

## The CKCS Newsletter

CKCS

Central Kentucky Computer Society





A Full Page of Tidbits You Can Use...2

Who's Who at CKCS...3

New & Renewing Members...3

President's Comments...4

Tech Night...4

List of CKCS Meetings & Zoom Links...5

How to Register for CKCS courses...6

Complete list of fall classes & workshops...7-9

CKCS SIG Calendar...10

Amateur

Photographers Club...11

Windows 10 SIG...12

The 'All About Apple' SIG...13

'All About Apple' SIG: What We'll Discuss...14

Digital Photography SIG...15

Sept. Photo Contest Winners...16–18

October Factoids...19

Quality Driven?...20

Get More Out of Your iPad...21









Do I Need Anti-Virus on My Mac?...21

Many Seniors Don't Use Phone Health Apps...22

A Little Kindness...23

Apple Releases a Slew of New iPhones...23

The Apple Watch Ultra...24

Why Buy a Chromebook?...25

The Most Common Windows 11 Problems...26

Winter is Coming. What to Expect?...26

Time Machine...28-37

Monthly Photo Contest Topics...38

Books!...40-42

Hey, What are You Listening To?...43

What are you Reading?...44

Dr. Fixit & iHelp Meet...45

More Studies Link Walking To Better Health...46

Fall Foliage...47

Videos...48

The links above are "hot links." Click on a topic and you'll visit that page.



A Newsletter of The Central **Kentucky Computer Society®** Lexington, Ky. Celebrating 38 years of teaching tech.

October 2022 Volume 38, Issue 10





The CKCS Resource Center is located at 160 Moore Drive, Suite 107. Join CKCS today or register for classes and workshops online: www.ckcs.org/store Phone: (859) 373-1000

#### **President's Comments**

You may not know it, but October is Cybersecurity Awareness Month. It's a good month to change your passwords or get a password manager. And never forget what you put out on social media does not actually ever get deleted, even when you hit the delete key. Read more

#### Tech Night, Oct. 10 @ 7 P.M.

Joe Dietz, CKCS vice president, teacher, and SIG leader, will give tips using Google Chrome to find things on the Internet, to exclude things from a search, to search for specific words or string of words. "Just Google that!" sounds easy enough. In reality, a truly successful web search isn't that simple.

Read more



## A Full Page of Tidbits You Can Use

#### **Complete List of CKCS Fall** Classes & Workshops

**CKCS SIG Meetings** (Special Interest Group)

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

In person at CKCS. May resort to Zoom meetings if conditions warrant. Contact Boone Baldwin for more details about the meetings.

> Windows 10 SIG Oct. 11 at 7 P.M. Zoom only

The 'All About " SIG Oct. 18 at 7 P.M. Zoom only

**Digital Photography SIG** Oct. 25 at 7 P.M. In person only at CKCS

How to Block Unknown Calls on Your iPhone

20 Easy Ways to Speed Up Your Windows PC

Get More Out of Your iPad's Battery With Apple's Built-in Utility

Ten Ways to Get More Out of Your Mac

30 Keyboard Shortcuts Mac Users Need to Know

Ten Best Spam Call Blockers For iOS and iPhone

Ten Best Call Blocker Apps For Android

**How to Charge a Car Battery** 

2022 Police Procedural Books

**LINKS YOU** CAN USE

Ten Great Books You've Probably Never Heard Of

What Time is it in ...?

#### **Notable October Dates**

Some Wacky. Some Not.



Oct. I: Family History Month begins

Oct. I: International Day of Older Persons

Oct. 1: National Walk Your Dog Week begins

Oct. 3: Active Aging Week

Oct. 3: Nat'l Techies Day

Oct. 4: Nat'l Golf Lovers Day

Oct. 5: Coffee With a Cop Day

Oct. 8: National Heroes' Day

Oct. 10: Columbus Day

Oct. 23: Nat'l Boston Cream Pie Day

Oct. 26: Nat'l Pumpkin Day

Oct. 28: Nat'l Chocolate Day

Oct. 29: Nat'l Cat Day

Oct. 30: Nat'l Candy Corn Day

Oct. 31: Halloween

Source: thespruce.com

#### **Typical October Weather in LEX**

Daily high temps decrease by several degrees, from 73° on Oct. first to 61° by the time we reach Halloween. In October, the daily high



rarely drops below 47° or exceeds 83°. Clouds fill the sky more often in October as the chance for cloudy skies increases from 35% to 43%.

The clearest day of the month is often Oct. first with clear, mostly clear, or partly cloudy conditions 65% of the time. For reference, New Year's Day is often the cloudiest day of the entire year, with a 60% chance of mostly cloudy conditions in Lexington. There's a 25% chance of rain every day in October. During the month, the length of the day is rapidly decreasing. From the start of October to the end, the length of the day drops by one hour, ten minutes. The shortest day of the month is Oct. 31.

Source: Weatherspark





#### The Membership of CKCS

New Members & Renewing Members for the period Aug. 22 to Sept. 21

**Provided by CKCS Board Member Ben Rice** 

#### **New Members**

Nita N. Adams Karen Kiviniemi

#### **Renewing Members**

Joseph P. Bark, M.D. R. Leigh Buckley Sam D. Carneal James B. Dingus Darrell W. Doty Cookie Dungan Gerard R. Gerhard Flora L. Guter Kurt Jefferson Arleigh Kerr Jerry V. Markussen Chester J. Myers Marty Myers James G. & Helen H. Pope Terry Schoen lo Stratton Mary A. Szeluga



(CS Membership

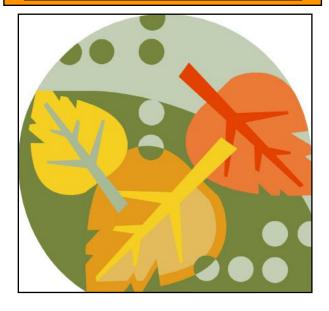




George M. & Cindy C. Woolwine



#### Thank you for your support!





#### **CKCS Resource Center**

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

Incorporated in 1984
Teaching Tech for Nearly 40 Years

### Who's Who at CKCS?

#### **Officers**

#### Tenure ends June 2023

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

### Directors Tenure ends June 2024

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

#### Tenure ends June 2023

Bob Brown Janet Cartmell Larry Mitchum Eugene Potter Pennie Redmond

#### Webmasters

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 Cookie Dungan Bonnie Sousley Helen Pope Eugene Potter Maria Han

#### **CKCS Online Calendar**

Wendell Curtis

#### **CKCS Newsletter Calendar**

**Larry Trivette** 

#### **Newsletter Editor**

Kurt Jefferson

#### **Newsletter Proofreaders**

Ben Rice Brooke Thomas Gail Waller Pat Vaughan Lydia Short

#### **Mail Chimp 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 President's Comments Cybersecurity—Just Do It

#### By Brooke Thomas

You may not know it, but October is **Cybersecurity Awareness Month**. So we're focuing on staying safe and secure online and getting your computer organized. **The Cybersecurity and Infrastructure Security Agency**says its a good month to change your passwords or start using a password manager.

Never forget that what you put out on social media does not actually ever get deleted, even when you hit the delete key. Don't reveal personal information such as your date of birth, social security number, passport number, etc. These are all commonsense suggestions, but it never hurts to remind ourselves of these safeguards. I see a lot of people on Facebook playing those games and providing a lot of personal information.

If you need more help to focus to get these tasks done, you could participate in some of these techie days listed on the National Day website.

October 6, 2022 is a good day to set aside to clean up your inbox. It is **National Inbox Zero Day**. Obviously, you aren't the only person who hoards their email messages. There are several tips on how accomplish a zero inbox. They recommend setting up filters, creating separate folders, and unsubscribing from mailing lists.

To help with your efforts to organize your computer this month you might be interested in a class starting on October 6<sup>th</sup>. This is the first day of Myra Engle's *Computer Basics for a Window's PC* class. In this class she will cover basic filing and file management.

