



CKCS News



A Monthly Newsletter of the Central Kentucky Computer Society® in Lexington

March, 2024

Volume 40, Issue 3

Join CKCS Today!

March 2024 SIG Calendar (Special Interest Groups)

Amateur Photographers Club

March 7, 14, 21, 28 (In person at CKCS)

Windows SIG w/ Paul

March 12 at 7 P.M. via Zoom and In person

Genealogy SIG w/ Larry

March 18 at 7 P.M. (In person at CKCS)

All Things Apple SIG w/ Joe, Kurt, Janet, & Brooke

March 19 at 7 P.M. via Zoom

Digital Photography SIG w/ Joe

March 26 at 7 P.M. (In person at CKCS)



Daylight Saving Time starts
March 10 at 2 A.M. Move
your clocks ahead one hour.

Easter is on March 31.



Spring starts on March 19 at 11:06 P.M. (E.D.T.)
The season brings more sunshine, warmer temperatures and a return to gardening for many in Kentucky.

Typical March Weather in LEX

"In like a lion, out like a lamb."

You've probably heard that saying,

which some say dates back to 1732. It describes early

March weather delivering cold and snow at the start with a switch to spring-like conditions by the end of the month.

After an early February that felt more like spring, what can we expect in March? Wanderlog notes the historical average high in Lexington during March is 55° while the average low is just above freezing at 35°.

"Cold with a gentle breeze" is how the site sums up March conditions. If you were alive in 1929, you may remember the mercury hit 86° on March 25 of that year, according to the [National Weather Service](#).

That's the all-time warmest day ever recorded in March at Lexington. The coldest March low occurred twice—once in 1960 and again in 2015. Two degrees below zero was recorded on March 5 (1960) and March 6 (2015). While central Kentucky has received some snowfall this winter, back in 2015 the region got buried under ten inches of snow on March 5.

March is the month when kids love to head out to area parks to fly their kites. It's typically a windy month as we transition from winter to spring. Average wind speed is 14.3 miles an hour, according to Wanderlog and, on average, cloudy days make up 42% of the month.



After a See-Saw February, Spring Finally Arrives This Month

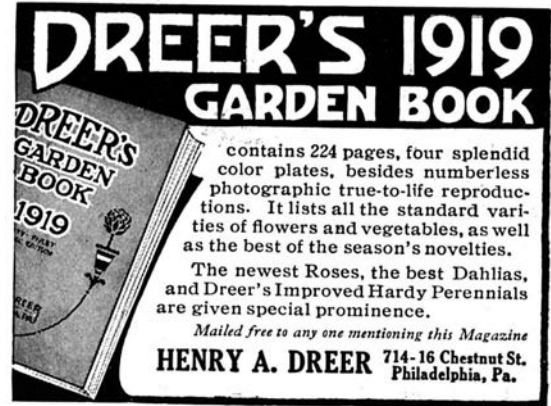
Central Kentuckians rode a roller coaster weather pattern in January as the mercury plummeted to two degrees below zero and then soared to well over 50 degrees later the same week. With that behind us,

it's time to appreciate the arrival of spring.

The spring equinox officially arrives on Tuesday, March 19, at 11:06 P.M. E.D.T. So get ready to get out your gardening gear, seeds, plants, and water hose. Remember, much of Fayette County, except for the far northern part, is now in the 7a zone in the USDA Plant Hardiness Map. During the last map update in 2012, the county was zoned 6b. So we can plant a few additional varieties of plants than before the zone change. Before spring arrives, we need to set our clocks ahead one hour at 2 A.M. on Sun., March 10. Remember the adage "spring ahead fall back?" Daylight Saving Time starts on March 10.



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



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March 2024

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The Membership of CKCS

New and Renewing Members
for the period Jan. 22–Feb. 21.

Provided by CKCS Board Member Ben Rice



New Members

Dennis R. & Denise B. Adams
Fred W. Garrett
Ben Perry
Linda D. Russell

Renewing Members

Pat A. Allen
Boone Baldwin
Hazel W. Chappell
Janice M. Cox
Myra Engle
Keith Grierson
Betty Hall
Margaret Jeffers
Larry Neuzel
Ward R. Ransdell
Janet R. Serrenho
Mary Ann Summers
Susan Umberger
Pat C. Vaughan



A big thank-you to all of our
new and renewing members!

If you know someone who
might benefit from CKCS,
please urge them to become a member.
Phone: 859–373–1000.

Or, if they prefer, they may join online here.
Thank you.



We appreciate your membership!

Who's Who at CKCS?



Officers

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

Ex-Officio Member
Bob Brown

Directors

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

Tenure ends June 2025

Janet Cartmell
Larry Mitchum
Paul Stackhouse
Pennie Redmond
Arleigh Kerr

Webmasters

Arleigh Kerr
Bob Brown
Wendell Curtis

Class Coordinator

Janet Cartmell

Office Supervisors

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

Alternate Supervisors

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

CKCS Resource Center

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

CKCS Online Calendar

Lydia Short
Nancy Bowling
Wendell Curtis

CKCS Newsletter Calendar

Larry Trivette

Newsletter Editor

Kurt Jefferson

Newsletter Proofreaders

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

Constant Contact Manager

Larry Mitchum

Refreshment Center

Jim Hughes

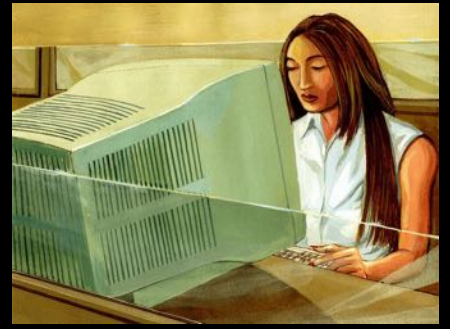
Website links used in the
CKCS newsletter are in no
way associated with CKCS.
In addition, the linked
websites do not endorse
CKCS.

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



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

‘I need tech help.
Where can I turn?’



How about CKCS?

Dr. Fix-it and iHelp
are available the first Saturday
of the month from 10 A.M. to noon at CKCS.

If you’ve got a Microsoft Windows
or Android issue, seek help from Dr. Fix-it.

If you’ve got an Apple issue, seek help from
iHelp. This includes iPad, iPhone and Mac.



CKCS Meetings & Links

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



Thu., March 7, @ 7 P.M. In Person
CKCS Board of Directors Meeting and via Zoom

Zoom link: <https://us02web.zoom.us/j/82261838932>



March 7, 14, 21, 28 @ 10 A.M.

Amateur Photographers Club
Meets Thursday Mornings at CKCS
In Person Only

Sat., March 2, @ 10 A.M. – Noon

Dr. Fixit-it & iHelp Troubleshooting
In Person Only

Mon., March 11, @ 7 P.M.

Tech Night-KyTrade visits
In Person & via Zoom

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

Windows SIG w/ Paul Stackhouse

Tues., March 12, @ 7 P.M.
In person and via Zoom

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



Mon., March 18, @ 7 P.M.



Genealogy SIG



All Things Apple SIG

Zoom only **Tues., March 19, @ 7 P.M.** Zoom only

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



Photos Photos Photos Photos Photos

Digital Photo SIG



In person only Tues., March 26, @ 7 P.M.



President's Report

By Brooke Thomas

Don't Overlook Tech Night and Special Interest Groups

Every month, we attract many members and guests to our free and open-to-the public Special Interest Groups also known as SIGs.

Take it from Daisy, you should take advantage of these meetings. She started attending Tech Night before the pandemic.

She's Daisy. She's 12 years old. Daisy is so well behaved that it's easy to overlook her during the meeting.



She doesn't drive so she is dependent on her family, Bob and Debbie Dicken, to get her to Tech Night. Her favorite meeting seems to be Tech Night, but there are other meetings that might pique her and your interest.



We have a SIG that meets every Thursday at 10 a.m. The Amateur Photographers Group at CKCS. If the weather is cooperative, they plan a meeting in the community to shoot pictures.

If you enjoy taking pictures and like sharing and learning from others this group is for you. The SIG Leader is Boone Baldwin. He sends out an email every week that lets everyone know what the plans are for that Thursday. To get on his email list send an email to: boone.baldwin@gmail.com.



Most of the groups are held once a month. Daisy's favorite, Tech Night, meets on the second Monday of the month at 7 P.M. We hold these in person and via Zoom. At these meetings, we provide a wide range of tech-related tips, tricks, and more.

Last year we held Tech Nights on a wide array of subjects: Staying Safe, with Heather Clary from the Better Business Bureau; Cable Alternatives, with Jim McCormick, Android Phones with T-Mobile; Display and Efficiency, with Paul Stackhouse; Electric Vehicles with KY Evolve, Solar Energy 101, with River Fuchs of Solar Energy Solutions; Death Document, with Jerry Heaton; It Must Be True I Heard it on the Internet, with Barbara Kemp; KU Smart Meters, with Darrell Smith;

Virtual Reality, with Richard Hoagland; and Great Tech Gadgets to give and receive. This next year promises to be as diverse.

The Window's SIG is held on the second Tuesday of the month at 7:00 p.m. These meetings are in person and on Zoom. If you use a Windows computer you should be at every one of these meetings. There is so much to learn. Mike Sieler has led this group for 10 years, ever since Joe Isaac retired. With other priorities currently on his plate he is taking a break.



Paul Stackhouse, the longest-serving member at CKCS and the person who has held most of the positions on the CKCS board, has agreed to fill in as Windows SIG leader. Paul wants to hear from you about what you would like to learn during these meetings on Windows. You can reach him at paul@stackhouse.org.

If you use Apple products the All Things Apple SIG is for you. It is held on the third Tuesday of the month via Zoom at 7:00 p.m. It's just what the name implies—Macs, iPhones, and iPad tips are covered during this time. Kurt Jefferson, Joe Dietz, Brooke Thomas, and Janet Cartmell co-lead this group.



Dr-Fixit and iHelp SIGs are held the first Saturday on each month from 10:00 A.M. to noon. If you are having issues with your Windows PC, you can get the Dr. Fixit volunteers to take a look at it. Just bring in your laptop or CPU. We have monitors and keyboards. If you need some one-on-one help with your Apple device—Mac, iPhone, iPad, or Apple Watch—come see one of the iHelpers.

If you are searching your roots, the Genealogy SIG is held quarterly in March, June, September, and December. Larry Mitchum is the facilitator of this group and encourages the members of the group to share their experiences to help each other.



Stay tuned to this newsletter and the weekly emails to take advantage of these informative meetings.





