers who don't yet have teeth. There's also the question about whether this will work for people who have gum disease or other dental issues.

### Need Tech Help?

Dr. Fix-it and iHelp are ready to help the first Saturday of the month from 10 A.M. to noon at CKCS. Need help with your Windows PC, Mac, iPhone, or iPad? Join us!



Micro-walks, lasting ten to 30 seconds are catching on in the U.S. and Europe.

While many people still try to attain the goal of walking 7,000 to 10,000 steps daily, very short walks repeated over a day's time burn more energy than walking the same distance.

Research published in the Proceedings of the Royal Society B (Biological Sciences) and done by the University of Milan discovered that micro-walks used up to 60 percent more energy than longer walks. Researchers concluded that people should break up sitting with walking whenever possible. So, start walking!



## Your Health

By Kurt Jefferson

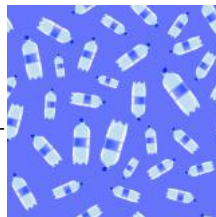
You've probably read it before, but it bears repeating. Walking 7,000 steps every day might be just as good as hitting that 10,000 step goal. In late July, ScienceDaily reported on a new study by the University of Sydney. The sweeping analysis included "data from 57 studies from 2014 to 2025 that were conducted in more than ten countries including Australia, U.S.A., UK and Japan." This is the "largest and most comprehensive review to date," reports ScienceDaily. The study compared walking 2000 steps daily to 7000 steps. Hitting that latter goal:



- Cut the risk of death by 47%.
- There was a 38% drop in the risk of dementia.

Researchers at the University of Sydney wrote that the study provided evidence that walking 7,000 steps a day could significantly improve eight major health issues, including cancer, cardiovascular disease, dementia, type 2 diabetes, and depression. For those who cannot walk 7,000 steps daily, increasing from 2,000 to 4,000 steps a day is associated with "significant health gain."

We've all read stories about plastic turning up in different areas of the human body. Oceanbites.org and researchers at the University of New Mexico report that tiny plastic particles-called microplastics-are "making their way from the gut and into the tissues of the kidney, liver, and brain." A new study done by scientists at the Université de Toulouse in France examined how much plastic dust humans are breathing daily. "The team took 16 indoor air samples from their own apartments and cars," writes ScienceAlert. They estimated that adults inhale "roughly 71,000 microplastic particles from these environments every day," which is 100 times higher than earlier estimates.



One large study of nearly 80,000 Seventh-day Adventists living in the U.S. and Canada revealed that vegetarian diets can reduce the risk of cancer



by as much as 45%, reports ScienceAlert. Researchers from Loma Linda University reviewed medical details of individuals between 2002 and 2007. "Incredibly,

the vegetarians were 45 percent less likely to develop stomach cancer in the period studied, and 25 percent less likely to have lymphomas. The overall reduced risk of all cancers was 12 percent," reports ScienceAlert. The study's lead author told ScienceAlert that diet didn't seem to have an impact on cancers of the urinary tract or nervous system. In addition, this study can only cite trends. "Although this is a large study spanning a long time period, it can only provide evidence for trends, as opposed to causes. So it may well be that those who are choosing to avoid animal products are also more likely to make other decisions that positively impact their health as well, like exercising more, which is also associated with better outcomes when it comes to cancer," writes ScienceAlert.



Several health observances are held in September, including:

- National Cholesterol Education Month
- Healthy Aging Month
- Prostate Cancer Awareness Month
- Ovarian Cancer Awareness Month
- World Alzheimer's Month
- National Childhood Obesity Awareness Month



One simple way to remove microplastics and nanoplastics (extremely small pieces of plastic) from drinking water: boil the water. A study by scientists reported by ScienceAlert describes how a team in China boiled samples of soft and hard water. Up to 90 percent of plastic was removed by boiling. The effectiveness varied depending on whether the samples included soft or hard water. Plastics have been connected to a change in the gut bacteria and potentially linked to different types of cancers. UCLA Health writes, "...Nanoplastics may increase the risk of some types of cancer. It's important to note, however, that very little research to date has looked specifically at humans." Earlier studies have shown that filtered water also makes a big difference in helping remove nanoplastics and other undesirable substances in our drinking water.



People who play certain types of wind instruments might breathe easier while sleeping according to a study reported in ScienceAlert. Nearly a billion people worldwide are believed to have obstructive sleep apnea (OSA), which causes them to stop breathing while sleeping. Now, a new study shows that blowing through a conch shell helped those in the study sleep better and wake up feeling rested. Regular conch exercises might be one alternative to CPAP machines.



## Your Health

By Kurt Jefferson

Medical misinformation, which is false or inaccurate information, is getting worse. So is medical disinformation, false or inaccurate information deliberately intended to mislead, according to a survey of doctors by the Physicians Foundation, a non-profit research group. Nearly nine in ten doctors believe the amount of medical misinformation and disinformation has grown in the past five years. It turns out that doctors in rural areas report higher levels of inaccurate medical information from their patients. In fact, 38% of rural doctors say they've encountered false details from their patients. False claims are widespread, ranging from vaccines to health supplements. Doctors surveyed were a cross-section of professionals, including doctors early in their careers to more experienced ones, to specialists and those serving rural, urban, and suburban areas. More than one-thousand doctors responded to the survey.



When was the last time you cleaned your smartphone? A report in ScienceAlert (from The Conversation) reminds us that our phones are covered with germs. In fact, they've been called "mobile Petri dishes." In a report from newsGP, attendees at a 2024 Australian conference had 20 phones taken from them to check for germs. The phones were checked, revealing 882 bacteria, 1229 viruses, 88 fungi, and other germs. The Conversation tells how to properly clean those devices to prevent potential health infections.



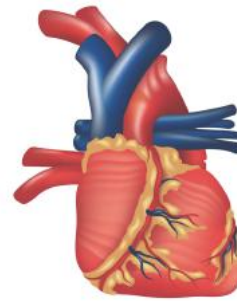
Love French fries? You might want to switch to baked, boiled, or mashed potatoes instead, according to a large study of Americans reported in the BMJ Group. "Eating three servings of French fries a week is associated with a 20% increased risk of developing type 2 diabetes," writes ScienceDaily. Replacing those French fries with whole grains lowered the diabetes risk while eating white rice instead increased the risks. The study was based on data collected by more than 205,000 health professionals in research between 1984 and 2021.



Looking for ways to strengthen your body's immune system? The Health & Lifestyle Blog reports that eating a diet rich in fruits and veggies can help do the trick. Foods high in vitamin C can help accomplish that. Probiotics, found in kefir, yogurt, and other fermented foods help boost the immune system. Regular exercise makes a big difference as does getting enough sleep at night, according to the report.



Limiting alcohol and lowering blood pressure earlier are recommendations in the latest health guidelines by the American Heart Association and the American College of Cardiology. These were the first new guidelines released from these two groups since 2017. The groups recommend that men drink no more than two alcoholic drinks per day, while women should limit their intake to no more than one a day. Research shows that people who avoid drinking alcohol have a much lower risk of high blood pressure. The newest guidelines are also recommending that people with stage one high blood pressure start treatment rather than wait until they reach stage two. Finally, both groups are recommending that people reduce salt intake to 2,300 mg per day, and the best target is 1,500 mg daily.



Are you reading this on your smartphone? When the late Steve Jobs introduced Apple's iPhone in 2007, he probably had no inkling how popular they would eventually become. The sheer sales numbers are mind-boggling. PCMag reported on August first that



Apple announced total iPhone sales surpassed three billion. To put this in perspective, if I stacked three billion sheets of standard office paper in a pile, the stack would reach 186 miles into the air (more than three times the height of the International Space Station's orbit.) Android phones are more popular globally than in the U.S. As of 2024, 3.9 billion Android smartphones have sold worldwide.