You could also earmark October 17, 2022, on your calendar as **National Clean Your Virtual Desktop Day**. On this day you could concentrate on the following:

- Back up your files to a secured hard drive.
- Organize your files by putting them in folders.
- Letting go of junk. Do you really need that screenshot from 3 years ago? Trash it.
- Then on October 29, 2022, we celebrate National Internet Day and finish up any tasks left on the "to do list".

Most of us are not great at doing these things on a consistent basis so try to set aside the time this month to get some of these tasks done.

#### Tech Night: Oct. 10 at 7 P.M. (via Zoom)

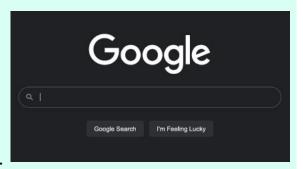
#### Tips: Using the Internet with Joe Dietz

#### By Brooke Thomas

"Just Google that!" sounds easy enough. In reality, a truly successful web search isn't that simple.

There's a lot to consider when you type a phrase in that search box. More times than you'd think, your search

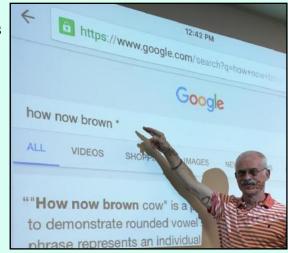
comes up
with the
wrong
information
or outdated
details
which do
you no good.



Joe Dietz, CKCS vice president, teacher, and SIG leader, will give tips using Google Chrome to find things on the Internet, to exclude things from a search, to search for specific words or string of words.

He'll discuss handy items such as the snip and sketch tool, online calculator, using the Internet as a dictionary or thesaurus,

and plenty



Joe Dietz

of other features will be demonstrated.

Joe has been a member/instructor at CKCS since 1996. He wears many hats. He serves as vice-president on the board of directors and is an instructor for numerous classes and workshops.

He also heads up the CKCS Digital Photography Special Interest Group. Be sure to put this event on your calendar. You will be amazed how using these tips can make using the internet less overwhelming.

Share the Zoom link with your friends and family:

https://us02web.zoom.us/i/82109235232

## **CKCS Meetings & Zoom Links**

Troubleshooting: Dr. Fixit & iHelp Saturday Session

Oct. I @ 10 A.M. In person only



#### **Zoom Links**

Amateur Photographers Club Thursday

Oct. 6, 13, 20, 27 @ 10 A.M. Zoom or in person

CKCS Board of Directors Meeting Thursday

Oct. 6 @ 7 P.M. In person only

CKCS Tech Night Monday

Oct. 10 @ 7 P.M. Zoom only

Windows 10 SIG Tuesday Oct. 11 @ 7 P.M. Zoom only

The All Things Apple SIG Tuesday Oct. 18 @ 7 P.M. Zoom only

CKCS Digital Photography SIG Tuesday Oct. 25 @ 7 P.M. https://us02web.zoom.us/j/89234995079

From Boone Baldwin: Most meetings will be held in person, with monthly outings scheduled. Zoom meetings are currently on hold, but could resume if the group feels it is not safe to meet in person. Contact Boone to be added to the weekly emails to stay up-to-date on the arrangements. Ask Boone for details.

https://us02web.zoom.us/j/82109235232

https://us02web.zoom.us/j/82811157647

https://us02web.zoom.us/j/81185707914

## Registration for CKCS Classes and Workshops

## Choose a Registration Method That's Best for You



#### **Class/Workshop Pricing**

**Unless indicated otherwise**, classes cost \$48 for CKCS members, \$60 for non-members.

Workshops cost \$24 for CKCS members, \$30 for non-members.

CKCS members receive a 20% discount on all class and workshop fees.

### **How Do I Register?**

By Phone, Online, or in Person

Students are enrolled on a first-come, first-pay basis.

To register by phone and pay by credit card only:
Call (859) 373-1000

Phone Hours: Mon.—Thurs. 10 A.M. — 4 P.M.

Never leave credit card details on voicemail.

To register online: Visit the CKCS Store and click on either Classes or Workshops on the blue menu at the top of the page.

Choose the workshop or class you want. Register and pay by credit card.

Before registering online, please visit the CKCS home page and read the Store Registration Guide first. (The link is below the store link.)

#### To register in person:

Stop by 160 Moore Drive, Suite 107, in Lexington.

CKCS Hours Mon.–Thurs. 10 AM–4 PM

Fall session courses are shown below - keep scrolling down to view them.



## CKCS FALL 2022 CLASSES & WORKSHOPS

#### Classes

#### **Basic Beginning Photography**

Mondays, September 12,19 & 26 and October 3 & 10, 2022 from 1:00 p.m. to 3:00 p.m. CKCS; Boone Baldwin; Meeting Room; \$55/\$44

You'll 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 instructor 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, the camera manual, and a note pad to class.

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

Tuesdays, September 13, 20 & 27 and October 4, 11 & 18, 2022 from 1:00 p.m. to 3:00 p.m.

CKCS; Joe Dietz; Meeting Room; \$60/\$48

Learn important (and hidden) functions of your iPhone. Learn how to download apps, move them, nest them and delete them. Learn how to get better photos with your phone, organize your pictures, and send them in text and emails. Texting messages and using Siri will also be covered. Participants should bring their (fully charged) iPhone and know (or bring) their passcode, Apple ID and password.

#### **Computer Basics for a Windows PC**

Thursdays, October 6, 13, 20 & 27 and November 3 & 10, 2022 from 10:00 a.m. to 12:00 p.m. CKCS; Myra Engle; Classroom; \$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 final class of this course deals with the basics of email and use of the Internet.

## Registration Underway

#### **Adventures in Photography**

Mondays, October 17, 24 & 31 and November 7 & 14, 2022 from 1:00 p.m. to 3:00 p.m. CKCS; Boone Baldwin; Meeting Room; \$55/\$44

This class will include instruction in white balance, depth of field, aperture, and shutter speeds to blur motion and to stop motion. The instructor will show how to photograph close up with the lens students already have. They will demonstrate close up and micro photography techniques with other lenses. Students will learn how to use common filters correctly. The instructor will introduce infrared photography with the student's camera using filters provided by teachers. This five-week course will spend alternating weeks in class and in the field shooting photos. Students should have a basic knowledge of their camera. Students need to have their camera with a full battery, an empty memory card, the camera manual and a note pad.

## Introduction to Photoshop Elements for Windows PC

Mondays, November 7, 14, 21 & 28 and December 5 & 12, 2022 from 11:00 a.m. to 1:00 p.m. CKCS; Anne Campbell; Classroom; \$60/\$48

In this introductory course to Adobe's Photoshop Elements program for Windows PC, we will learn to use the tools of this program to do basic photo enhancements including quick fixes, cropping, cloning, spot healing, red eye removal, levels, and adding borders. We will also discuss photo considerations prior to printing, introduction to layers, converting images to black and white, enhancing and restoring old photos, adding text, using brushes, graphics, adjustment layers, templates, special features, filters, and creating a slide show.

#### FALL CKCS CLASSES & WORKSHOPS

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

Tuesdays, November 8, 15, 22 & 29 and December 6 & 13, 2022 from 1:00 p.m. to 3:00 p.m. CKCS; Brooke Thomas; Meeting Room; \$60/\$48

Learn how to use the built-in Apple apps on your iPad. Personalize and organize them, fix up your photos and organize them. Acquire information about settings, learn the secrets of the keyboard, emailing, and texting with animation. Get tips on using the Calendar, Notes, Reminders, and Books. Face-time will be included if time permits. Participants should bring their fully charged iPad updated with the latest operating system and know (or

#### Close-Up and Macro Photography

bring) their Apple ID and password.

Mondays, November 21 & 28 and December 5, 2022 from 1:00 p.m. to 3:00 p.m.

CKCS; Boone Baldwin; Meeting Room; \$45/\$36

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.