TECH NIGHT

March 11
7 P.M.
In Person and via Zoom



All About Technology: Ky Trade

The Central Kentucky Computer Society has had a great relationship with KyTrade Computer Services over the years. Freddy Peralta, the previous owner, was a friend and special ally to CKCS.



He was a frequent presenter at Tech Night.

Ali, the new face of KyTrade, will join us in March to show the variety of services available through KYTrade. He met with us back in August 2021 and shared with us how to stay safe in the computer world.



Join us in person or via Zoom on March 11.



Ali in front of KyTrade, formerly known as Kentucky Trade, on Lexington's Virginia Ave. The company has been operating since 1989. The shop does everything from PC and Mac repair to security system sales and more.

Photo provided by KyTrade.

• **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!

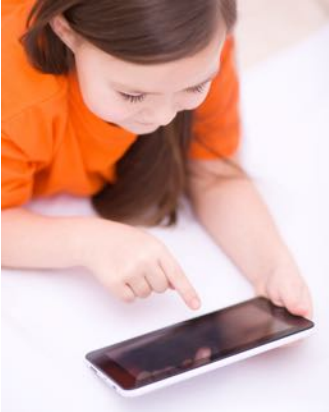
Please visit us
and bring your CKCS membership card
To get discounts.

KyTrade Computer Services
373 Virginia Avenue
Lexington
kytrade.com
Phone: (859) 225-1700

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



SIGs



March 2024 CKCS Special Interest Group (SIG) Schedule

See <https://www.youtube.com/@ckcsVideos> for Zoom recorded SIG meetings.

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Feb	27 Feb	28 Feb	29 Feb	1 Mar	2 Mar
			10 a.m. Photography Club		10 a.m. Dr. Fix-It In-Person Only iHelp Bring your Mac, iPad, or iPhone problems or questions and we'll try to help. In-Person Only
4 Mar	5 Mar	6 Mar	7 Mar	8 Mar	9 Mar
			10 a.m. Photography Club 7 p.m. Board of Directors In-Person & via Zoom		
11 Mar	12 Mar	13 Mar	14 Mar	15 Mar	16 Mar
7 p.m. Tech Night TBD In-Person & via Zoom	7 p.m. Windows Paul Stackhouse In-Person & via Zoom		10 a.m. Photography Club		
18 Mar	19 Mar	20 Mar	21 Mar	22 Mar	23 Mar
7 p.m. Quarterly Genealogy Larry MITCHUM In-Person Only	7 p.m. All Things Apple Brooke, Kurt, Joe, & Janet Zoom Only		10 a.m. Photography Club		
25 Mar	26 Mar	27 Mar	28 Mar	29 Mar	30 Mar
Medal of Honor Day	7 p.m. Digital Photography Joe Dietz In-Person Only		10 a.m. Photography Club	Good Friday	





THE AMATEUR PHOTOGRAPHERS CLUB *of Lexington Kentucky*

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

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



Welcome

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



© We are part of the Central Kentucky Computer Society

Call us today
859.373.1000
Email us
PhotoLexington@gmail.com

Address
160 Moore Drive, Suite 107
Lexington, KY 40503

Find us on

See more of our photos and current events

CKCS SIG Meetings



Windows SIG w/Paul Stackhouse March 12 @ 7 P.M. Zoom & in person

What's on tap in March? Paul explains:

Copilot for Windows. Billed as ‘Your everyday AI companion.’

Copilot in Windows is Microsoft's Artificial Intelligence engine and interface. It is primarily available in Windows 11 and integrates with Bing or Chrome. It can automate several creative tasks and offers some quick benefits for average users.

Join us at 7 P.M. on March 12 as we explore the exciting new world of artificial intelligence. If you have a suggestion for a topic for a Windows SIG, particularly relating to a feature included within Windows, please let Paul know at paul (at) stackhouse.org.



CKCS SIG Meetings

Genealogy SIG w/Larry Mitchum

March 18 @ 7 P.M.

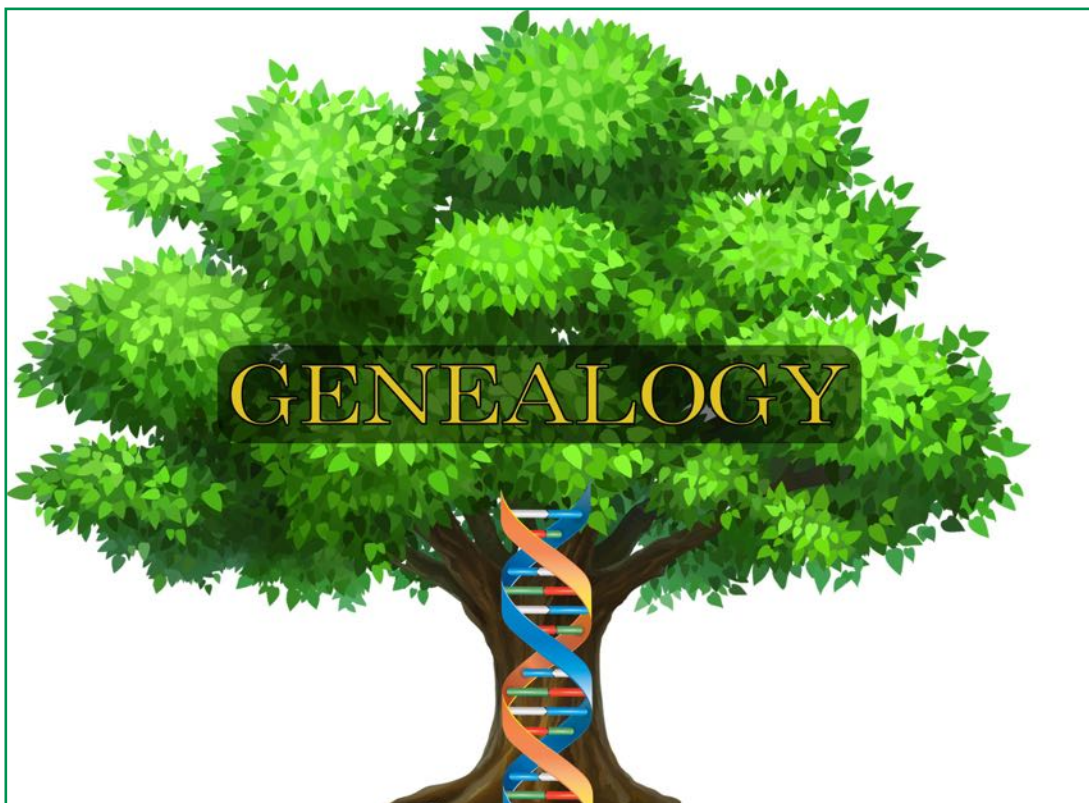
In person



Topic: Familysearch.org

It's a popular website used by millions to trace their roots. Learn more about it at this SIG.

Pam Brinegar, who specializes in central and eastern Kentucky genealogical and historical research, will help you get more out of familysearch.org. The SIG group will also discuss brick walls—hurdles thrown their way as they're tracing their family trees.



CKCS SIG Meetings

All Things SIG

Meeting at 7 P.M. on March 19
Zoom only

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



Joe will discuss:

SOS In mid-February, AT&T went down for several hours. So....if you were an AT&T customer and had an emergency, how would you contact SOS or emergency services? You can do it with your iPhone. I will show you how.

Sign a .pdf in your iPhone If you receive a .pdf in an email on your iPhone, how do you sign it and return it to the sender. Do you print it out, sign it, then scan it and e-mail it back to the sender? Or....you can sign it right in the iPhone and return it. I will show you how.

Kurt will discuss:

Let's go on a Safari – Creating bookmarks and folders in the Safari browser. How to organize them, and how to tell when it's time to clean out your bookmarks. How to export Safari bookmarks into the Firefox browser.

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

CKCS SIG Meetings



Digital Photography Special Interest Group
Tuesday, March 26 @ 7 PM



AI - Artificial Intelligence

We hear it all the time but what is it?
And how does it relate to Digital Photography??



There are many examples of AI that we use every day but we may not realize that we are using AI. Tonight we will talk about how digital photography is affected by AI. I have done some research but will need your help and experiences with AI. Many programs now offer AI digital photography options. We will take a look at a couple of those.



This month our photo contest is “**Signs of Spring**”.
These are from my back yard. What’s in yours?

Get out – take pictures and send a unique picture to joedietz@aol.com no later than March 25.

Join us at CKCS at 160 Moore Drive on Tuesday night March 26 @ 7 PM. Bring a Friend.



•Winning Photos•

CKCS Digital Photography SIG

February Topic:

gates



Pat Vaughan describes her award-winning photo: “We were in Newport (Rhode Island) on vacation and toured all the Vanderbilt homes. The Breakers was my favorite home and gate.”

Pat took the photo with an iPhone 11 in June 2022.

Congratulations, Pat!