Proton, the Switzerland-based security company known for its secure encrypted email and VPN services, has introduced a new, free app for two-factor authentication, reports Techcrunch. If you are asked to enter a code sent to you by text or email every time you check your banking account online, then you're using two-factor authentication.



Dashlane, a popular password manager, is terminating its free app service on Sept. 16. So if you use the free version of Dashlane, you'll either have to start paying for it or switch to another password manager such as Nordpass, Keeper, or Passwords, the app built into all

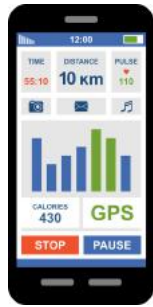


Apple devices. You might remember that Dashlane cut back on features two years ago and PCMag reports password managers have recently been cutting back on "free services without major restrictions."

## Your Tech

By Kurt Jefferson

For the first time, sales of smartwatches in the U.S. fell last year, apparently due to few new features that



failed to excite potential buyers. PCMag predicts sales may climb this year due to the anticipated release of Apple Watch Series 11. The tech site has just released its Reader's Choice survey results, revealing which smartwatches readers believe are the best.

Power bills are climbing all over the country, stressing Americans' wallets, according to the U.S. Energy Information Administration. Data centers that run AI computers are partly responsible. Maine (+36% change in the average residential electric power bill between May 2024 and May 2025), Connecticut (+18%), and Utah (+15%) saw some of the largest power bill hikes in one year. The average Kentuckian's residential electric power bill climbed by 7.4%, topping the average U.S. increase of 6.5%. Virginia (+3%) is home to the largest concentration of data centers in the world and is ground zero for debates over increasing power bills. Tech firms favor data centers saying they're vital to everything from working from home to streaming TV services to online credit card payments. DuckDuckGo's arti-



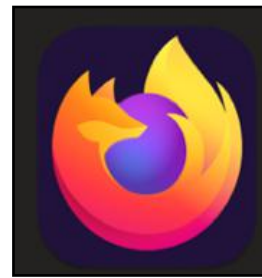
cial intelligence engine uses Wikipedia and iea.org to answer a question about AI energy usage: "Data centers for AI can consume a significant amount of electricity, with some estimates suggesting they may use more power than entire cities. By 2030, global electricity demand from data centers is projected to reach around 945 terawatt-hours, largely driven by AI workloads, which could account for nearly half of the growth in electricity demand in the U.S. alone."

Have you ever cleared your iPhone's cache? Probably not. The cache is a temporary storage area on your phone that collects all of the cookies, instructions, and computer litter collected over time.

These files take up storage space, fill your browser, and, eventually, slow down your phone. ZDnet writers give a step-by-step account of how to perform a cache cleaning for both Safari and Google Chrome and potentially make your iPhone more responsive. To clean the cache on Firefox for your iPhone or iPad, check out this Mozilla website. The UMA Tech website describes how to clear the cache on the DuckDuckGo browser popular on both iPhones and Android devices.



Firefox browser users, beware. PCMag reports of an ongoing effort to trick Firefox users into updating their Mozilla account or their Firefox extensions.



It's what's called a phishing attempt because it comes in the form of an official looking email. Clicking on a link in that email leads to a bogus attempt to get users' personal information. As PC-

Mag writes, "Predictably, any user who clicks the links in the email goes to a convincing-looking login page for their Mozilla account, and once they type in their credentials, they've handed over the keys to their account." As always, PCMag offers this advice: "Don't click links in emails you're not expecting." The tech site also provides a great list of tips to avoid phishing scams.

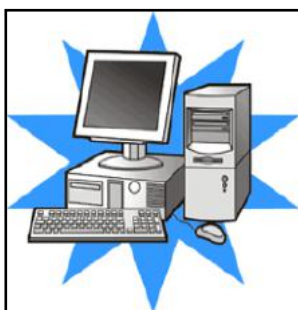
## Not Too Late To Register

Register *today* for a fall class or workshop at CKCS. Sign up online at the CKCS Store **here**. If the

course you want to take is full, put your name on the waiting list and you'll be contacted if someone withdraws from the class or workshop.



**A**OL is ending its dial-up Internet service starting Sept. 30, according to PCMag. In an era of fiber-optic broadband and fast, always-on Internet, how many people still rely on AOL dial-up? PCMag cites CNBC's Alex Sherman who was quoted as saying in May 2021 that a person familiar with the matter said the number of AOL dial-up users had dwindled to the "low thousands." At one time, Americans were inundated by AOL floppies and CDs when they opened their mailboxes and AOL's dial-up service was a popular option. PCMag reports that AOL had 25 million subscribers back in 2000, according to a report in *The Washington Post* which quoted former AOL CEO Steve Case.



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**Y**ou say your iPad battery life just isn't what it should be? ZDnet writer, Maria Diaz, offers six settings that she changed to improve her iPad's battery life. Her suggestions include everything from lowering the screen's brightness to turning off location services.



**W**e recently reported that the use of the Linux operating system is the highest it's ever been in the U.S. as more computer



users seek alternatives. ZDnet tells how to switch to Linux if you're interested. Writer Steven Vaughan-Nichols writes, "I taught my then-mother-in-law, who was 79 years old, how to use Ubuntu Linux, and we didn't even speak the same language! If she could do it, you can do it."

## Your Tech

By Kurt Jefferson

**D**o you hate automated email responses or chatbots? (Chatbots are automated AI chats capable of simulating the way a human would speak in real life conversations. They often start by asking "How may I help you today?") A headline from *Tech Business News* out of Australia yells, *Consumers are Fed Up With AI Chatbot and Automated Email Responses*. It adds, "What was once hailed as a game-changing advancement in customer service – instant answers, 24/7 support, and automation at scale – has now turned into a cold, repetitive, frustrating mess. And customers are starting to say, loudly and clearly, enough is enough." Part of the frustration is the inability of chatbots or AI to handle complex consumer problems. I've had the same issues with Amazon's chat session when trying to report on a product I ordered but never arrived. I finally gave up and called the company's toll-free phone number to speak to a real human in Indonesia.



## CKCS Needs You



If you're not a member, consider joining today.

It's very easy. You can join right here.

**H**ow To Use *Instagram and Protect Your Privacy* is a TechCrunch report on

Instagram's new Snap Map. Users in the U.S. are able to share their latest location with others and that's creating a few headaches for Instagram. The firm's head chief is trying to convince users that their locations are only public if they decide to share it. By default, location sharing is turned off, but social media sites have wrongly been reporting that it's turned on automatically.



**B**y the time you read this, Apple may be days away from introducing its newest iPhone models. News



outlets say Apple might be introducing the iPhone 17 Air, a slim model replacing the Plus. Other new models might include the iPhone 17, iPhone 17 Pro, iPhone 17 Pro

Max, and the new Air. In addition, Apple might announce the Apple Watch Series 11, Apple Watch SE 3 and the Apple Watch Ultra 3. 9to5Mac reports higher iPhone 17 prices but the base iPhone 17 Pro model is believed to offer 256GB of storage, which is a \$100 value. An Apple event is set for Sept. 9.

**S**till not using a password manager? Cnet recently wrote about why you need one and how to set up a password manager. Many offer browser extensions which make using one much easier. You may not know it, but Apple's latest operating systems (Mac, iPad, and iPhone) all include a new all-in-one password manager with two-factor authentication. If you're a Windows 11 user, you can use Credential Manager, which allows you to store and manage passwords securely. In August, the Password Manager website released its latest reviews of what it considers the best of the bunch. PCMag also selects its favorites as does Macworld.