#### Workshops

#### **Apple Watch Tips**

Thursday, September 15, 2022 from 1:00 p.m. to 4:00 p.m.

CKCS; Brooke Thomas; Meeting Room; \$30/\$24

This workshop will cover 10+ tips on how to do more than tell the time with your Apple Watch. You will 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. An Apple Watch 6 will be used for demonstration. Many of the features that are similar on the different Apple Watches are using the WatchOS 8.

## Registration Underway

## Making Personal Note Cards and Greeting Cards Using Microsoft Word

Thursday, September 29, 2022 from 10:00 a.m. to 12:00 p.m. CKCS; Myra Engle; Classroom; \$30/\$24

Learn to save money by making your own original and personalized note and greeting cards using Microsoft Word! You will be taught to set up a note card page, to add graphics from the Internet and/or your own photos, to set up templates, to make sets of note cards or individual cards, and to file them for future use. This is an opportunity to engage your imagination and creativity and to have fun. Card stock and a starter-kit folder of graphics for note cards will be provided. Each student should bring a thumb/ flash drive loaded with photos to be used to create her/his personal note cards.

#### **Great Apps for Your iPhone**

Thursday, October 13, 2022 from 1:00 p.m. to 3:30 p.m. CKCS; Brooke Thomas; Meeting Room; \$30/\$24

It's amazing what you can do on your phone with a few free apps: Pay a parking meter in downtown Lexington, get a replay and schedule of UK Athletics, find walking tours in Lexington and other cities, check out an eBook or audiobook from your local library, find live precipitation measurements for many counties in Kentucky, see what's happening on Nicholasville Road by viewing live traffic cameras, find out about real time power outages, make a collage with your pictures, animate your pet to talk to you, and scan an item to determine its price in a store. These apps will be demonstrated, and students can follow along on their iPhones (which should be charged.)

#### FALL CKCS CLASSES AND WORKSHOPS

#### **Introduction to Windows 11**

Tuesday, October 18, 2022 from 10:00 a.m. to 12:00 p.m. CKCS; Mike Seiler; Meeting Room; \$30/\$24

This workshop will look at what is new in Windows 11, what has changed, and how to set it up to make it more user-friendly. If you are thinking about installing it on your computer, this workshop might help you decide to install it or not. On the other hand, if you have already installed it, this workshop might help you set up Windows 11. Students are encouraged to bring their laptop computers if they have Windows 11 already installed. Make sure your laptop is fully charged before you bring it to class.

#### Using Apple iCloud for Your iPhone and iPad

Tuesday, October 25, 2022 from 1:00 p.m. to 3:00 p.m. CKCS; Joe Dietz; Meeting Room; \$30/\$24

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

#### iPhone Advanced

Tuesday, November 1, 2022 from 1:00 p.m. to 4:00 p.m. CKCS; Joe Dietz; Meeting Room; \$30/\$24

We will build on iPhone techniques that students learned in "Getting the Most out of Your iPhone" and "Secrets of your iPhone". After taking one or both of these sessions, many students have asked for more! This is it! Group text and email messages, verifying backup, working with your photos, cleaning up bursts, scanning documents, blocking calls and silencing unknown callers, get your phone to read to you, and much more will be discussed.



#### Registration Underway





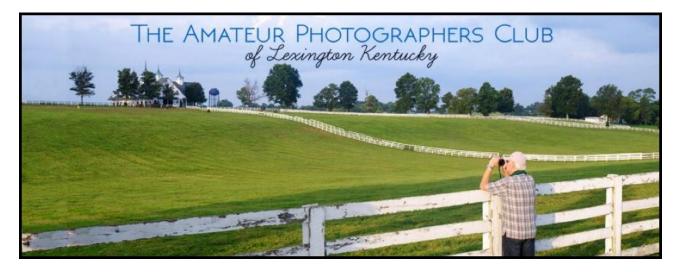




#### October 2022 CKCS Special Interest Group (SIG) Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 Sep	27 Sep	28 Sep	29 Sep	30 Sep	1 Oct
* *	7 p.m. Digital Photography JOE DIETZ In-Person Only		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
3 Oct	4 Oct	5Oct	6 Oct	7 Oct	8 Oct
			10 a.m. Photography Club 7 p.m. Board of Directors In-Person Only		
10 Oct	11 Oct	12 Oct	13 Oct	14 Oct	15 Oct
7 p.m.  Tech Night  Joe Dietz –  Tips for Using the Internet  Zoom Only	7 p.m. Windows 10 MIKE SEILER Zoom Only		Photography Club		HELLO
17 Oct	18 Oct	19 Oct	20 Oct	21 Oct	22 Oct
	New SIG 7 p.m. Apple Devices Brooke T., Kurt J., Joe D., Janet C. Zoom Only		10 a.m. Photography Club		Hulinn
24 Oct	25 Oct	26 Oct	27 Oct	28 Oct	29 Oct
	7 p.m. Digital Photography JOE DIETZ In-Person Only		10 a.m. Photography Club		



## Join us in Oct.!

## Meetings will be held in person this month.

**From Boone Baldwin:** Most meetings will be held in person, with monthly outings scheduled. Zoom meetings are currently on hold, but could resume if the group feels it is not safe to meet in person. Contact Boone to be added to the weekly emails to stay up-to-date on the arrangements. **Ask Boone for details.** 

Check out the group's Facebook page at:
•The Amateur Photographers Club of Lexington KY.•







### **Windows Special Interest Group**

## Tuesday, October 11 7:00 pm

Mike Seiler, Windows SIG Leader



## What is Bloatware, and what is The Windows Malicious Software Removal Tool?

To find the answers attend the October Windows SIG meeting.

The Zoom link for this meeting is: <a href="https://us02web.zoom.us/j/82811157647">https://us02web.zoom.us/j/82811157647</a>

A link for the handout used in this meeting will be sent to everyone on the Windows 10 Special Interest Group mailing list two days before the meeting. To be placed on this list, send an email to <a href="w10sig.ckcs@gmail.com">w10sig.ckcs@gmail.com</a>. In the email, state your name, your email address, and the purpose of the email.





## Meets Oct. 18 at 7 P.M. via Zoom only.

The 'All Things Apple' SIG will meet regularly via Zoom on the third Tuesday of the month at 7 P.M.

Join Joe Dietz, Kurt Jefferson, Janet Cartmell and Brooke Thomas for the Apple SIG on Zoom.

**Topics?** iPhones, Macs, iPads,
Apple Watch, apps, and more.
You will learn tips and tricks about your favorite Apple devices,
the apps you use, and more.

You can join us here using Zoom: https://us02web.zoom.us/j/81185707914









## All Things Apple SIG Topics



#### What we'll discuss:

#### iOS

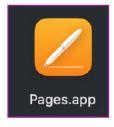
JOE: Group emails and group iMessages on your iPhone

Think about groups of folks that you want to send email or text message repeatedly. Book Club, Garden Club, Dinner group, etc. Create an email group with your contacts in iCloud. Then, from your iPad or iPhone, you will be able to use your regular e-mail account if they are set up in the (AOL, Gmail, etc.) to use the name you chose for the group. For this to work properly you must have the email address in the contact.

Create an iMessage group with your contacts on your iPhone. For this to work properly you must have the iPhone number in the contacts. WE will demonstrate how to set both of these up. We will also demonstrate how to get out of an iMessage group and how to silence a group text message.

#### macOS

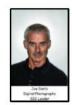
**Kurt:** We'll discuss how to get more out of Pages for Mac. Pages is the Apple word processing/desktop publishing app that is very user-friendly, yet very powerful. Pages is free – and is also available for the iPad and iPhone. You can use Pages to create all kinds of documents—ranging from Yard Sale signs to multi—page newsletters. Join us to learn some basics that will help you create eye-catching documents using Pages.



#### **iPadOS**

**Brooke:** Learn how to send iMessages from your iPad or iPhone with animation. You have several options to make these text messages special with hearts, confetti, and other fun options. You can even send invisible text messages.