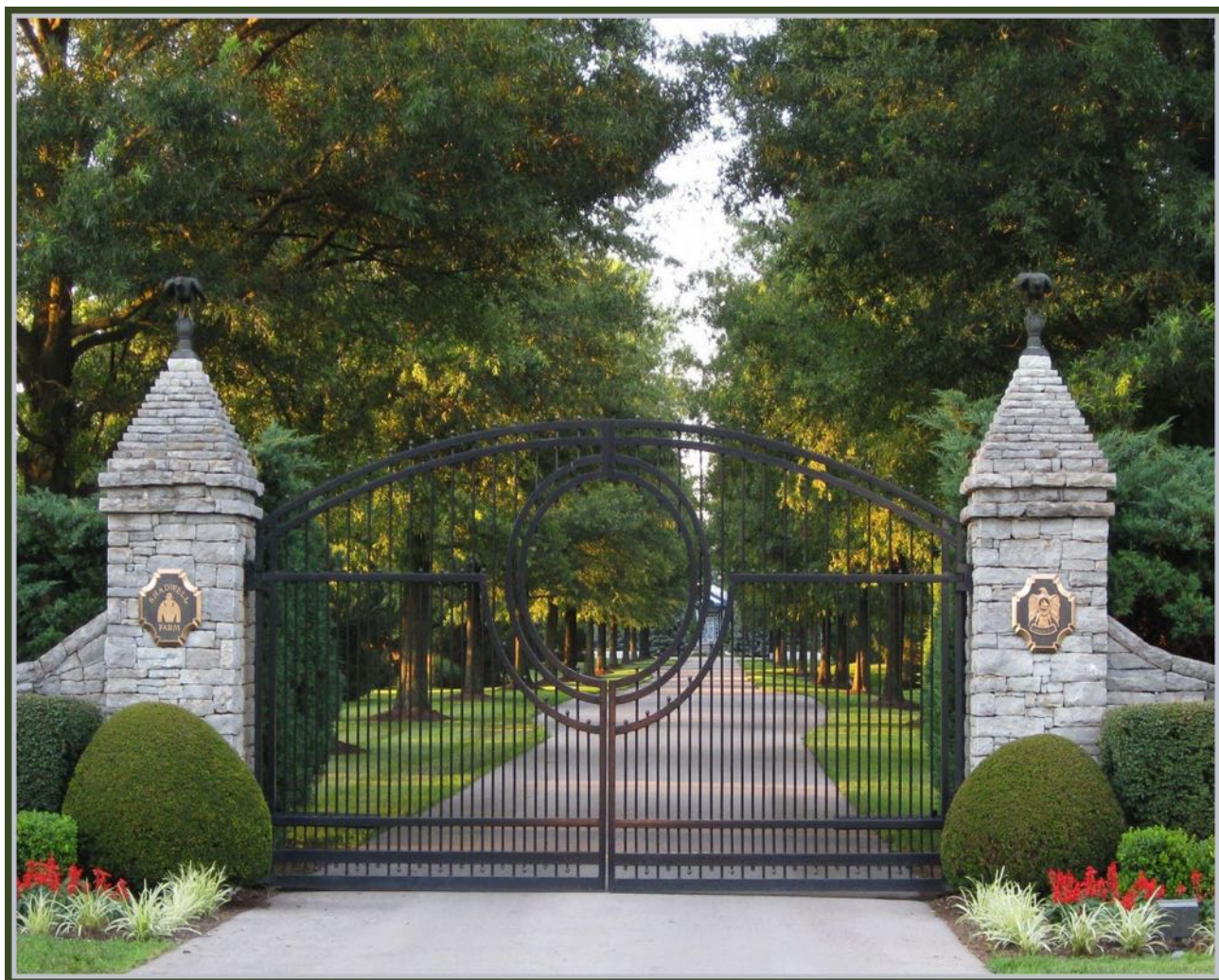


•Winning Photos•

CKCS Digital Photography SIG

February Topic:

gates



Jan Landers-Lyman won second place with her photo of the entrance gate leading to Shadwell Farm. Jan writes, “This picture was taken one June evening in 2010. I used a small Canon PowerShot camera. My favorite go to camera for years but it died due to an unfortunate accident in a cemetery in Alaska.” Congratulations, Jan!





2024 Monthly Photo Contest Topics



Held by the Digital Photography SIG



March...signs of spring

April...birds

May...rainbows

June...night sky

July...bridges, Lexington icons, & old cemeteries

(For July, paper copies must be delivered in person at CKCS.)

August...water motion

September...workers in the field

October...feet

November...couples

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

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



QR Code for the CKCS Store

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

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

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



If you're new to QR codes:

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

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

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

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

Spring Session: Upcoming Classes & Workshops



TECHNOLOGY
CLASSROOM



Here's the scheduled list of spring classroom activities at CKCS. *Registration is ongoing.*

Remember: CKCS members get a price break.

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

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



2024 Spring Classes

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

Mondays

Foundations of Photography, Part I
Feb. 5, 12, 19, 26, March 4
1-3 P.M.
\$55/\$44

Students will learn about:

- Exposure
- Camera Anatomy
- Shutter
- Aperture and ISO
- Light Metering
- Exposure Compensation
- Auto-focus

Mondays

Adventures in Photography:
Close-up and Macro
Photography
April 15, 22, 29, May 6, 13
1-3 P.M.
\$55/\$44

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. The instructors will demonstrate and explain how to use extension tubes with your lens and will 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 your subject for the class, your camera with a fully charged battery, your camera manual, a note pad and a tripod, if you have one.

Mondays

Introduction to Photoshop
Elements Using a Windows PC
Feb. 26, March 4, 11,
18, 25, April 1
11 A.M.-1 P.M.
\$60/\$48

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

Mondays

Photo Stacking
March 18, 25, April 1
1-3 P.M.
\$45/\$36

Focus stacking refers to an image made up of multiple shots with different focal points. Each one has the same exposure and aperture. All that you are doing is moving the focus point a little at a time. The goal is to take as many in-focus slivers as you can and then merge them together for a far more in-focus composite image that is sharper and has a deeper depth of field and crisper lines than you would ever capture in the camera with just a single image.

Wednesdays

Getting the Most Out of Your
iPhone
February 7, 14, 21, 28,
March 6, 13
1-3 P.M.
\$60/\$48

Students will learn important (and hidden) functions of their iPhones. Lessons include downloading apps, moving and nesting them, and deleting unwanted apps. Taking better photos, organizing them, and sending photos in text messages and emails are also included in this course. Utilizing Siri and texting will also be covered. Participants should bring their (fully charged) iPhone (any version) and know (or bring) their iPhone passcode, along with their Apple ID email address and Apple ID password.

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



Continued on next page...



Wednesdays

Secrets of Your iPad

March 27, April 3, 10,
17, 24, May 1
1-3 P.M.

\$60/\$48

Students will learn how to use the built-in Apple apps on their iPads. They'll also learn about personalizing and organizing apps, fixing photos and putting them in order, iPad Settings, secrets of the keyboard, emailing, and sending text messages with animation. Get tips on using the Calendar, Notes, Reminders, Facetime, and the Libby app. Participants should bring their fully charged iPad updated with the latest operating system and know (or bring) their Apple ID (email address) and Apple ID password.

Thursdays

Computer Basics for a Windows PC

Feb. 15, 22, 29, March 7, 14, 21
10 A.M.-noon

\$60/\$48

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

Thursdays

Creating Personal Greeting and Note Cards with Microsoft Word

April 11, 18, 25
10 A.M.-noon

\$45/\$36

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

Fridays

Get Much More Out of Your Mac

Session 1: March 1, 8, 15,
22, 29, April 5

10:30 A.M.-12:30 P.M.

(If you cannot attend session 1,
please register for session 2.)



Session 2: April 12, 19, 26,
May 3, 10, 17

10:30 A.M.-12:30 P.M.

\$60/\$48

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



Workshops

The cost below uses this format:
(Non-CKCS Member \$/CKCS Member \$)

Monday

**Fixing Up Your Photos
(and Other Things) Using
FastStone Digital Imaging
Program on a Windows PC**
Feb. 12
1-4 P.M.
\$30/\$24

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

Tuesday

**Using Your iPhone Camera
to the Max**
April 9
1-4 P.M.
\$30/\$24

Using pre-installed iPhone apps, students will learn techniques to take better pictures and fix them by cropping, lightening or darkening, or adding filters. They will learn how to take videos, time lapse and panoramas. They will also learn how to create albums and several ways to share their photos with others.

Monday

**Using Apple iCloud for
Your iPhone and iPad**
Session 1 – Feb. 19
2-4 P.M.
\$30/\$24

Session 2 – March 25
2-4 P.M.
\$30/\$24

Students will learn how to take advantage of their iCloud accounts. When you purchase an iPhone or iPad, you have an account set up in the cloud. Here, you can store copies of your photos, contact, messages, email and more. Students will learn how to set up this account to their best benefit. We will talk about downloading and uploading your files (to and from your iPhone or iPad). We will also discuss how to share documents and photos from the iCloud. Acquiring more storage space will also be discussed.

Tuesday

Introduction to Windows 11
March 19
10:00 A.M.–noon
\$30/\$24

We'll examine what's in Windows 11, what has changed, and how to set it up to make it more user-friendly. If you are considering installing it on your computer, this workshop might help you decide whether to install it. On the other hand, if you have already installed it, this workshop might help you set up Windows 11. Students are encouraged to bring their laptops if they already have Windows 11 installed. Students need to make sure their laptops are fully charged.

Tuesday

Apple Watch Tips
April 23
1-4 P.M.
\$30/\$24

We'll cover more than 20 tips on how to do more than tell time with your Apple Watch. Some of the tips include the following: learn how to get help in an emergency, remove apps from your watch, share a photo 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 running or walking light at night, unlock your iPhone with your watch, use wrist motion to activate Siri, and find your iPhone with your watch. We'll demonstrate using an Apple Watch 6. Many of the features are similar on different series of Apple Watches using the latest watchOS operating system.

Education is what CKCS is about! Please share this schedule today with someone who could benefit from what CKCS has to offer.



New! Sunday

Intro to Microsoft Excel
March 3
Noon-3 P.M.
\$30/\$24

You will learn (by using the classroom Windows computers) the Excel anatomy and various Excel Workbooks. Using templates provided by Microsoft, you will customize those templates for personal use. You will create a contact list and a calendar. We will discuss budget and vacation planner templates if time permits. The instructor will briefly talk about Apple's comparable product (Numbers). Don't miss this workshop if you want to learn how to get more out of Excel.

Friday

Making a Photo Book
Using Shutterfly
April 12
1-4 P.M.
\$30/\$24

Students will learn how to prepare pictures for a photo book, how to transfer pictures to the Shutterfly workspace, and how to organize the pictures from the front to the last page of the book. Finally, we will go through the steps to order the book and apply coupons to reduce the price. We will be using the Shutterfly program.

New! Wednesday

Intro to PowerPoint
May 8
1-4 P.M.
\$30/\$24

Learn the basics of making a PowerPoint Presentation. You will learn how to insert text, pictures, drawings, shapes, and information from the internet. We will cover animation, transitions, the snipping tool, formatting the background and printing slides. Don't miss this workshop if you want to learn how to use the popular slideshow presentation app.

Enrollment Procedures

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

Enrollment is underway

Use the CKCS Store

Credit card only

There is a link to the Store on our home page at
<https://ckcs.org>

Please read the "Store Registration Guide" first.
The link is below the store link on the CKCS Store page..

By phone

859-373-1000

Credit card only

In person

160 Moore Drive, Suite 107

Lexington, KY 40503

Cash, check, or credit card

In-person and phone times

Monday to Thursday

10:00 am – 4:00 pm

Please consult our website for the latest information about our classes.

What is CKCS?

CKCS is an educational, non-profit membership organization devoted to helping Central Kentucky learn more about computers, digital cameras, tablets, cell phones, and more.

We are now in our 39th year of members assisting members in keeping up with technology.

CKCS conducts regular classes, one-day workshops on computer and photography topics, monthly Special Interest Group meetings, special seminars, and many more events and activities.