**P**lenty of Windows 10 and 11 users are apparently unaware of a hidden backup tool on their PCs, writes ZDnet. It's called Windows Backup,



and it allows you to choose which files and folders you want to back up. The article adds that this version of Windows Backup is no longer supported by Microsoft, so you might encounter hiccups such as errors when using the tool. Writer Lance Whitney says his experience has been that it works reliably. It's quite confusing because Microsoft has a newer tool also called Windows Backup. According to Whitney the new tool is designed to help you move your data from an old PC to a new one. The older version of Windows Backup was more like traditional backup software.

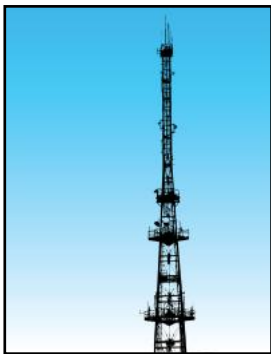
Much of our personal information, including street addresses, phone numbers, Social Security numbers and other private details are sprinkled throughout the Internet and some have been stolen through data breaches. One site, National Public Data, which was connected to last year's massive leak of Social Security details, is now back with new owners. If you'd like to opt out so your personal details are not freely available to anyone with a web browser, check out PCMag's article. PCMag mentions Atlas Privacy as another method to remove your personal information from the web.



If Google is your preferred search engine, you can now choose your preferred news sources appearing in the Top Stories section of your search results. TechCrunch tells how you can customize your Google search results so that your favorite news appears on the page. TechCrunch writes, "When users search for a particular topic, they will see a 'star' icon next to the Top Stories section. They can tap on that icon and start adding sources by searching for them."



Major AT&T data breaches, in 2019, and again in 2024, allowed hackers to steal personal data from both former and current customers. If you were a subscriber during that time period, you qualify for part of a \$177 million settlement. PCMag provides details on how to file a claim. The deadline for filing is November 18.



## Your Tech

By Kurt Jefferson

"Privacy has become an issue for nearly everyone on the planet," writes ZDnet in a 2022 article.

One way to improve your privacy online is by installing the DuckDuckGo Privacy Essentials in your browser (now called DuckDuckGo Search & Tracker Protection.) Writer Jack Wallen tells how to install this DuckDuckGo extension in numerous browsers, including Firefox, Safari, Chrome, Opera, and Edge. **Here are details** on how to install the DuckDuckGo as your default search engine on your iPhone (shows Mac and iOS versions of Safari) and Android smartphones.



## CKCS Needs You



If you're not a member, consider joining today.

It's very easy. You can join right here.

Microsoft 365 is introducing "companion apps" for Windows 11 users, reports PCMag. These include Calendar, File Search, and People. These are small "shortcut-like apps accessible from your taskbar." These new apps are still in beta as Microsoft rolls them out.

Artificial intelligence, more commonly called AI, is used by millions of Americans daily. Yet, most are cautious about the technology, according to a 2024 YouGov poll. "The dominant feeling Americans have about artificial intelligence is caution. 54% describe their feelings towards AI using the word 'cautious.' 49% say they are concerned, 40% are skeptical, 29% are curious, and 22% are scared," reports YouGov. DuckDuckGo's AI Search Assist writes, "Yes, most Americans have a negative view of artificial intelligence, with surveys indicating that nearly two-thirds express concerns about its impact on society, despite widespread use of AI products in their daily lives. Many are particularly worried about issues like misinformation and job loss related to AI."



The number of macOS users continues to rise and this begs this question—Do you need anti-virus software on your Mac? Most experts say yes. SimplyMac recommends installing it if you:

- Store or access sensitive financial, medical, or client information on your machine.
- Use public Wi-Fi networks (cafés, airports, hotels) where man-in-the-middle attacks are common.
- Regularly download files or software from the web. SimplyMac provides a list of five top-rated anti-virus titles for Macs. SafetyDetectives also provides its recommendations, listing ten titles. Windows viruses have no impact on Macs, but there are Mac viruses trying to gain access to your data.

Actions taken		
Threat name	Path to infected file	Action taken
Trojan.Script.499889	/Users/kurtjefferson/Library/Mail/V10/BADDO...	Deleted
Win32.Worm.MytoB.DBO	/Users/kurtjefferson/Library/Thunderbird/Pro...	Deleted
Win32.Worm.MytoB.DBO	/Volumes/My Passport for Mac/2025-07-30-...	Deleted

Three viruses that Bitdefender spotted and quarantined on a Mac.

Apple Watch owners should know that the company has restored access to blood oxygen monitoring through a software update available in mid-August. PCMag reports the company



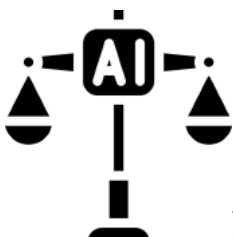
was forced to stop selling models of its popular smart-watch in late 2023

containing blood oxygen monitoring after it lost a patent dispute. "Apple says it redesigned its blood oxygen feature, and that today's launch "was enabled by a recent US Customs ruling." Apple says this doesn't affect older iPhones with the original blood oxygen feature or Apple Watches purchased outside the US," reports PCMag.

**Did You Know?** CKCS offers a price break for members who register for classes and workshops. That's right. If you become a CKCS member, you save money on courses.



As AI becomes more a part of our lives, some Americans hate it, while others find it valuable. "Despite widespread use of AI-enabled products, many Americans remain skeptical. An estimated 99% of Americans used



at least one AI product in the past week, but nearly two-thirds were unaware they were doing so. Overall, 44% of Americans believe AI will do more harm

than good in their daily lives, while 38% think it will do more good," reports The Living Library. A researcher who studies getting older, disability, and tech, studied 3,000 older Americans over 50. She teamed up with the University of Michigan's National Poll on Healthy Aging, reports ScienceAlert. "Of the older people we surveyed, 55% responded that they had used some type of AI technology that they can speak to, like Amazon's Alexa voice assistant, or type to, like OpenAI's ChatGPT chatbot. Voice assistants were overwhelmingly more popular than text chatbots: Half of them reported using a voice assistant with- in the past year, compared to 1 in 4 who used a chatbot," reports ScienceAlert.



Do you use Apple's Siri voice-activated digital assistant, released in Oct. 2011? It turns out that users haven't changed how

**HELLO,  
SIRI**

they're using the service much. 9to5Mac reports on a YouGov poll highlighted in Sherwood News. It reveals that

most people still use Siri for the same way it was used years ago:

- To check the weather
- To play music
- The check the web for an answer
- To set timers and alarms
- To call someone hands free

## Your Tech

By Kurt Jefferson

Google is warning Gmail account users they're being targeted by hackers sending out fake emails and making bogus phone calls posing as Google security alerts. More than two billion Gmail users are potentially at risk of being tricked. Tom's Guide has details of this latest attempt to compromise Gmail accounts. Don't click any links in unexpected emails about Gmail security alerts, is the message from the company. Malwarebytes Labs writes, "The attack goes like this:



Victims get an email or phone call allegedly from Google support that warns someone has tried to hack their account. The best way to protect themselves is to reset the password, the scammer says.



They then send a separate account reset email to the victim, who dutifully enters their login credentials. The account includes a code that the victim must read out to verify that they're legit. The support staff say they'll enter this code to reset the system, but they're using those precious extra few seconds to hijack the victim's account." So the bottom line is not to click on any links in email that was unexpected, use passkeys instead of passwords, and keep your Gmail recovery details updated.



Some Windows 11 users have reported disappearing solid state drives from their PCs after installing the latest Microsoft security patch. Others are reporting the update is crashing their computers. One Reddit user writes, "The drive is completely unresponsive, it shows up as unallocated space, but I can't initialize it to be able to do anything with it," according to PCMag. A computer builder in Japan was the first one to notice the issue according to PCMag.