#### Digital Photography Special Interest Group 7 PM Tuesday, October 25, 2022





## **Artificial Intelligence**

#### "What the Heck is That?"

According to Wikipedia - Artificial intelligence is intelligence demonstrated by machines, as opposed to the natural intelligence displayed by animals and humans. Some examples:

**SIRI** on your iPhone - She assists us to find information, get directions, send messages, make voice calls, open applications, and add events to the calendar.

**PANDORA** is one of the most popular and highly demanded tech solutions that exist. Depending on 400 musical characteristics, the team of expert musicians individually analyzes the song to suit your requests.

These are just some examples of AI. Tonight, we will be demonstrating how AI works with **Corel PaintShop Pro**. AI Denoise, AI Artifact removal, AI portrait mode, and AI Background replacement. We will discuss these and more ways that AI helps in our everyday life.







This month's photo contest topic is "**Bourbon**". Think of all the bourbon things Kentucky – barns, trails, drinks and more. Check through your photos or take some new shots! Send your photo to joedietz@aol.com no later than October 24, 2022.



Join us at CKCS at 7PM October 25, 2022, at CKCS.



### SEPTEMBER PHOTO CONTEST WINNERS: DIGITAL PHOTOGRAPHY SIG Topic: Celebrations





First Place Winner: Jerry Fuller

**Jerry describes his award-winning photo:** At the 2021 Shamrock Shuffle 3K run-walk hosted by Habitat for Humanity, I was tapped to photograph finish line participants who included avid runners and avid revelers alike. These photogenic shamrockers graciously obliged my offer to record their celebratory finish. My Nikon D750 carried a 28-300 mm lens and I shot aperture priority. Settings were f/8, ISO 200, 45mm, and the 1/500 exposure time was more than enough to freeze their moment of glory.



## SEPTEMBER PHOTO CONTEST WINNERS: DIGITAL PHOTOGRAPHY SIG Topic: Celebrations



Second Place Winner: Jan Landers-Lyman



## **Second Place Tie**

**Jan describes her award-winning photo:** This picture was taken 17 years ago or so. It is my grandson's first Halloween and he was so excited to be a pumpkin in a patch. It was shot with a Canon Sure Shot.



## SEPTEMBER PHOTO CONTEST WINNERS: DIGITAL PHOTOGRAPHY SIG

**Topic: Celebrations** 



**Second Place Winner: Bruce Klobecke** 



#### **Second Place Tie**

We reached out to Bruce for details about his photo and didn't hear back from him by deadline.



## October Factoids: Tidbits You May Not Know

In Kentucky, October brings shorter days and **longer nights.** According to timeanddate.com, sunset on



Oct. 1 in Lexington occurs at 7:20 P.M. By the time we reach Halloween, sunset is at 6:39 P.M. The sun also rises later in the morning in October. At the start of the month, sunrise is at 7:33 A.M. By Oct. 31, the sun rises at 8:02 A.M.

A single event occurred on October 4, 1957igniting the space race and convincing U.S.



A replica of the Soviet satellite, space in space in earnest outer space in earnest outer space National Air and Space Museum in Washington D.C. (courtesy: Wikipedia.org)

government leaders that America needed to begin space exploration. The Soviet Union launched Sputnik 1 – the first artificial satellite launched into space. That one event moved the U.S. to form NASA, to initiate the Gemini, Mercury, and Apollo space missions, and to begin

exploration. Experts say Sputnik is the most important event persuading NASA to launch rockets that would

eventually land a man on the moon in July 1969.

While many people don't realize it, Oct. 29, 1969 is a historic day for Internet users. Well over a decade before the Mac or IBM PCs were invented, UCLA connected for the very first time by phone line to another computer at Stanford University. UCLA logged on with only two letters "LO" and sent the first "host-to-host" message at 11:30 P.M. Pacific Time before the computer crashed.

The final delivery by the Pony Express occurred in October 1861, after starting service in April 1860. Experts say the telegraph is the major reason the Pony Express went out of business.

Movie buffs may remember this: In Oct. 1994, the films Forrest Gump, Jurassic Park, The Shawshank Redemption, The Lion King, and Pulp Fiction all appeared in U.S. theatres in the same month. We wonder if popcorn sales went through the roof that month as moviegoers munched on their favorite snack during what later became some of the most popular films of the 20th century.





Ninety percent of Iceland's female population went on strike back in October 24, 1975, as they demanded equal rights. News accounts report on that one day they did not go to work, completed no housework, and

Sources: Thoughtco.com, Wikipedia.org, factsite.com, Interestingfactsworld.com

did not look after their children. Five years later, Iceland elected its first female president. She traces her win to that single day in 1975 when Iceland women went on strike.

Some historians trace the 'Troubles' to an Oct. 5, 1968 civil rights march in Derry banned by the Northern Ireland government. News reports indicated the march turned violent after a police blockade attempted to keep protestors from fleeing. The conflict began when the

Northern Ireland Civil Rights Association initiated a campaign to end discrimination against the Catholic/nationalist minority by the Protestant/ unionist government and local officials. Bombings, marches, and other protests ended with the signing of the Good Friday Agreement in 1998. More than 3,500 people, mostly civilians,



were killed during the time of the 'Troubles.'

When World War One began, it was mandated that all British officers wear a moustache. That order was rescinded in October 1916 after it was determined that some of the recruits were so young they could barely grow any facial hair.

From the Forever Paying Off Debts Category: It was only on October 3, 2010 that Germany finally, finally paid the last portion of reparations imposed by the Allies after World War One ended on November 11, 1918.

Creator of the C computer programming language, and a key developer of the Unix computer operating system, Dennis Ritchie, died on Oct. 12, 2011. Ritchie coauthored the book, The C Programming Language.

While October is normally fairly dark and cold in the Northern Hemisphere, it's similar to April down in the Southern Hemisphere.



October is home to **Fire Prevention** Week in the U.S. In 2022, it falls on Oct. 9-15. That week was chosen because of the Great Chicago Fire, which burned between Oct. 8–10, 1871, killing an estimated 300

people, destroying more than 17,000 buildings and structures, and leaving 100,000 people homeless. In 2020 dollars, the fire did an estimated \$4.7 billion in damage. After the fire, the city greatly improved building codes. The fire is said to have begun early the morning of Oct. 8 in or close to a small barn owned by the 19 of 48 O'Leary family.

#### QUALITY DRIVEN? CHECK OUT THESE REVIEW SITES BEFORE BUYING

by Kurt Jefferson

#### **Expert Reviews Can Help You Separate Quality From Junk**

Whether it's a USB charging unit for your smartphone, laptop, or tablet, a vacuum cleaner, or an air purifier, how can you be sure you're buying a quality device?

You can't. So let me share a piece of advice: Let the experts who actually test products guide you.



For years, *Consumer Reports* in both magazine form and online, has steered readers in the right direction. But today, there are a number of additional free, trustworthy websites that chime in with their own reviews. You could read Amazon reviews, but Fakespot has determined that a number of Amazon reviews just cannot be trusted.

Fakespot is a website (as well as a browser plug-in for Firefox, Safari, and Google Chrome, and apps for iOS and Android) that puts reviews to the test to determine whether they're authentic or bogus. Fakespot works with Amazon, Best Buy, ebay, Sephora, Shopify and Walmart websites.

To use the Fakespot website, find a product on Amazon (or one of the other sellers listed above) that you want to buy, copy the website, then paste it into the Analyze search box at the top of the Fakespot page. Then, click on the blue Analyze box. Fakespot will give you a grade, providing you a picture of how accurate the reviews are for that product. If you're using the mobile app, the process mirrors the Fakespot website.

If you install the browser extension, Fakespot's grade will appear on the product page above the price. Fakespot also issues a "trusted brand badge" alerting shoppers to reliable companies.

You might also spot a "top product." That means Fakespot has analyzed competing products and determined the reviews for these products score highly over ones with bad Fakespot review grades.