March Surprise: A Grab Bag of Unique Web Sites for You to Review During the Month

by Kurt Jefferson



Eugène-François Vidocq
Courtesy: Achille Devéria
and Wikipedia

The first criminal investigation office ever created was staffed by mostly convicts. The man who started it all is believed to have escaped from more than 20 prisons (apparently he was able to escape by wearing nun's clothing.) Yes, it sounds quite bizarre. He was the founder and creator of the first criminal investigative agency in France and is thought to be the first private detec-

tive anywhere. His name was Eugène-François Vidocq. Today he is considered to be one of the early creators of modern criminology. In fact, many call him the father of modern criminology and of the French national police force. The next time you stream or watch a detective show on TV, think of Vidocq. He started it all and his work led to modern detective methods. You can read about him in The Public Domain Review.

Got a Hyundai or Kia? There have been a variety of models stolen ranging from Kia Souls to Hyundai Tucson to Kia Sportages. (This is not news to car thieves. They already know it.) The thefts began in Milwaukee, where police noticed a rash of models manufactured by the Korean car makers snatched. The targeted vehicles (dating back to 2011 models) had no immobilizer, which stops the car from moving if a key fob is not present. The Chinese-operated social media app called TikTok even provided videos demonstrating just how simple it was to steal these vehicles. Police say about nine million vehicles are vulnerable—mainly base models of the brands. The automakers have agreed to pay about \$200 million in a settlement to owners. A list of Hyundais and Kias involved is at the bottom of this Car and Driver story.

We live in a crazy world. Reading, listening to, or watching the news can create anxious moments. Experts say you can take control by following breathing exercises to make you feel calmer. From box breathing to straw breathing, Women's Health offers ten breathing suggestions to make you feel much calmer.



While many of us ponder jogging, aerobics, or even pickleball to boost our heart health, a Harvard study says we

all should aim to walk for at least 21 minutes daily. "Walking for 2.5 hours a week—that's just 21 minutes a day—can cut your risk of heart disease by 30%," notes Harvard. While many of us walk for considerably longer periods, 21 minutes appears to be the magic number for which we should strive. Harvard Health wrote, "The simple activity of walking has so many powerful health benefits. Done correctly, it can be the key to losing weight, lowering blood pressure and cholesterol, and boosting your memory, as well as reducing your risk for heart disease, diabetes, cancer and more." Excuse me. I have to go walk.



Non-stop ringing in your ears called tinnitus can wear you out.

Interesting tidbits from the Hearing Health Foundation:

- Tinnitus is the most prominent disability reported by returning military service men and women, ahead of hearing loss.
- 16 million people seek out medical care every year for tinnitus complaints.
- 25 million Americans reported bouts of tinnitus for five or more non-stop minutes in the past year.

There is no cure for tinnitus. However, a new app called MindEar uses the Internet, providing a virtual coach, to offer therapy and relief. *Frontiers in Audiology and Otology* describes ongoing studies using virtual coaches in the United Kingdom. Another study by the University of Michigan provided participants with a portable device set for their personal hearing problem to provide relief. *Science Daily* notes, "More than 60% of participants reported significantly reduced tinnitus symptoms after the six weeks of active treatment, but not control treatment." So there is hope for those who suffer tinnitus. Research is ongoing.



by Kurt Jefferson

The Cut: **The Day I Put \$50,000 in a Shoe Box and Handed it to a Stranger.** I never thought I was the kind of person to fall for a scam.

Aura: **45+ Fraud Prevention Tips** to Keep You Safe in 2024



The Verge: **The Text File That Runs the Internet.** For decades, robots.txt governed the behavior of web crawlers. But as unscrupulous AI companies

seek out more and more data, the basic social contract of the web is falling apart.

BBC: **How I Rewired** My Brain in Six Weeks

Ars Technica: **Microsoft Fixes Problems** that Let Edge Replicate Chrome Tabs Without Permission

Explain That Stuff: **How Does** the Internet Work?

CNBC: **One word** can make you 50% more influential, according to a Harvard Study from 1978. This CNBC article pinpoints other “magical” words that can make you more influential. These tips and tricks can make a major difference, notes the article.

Word



WIRED: **I Stopped Using Passwords.** It’s great—and a total mess.

Ars Technica: **AMC to Pay \$8M** for Allegedly Violating 1988 Law With Use of Meta Pixel (Impacts subscribers to Acorn TV, AMC+, Shudder, ALLBLK, SundanceNow, and HIDIVE.)



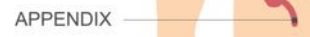
SELF: **Ten Ways to Make a Bowl of Plain Oatmeal Taste So Much Better.** Oatmeal is a breakfast staple for a bunch of reasons—it’s filling, quick to prepare, and packed with fiber and other nutrients. Problem is, eating the same old stuff morning after morning can start to get a little dull.

Rtings: **The Best Keyboards** for Mac–Winter 2024



Rtings: **The Seven Best Keyboards**–Winter 2024

NPR: **Your Appendix Is Not, in Fact, Useless.**



This anatomy professor explains.

Lifehacker: **Use the ‘FORD’ Method** to Master Small Talk.



Vox: **How a Ragtag Band** of Internet Friends Became the Best at Forecasting World Events

MSN: **Ten Classic SciFi TV Episodes** That Predicted AI (Artificial Intelligence)

GQ: **2023 Was the Year** of Breathing Through Our Noses



Stanford Magazine: **The Weather Man**

Tom’s Guide: **All iPads** to Be Refreshed in 2024

NPR: **So You Think** You Know All About the Plague?

Lifehacker: **The Most Common Causes** of Death in the Home (and How to Prevent Them)



The Guardian: **Beat Stress, Get to Sleep** and Find Your Focus–Seven Ways Better Breathing Can Improve Your Life



The Spruce: **39 Expert-Approved Tips** for Successful Spring Cleaning

Calendarr.com: **March 2024 Calendar.** plus a list of this month’s holidays and celebrations.



March Surprise: A Grab Bag, Part 2

The Verge: **I Printed Chocolate** on a 3D Printer and Ate it.

Popular Science: **The Planet Needs You** to Pick Up Your Dog's Poop

CNET: **Taxes 2024**—Our Essential Cheat Sheet to Filing Your Tax Return This Year

Rotten Tomatoes: **100 Best** Netflix Series to Watch Right Now

Paste: **The 30 Best** PBS Masterpiece Shows (and Where to Stream Them)

TV Guide: **The 78 Best** TV Shows on Amazon Prime Video Right Now

TechRadar: **The 44 Best** Disney Plus Shows to Stream in February 2024

TV Guide: **The 68 Best** Shows on HBO and Max Right Now (Jan. 2024)

TV Guide: **The 74 Best** TV Shows on Hulu Right Now

Rotten Tomatoes: **Best TV Shows** on Paramount Plus

UPROXX: **The 25 Best** Shows on Peacock Right Now

TV Guide: **The 46 Best** Shows and Movies on Apple TV+ Right Now

Mystery Tribune: **62 Best** Crime Drama and Thriller Shows on Acorn TV—2024 Edition

Mystery Tribune: **52 Best** Crime, Mystery & Thriller Shows on Britbox—2024 Edition

Netflix: **Top Ten** Non-English TV Shows on Netflix Right Now

Top10.com: **Top Ten** Binge-Worthy Foreign Shows You've Never Heard About

Ranker: **The 70 Best** Acorn TV Shows, Ranked

Tellyvisions.org: **The Top** British Shows to Look Forward to in 2024

Screenhub.com.au: **New Australian** TV & Streaming Shows in 2024



Don't Let the Weather Get You Down.



Spring Starts at 11:06 P.M. (E.D.T.) on March 19.



More Than You Want to Know About Falls

by Kurt Jefferson



Nearly all of us have fallen at one point in our lives. No matter your age, you've probably fallen at least once. In some instances, it's unavoidable. Falls are as common as green grass in the spring.

I remember falling off my bike and skinning my knee as a child. ("Mom, I need some Bactine and a Band-Aid®.) I remember tripping over a sidewalk that stuck up off the pavement while jogging with a friend in the 80s. As I slammed into the ground, I pulled a tendon and was on crutches for a week.

Falls are so prominent in the U.S. that the Centers For Disease Control and Prevention in Atlanta devotes an entire website to falls. As we age, falling occurs more often. The CDC reports:

- If you fall once, you double your chance of falling again. Wow.
- Millions of folks who are 65 and older fall each year, but fewer than half ever tell their doctor. In this age group, more than one out of four individuals falls every year.
- More than 95% of hip fractures are caused by falls—mainly by falling sideways.
- When I think of traumatic brain injuries (TBIs), I often think of pro football players. But the truth is, more TBIs are caused by falls than any other reason.

Most folks don't realize how costly falls are. They can wreck the body and the wallet. These are really expensive injuries, according to the CDC:

- In 2015, adding up all of the medical bills due to falls, the price tag topped \$50 billion.
- Every year, more than 300,000 folks are hospitalized for hip



fractures.

- More than 800,000 Americans are hospitalized every year because they get hurt in a fall. Most injuries are either to the head or the hips.
- Many people who fall are afraid of falling again. That fear may cause an individual to reduce daily activities. They then become weaker and increase chances of falling again.

Why do so many people fall? There is a long list of reasons that would stretch from Lexington to Corbin, but the CDC notes several major reasons:

- Trouble with balance
- Poor shoes or foot pain
- Lower body weakness
- A lack of vitamin D in your body
- Uneven steps
- Throw rugs or clutter creating hazards

What can you do to prevent falling? The CDC recommends:

- Performing strength and balance exercises (Tai Chi is especially good for this.) These exercises make your legs stronger and improve your balance.
- Getting a health expert's opinion on whether you should take vitamin D supplements.
- If you have clutter in your house or throw rugs which don't lay flat on your floor, experts say it's time to fix the throw rugs so they no longer pose a hazard and clean out the clutter.

The Mayo Clinic offers these additional tips:

- Wear sensible shoes
- Keep moving
- Use assistive devices such as handrails
- Use night lights in strategic spots

Put Down That Salt Shaker. It's Bad For Your Kidneys.

By Kurt Jefferson

If you've ever been in a restaurant where a customer repeatedly salts his food, he or she might be doing real damage to his kidneys. A new study reported in JAMA Open Network showed that adding salt to your food over and over again may hike your chances of chronic kidney disease by 11 percent. Added salt does improve the taste of some foods, but this study shows it can do real damage.



The Centers For Disease Control notes that around 37 million Americans have chronic kidney disease. Sprinkling salt on your food will only increase the numbers. The study involved 465,288 participants, from 37 to 73 years-old in the UK Biobank.

Those taking part in the study were tracked for more than 12 years. None of the participants had kidney disease when the study began. A dozen years later, the study reported 22,031 individuals had confirmed kidney disease.

Daily Walk Helps Prevent Dementia? Possibly.