Using the headline, *10 Pieces of Bad Cybersecurity Advice You Should Ignore*, the DPTips website lists a number of items that may counter what you've read elsewhere. For example, it shows several password security "myths," including:

- You Should Change Your Password Regularly
- Password Managers are Risky Because They Store All Your Passwords
- Use a Formula to Create "Unique" Passwords

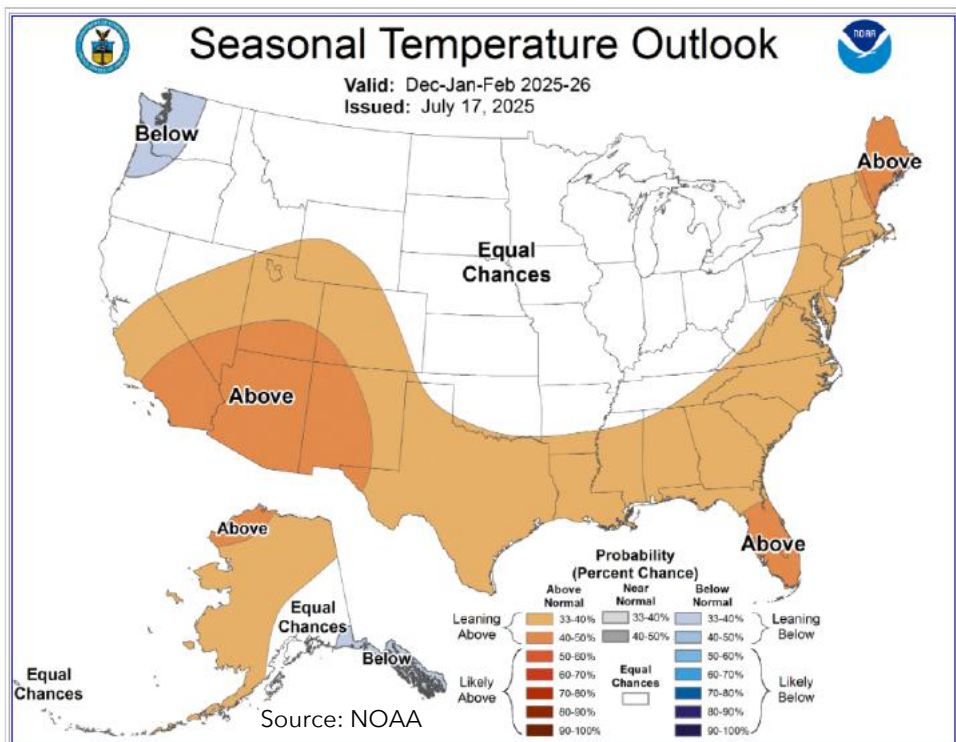
Regarding misconceptions about security software, DPTips provides even more "myths":

- Mac or Linux is Immune to Malware (they are not), Windows is just a bigger target.
- VPNs (virtual private networks) Will Keep You Safe From Everything

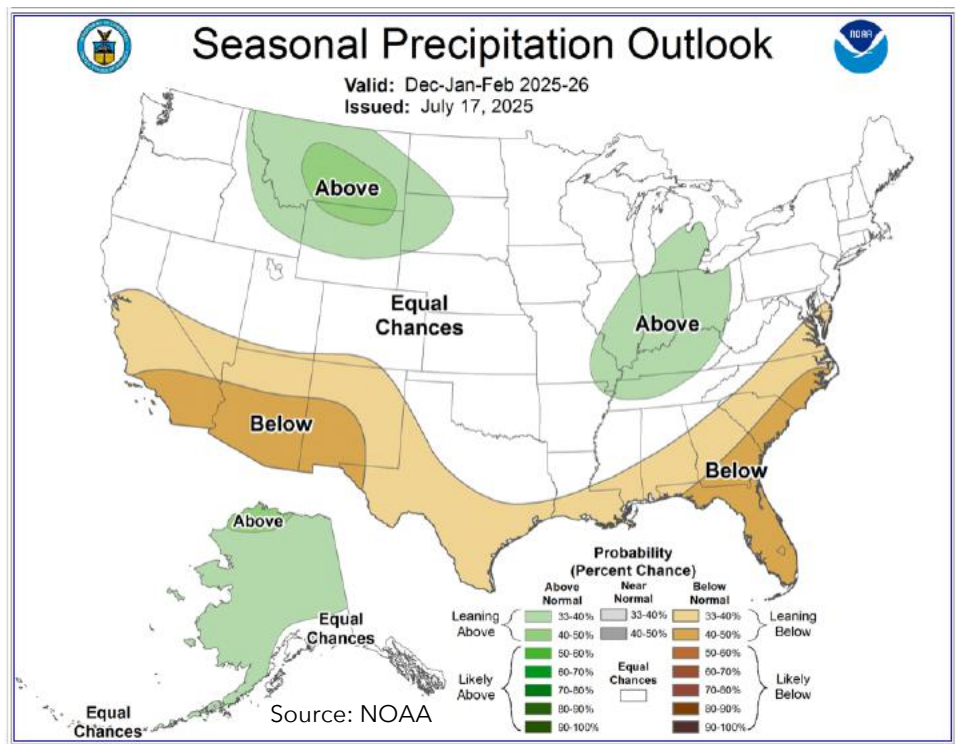


# What's In Store This Winter? Forecasters Make Their Long-Range Predictions

By Kurt Jefferson



Autumn starts this month and that leads many of us to wonder what's ahead this winter. Forecasters issued a La Niña watch in mid-August, meaning cooler than normal temperatures were expected to parts of the Pacific Ocean. That often translates into drier and warmer weather in central Kentucky. A brief La Niña is forecast for the fall and early winter before coming to an end. Because of that, forecasters predict equal chances of warmer or colder than normal temperatures in the Ohio Valley from December through the end of February.



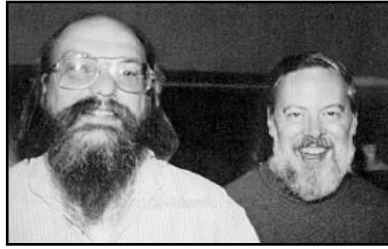
What has been a dry and hot summer for most of us might lead directly into a winter filled with above normal precipitation. As of late August, forecasters believed the Dec.-Feb. period in central Kentucky and much of the region will be wetter than normal. Remember that forecasts this far out often change so don't place any bets on them. DuckDuckGo's AI assistant writes, "Kentucky is expected to experience a cold winter with potential early wintery effects starting in late fall. *The Farmers' Almanac* suggests that cold temperatures and snow could arrive earlier than usual, particularly in the northern regions of the state."



# Notable September Births

by Kurt Jefferson

Born on Sept. 9, 1941, **Dennis Ritchie** played a central role in the creation of the UNIX operating system, the C programming language, and B language. He worked with his long-time associate Ken Thompson to accomplish these feats. The Internet relies heavily on UNIX, and macOS, the operating system running on Apple's Macs, is built on a UNIX variation. Ritchie was born in Bronxville, New York. His father was a long-time scientist at Bell Labs. Wikipedia writes that computer historian Paul E. Ceruzzi said of Ritchie after his death, "Ritchie was under the radar. His name was not a household name at all, but... if you had a microscope and could look in a computer, you'd see his work everywhere inside."



UNIX inventors Ken Thompson (L) and Dennis Ritchie in 1973. Source: Wikipedia / Jargon File.

**Lewis Howard Latimer** was an African American inventor who created the evaporative air conditioner (also known as a swamp cooler), an improved toilet system used in trains (called the Water Closet for Railroad Cars) and a better way to make filaments used in electric light bulbs. It was in 1884 that Latimer joined the Edison Electric Light Company where he was a draftsman. Before Latimer was born, his parents, who were slaves in Virginia, escaped and headed for Boston. Latimer's dad was recognized and he stood trial for running away from his slave owner. Frederick Douglass and William Lloyd Garrison represented him and the parents were eventually able to buy their freedom and live in Chelsea, Massachusetts. Lewis was born there on Sept. 4, 1848.