#### Okay. So how can you tell whether a product lives up to its claims or is junk?

The answer? Check out expert review websites. These are folks that do the heavy lifting by actually testing a product to see if it lives up to expectations.

Some of my favorite review sites include:

Techgearlab.com - This is one of my favorites. The website is cleanly laid out, making it easy for users to check the quality on many different products, ranging from pressure washers to vacuum cleaners to dog frisbees.

The Wirecutter – Excellent reviews with extensive testing of products. Here, you'll find many, many reviews ranging from the best beard trimmer to the best places to buy eyeglasses online. *The New York Times* bought this website and now to gain access to all of the site's information, you need to subscribe.



Fakespot displays a grade for the reviews of a portable USB charger sold on the Amazon website. This is how Fakespot displays its grade when using the Firefox extension on both Mac and Windows computers. The Fakespot grade doesn't rate the quality of the product. Instead, it grades reviews by folks who've purchased the product to weed out bogus reviews from the truth.

Best This Year – Uses Amazon reviews and purchase ratings to provide a rundown of what it believes is the best products. A U.K.-based website, Best This Year allows you to check a product sold through Amazon on its website. As I'm typing this, the site shows a variety of products, ranging from bread making machines to the best shampoo bars (a growing trend is to wash your hair using a bar, similar to a bar of soap, rather than pouring shampoo out of a bottle.)

Top Ten Reviews – Reviewing products for more than 16 years, this site says all of its reviews have been written and edited by experts in their fields. "We test as many products in one category as possible to ensure we can really find the best product out there," says the website. The company makes money when readers buy products from an affiliate link to retailers on its website. Top Ten Reviews

adds, "Crucially, we take no money or compensation from brands when we review their products. It's important to us that we remain completely neutral and unbiased when we test and review."



Rtings — "We purchase our own products and put them under the same test bench, so that you can compare the results easily. No cherry-picked units sent by brands," writes the Rtings website. The Canadian-based website groups products in categories and then shows the latest activity in each category. As I write this, there are 133 printer reviews. It breaks down the printers in categories of photo, laser, all-in-one and more. You can also view all printer reviews by using the "View all printer activity" link. The site specializes in electronics ranging from blenders to computer monitors, to TVs to vacuum cleaners. Scroll down the page for an individual item and you'll get specific scores tagged to each product reviewed.

#### **Get More Out of Your iPad Tips & Tricks For Your Tablet**

by Kurt Jefferson

It's hard for most of us to realize that the most popular computer tablet is now 12 years old! Apple introduced its first iPad model in spring 2010. As of 2020, Apple had sold more than 500-million.

Despite the iPad's popularity, many users are just scratching the surface. There are many features available if only users knew how to access them.

Here are some tips to help you get more out of your iPad:

Visit Settings > **Battery** to learn the health of your iPad's battery and discover which apps are using the most juice. You can then close those apps when you're not using them.

I have gotten into the habit of doubleclicking my home button and swiping up on an individual app's window when I'm done using it. That cuts down on battery use and the amount of memory required to run that specific app.



A screen grab from my iPad shows that I last charged my battery to 100% on Sunday and in the last ten days, the Firefox browser is using more battery power than any other app installed on the tablet.

If you use an iPad Air, an iPad mini 2, or a later **model**, you can view two apps at once. As TechRadar explains, "Open the first app and then slide up from the bottom to show the Dock. Touch and hold the icon for the second app and drag it upwards; it'll now appear in its own panel. If you're opening an app when you're already in Split View - more of that in a moment - slide the app over the divider between the two open apps."

Plenty of apps want to work in the background, but there's no reason to let them do that. Why zap your battery and use so much memory just because an app is running in the background and using your resources? One of the biggest resource hogs is the Facebook app. So you can stop it from running in the background (along with plenty of other apps). Visit Settings > General > Background App Refresh. Look for an app and use the slider next to its name to stop the app from updating in the background.

#### Do I Need Antivirus for My Mac?

by Kurt Jefferson

machine.

Should I to run anti-virus software on my **Mac?** That's a question often posed by Mac users. Despite the fact there are hundreds of millions of Macs used around the world, not everyone runs anti-virus software. Most Mac users have never seen a Mac virus - and Windows viruses have no impact on the Mac. Some folks cite the cost of having to buy anti-virus software, while others fear it will slow down their



courtesy: Apple

Tom's Guide notes: "As Apple's computers have grown in popularity over the last few years, cybercriminals have taken note and now develop malware and other viruses capable of infecting them. The sheer number of Mac users worldwide has created the perfect opportunity for hackers and malicious programs targeting Apple computers are increasingly becoming more common."

The well-known Internet security firm, Malwarebytes, publishes an annual State of Malware Report, noting in 2021, Mac malware increased by 61%. (At the same time, there was a drop in adware and potentially unwanted programs (PUPs) on the Mac platform.)

Malware is intrusive software that is designed to damage and destroy computers and computer systems. Malware stands for "malicious software." The report notes, "On macOS, adware is by far the most dominant type of malware that we see. Interestingly, it is also some of the most sophisticated malware that we see." Adware is software that hides on your Mac and serves up ads. Some adware monitors your behavior online so it can target you with specific ads.

If you've decided to run anti-virus software on your Mac (or switch from another company), here are some well-regarded Mac antivirus software brands:

- Intego Mac Internet Security X9
- · Bitdefender Antivirus for Mac
  - Clario AntiVirus for Mac
    - TotalAV for Mac
- Malwarebytes Premium for Mac
  - Norton 360 Deluxe for Mac
- McAfee Total Protection for Mac
- Avast Premium Security for Mac
  - Avira Prime for Mac

I like reviews – they help me map out a plan of action.

Macworld gives Intego the number one rating. Intego is a long-time player in the Mac security business. It was founded in 1997 and released Rival, an antivirus for Mac OS 8.

Among PC Mag's top-ten picks include Bitdefender Antivirus for Mac, Norton 360 Deluxe for Mac, Total Defense Essential Antivirus for Mac, Trend Micro Antivirus for Mac, Webroot SecureAnywhere Antivirus (for Mac), Intego Mac Internet Security, and Clario.

#### Studies: Many Older Americans Fail To Benefit From Smartphone Health Apps

by Kurt Jefferson

**Studies by AARP, the University of Michigan,** and Pew Research reveal that many older Americans are missing out on smartphone health apps that could really help them. Those same individuals are missing online medical connections with their doctors, hospitals, and clinics.

The news site Axios reported in late September: "Smartphones have moved from being a luxury or a convenience to become a necessity or a lifeline, yet people over 50 are both less likely to own the devices and more likely to feel excluded by them. More than ever, services and businesses from banks to doctors' offices and restaurants to airlines expect users to have access to smartphones — but many older people still lack digital skills, and products don't always take their needs into account."

A headline on a University of Michigan story about its study: *Health Apps Could Help Older Adults With Anything From Sleep to Diabetes, but Most Don't Use Them.* 

That study in February by the University of Michigan's Institute for Healthcare and Innovation discovered that health apps on phones could help older adults with problems ranging from sleep

to diabetes, but many folks don't know how to use them.

The study noted than more then 350,000 mobile health apps are currently available.

These apps deal with all sorts of health issues such as managing chronic conditions like Type 2 diabetes. The University of Michigan National Poll on Healthy Aging asked a national sample of Americans between 50 and 80 about their use and interest in mobile phone health apps.

The poll revealed that fewer than one in three people over 50 currently use mobile health apps for any reason and just 28% use them to track their blood sugar levels.

University of Michigan Poll Results – Use of Health Apps by Americans Between the Ages of 50 and 80:

**K** Back Tue, Sep 20 ď **Outdoor Walk** Open Goal 9:27 AM - 10:30 AM ⋆ Lexington **Total Time** Distance 1:02:45 2.96мі Active Calories Total Calories **Elevation Gain** Elevation ▲ 1,001FT MAX ▼ 949FT MIN 86FT Avg. Heart Rate Avg. Pace

The Activity app on an iPhone running iOS 15 shows results from a morning walk in a Lexington park. If you have an Apple Watch, the same data is displayed on the smartwatche's screen.