By Kurt Jefferson

BestLife reports that "moving your body" might be the best medicine for all of us. In fact, a recent article highlighted a new study in the *Journal of Alzheimer's Disease*.

BestLife notes, "After analyzing data from 10,125 healthy participants who underwent whole-body MRI scans, they determined that various exercise types, including walking, running, or playing sports, were associated with better brain health. The findings build on previous research, which has also linked regular walking with neuroprotective benefits. For instance, one study published in JAMA Neurology concluded that walking 9,800 steps each day could slash your risk of developing dementia by half."

BestLife describes a study of London cab drivers published in 2000. The drivers had to memorize thousands of streets and many different details to get passengers where they want to go. Brain MRIs revealed those cabbies had much larger hippocampi (the center of memory in the brain) compared to a control group of non-cabbies. Health experts believe exercise also changes the hippocampus so that it may prevent or slow down memory decline as we get older.



Study: Coffee Drinking May Lead to Lower Risk of Diabetes

By Kurt Jefferson



Plenty of folks I know will cry foul over the headline above. They'll say family members have been drinking coffee for years, and yet, they have diabetes.

A family member in my life had Type 1 diabetes so I understand.

But there are intriguing studies showing that coffee drinking cuts inflammation. An endocrinologist quoted by Medical News Today believes decreased insulin resistance might be the reason coffee works. "It is most likely that the link between coffee consumption and reduced type 2 diabetes risk is due to decreased insulin resistance, one of the physiopathological mechanisms underlying the development of type 2 diabetes," remarked Dr. Angélica Amato, associate professor at the University of Brasilia.

Researchers discovered that coffee's benefits were reduced when the coffee drinker smoked. And before you start drinking coffee like there's no tomorrow, remember the Food and Drug Administration urges adults not to drink more than four-five cups a day (400 ml of caffeine.)

Black Tea May Boost Heart and Gut Health

After water, tea is the second most-consumed beverage in the world. Most people drink tea because they like its taste. But it turns out that black tea, especially, offers health benefits. UCLA Health and Healthline both report that black tea may benefit your health.

As UCLA Health writes, "black tea packs a punch when it comes to heart health." One reason? Black tea contains antioxidants called flavonoids, which benefit your heart. Healthline adds, "One large review of studies found for every cup of tea consumed daily, there was a four percent lower risk of death from heart disease, two percent lower risk of heart attack and other cardiovascular events, a four percent lower risk of stroke, and a 1.5 percent lower risk of death from all causes."



Other studies have shown that the type of bacteria in your gut might have a lot to do with your health. Healthline notes that black tea contains polyphenols which might help good bacteria prosper while killing some harmful substances. More research is needed to underscore this. There are plenty other benefits to drinking black tea and we are just beginning to unleash the health aspects of this very popular drink.



Plant Diets vs. Meat Diets

by Kurt Jefferson

Many of us like nothing better than a hot, juicy steak for supper. Others prefer a plate full of delicious vegetables, and possibly a salad. Some eat a lot of meat, while others choose plants. A third group exists, called flexitarian.

This group is not vegetarian nor is it solely meat-eating. It's somewhere in between. Flexitarians eat mainly plant-based food but occasionally eat meat and processed meat.

A new study described in BMC Nutrition tracked 94 people between 25 and 45 years old. They were placed in three groups:

- Flexitarians who ate 50 grams of meat or meat products every day
- Vegans who ate no foods of animal origin
- Omnivores who ate both plants and 170 grams of meat/meat products daily

While flexitarians ate twice as many vegetables as omnivores, vegans ate three times as many.

The study concluded that "higher consumption of vegetables, fruits, and legumes was associated with lower total cholesterol and LDL (bad) cholesterol levels."

Flexitarians had the best MetS scores, referring to metabolic syndrome, an issue linked to eating habits. Metabolic syndrome is linked to three of the following conditions:

- Abdominal obesity
- High blood pressure
- High blood sugar
- Low levels of "good" cholesterol
- High triglycerides (fat)

Metabolic syndrome is linked to a risk of developing heart disease and Type 2 diabetes.

What's the bottom line? It's clear that eating more veggies and fruits is better for you. But the study stresses that more research is needed with a larger number of flexitarians.

This Germany-based study was conducted by the Institute of Food Science and Human Nutrition at Leibniz University in Hannover.



Got a Text Message About Selling Your Home?

by Kurt Jefferson

In recent weeks, I've gotten nuisance text messages asking if I'm ready to sell my home. I'm not the only one, according to The Penny Hoarder website. "If you own a smartphone, you've likely been on the receiving end of a random text from someone asking to buy your house. These unsolicited text messages have inundated the real estate industry in recent years," writes the online money website.

I would absolutely *never* respond to these scam messages. Realtors say one way to confirm they're a scam is whether or not the person sending the text identifies himself and the company with which he's connected. According to The Penny Hoarder, some of these texts come from wholesalers looking to buy a house for cash and then resell it. It's sort of a modern cold call.

But, more likely, if the person doesn't provide an identity or a company name, it's a scam and you should delete and block calls from that number and report them to your spam blocker such as NomoRobo or RoboKiller (if you use one.)

Similar text messages also come from grifters who are trying to get money out of you any way they can.

"Most of these scams are about getting as much personal information from you as possible, she says, with your house simply being the bait. There's all sorts of ways people can try to get a little bit of money out of you all the way up to trying to get your house," according to a Nashville, Tenn. realtor. "Predatory buyers may ask for your bank account number to 'wire money' or say they want to run a title search to make sure they want to buy the house. It's similar to an email phishing scam but it involves the largest asset you own."



Text Message
Today 11:36 AM

**Hey! I just wanted to check in
and see if you have already
hired movers for your
upcoming move?**

A bogus SMS text message on my iPhone in late February. I absolutely don't reply to these scams. I simply block the phone number, report the bogus number to NomoRobo, my spam blocker on my phone. As always, what's the point of this text? To dig into my wallet. Just. Say. No.

HISTORIC PEOPLE YOU MAY NOT KNOW

by Kurt Jefferson



Seymour Papert with a Turtle Robot in Jan. 2016.

Source:

Matematicamente.it & Wikipedia.org

Seymour Papert was a South African-born computer scientist and teacher who invented an educational computer programming language for children called Logo. He eventually moved to the States and became a research associate at MIT in 1963. Papert created Logo as a tool to help young people improve their thinking and problem-solving skills. Young students used a small robot called the Logo Turtle to solve problems while they were playing. Many other researchers used Papert's work in teaching and in computer science. Papert was born on February 29, 1928 in Pretoria.



A self-portrait of Robert Cornelius believed to have been taken in Oct. or Nov. 1839.

Source: W. Stapp & Wikipedia.org
In the U.S. public domain because the copyright term is the author's life plus 100 years.

Ever taken a "selfie?" Then you share a photo technique with Robert Cornelius. Born on March 1, 1809, in Philadelphia, Cornelius was a photographic pioneer. Starting in 1840, he operated some of the first photo studios in the U.S. and is widely believed to have taken the first portrait of a human in the U.S. That daguerreotype portrait was of himself. Cornelius was also known for his "solar lamp," which allowed lard to be burned rather than the much more expensive whale oil. He created his lamp by revising a British lamp design.

You've probably never heard of Harry Soref. But you've no doubt heard of his invention—the Master lock. Soref was born on March 2, 1887 in Ukraine and immigrated to the U.S. where he created the Master Lock company in Milwaukee. His designs were used to build stronger laminated steel locks that were more secure than cheaper competitors. He received more than 80 patents in his lifetime.

Earthquake-prone regions of the world including California, Alaska, New Zealand, Japan and elsewhere can thank Boris Borisovich Golitsyn for his invention—the first practical electromagnetic seismograph. The Russian physicist invented it in 1906. Golitsyn was a founder of modern seismology. His birthplace was St. Petersburg, Russia on March 2, 1862.



Boris Golitsyn in 1912.

Source: Wikipedia.org

You've heard the expression, "you are what you eat." That could have been coined by American biochemist Elmer McCollum. *TIME* Magazine called him "Dr. Vitamin." Born on March 3, 1879, in Kansas, McCollum came into the world at a time when most people didn't understand the role vitamins play in good health. McCollum and biochemist Marguerite Davis discovered vitamins A and B. He also helped discover vitamin D. He is remembered for this quote, "Eat what you want after you have eaten what you should."



Elmer McCollum at the University of Wisconsin. Photo taken before 1917.

Source: Wikipedia.org



George Pullman around 1865.

Source:

Wikipedia.org

This Brocton, New York native revolutionized the railroad sleeping car. His name was George Pullman and he was born on March 3, 1831. He created the Pullman sleeping car, sometimes called the "palace car" in 1864. After President Lincoln was assassinated, Pullman gained national attention by providing a Pullman sleeper to carry the president's body from Washington D.C. to Springfield, Ill. The sleeper cars cost travelers more than five times the price of a regular railway car but were still popular. In

May 1894, nearly 4,000 Pullman factory workers went on strike after their wages were reduced. It became known as the Chicago Pullman Strike and eventually erupted into violence with federal troops responding. More than two-dozen strikers died in the violent dispute.



Margaret "Dot" Foster working in her lab on Oct. 4, 1919. She was one of Uncle Sam's first women chemists working for the U.S. Geological Survey. She was an early pioneer in the study of elements in rivers, streams, and other bodies of water.

Source: National Photo Co, the Library of Congress & Wikipedia.

Margaret "Dot" Foster was the first woman hired by the U.S. Geological Survey in Washington D.C. Her father was a minister. When he died, the family moved to Jacksonville, Illinois, where Foster took chemistry classes at Illinois College. She became a pioneer in using methods to detect minerals in naturally occurring bodies of water. Reports say her methods discovered flouride, boron, manganese and other elements in the

water. Foster eventually worked on the Manhattan Project, developing ways of separating uranium and thorium. She was born on March 4, 1895.



HISTORIC PEOPLE YOU MAY NOT KNOW

by Kurt Jefferson



Number, please? Can you name the man who received a patent on the first practical telephone and was co-founder of AT&T? Here are some more hints. He was born in Scotland on March 3, 1847. His parents were deaf. Alexander Graham Bell thought his invention, the phone, was an intrusion.

After all, he was a scientist and refused to have a telephone in his study. When he was 23, he moved to Canada. Eventually, he moved to the States and co-founded the journal *Science* with his father-in-law.