Lewis Latimer in 1882. Source: Wikipedia

One of the most popular American authors, **Stephen King**, was born on Sept. 21, 1947, in Portland, Maine. He's been called the "King of Horror" for his horror



Stephen King in Sept. 2024 in Toronto. Source: Wikipedia / Kevin Payravi / Wikimedia Commons / CC 4

novels along with popular mystery, science-fiction and suspense titles. He has also written about 200 short stories. His debut novel, *Carrie*, in 1976, became a big seller and was made into a hit movie starring Sissy Spacek. King has been given the credit of reviving horror fiction in the late 20th century. Other hit books include *The Shining*, *The Stand*, *Cujo*, *Firestarter*, *Misery*, and *The Tommyknockers*. King had sold more than 400 million copies of his books as of 2025.

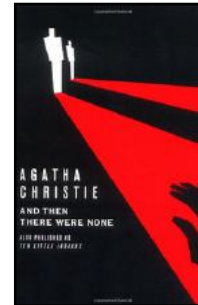


*The Shining*, released in 1977, has sold between 500,000 and 700,000 copies. Source: Goodreads

Mystery might as well be Dame Agatha Christie's middle name. She wrote 66 detective novels as well as 14 collections of short stories, and her estate has even trademarked the title "Queen of Crime" for her. When readers think of mysteries, Agatha Christie's name is usually one of the first that comes to mind. She is considered to be one of the greatest mystery writers in history, with books about fictional detectives Miss Marple and Hercule Poirot some of her most popular. She was born on Sept. 15, 1890 in Devon, England.



Writer Agatha Christie at Schiphol Airport, Amsterdam, in Sept. 1964. Source: Wikipedia / Joop van Bilsen



Agatha Christie's best-selling book is reportedly *And Then There Were None*, first published in Nov. 1939.

Source: Goodreads



Today many people have forgotten her name, but in her lifetime Victoria Woodhull was a well-known leader in the women's suffrage movement. She was the first woman to run for president in 1872,

running on the Equal Rights Party. Historians point out that she would have been too young had she been elected. Hull was the seventh of ten children in her rural Ohio home, northeast of Columbus.

Hull and her sister, Tennessee Claflin, were the first women to run a New York brokerage house on Wall Street. They were also among the first women in the U.S. to publish a newspaper. Hull also worked as a clairvoyant, was divorced twice in an era when that rarely occurred, and spent the 1872 election night in jail for indecency after her newspaper published an account of an adulterous affair involving a local minister. Hull was born in Homer, Ohio, on Sept. 23, 1838.



# Notable September Births

**B**orn on Sept. 1, 1939, **Mary Jean "Lily" Tomlin** is an

American comedian, actress, writer, singer, and producer. Her breakthrough role was on the popular NBC-TV show,

*Rowan & Martin's Laugh-In*. She has won seven Emmy awards, a Grammy, two Tony awards, and a nomination for an Academy Award. She has appeared in a number of movies, including *Nashville*, *9 to 5*, *All of Me*, *Tea with Mussolini*, and *Flirting with Disaster*. She also starred in the TV show, *The West Wing* and voiced several children's TV shows including *The Magic School Bus* and *The Magic School Bus Rides Again*.

Publicity shot with Lily Tomlin (L) and Rita Hayworth from *Rowan & Martin's Laugh-In*. Source: Wikipedia / NBC-TV



**H**istorians remember **Jesse James** as a notorious outlaw, train and bank robber, and leader of the James-Younger Gang. He, along with his brother, Frank, joined pro-Confederate forces during the Civil War and were accused



Jesse James in May 1882. Other sources claim this photo was taken in 1876. Source: Wikipedia / Library of Congress

of crimes against Union soldiers and abolitionists in Missouri and Kansas. Their father, Robert, was a hemp farmer in Kentucky and a Baptist minister before moving to Missouri. Historians note that Jesse took part in what's called the "Centralia Massacre," near Columbia, Mo., in Sept. 1864, in which two dozen captured Union army soldiers were executed. His life of hold-ups began in Feb. 1866, when Jesse, Frank, and eight other men held up a bank in Liberty, Mo. Ten years later, the robbery of the First National Bank of Northfield, Minn. went bad and all members of the James Gang were either killed or captured except for the James Brothers who escaped. Jesse was born on Sept. 5, 1847, near Kearney, Mo. Reports say he was shot to death in April 1882 by a new recruit of the James Gang.

**C**ass Elliot, born on Sept. 19, 1941, in Baltimore, was a singer with the folk-rock group, the Mamas & the Papas. It was a defining force in the 60s music scene with hits such as *California Dreamin'*, *Monday Monday*, and *Creeque Alley*. The

Cass Elliot website notes that she "developed an impeccable intuition for great music. Finding her way through the 60's folk-rock scene, Cass would go on to become one of the defining voices of the counterculture movement, and later, a beloved fixture on American television. People who knew her describe the gravity

that she generated around herself, a force of self-determination, humor, and charisma that carried her throughout her career in show business."



A publicity photo with "Mama" Cass Elliot (L) and Johnny Cash from the *Johnny Cash TV Show* in Aug. 1969. Source: Wikipedia / ABC-TV

**T**he next time you look up at a tall building, think of **Louis Sullivan**, born in Boston, on Sept. 3, 1856. He is considered to be the father of the modern skyscraper. He was a mentor to

Frank Lloyd Wright, an architect of the Chicago School, and the phrase "form follows function" is attributed to Sullivan.



Louis Sullivan, circa 1895. Source: Wikipedia

He moved to Chicago in 1873 to

take part in the building boom after the Great Chicago Fire of 1871. In 1879, he teamed up with German-born architect Dankmar Adler. The pair designed many influential skyscrapers including the Chicago Stock Exchange, the Chicago Auditorium Building, the Wainwright Building in St. Louis, the Guaranty Building in Buffalo and the Schlesinger and Mayer Department Store in Chicago. Together the two men designed more than 100 buildings.



Buffalo's Prudential Building (also known as the Guaranty Building) on May 1, 1965.

Source: Wikipedia

**G**randma Moses, whose real name was Anna Mary Robertson Moss, was born in Greenwich, New York, on Sept. 7, 1860. She started painting when she was 78. She began her



"Grandma Moses" was an art collector spotted her paintings in a circa 1950.

Source: Wikipedia / Clara Sipprell

art career after an employer noticed her interest in Currier & Ives prints. He supplied Moss with drawing materials and she started drawing upon her sister's recommendation after arthritis made embroidery painful. Moss told reporters she began painting to make a long-lasting gift for a postman, which was easier than baking "a cake over a hot stove." It was in 1938 that an engineer who was an art collector spotted her paintings in a drug store window. He bought every painting he saw for three and five dollars. Moss eventually painted more than 1,500 canvasses

over three decades. In 1950, she was named one of the five most newsworthy women by the National Press Club and dubbed "Young Woman of the Year" by *Mademoiselle* magazine after she reached 88. Her work became very popular in the 1950s, even appearing on the cover of *TIME Magazine* in 1953. As her fame grew, her paintings eventually sold for between \$8,000 and \$10,000. On her 100th birthday, New York Gov. Nelson Rockefeller proclaimed that day "Grandma Moses Day." She died in Dec. 1961 at the age of 101.



# Time Machine



Pictures that tell a story from a bygone era.



## **A scene from Mulberry Street around 1900**

**New York City's Mulberry Street** circa 1900. This is how a now modern city street looked around the turn of the century. At a time before stoplights and high-end restaurants, this is how the heart of Little Italy appeared, dotted with open-air markets that were accessible on foot or by horse drawn carriage.