34% say they are using or have used an exercise app

- 22% for nutrition
- 20% for weight loss
- 17% for sleep
- 9% for blood pressure readings
- 8% for meditating
- 5% for stress management or mental health support

Older adults who say they have excellent, very good or good health are more likely to use a mobile health app than adults in fair or poor health.

**Regarding diabetes**, the Michigan poll reveals "a minority of older adults with type 2 diabetes are using a health app to help manage their diabetes, and even fewer are using a CGM (continous glucose monitor, a small patch worn on the skin that continously monitors blood sugar.) It is possible that more people could benefit from using a CGM, and the poll found that more than half of older adults who were not using a CGM would be interested in trying one. Clinicians should discuss CGMs with their patients with diabetes to determine whether these tools could be helpful to them."

**The Pew Research poll** from January of this year revealed that 96% of Americans between 18 and 29 own a smartphone. Just 61% of those 65 and older own one. That helps explain why some don't use health apps.

The AARP study from last December unearthed an interesting tidbit: 35% of those 50+ would use tehnology more if they knew how. And, 44% of those aged 50 and over indicated they would like a better grasp on technology.

Two in five adults 50 and over don't think technology is designed for people of all ages. "The older a person is, the more inclined they are to feel that technology is not designed with all people in mind," according to the AARP study. In addition, some report stumbling blocks because they feel technology is simply not designed with older adults in mind.

So there are dozens of health-related apps which could improve the lives of older Americans. The fly in the ointment is many don't own a smartphone or don't know how to use an app designed to benefit them.

AARP Study is here. University of Michigan study. Pew Research poll.











#### Study: A Little Kindness Goes Unexpectedly Far

#### We Underestimate the Power of Reaching Out To Friends, Family, and Others

By Kurt Jefferson

While assembling the bits and pieces of this newsletter in September, I stumbled across a new study which surprised me. It's all about kindness - and its impact.

The Journal of Experimental Psychology released results of a new study which concluded: "Small and simple gestures have immense, underestimated power," as the news site Axios reported. In other words – a little good goes a lot farther than most of us would imagine.

Whether it's giving hot chocolate to skaters in a park or calling a friend for a chat – the impact is far greater than most people understand, according to the study.

"From giving away a cup of hot chocolate in a park to giving

away a gift in the lab, those performing a random act of kindness consistently underestimated how positive their recipients would feel, thinking their act was of less value than recipients perceived it to be," according to a study summary on the American Psychological Association website.



researchers there completed a series of eight experiments involving students.

Some students offered others a ride home, while others baked cookies and gave them to other students.

Those on the receiving end of acts of kindness were asked to fill out a questionnaire after the act. Those providing the kind act were also asked about it.

Because we often underestimate just how positive these acts of kindess will be, more often than not, we don't perform them, wrote Amit Kumar, the study's co-author and assistant professor of marketing and psychology at UT, Austin.

"The researchers found that in all of the experiments, both the recipients and performers ended up in better moods than normal after the act, Kumar said, and the recipients felt significantly better than the performers anticipated," according to The Daily Texan article. Kumar added that he hopes the research will make people more aware of their impact on others and be kind when they get the opportunity.

#### **Apple Introduces a Slew of New iPhones**

#### Apple Watch Series 8 and AirPods Pro 2 also Announced

As MacRumors wrote, "It took Apple more than an hour and a half to introduce all of its new devices during its "Far Out" event... That event, held in early September, announced a bevy of new iPhones ranging from the iPhone 14 and iPhone 14 Plus with new emergency satellite connectivity.

The new iPhone 14 models also offer an extra hour of battery life, improved cameras, removal of the SIM card tray on U.S. models. Apple also announced an updated version of its lower cost iPhone SE model.

The review site, Tom's Guide, crunches the numbers to compare one iPhone 14 model against another. (The iPhone 14 Plus isn't yet available – it goes on sale Oct. 7.)



Courtesy: Apple

Here's are the website's conclusions:

- The regular iPhone 14 is, overall, the best model for most folks interested in buying an iPhone. You do get a faster A15 Bionic processor and a camera with much improved low-light performance.
- Tom's Guide calls the iPhone 14 Pro "the best phone under \$1,000." You get an always-on display, top performance with the A-16 Bionic processor, and a new feature called the Dynamic Island (an interactive notch which doubles as a hub for alerts, notifications, and more.)
- "It's very rare that we give any device a 5-star rating, but the iPhone 14 Pro Max earns that honor by offering everything the iPhone 14 Pro does plus a larger display and truly epic battery life," writes reviewer Mark Spoonauer in his Tom's Guide overview of Apple's newest iPhones.

With the new iPhones, Apple released iOS 16, the latest version of its mobile operating system. iOS 16 offers plenty of new features, but one feature in particular will "blow your mind" writes Tom's Guide. That's the ability to isolate parts of your photos so you can paste them somewhere else.

If you're an Apple Watch owner, you'll be interested to learn that Tom's Guide calls the just-released series 8 version, "the best smartwatch, hands down." The website gives the new smartwatch five stars - an unusual rating. The new Apple Watch gets a skin temperature reader, car crash detection, low power mode (which can extend the battery life to 36 hours), tracks irregularity in menstrual cycles, and more.



You read that correctly. The new Apple watch will detect whether or not you've been in a car accident (the watch senses you've come to a sudden stop, there's been a change in air pressure (air bags expanding), and the microphone detects a crash. The watch will ask if you want to call emergency services. If you don't or can't respond, the watch will automatically call for help after a few moments.

With the new AirPods Pro 2, you can customize your listening experience through what's called a Spatial Audio Profile. The earbuds come with low-distortion audio drivers and custom amplifiers. Apple says the new version of its earbuds offer double the amount of noise cancellation over the original AirPods Pro models.

#### Apple Introduces a Smartwatch Built to Endure Extreme Environments: The Apple Watch Ultra

by Kurt Jefferson

Lost among the many stories about Apple's newest devices is a new product you might not have heard about: the Apple Watch Ultra. In late September, most tech coverage detailed the new iPhones and Apple Watch Series 8.

But there's a new smartwatch in town. The Apple Watch Ultra is "a whole new kind of smartwatch" as MacRumors writes. To steal an old advertising slogan, this is definitely not your grandfather's Oldsmobile.



courtesy: Apple

In fact, the new Apple Watch Ultra is built for situations where most other smartwatch models can't compete: quite extreme weather conditions and diving up to 40 meters (131 feet under water.)

"Introducing a watch that pushes boundaries" is the one line Apple is using to sell this new watch that stands apart entered the multisport watch game," writes The Verge. from the rest. The price also stands apart: \$799.

It comes with extended battery life, an always-on display, cellular phone service, and a titanium casing that is aerospace that I've seen in a while. A lot of thought was put into grade (you may know that titanium is the metal used in the manufacture of the Grumman F-14 Tomcat, star of the Top Gun movies.)

#### **Apple Watch Ultra Features include:**

- Aerospace-grade titanium case
- Extended battery life (Up to 36 hrs.-60 hrs. on low-power setting)
  - Cellular phone service when activated
    - · Larger Display that is always-on
  - More reliable GPS (dual-frequency)
    - Corrosion-resistant case
      - Flat display
    - Rated IP6X Dust Resistant
  - 86-decibel siren to alert attention
- Tested to withstand extreme altitude, high and low temperatures, immersion, temperature shock, freeze/thaw, physical shock and vibrations.
  - Water resistance rating of 100 meters
- May be used for recreational scuba diving to 40 meters
  - May be used for high-speed water sports
  - Car crash detection to alert emergency responders
  - Emergency SOS (Press and hold the side button to contact emergency services.)
- · Health features similar to what's available on other Apple Watches including – ECG, heart health notifications (high, low, or irregular heart rhythms), blood oxygen levels, sleep tracking, and cycle tracking for women.