Garrett Morgan Sr.
Source: Wikipedia.org

Talk about a prolific inventor. Kentuckian Garrett Augustus Morgan Sr. was an African American born in Paris, Ky., on March 4, 1877. His father, Sydney Morgan, was a freed slave from Confederate General John H. Morgan of Morgan's Raiders. His mother was also a freed slave who was part Native American. Garrett had a knack for learning how things work and an ability to repair them. He invented many products including a three-way traffic light, a line of haircare products, a sewing machine belt

fastener, and a safety hood smoke protection device. The International Association of Fire Chiefs awarded the hood its gold medal. The device saved many lives. It filtered out smoke and cooled the air so firefighters could breathe in a room filled with smoke. Morgan received national attention when his hood was used to save lives of trapped men in the 1916 Waterworks Tunnel explosion in Cleveland. By 1943, Morgan was nearly blind due to glaucoma.



Benjamin Waterhouse,
oil painting from 1775.
Source: Wikipedia.org

Our World in Data contends that smallpox is the “only human disease that has been successfully eradicated.” Much of the credit for this goes to Benjamin Waterhouse, a doctor who tested the smallpox vaccine on four of his own children. He was the very first doctor in the U.S. to test the vaccine. Waterhouse helped create and was a professor at Harvard Medical School. He was born on March 4, 1754 in the Colony of Rhode Island. Wikipedia notes that smallpox was a leading cause of death in 18th century Europe, killing an estimated 400,000 Europeans yearly. As many as one out of ten Swedish babies died of smallpox during that period.

Like ramen noodles? Credit Momofuku Ando, a Taiwanese-Japanese businessman, who created the world's first instant noodle product. The research for this was done in a wooden shack in his backyard in Osaka, Japan. In 1971, he invented the first noodles in a cup. He was born on March 5, 1910.



Culligan headquarters
Source: Kikidell via
Wikipedia

“Hey, Culligan Man!” is the advertising slogan originally created for radio in 1959. The award-winning campaign showcased Culligan water treatment service founded in 1936 by Emmett Culligan. Mr. Culligan was born on March 5, 1893. Today, the company is an international water treatment firm operating in nearly 100 nations with more than 1,000 dealers.



Harry Coover receiving
an award at the White
House in 2010.
Source: Wikipedia

Now here's an adhesive! The inventor of Super Glue called it “a severe pain” in a 1989 Popular Science article because it stuck to everything and would not let go. Harry Coover, born on March 6, 1917, was working with a group of Kodak chemists in Kingsport, Tennessee, searching for heat-resistant materials for jet canopies (the transparent enclosure over some aircraft cockpits.) The team stumbled upon sticky adhesives that required no heating or pressure to stick. The result was Eastman 910 Industrial Adhesive, known today as Super Glue.



Benton MacKaye. Photo
taken before 1952.
Source: Wikipedia

The “father of the Appalachian Trail” was born on March 6, 1879. Benton MacKaye, a government planner and conservationist, was instrumental in creating the 2,000 mile footpath from Maine to Georgia. MacKaye proposed construction of the Appalachian Trail, and wrote an article appearing in a 1921 architectural journal that detailed the project. He was also a forester who made major contributions including a groundbreaking study on the impact of forest cover on water runoff in the White Mountains of New Hampshire. A portion of the Appalachian Trail follows The Benton MacKaye Trail, named for the man.



Josephine Cochrane
honored on a 2013
Romanian postage stamp.
Source: Wikipedia

Many people hate to wash dishes. Josephine Cochrane made the task much easier when she created the first hand-powered dishwasher. Cochrane was born on March 8, 1839 in Ashtabula, Ohio. Her invention was a hit at the Chicago World's Columbian Exposition in 1893. Hotels and restaurants became quite interested in her creation after nine of her dishwashers were spotted working throughout the fair. Her invention eventually became part of KitchenAid.



Notable March Dates. Some Wacky. Some Not.



by Kurt Jefferson

March 1: Nat'l Play Outside Day

March 1: Nat'l Welsh Corgi Day

March 3: World Hearing Day

March 7: Sock Monkey Day

March 8: International Women's Day - On this day we celebrate women's rights, the many achievements of women throughout history, and the struggle in many places to make sure women are treated equally. If you need to jog your memory to remember how women have changed the world, check out the marie claire listing of 60 women who've impacted our lives in many different ways. You might be surprised by some of the names you see on this list.

March 10: Don't be late! Remember **Daylight Saving Time** starts at 2 A.M. Move your clocks ahead one hour. We lose an hour of sleep but we gain more daylight in the summer months. There is a downside. The risk of heart attacks jumps ten percent on the Monday and Tuesday following the time change according to several studies. If you're one to suffer headaches, it's been shown that debilitating headaches (called cluster) increase after we "jump ahead." Car crashes also increase after DST begins. So be careful out there!

Source: Britannica ProCon.org

March 11: Nat'l. Napping Day

March 14: Celebrate Scientists Day

March 15: Beware of the Ides of March! Best known as the date Julius Caesar was assassinated in 44 B.C. He was stabbed to death during a meeting at the Senate. Historians note that as many as 60 conspirators were involved. The Ides of March was also known as the deadline for settling debts.

March 17: St. Patrick's Day. Get out your Irish coffee and enjoy! The foremost patron saint of Ireland died on this date, circa 461. Back in the early 17th century, St. Patrick's Day was declared an official feast day. It's a public holiday in Northern Ireland, the Republic of Ireland, in Newfoundland and Labrador in Canada, and in the British territory of Montserrat. St. Patrick's Day is also celebrated around the world in the

U.S., United Kingdom, Australia, New Zealand, South Africa, Brazil, Argentina, and elsewhere.

March 18: Save the Florida Panther Day

March 19: Spring begins in the Northern Hemisphere! It's also called the spring or vernal equinox. In the Southern Hemisphere, autumn gets underway. On this date, the sun is directly over the equator.

March 19: Nat'l Let's Laugh Day

March 20: Nat'l Quilting Day

March 20: World Oral Health Day

March 22: Int'l Talk Like William Shatner Day

March 23: Cuddly Kitten Day

March 24: Palm Sunday

March 26: Nat'l Spinach Day

March 29: Good Friday

March 29: Nat'l Vietnam War Veterans Day

March 30: World Piano Day

March 29–31: Borrowing days. According to Scottish and Irish folklore, the last three days of March are borrowed from April, so they are supposed to be especially stormy.



Contributions From Readers: Interesting Tidbits of Knowledge

Great Sea Story (Trivia)

Contributed by CKCS Member Robert Riggs



SS Warrimoo before 1918.

Photo by: Allan C. Green & Wikipedia

The passenger steamer *SS Warrimoo* was quietly knifing its way through the waters of the mid-Pacific on its way from Vancouver to Australia. The navigator had just finished working out a star fix and brought Captain John D.S. Phillips the result. The *Warrimoo's* position was LAT 0° 31' North and

LONG 179 30' West. The date was 31 December, 1899.

“Know what this means?” First Mate Payton broke in, “We're only a few miles from the intersection of the equator and the International Date Line.” Captain Phillips was prankish enough to take full advantage of the opportunity to achieve the navigational freak of a lifetime.



He called his navigators to the bridge to check & double check the ship's position. He changed course slightly so as to bear directly on his mark. Then he adjusted the engine speed. The calm weather & clear night worked in his favor. At midnight the *SS Warrimoo* lay on the equator at exactly the point where it crossed the International Date Line! The consequences of this bizarre position were many:

The forward part (bow) of the ship was in the Southern Hemisphere & in the middle of summer. The rear (stern) was in the Northern Hemisphere & in the middle of winter.

The date in the aft (back) part of the ship was 31, December 1899. In the bow (forward) part it was 1, January 1900.

This ship was therefore not only in:

- Two different days
- Two different months
- Two different years
- Two different seasons

But in two different centuries—all at the same time!

This is priceless

Contributed by CKCS Member Mike Seiler

All these examples do NOT imply that gasoline is cheap. They just illustrate how outrageous some prices really are. You will be really shocked by the last one (at least, I was)!



Think a gallon of gas is expensive?

This makes one think, and also puts things into perspective.

Diet Snapple, 16 oz., \$1.29 ... \$10.32 a gallon!
Starbuck's Reg Coffee 16 oz., \$2.10... \$16.80 a gallon!
Lipton Ice Tea, 16 oz., \$1.19 ... \$9.52 a gallon!
Gatorade, 20 oz., \$1.59 \$10.17 a gallon!
Ocean Spray, 16 oz. , \$1.25 .. \$10.00 a gallon!
Brake Fluid, 12 oz., \$3.15 ... \$33.60 a gallon!
Vick's Nyquil, 6 oz., \$8.35 ... \$178.13 a gallon!
Pepto Bismol, 4 oz., \$3.85 . \$123.20 a gallon!
Whiteout, 7 oz., \$1.39 \$25.42 a gallon!
Scope, 1.5 oz., \$0.99\$84.48 a gallon!

And this is the REAL KICKER.

Evian water, 9 oz., \$1.49 ..\$21.19 a gallon!
\$21.19 for a gallon of WATER!!
(Evian spelled backwards is Naive.)

Ever wonder why inkjet printers are so cheap?

So, they can hook you for the ink.
Someone calculated the cost of the ink at—
you won't believe it but it's true:
\$5,200 a gal.
\$5,200 A GALLON!

So, the next time you're at the pump—be glad your car doesn't run on water, Scope, Whiteout, Pepto Bismol, Nyquil or, God forbid, inkjet printer ink!



TECH NEWS & MORE YOU MAY HAVE MISSED

by Kurt Jefferson



AP: AT&T says outage to its U.S. cellphone network was not caused by a cyberattack

Ars Technica: Ransomware associated with LockBit still spreading two days after server takedown

PC Mag: Hack of insurance provider prevents pharmacies from filling prescriptions

Atlas Obscura: A peek inside a 'Scam Manual' written to help immigrants avoid becoming victims (for early 20th century migrants from Europe)



Bored Panda: 40 unusual and fascinating maps that might change your perspective on the world

PC Mag: Brave's Leo AI tool can now analyze Google Drive Files, PDFs

PC Mag: What to watch on Netflix in March

PC Mag: The best movies and TV shows you can stream for free right now

PC Mag: Hear Me Out-Tubi's refreshingly old-school approach is totally worth the ads

Atlas Obscura: Seven crazy true stories about the Victorian era



SELF: Five Tips for talking to your doctor

MacRumors: Here are all the new M3 Apple Macs expected this year

PC Mag: Microsoft preps Wi-Fi 7 support for Windows 11

MacRumors: Six Reasons to Wait For Next Year's iPhone 17



SELF: Seven ways to lower your blood pressure without medication

PC Mag: New processing method can double computing speeds, halve energy use



PC Mag: Google Translate vs. ChatGPT- Which one is the best language translator?