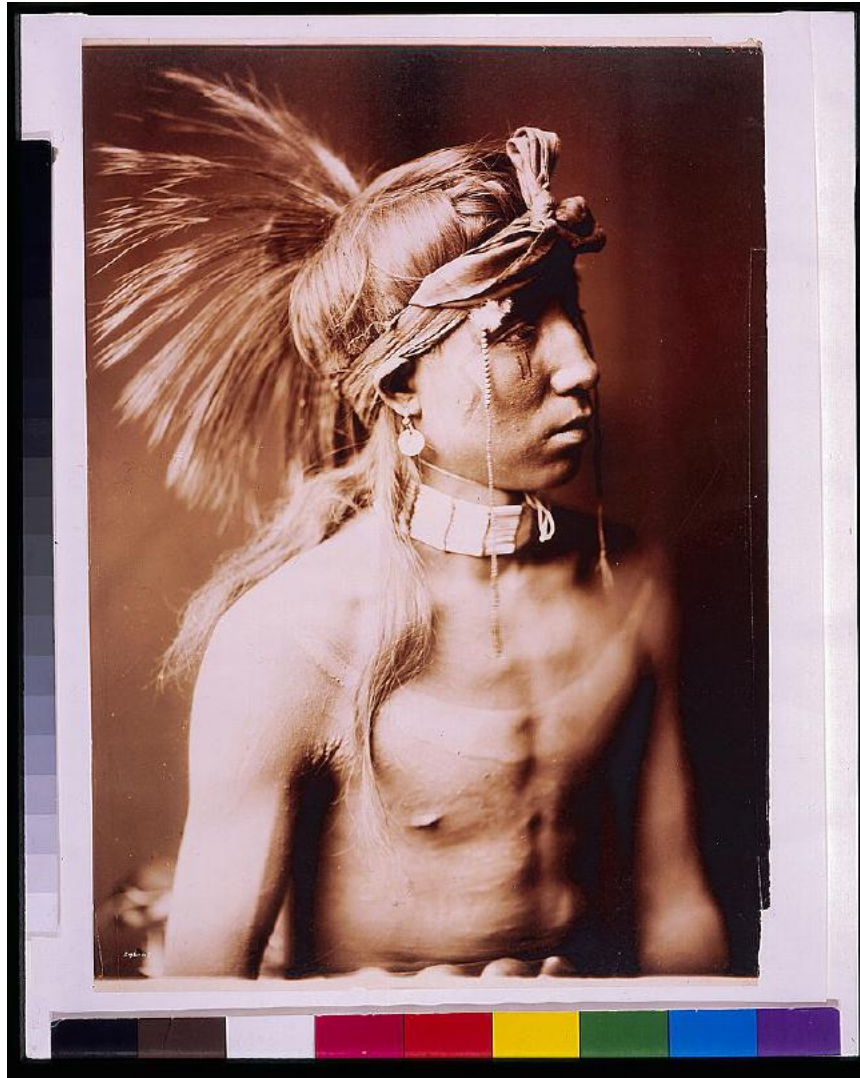
Publisher: Detroit Publishing Co.



# Time Machine



Pictures that tell a story from a bygone era.



## Young Native American, circa 1905

**From the Library of Congress:** Edward S. Curtis created this half-length portrait of a young Indian while visiting Apache Indian groups from 1903-1907. The image displays Curtis' remarkable ability to fashion portraits incorporating traditional elements of dress and distinctive aspects of his sitters' personalities. Curtis labored for 30 years to produce his 20-volume-work, *The North American Indian (1905-1930)* illustrated with high quality photoengravings taken from his glass plate negatives. The Library of Congress acquired more than 2,400 photographic prints from this project through copyright deposit, although only one third were ever published.

Taken by Edward S. Curtis



# Time Machine



Pictures that tell a story from a bygone era.



## **Hanging On To Get the Perfect View in 1908**

**A photographer**, probably Emery or Ellsworth Kolb, dangles from a rope in a crevasse to photograph the Grand Canyon in Arizona. Another man straddles the cliff opening to hold the rope.

Taken by Kolb Brothers, photographers.



# Time Machine



Pictures that tell a story from a bygone era.



## **'Brünnhilde' the Cat from 1936**

**A very popular photo** at the Library of Congress, the side view of a cat wearing a winged helmet and breastplate armor in the role of the valkyrie Brünnhilde from the Richard Wagner opera, *Der Ring des Nibelungen*.

Taken by Adolf Edward Weidhaas, photographer



# Time Machine



Pictures that tell a story from a bygone era.



## Montana in Aug. 1942

**A sheepherder and his dog** on the Gravelly Range in Madison Co., Montana. The Gravelly Range is a mountain range in southwest Montana. The highest peak is Black Butte, elevation 10,542 feet. Gravelly Range is southwest of the community of Cameron, named for its founders, brothers James and Addison Bovey Cameron.

Taken by Lee Russell, photographer



# Time Machine



Pictures that tell a story from a bygone era.



## Chicago's Union Station in Jan. 1943

As **WWII** was fought in Europe, passengers file through the train concourse at Union Station. Notice flags from Allied countries hang from the ceiling of the large building.

Taken by Jack Delano, photographer



# Time Machine



Pictures that tell a story from a bygone era.



## That's a Cool Photo, Ma'am!

**American photographer, Toni Frissell**, holds her camera on her lap and shows photos she's taken to young people somewhere in Europe in 1945. She became known for her novel fashion photos, WWII photography, and portraits of famous Americans and Europeans. Frissell worked for *Sports Illustrated* and *Life* magazines. Her first photo to appear in *Life* showed a devastated London after a bomb attack in 1942. She was also known for her portraits of Jacqueline Kennedy, Winston Churchill, Eleanor Roosevelt, and architect Stanford White.

Taken by Toni Frissell, photographer



# Time Machine



Pictures that tell a story from a bygone era.



## A “Kodak Moment” Creates a Sensation

**West Virginia-born** Frances Benjamin Johnston, who was a pioneer photographer, uses childhood curiosity to draw a group of children to her camera between 1890 and 1900. Johnston’s photojournalism career lasted nearly 50 years. Johnston married Anderson Doniphan Johnston of Maysville whose father was a doctor and practiced for years in northern Kentucky.

Taken by Frances Benjamin Johnston, photographer



## An 1896 Self Portrait

**Photojournalist** Frances Benjamin Johnston, pictured in her Washington D.C. studio as a “New Woman,” a feminist ideal that became prominent in the late 19th century. She photographed President Theodore Roosevelt’s children playing with their pet pony, Alice Roosevelt’s wedding portrait, and writer Mark Twain. Johnston was named the official White House photographer for Presidents Harrison, Cleveland, McKinley, Theodore Roosevelt, and the Taft administrations.

Taken by Frances Benjamin Johnston, photographer



## A Goat Ride

On the White House Lawn, Major Russell Harrison and his children, including son, Russell, and sister in a goat cart in Washington D.C. His niece, nephew, dog and “Old Whiskers” the goat were all on hand for the event.

Taken by Frances Benjamin Johnston, photographer



# Time Machine



Pictures that tell a story from a bygone era.



## A Tuskegee Airman in Italy

**Pilot Edward M. Thomas** of Chicago, Class 43-J, at Ramitelli, Italy, in March 1945. Thomas was part of the Tuskegee Airmen, a group of African American military fighter and bomber crews who fought in WWII. The creation of the Tuskegee Airmen has been credited to the training efforts of Willa Beatrice Brown from Glasgow, Ky. Brown taught hundreds of pilots to fly, including many who went on to become part of the Tuskegee Airmen. She was also the first African American woman to earn a pilot's license in the U.S., first African American woman in the Civil Air Patrol, and first woman in the U.S. to have both a pilot's license and aircraft mechanic's license.