#### **Reviews of the new Apple Watch Ultra**

TechRadar writes, "This is the Apple Watch you've been waiting for...if you can afford it." Its review claims the Apple Watch Ultra is "arguably the best smartwatch around at the moment.

The Verge writes, "The Apple Watch Ultra is easily the best wearable that the brand has ever made, bringing a bright, large screen, a new customizable physical button for making running workouts easier to start or end, and a longer battery life. A clear attempt to take on the likes of Garmin and Polar, Apple has stuck a lot of useful tech and genuinely helpful features that will be of real use in an emergency - for the intermediate fitness enthusiast, or someone that can afford a slightly better Apple Watch, this is an easy buy." The bottom line:  $4 \frac{1}{2}$  stars out of 5.

The Verge put the \$799 Apple Watch Ultra through its paces, producing a lengthy review. "A new player has

Writer Victoria Song concludes: "All in all, the Ultra is one of the best debuts in a new product category the Ultra, and it shows. It's not enough to make Garmin shake in its boots just yet, but it's more than enough to pique interest and spark **competition.** Apple's officially a viable contender in the rugged watch category—and I can't wait to see what comes next."

Song adds that hardcore athletes or explorers may want additional features they're used to, and the Ultra doesn't offer them (yet). Clearly, she believes this is one smartwatch to, um, watch.



courtesy: Apple

#### Why Buy a Chromebook Laptop? The Simple Answer: It's a Lot Less Expensive **But Chromebooks Are Not For Everyone**

by Kurt Jefferson

In this era of high prices, many folks are wondering whether they should consider other options besides an expensive new Windows or Mac laptop or desktop.

One popular option is the Chromebook which is used by many students nationwide, is more affordable than Windows or Macs. and uses browserbased software to replace the apps on which



Courtesy: Firmbee.com on Unsplash

we rely on more mainstream Windows and Macintosh computers.

There are some caveats here. If you have a really lousy Internet connection, a Chromebook may not be the best choice since you have to rely on a Web browser to get work done.

One surprise for many users – yes, you can create and open Apple Pages, Numbers, or Keynote documents on a Chromebook by using the iCloud.com website to log into your Apple ID and use those apps while saving them in iCloud.

You can also open and work on your Microsoft Word, Excel and PowerPoint files using a Chromebook on the Internet.

And, we should mention, Chromebooks are not for everyone. If you really like using macOS or Windows 10 or 11 - you won't have exactly the same experience on a Chromebook. Mac users are known for being big fans of their computers because they're easy to use, the operating system stays out of the way, and macOS helps you get your Switching from Windows or Mac to a Chromebook work done.

Many Windows users like to configure their machines so they can quickly use the Taskbar, menus, keyboard commands and other features. They're familiar with the computer. Chromebooks are a different breed and it takes time for the user to get used to ChromeOS.

The review website, Techgearlab, asks the question – Would a Chromebook Work For You? Could I Use a Chromebook as My Primary Computer?

"Chromebooks excel at what ends up being probably 95% percent of the things that 95% of people use computers for; email and general web browsing. Anyone with a Gmail account or that uses the Chrome browser is going to find using a Chromebook easy and intuitive, as the Chrome browser acts as their main interface. If you just want a simple tool to complete these basic tasks, a Chromebook is perfect, and essentially any model will work," writes Techgearlab.

One problem I have with the Google Chrome browser is that it will never win any awards for privacy. It tracks a great deal of users' data.

A number of websites that spend considerably time testing browsers don't recommend using Chrome because of that. Lack of privacy. If you're interested, this Lifewire website tells you how to stop Google from tracking you.

If you can live with that, then a Chromebook might work well for you since you'll spend most of your time on that computer using the Google Chrome browser for nearly everything.

Chromebooks run ChromeOS, an operating system built entirely around Google Chrome.

But you can install Linux versions of Firefox and Microsoft Edge on your Chromebook. (You'll need to choose a Chromebook that supports Linux apps.) You can also run tablet Android browsers on some Chromebooks.

Install Different Browsers on a Chromebook

Can I Use Mac Pages on a Chromebook?

How to Access Microsoft Office on a Chromebook

How to Make Your Cheap Chromebook Look and Feel Like a High-Priced MacBook



## How to Tackle the Most Common Windows 11 Problems

#### by Kurt Jefferson

**Got Windows 11 problems?** If you've installed the latest version of Microsoft's PC operating system, you might have encountered a few problems.

Sure, there is a learning curve, but take the time to learn it and you should feel at home.

But a certain percentage of folks have encountered a variety of issues, ranging from extremely s-l-o-w Internet connections to installation problems. It can be quite frustrating, because you just want your PC to work well rather than having to spend hours troubleshooting.

Techradar has listed ways to fix the most common problems ranging from just installing the operating system using the Windows 10 update tool to the inability to search using the Windows 11 start menu.

Check out that website for some excellent tips on how to resolve all kinds of potential problems.

Another website that offers quite a few problem-solving tips is Windows Central. Here, you'll read about typical Windows error code numbers and what to do about them. It also tells you what to do if you're trying to install Windows 11 using a Flash drive and the installation fails. (Most likely, the site says one or more files are either missing or damaged.)

This site is quite extensive – and even offers tips on solving the reported black screen upon installation issue.

Another website you'll want to check out is Stellar Info. That site reports, "After installing the new Windows 11, many users have reported facing various problems and issues. In this post, we'll be discussing some known Windows 11 problems and bugs, along with the solutions to resolve them." So if you've encountered problems with installation, you're not alone.

Tom's Guide is one of my favorite "go-to" websites for reviews, troubleshooting tips, and buying guides. The site posted an article, *Windows 11 problems and fixes – everything we know so far –* that's a comprehensive guide to getting your copy of Windows 11 up and running.

Before you consider installing Windows 11, you need to figure out whether or not your PC is compatible with the new operating system. Microsoft offers a simple page with a link providing that answer. Good luck!



#### Winter Is Coming. What To Expect?

by Kurt Jefferson

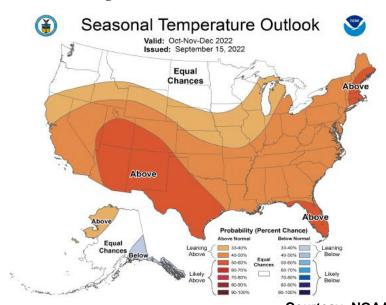
No one in Central Kentucky needs to be told that fall is the precursor to winter.

Some of us look forward to colder weather, snowflakes in the air, and the opportunities that winter bring such as skiing and sledding.



Others dread the thought of snow-covered roads, below freezing temperatures, and potential snow and ice storms. While folks at *The Old Farmer's Almanac* and *The Farmer's Almanac* have come out with their own predictions, here's what the forecasters at the National Weather Service are saying:

The third La Niña winter in a row is expected — which is only the third time this has occurred since 1950. That spells a potentially warmer than normal period for the Ohio Valley region. In fact, there's a 40-50 percent chance we'll see warmer than normal temperatures through the end of 2022, according to NOAA forecasters.



Reaching into the new year, Central Kentucky has a 50-55 percent chance of warmer than normal temperatures for January, February and March 2023.

For the period from December 2022 through February 2023, we have a greater than normal chance of rain or snow, say the folks at NOAA.

Looking further ahead, the NOAA Weather Program Office is conducting what it calls The Spring Experiment to test equipment, issue warning tests, and evaluate new science, technology and products to see how they might improve upon the current forecasts.

## • The Deal •

(Available Only to CKCS Members)

Visit KyTrade √

Show Your Current CKCS Membership Card  $\sqrt{\phantom{a}}$ 

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



# Time Nachine

**Turning Back the Clock With Photos From the Library of Congress** 



#### Berea College Sends Extension Worker Teachers Into Lonesome Hollow in Perry County

The Library of Congress notes the goal of the effort was to teach scientific principles of agriculture, home economics and community organization to people living in Kentucky's remote communities. This was a Berea College adult education effort.