Atlas Obscura: For hundreds of years, people thought California was an island

Mental Floss: The real reasons you should always book an early morning flight



PC Mag: FTC bans antivirus provider Avast from selling users' browsing data

Ghost

Mental Floss: The five-letter words ending in 'T' to help you improve your Wordle skills

Atlas Obscura: This 1,700 year old egg never broke—and now it's further stunning scientists

PC Mag: Clicks keyboard accessory coming to iPhone 14 Pro Max

Bored Panda: Compassionate woman rescued senior kitty, offering a golden haven for her twilight years

PC Mag: FDA warns against using fake blood sugar monitoring smartwatches, rings

Bored Panda: I took ten funny pictures of dogs catching treats



Mental Floss: Scottish slang—13 terms you should know

PC Mag: To improve Starlink speeds, SpaceX wants to orbit satellites closer to earth

Bored Panda: 53 hilarious comics you might find relatable by Kevin McShane





TIME MACHINE: GOING BACK IN TIME



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



A young boy meets with his teacher at a grade school in Questa, New Mexico.

Photo taken: Jan. 1943
Photo by: John Collier, Jr.
(1913–1992)

From a nitrate negative



Spanish-American girls posing for the camera in Chamisal, New Mexico.

Photo taken: July 1940
Photo by: Russell Lee
(1903–1986)

From a nitrate negative



An Inuit family sitting in front of their hut in the Arctic region. Seals(?) hang on poles above the hut, while furs hang on ropes.

Photo taken: around 1899.

Photographer:
Edward S. Curtis
(1868–1952)

From a photographic print.

Women apply waterproof paint to the bottom of an assault boat at the Goodyear facility in Akron. Assault boats were used during WWII for landing during combat. Their lightweight construction allowed the boats to be carried by several men on foot.

Photo taken: Dec. 1941

Photo by:
Alfred T. Palmer

From a safety negative





One of the most prominent African American scientists of the early 20th century George Washington Carver, holding a piece of soil in a field probably at Tuskegee, Alabama. Carver was a proponent of alternative crops to cotton. He also supported rotating crops to prevent the depletion of soil nutrients. He graduated from Iowa State University and urged poor farmers to grow crops such as peanuts and sweet potatoes to improve their own nutrition.

Carver was born into slavery in southwest Missouri before it was abolished during the Civil War. According to Wikipedia, a German American immigrant purchased Carver's parents in 1855 for \$700.

Photo taken: 1906

Photo by: Francis Benjamin Johnston (1864–1952)

Norman Ross of the National Museum's Paleontology Dept., prepares the skeleton of a baby dinosaur discovered in Montana for exhibition. The remains are seven to eight million years old.

Photo taken: March 19, 1921
From the National Photo Company Collection





Alice C. Stevens, a scientist in Washington D.C., shown after she had just recovered from a rare disease contracted during her lab experiments.

Photo taken: 1928

Photographer:

Underwood & Underwood

Women scientists make cultures of parasites and perform a number of technical lab experiments. Standing is Miss. Nellie A. Brown; L to R sitting—Miss Lucia McCollock, Miss Mary K. Bryan, and Miss Florence Hedges.

Photo taken between 1910 and 1920.

From the National Photo Company Collection





A group of U.S. scientists from the Carnegie Institute broadcast over the CBS Radio Network.

Photo taken: 1930
Photo by: Harris & Ewing



From the same time period as the setting of the books and TV series *All Creatures Great and Small*, an animal doctor from the U.S. Agricultural Research Center treats a sick sheep.

Photographer unknown
From a nitrate negative



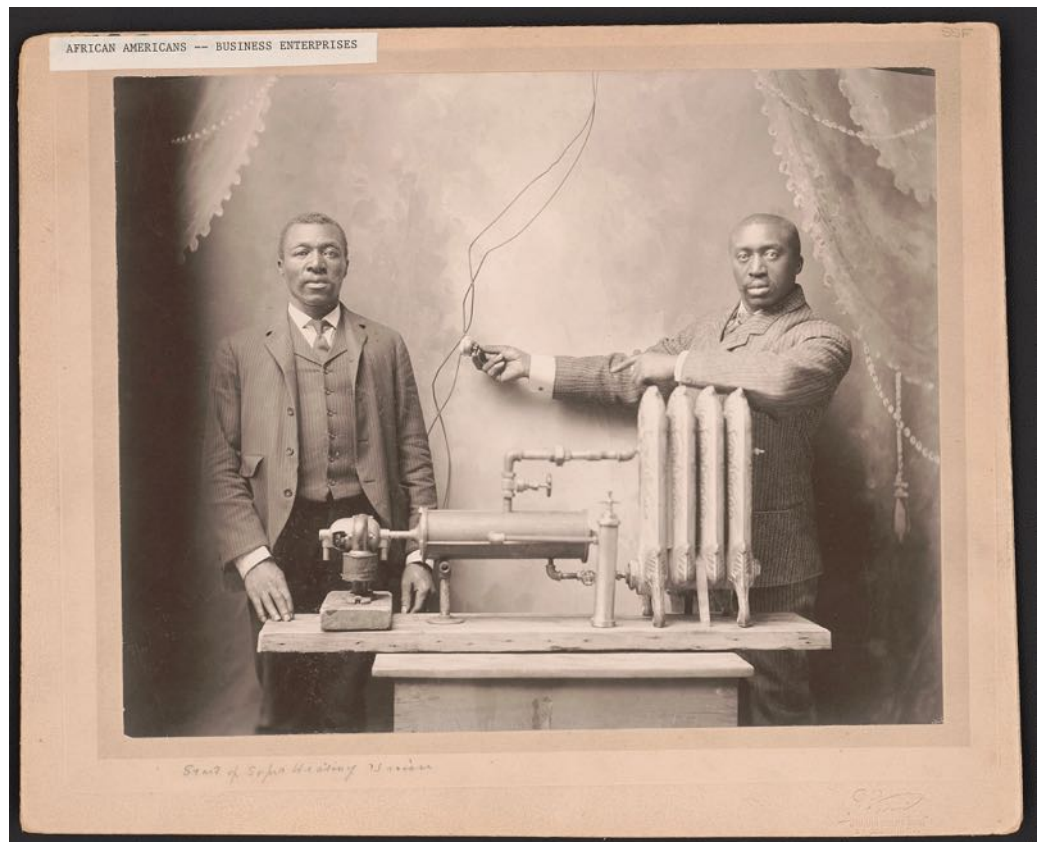
Miss Louise Thorne, of the National Academy of Sciences in Washington, D.C., holds a small living plant hermetically sealed in an old light bulb. This plant has been closed in this 'glass prison' for several months, receiving nothing from outside but sunshine and warmth. It is thriving, using the same water and air over and over. This system of growing plants was the brainchild of Raymond H. Wallace, a student of botany at Columbia University.

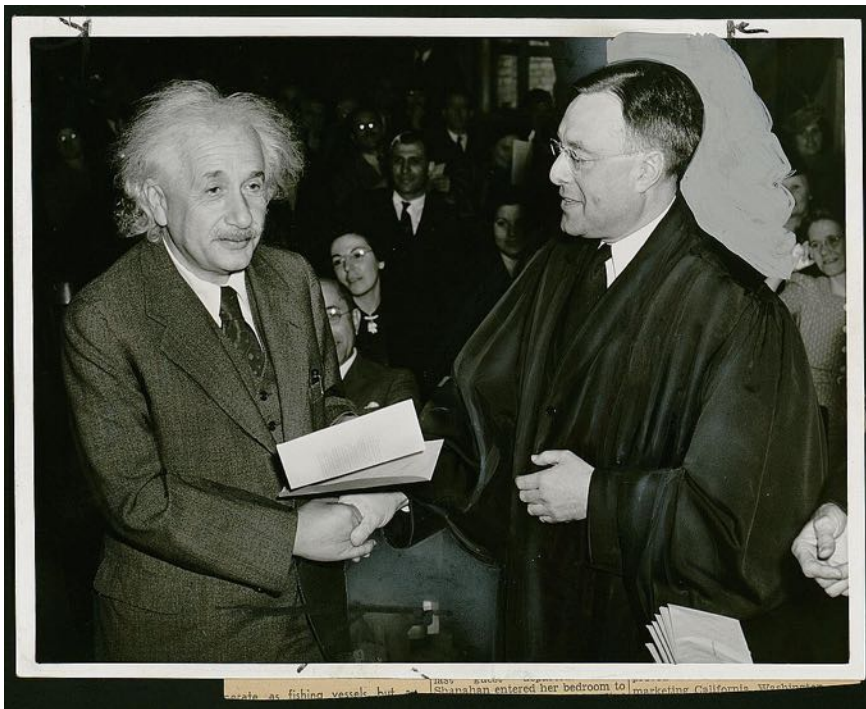
Photo taken between 1923 and 1929.
Photographer: Harris & Ewing

African American inventor, Charles S.L. Baker, and possibly his brother Peter, standing behind Charles' heating radiator invention. One of the men is holding a knob attached to two wires.

Photo taken around 1906

Photographer: Martin W. Bode (1871–1947)



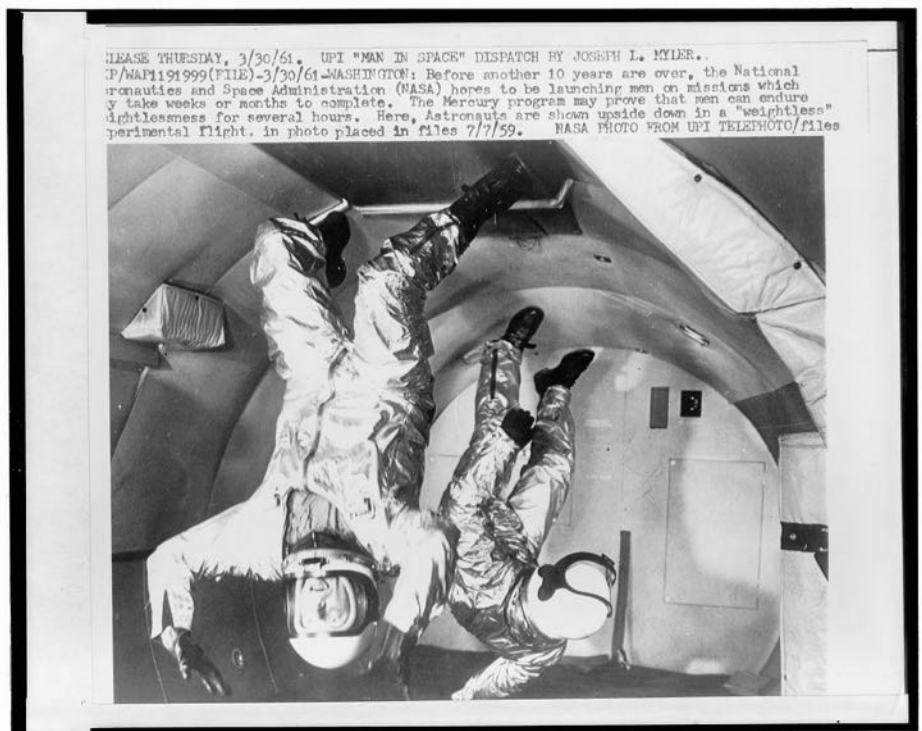


America gains a famous citizen. Albert Einstein receives his certificate of American citizenship from Judge Phillip Forman. German-born Einstein was considered to be one of the most influential scientists of all time.