Taken by Toni Frissell, photographer

Source: Tuskegee Airmen 332nd Fighter Group pilots



Willa Beatrice Brown, 31, of Glasgow, Ky., trained Tuskegee Airmen fighter pilots. Photo taken between 1941–1945.

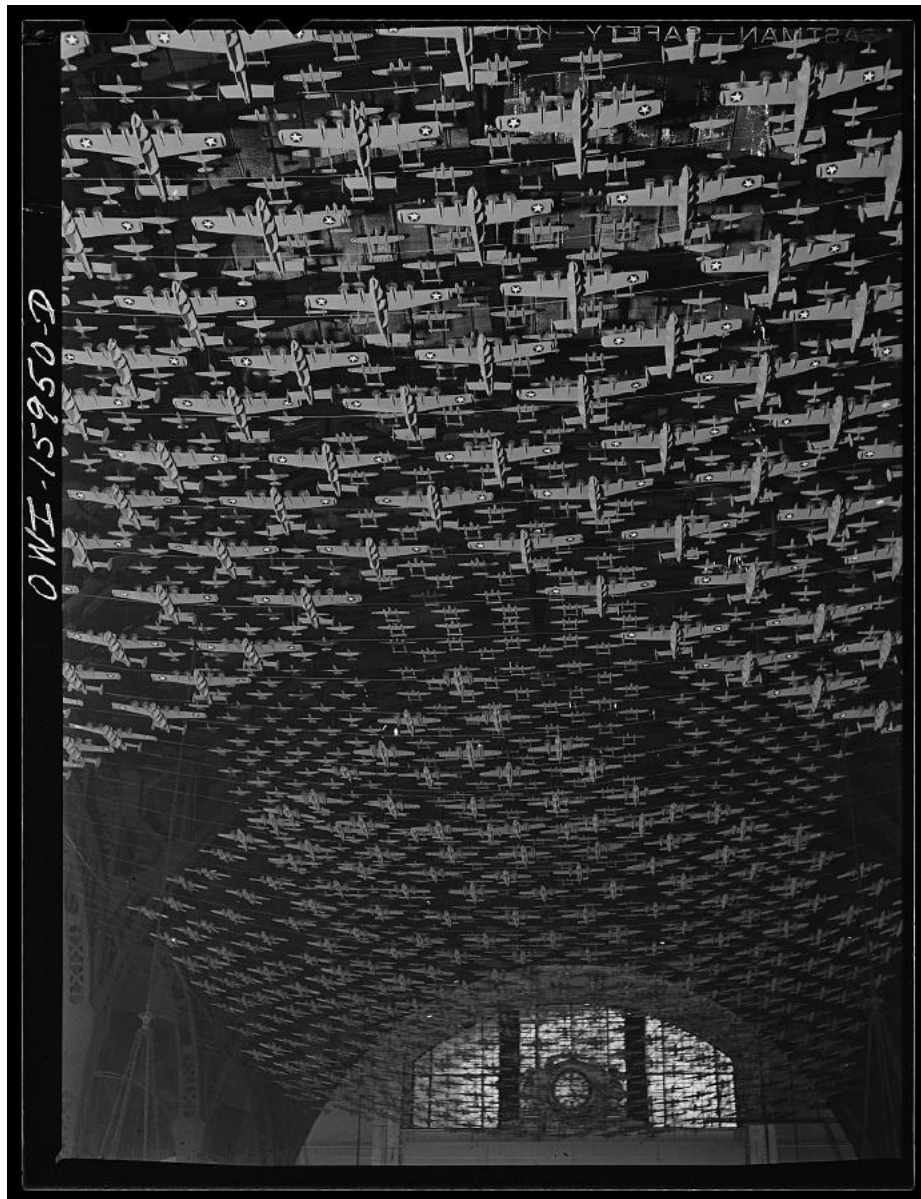
Source: Wikipedia/U.S. National Archives & Records Administration



# Time Machine



Pictures that tell a story from a bygone era.



## Wings Over the Tracks in Feb. 1943

**Dozens of model airplanes** decorate the ceiling at Chicago's Union Station train concourse as WWII bombing occurred in Europe.

Taken by Jack Delano, photographer



# Time Machine

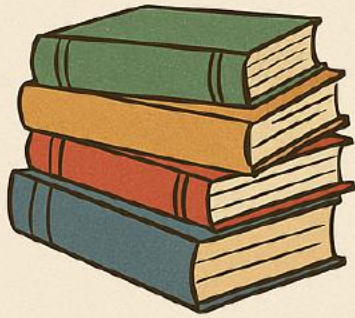


Pictures that tell a story from a bygone era.



**Majestic View of a Fjord Around the Turn of the Century**  
A beautiful color view of Merok and Geiranger Fjord in Norway around 1890 or 1900. Notice the person in the photo center looking down. Explorers were amazed at the grandeur of the scene as mountains plunged directly into icy, blue waters below.  
Taken by Jack Delano, photographer

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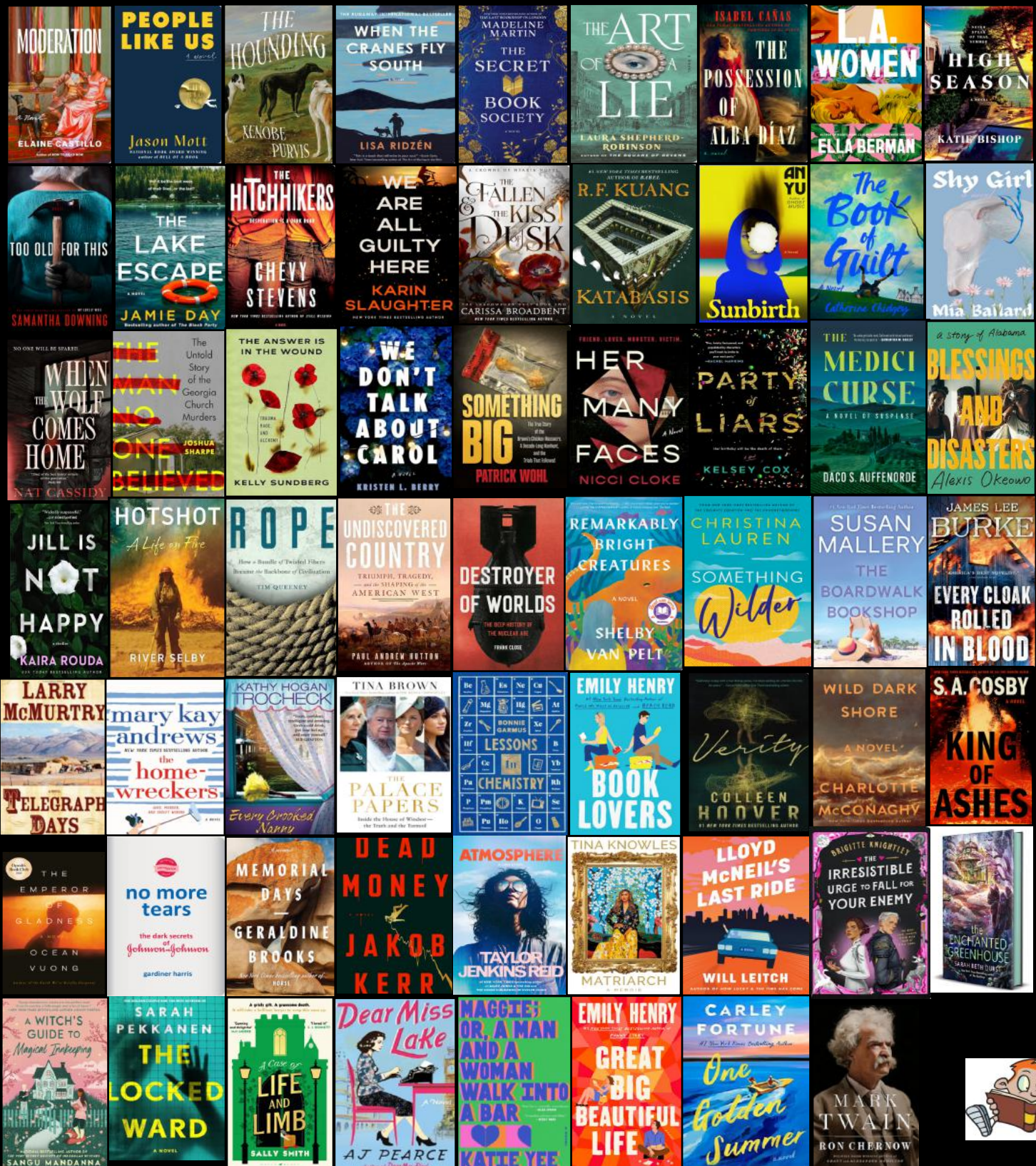
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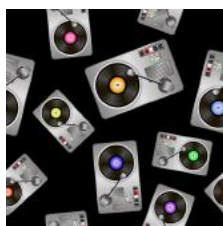
# Books for a Sept. Day