Photo taken: Oct. 1, 1940
Photographer: Al Aumuller

Project Mercury astronauts shown floating upside down during a weightless flight experiment in 1959.

Photo taken: 1959
Part of the *New York World-Telegram* and the *Sun Newspaper* Collection





All but 60 members of the Fellows of the Geological Society of America in 1899.

60 living fellows are not represented in this group, but ten deceased fellows are included, July 1899. All portraits are identified.

Astronomer and professor, Anne Sewell Young. She had a long and successful career at Mt. Holyoke College in Massachusetts. She especially enjoyed star gazing. She discovered the constellation Perseus had twice the number of star clusters as earlier thought. In 1923, she was elected president of the American Association of Variable Star Observers.

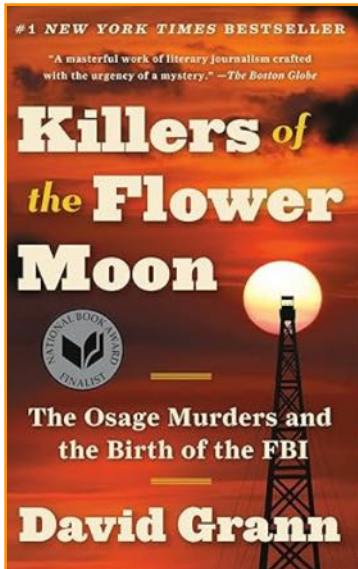
In 1925, Young made arrangements for the entire student body to travel by train to central Connecticut to view the total eclipse of the sun.

Photo taken between 1915 and 1920.
Source: Bain News Service



What Are You Reading? I Just Finished an AudioBook That Everyone Should Read.

by Kurt Jefferson



A friend recommended that I read *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI*, the book behind the movie that began streaming on Apple TV+ this past winter. I opted to listen on my daily walks to the audiobook version written by David Grann.

The book turns back the clock to the 1920s when Native Americans in north-east Oklahoma became the wealthiest people per capita in the entire world. The reason? Oil. Plenty of it was discovered in the ground beneath where members of the Osage Nation were living. All that oil money should have enriched lives, helped educate young people, and improved the quality of life for scores of Native Americans. Instead, it turned their lives upside

down. The negative impact cannot be overstated.

All of a sudden wealthy Native Americans of the Osage Nation began dying one-by-one. Some were older. Some were younger. Many were strong and healthy before they unexpectedly died, leaving family members wondering how could this be happening?

Many of the deaths were clustered in families. Relatives of Mollie Burkhart of the Osage Nation were especially vulnerable. Their days were numbered. One relative was poisoned. Another was shot to death. Then those who began looking into the murders began dying. The death count was mounting.

After reading one newspaper account after another of the surprise deaths, people across the U.S. began asking—why were members of the Osage Nation mysteriously dying? Did anyone have a key to the killings?

The fledgling Federal Bureau of Investigation decided to investigate. The new FBI's youthful director, J. Edgar Hoover, selected a former Texas Ranger named Tom White to start digging for answers. An undercover team headed by White that included a Native American agent, got to work.

They discovered that corruption was rampant in the Osage Nation near Tulsa. These murders were not the work of a berserk serial killer.

What White and his team unearthed were greedy, corrupt judges, lawyers, lawmen, coroners, doctors, and even family members of the victims who either looked the other way or were directly involved in the killings. The book notes there were barely any ongoing investigations at the time by local authorities because so many folks were either on the take or were silenced by threats they'd be the next victims if they spoke the truth.

Goodreads reviewers are quick to sound off about this book which tells the true story of unbelievable crimes in 1920s Oklahoma.

Dez the Bookworm reviewed the book in January of this year. Dez did an admirable job echoing my sentiments:

It's absolutely astounding that true crime could read like fiction. The dedication and painstaking amount of research is evident in this book with historical pictures that bring the story to life. This is the most powerful non-fiction book I've read to date. Embodied with gruesome details, heartbreaking stories and furious accounts of the Osage murders, I couldn't help but turn page after page. Incredibly well written and put together. If you are wanting to learn about some U.S History, True Crimes, Twisted Plots and Coverups, please read this. Enlighten yourself to the injustices the Osage have endured. I'll definitely be reading the follow up book to this!!!

Tadiana Night Owl uses “chilling,” to describe *Killers of the Flower Moon*. As I was walking along listening to this audiobook, I found myself stopping, shaking my head, and looking up to sky asking myself—how in the world could this be happening?

This is a chilling story — hard to believe it's actually true, hard to believe I've never heard of this before. And mostly, hard to believe so many people could be so cruel and callous. David Grann, a journalist, has done an excellent job investigating and chronicling the terrible story of the Osage American Indian murders in the 1920s.

And Nilufer Ozmekik applauds the way David Grann tells the story of a young FBI trying to find the key that will unlock the door leading to justice for the families of the murdered victims:

Grann's storytelling is masterful, weaving together the personal stories of the Osage victims, the dedicated FBI agents who worked to solve the case, and the complex web of greed and corruption that surrounded the murders. He brings to life the characters and the setting, immersing the reader in a world where justice was a scarce commodity.

The book is not only a true crime investigation but also a testament to the resilience of the Osage people and the birth of the modern FBI. Grann's narrative is both heart-wrenching and suspenseful, making it difficult to put the book down. He meticulously pieces together the evidence, making it feel like a thrilling detective story.

'Killers of the Flower Moon' is not just a historical account but a thought-provoking exploration of systemic injustice and the quest for accountability. It sheds light on a forgotten tragedy, offering readers a chance to reflect on the complex and troubling history of the United States. Grann's impeccable research and storytelling make this book a must-read for history enthusiasts and anyone who enjoys a well-crafted, chilling tale of murder, conspiracy, and justice.

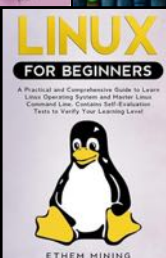
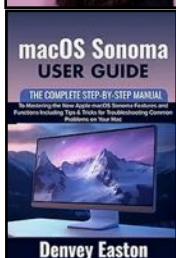
On the whole, I am not a fan of true crime. This book is an exception. Everyone needs to read or listen to this book. It will deliver a gut punch to your soul. *Killers of the Flower Moon* sheds light on one of the ugliest chapters of America's past. May that chapter never be written again.



Welcome spring. Read a Book or two.

If you belong to a book club, please share this book list with other members. Thank you.

Book covers courtesy Goodreads.com



Remembering Bob Edwards

Kentuckian Bob Edwards changed the way millions of Americans listened to morning radio. He lured many new listeners to the National Public Radio program, *Morning Edition*. Edwards, who was born in May 1947 in Louisville, died on Feb. 10. He was 76.



Bob Edwards on Oct. 25, 2005

Source: Jared & Corin on Wikipedia.org

I got to hear Edwards speak at the *Herald Leader* back when I worked for the newspaper's on-line edition. As the saying goes, he was the "real deal." Once you met him, you had to like him.

It's sad that some radio networks, newspapers, TV stations, and other companies don't see a really good thing when they've got it. A prime example is Bob Edwards, who'd been hosting *Morning Edition* since 1979.

NPR decided to let Edwards go. As *The Washington Post* wrote, "NPR faced a huge outcry after its decision in 2004 to drop Mr. Edwards after nearly 25 years leading 'Morning Edition.' After NPR ditched Edwards, I ditched NPR and never went back.

Bob Edwards will be remembered by many inside and outside his home state of Kentucky. We miss him.

The 34 Best Beaches

As winters go, this has been a very mild one for the most part, in central Kentucky. We've had some snow. We've had some quite cold temperatures. But both events have passed quickly.

As I write this in late February, we're encountering thunderstorms and temperatures well above normal.

Still, my mind steers toward warmer climates during the winter months. If you're of a like mind, check out what *Conde Nast Traveller* considers the 34 best beaches in the world.



Near Record Warmth & Storms

It's smart to remember that winter is not *quite* over yet.

Spring starts in the northern hemisphere about an hour before midnight at 11:06 P.M. (EDT).

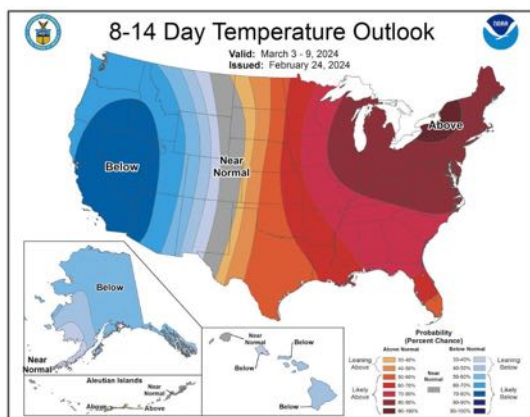
In late February, we're enjoying much warmer than normal temperatures. That brings spring-like thunderstorms.

Thunder, lightning and pounding rains are filling the atmosphere. But below freezing temperatures are expected to return before it warms up again.



Spring-like thunderstorms pushing through Kentucky on Feb. 27. Screenshot from the RadarScope weather app displaying the Jackson radar on an iPhone shortly before seven that morning.

Source: Kurt Jefferson



NOAA issued this forecast outlook on Feb. 24, displaying the national weather outlook ending March 9. All of Kentucky, except for the far southwestern corner, is expected to enjoy well above normal temperatures through the period.

Source: NOAA



How Long Have You Been Editing This Newsletter?

Someone asked me that question the other day. I couldn't remember the exact date, so I visited prior editions of the *CKCS News* from the computer society's website. I took over the job from editor Jerry Heaton about four-and-a-half years ago. Hard to believe it's been that long.

Thank you for supporting CKCS!