If you belong to a book club, please share this book list with other members. Covers are courtesy [goodreads](https://www.goodreads.com).

## Make These Books Part of Your Fall Reading Habit



# Videos and More



Remember – these are hyperlinks. Click on the website links to go to that YouTube video.

**NKY History Hour: Ky. Gov. Goebel**

<https://www.youtube.com/watch?v=ZxIOTD-CAz4>

**Frankfort Weekend: Gov. William Goebel Shot in 1900.**

<https://www.youtube.com/watch?v=teVRv5enPY8>

**Theodore Roosevelt & the American Century**

<https://www.youtube.com/watch?v=kcChppiRXCI>

**Whatever Happened to Theodore Roosevelt's 6 Children?**

<https://www.youtube.com/watch?v=8Pmk1kvMasU>

**50 Insane Facts About U.S. Geography**

<https://www.youtube.com/watch?v=ic6JoPICYBk>

**6 Minutes of Bizarre U.S. Geography Facts**

[https://www.youtube.com/watch?v=SXenA2N\\_4J4](https://www.youtube.com/watch?v=SXenA2N_4J4)

**100 Songs That Shaped the 60s**

[https://www.youtube.com/watch?v=msiZs4HvDis&list=RDmsiZs4HvDis&start\\_radio=1](https://www.youtube.com/watch?v=msiZs4HvDis&list=RDmsiZs4HvDis&start_radio=1)

[https://www.youtube.com/watch?v=msiZs4HvDis&list=RDmsiZs4HvDis&start\\_radio=1](https://www.youtube.com/watch?v=msiZs4HvDis&list=RDmsiZs4HvDis&start_radio=1)

**74 Hits of 1974**

[https://www.youtube.com/watch?v=yO48dmE5x5c&list=RDyO48dmE5x5c&start\\_radio=1](https://www.youtube.com/watch?v=yO48dmE5x5c&list=RDyO48dmE5x5c&start_radio=1)

[https://www.youtube.com/watch?v=yO48dmE5x5c&list=RDyO48dmE5x5c&start\\_radio=1](https://www.youtube.com/watch?v=yO48dmE5x5c&list=RDyO48dmE5x5c&start_radio=1)

**#1 Country Songs of 1974**

[https://www.youtube.com/watch?v=1vlzCJ6Nnlk&list=PL-Cvd01FHQ7XZ9fGJf-jhnlojcPRGN\\_ol](https://www.youtube.com/watch?v=1vlzCJ6Nnlk&list=PL-Cvd01FHQ7XZ9fGJf-jhnlojcPRGN_ol)

**65 Hits of 1965**

[https://www.youtube.com/watch?v=EHJLmaI2nLs&list=RDEHJLmaI2nLs&start\\_radio=1](https://www.youtube.com/watch?v=EHJLmaI2nLs&list=RDEHJLmaI2nLs&start_radio=1)

[https://www.youtube.com/watch?v=EHJLmaI2nLs&list=RDEHJLmaI2nLs&start\\_radio=1](https://www.youtube.com/watch?v=EHJLmaI2nLs&list=RDEHJLmaI2nLs&start_radio=1)

**66 Hits of 1966**

[https://www.youtube.com/watch?v=NvCSWYJ66xc&list=RDNvCSWYJ66xc&start\\_radio=1](https://www.youtube.com/watch?v=NvCSWYJ66xc&list=RDNvCSWYJ66xc&start_radio=1)

[https://www.youtube.com/watch?v=NvCSWYJ66xc&list=RDNvCSWYJ66xc&start\\_radio=1](https://www.youtube.com/watch?v=NvCSWYJ66xc&list=RDNvCSWYJ66xc&start_radio=1)

**At Last by Etta James**

[https://www.youtube.com/watch?v=1qJU8G7gR\\_g&list=RD1qJU8G7gR\\_g&start\\_radio=1](https://www.youtube.com/watch?v=1qJU8G7gR_g&list=RD1qJU8G7gR_g&start_radio=1)

[https://www.youtube.com/watch?v=1qJU8G7gR\\_g&list=RD1qJU8G7gR\\_g&start\\_radio=1](https://www.youtube.com/watch?v=1qJU8G7gR_g&list=RD1qJU8G7gR_g&start_radio=1)

**Early Ford Cars Evolution**

<https://www.youtube.com/shorts/ifGptMV9fsM>

**The Dinah Shore Show (1977)**

<https://www.youtube.com/watch?v=aUp9HZ0eXtM&list=PLxTbtZVP1VIpKRDdxEWQsqsLv9L25gZOR>

<https://www.youtube.com/watch?v=aUp9HZ0eXtM&list=PLxTbtZVP1VIpKRDdxEWQsqsLv9L25gZOR>

**1959 Chevrolet TV Ad with**

**Dinah Shore & Pat Boone**

<https://www.youtube.com/watch?v=KbnDiJwIfQg&list=PLxTbtZVP1VIpKRDdxEWQsqsLv9L25gZOR&index=3>

<https://www.youtube.com/watch?v=KbnDiJwIfQg&list=PLxTbtZVP1VIpKRDdxEWQsqsLv9L25gZOR&index=3>

**History of the Studebaker**

<https://www.youtube.com/watch?v=7MehreLMVQ0>

**The Weird Chrysler Cars of the Early 1960s**

<https://www.youtube.com/watch?v=l6kHOPDknkg>

**The History of DeSoto & Why the Brand Was Canceled**

[https://www.youtube.com/watch?v=Rf\\_jrhJQ2hs](https://www.youtube.com/watch?v=Rf_jrhJQ2hs)

**What Really Happened to A&P?**

<https://www.youtube.com/watch?v=jXiRcBmbzUo>

**Modern Marvels: How Supermarkets Operate**

<https://www.youtube.com/watch?v=21FOQWtbyuA>

**Crazy Winter Storm: Blizzard Compilation**

<https://www.youtube.com/shorts/ifGptMV9fsM>

**Craziest Nature Videos of the Decade**

<https://www.youtube.com/watch?v=tZPQaihwZRA>

**Winter Storm Stella Time Lapse**

<https://www.youtube.com/watch?v=lqu8h2d5T4A&t=3s>

**Night Walk in Extreme Winter Snowstorm (Ontario)**

<https://www.youtube.com/watch?v=KVmxVIIn02XE>

**Massive Roof Snowfall**

<https://www.youtube.com/watch?v=VD-pMof0NaY>

**70 Most Unbelievable Nature Moments**

<https://www.youtube.com/watch?v=ftrbKlbuIBc>