Date created: August 2, 1920 Photographer: Unknown Medium: Photographic print

This print is part of the American Red Cross photo collection.

#### Canadian-American Stage and Screen Actress Mary Pickford Poses on the Beach with a Motion Picture Camera

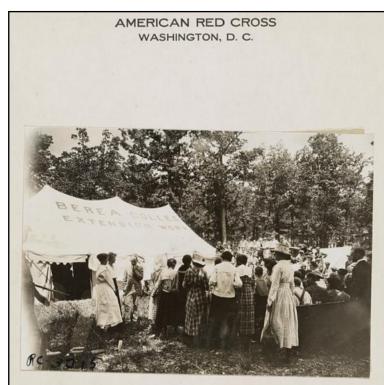
Wikipedia notes that Pickford was dubbed "America's Sweetheart" during the silent film era.

She played a major role in the development of film acting. Pickford was one of the first Canadian pioneers during Hollywood's early years. She was born in Toronto.

Her career lasted more than five decades and she was one of the 36 founders of the Academy of Motion Picture Arts and Sciences. Pickford co-founded the Pickford-Fairbanks Studio and United Artists.

Pickford was one of the most popular actresses in the 1910s and 1920s. She was even nicknamed the "Queen of the Movies."

Date created: circa 1916 Photographer: Unknown Medium: Photographic print





#### Cowboys on Horseback Rush to the Aid of Fallen Comrade

A cowboy at the Turkey Track Ranch in Texas is on the ground after his mount steps in a prairie dog hole and throws him.

Creation date: Circa April 8, 1908

Photographer: Erwin Evans (1886-1947)

Medium: Photographic print





#### Ad For Scotch?

Grouped under the category, advertisements, this photo appears to be an ad for scotch.

Two men wearing kilts, with a third man standing at the small table, are shown sitting and drinking Sandy MacDonald Scotch. It's commonly called Sandy Mac, and is an older brand of scotch once made by MacDonald Greenlees, a scotch whiskey blender in Leith, on the far northern edge of the city of Edinburgh, Scotland. In the 18th century, Leith was Scotland's main trading port.

Creation date: 1913 Photographer: Unknown Medium: Photographic print

#### The Flying Merkel

An ad for the Merkel motorcycle, showing J.P. Schantin "crossing the great American desert" on his "flying motorcycle."

Joe Philip Schantin become a local celebrity after he completed what was described as a "harrowing" journey on his Merkel from Portland, Oregon through the American Southwest to Portland, Maine. He eventually acquired the Pacific Northwest franchise for Harley Davidson motorcycles. Accounts say few people at the time knew he accomplished this with a wooden leg received during his childhood.

Creation date: Circa 1913. Medium: Color print poster





An ad for *Bright Lights*, a movie starring Roscoe "Fatty" Arbuckle and Mabel Normand.

Internet Movie Database notes the storyline revolves around a cabaret installed in a small town hotel, in an attempt to compete with restaurants in the large cities. The problem? The hotel manager recruits all of his talent from the hotel staff, including the cook, Roscoe "Fatty" Arbuckle. Mabel, a waitress, willingly leaves the hotel with a "city slicker" played by William Jefferson. Arbuckle realizes he's in love with the waitress and starts out to track her down.

Creation Date: Circa 1918 Medium: Lantern slide proof

According to the Brown University website, "Before there was Powerpoint and data projectors, before even 35mm Kodak slides (which now too have fallen into disuse), there were "magic lantern slides." With the advent of photography, better optics, and the electric light, by the late 1800s, lantern slides were cutting edge media--projecting an image large enough a whole classroom (if not auditorium) could see."

## The Byrd Antarctica Expedition is forced down in the snow.

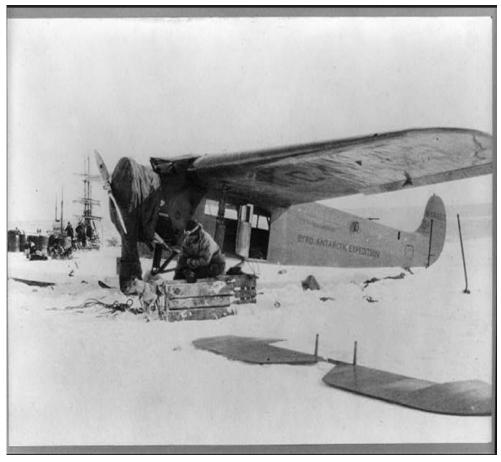
The Fokker monoplane in which Bernt Balchen, Lieutenant June, and Professor Gould were flying in is forced down while on a scientific flight to Antarctica.

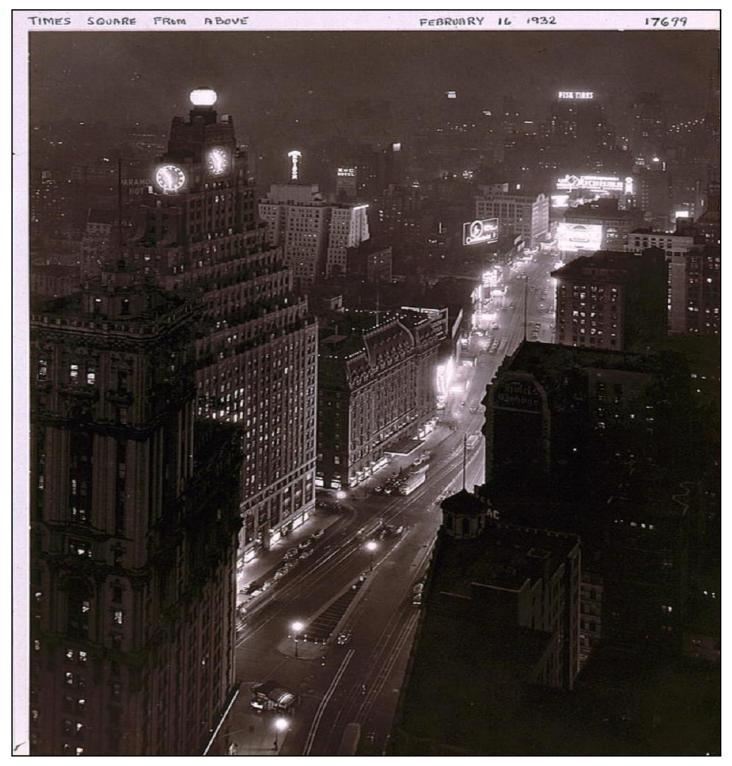
The Library of Congress notes that Bernt Balchen is shown with a sled dog next to the expedition's Fokker aircraft.

Wikipedia writes that Balchen was a Norwegian pioneer polar aviator, aircraft mechanical engineer and military leader.

He later became an American citizen and received the Distinguished Flying Cross. In November 1929, Balchen, as chief pilot, became one of the first four men to fly over the South Pole in a Ford-4 AT-Trimotor aircraft.

Photographer: Unknown Creation date: Circa April 1929





**Times Square From Above, New York City** 

Creation date: Feb. 16, 1932 Gelatin silver print

Photographer: Samuel Herman Gottscho

(1875-1971)

From his collection titled, 71 years, or  $My\ Life\ With\ Photography$ 

From the Gottscho-Schleisner Collection at the Library of Congress



**Times Square Street Scene, New York City** 

Pedestrians walking along the sidewalk and standing on the corner next to an Omnibus. Various stores and signs visible including: Walgreens, Simon Ackerman Clothes, Toffenetti Restaurant, and Kleenex.

Creation date: May or June 1952

Photographer: Angelo Rizzuto (1906-1967)

From a wide 35mm negative (roll format)



#### **Longacre Square South, New York City**

Longacre Square, now named Times Square, with theaters, shops, hotels, and the *Times* Building. Scene shows people, trolleys, and horse-drawn wagons in the street.

Creation date: 1911

Photographer: Irving Underhill (Died in 1960)

From a gelatin silver print.



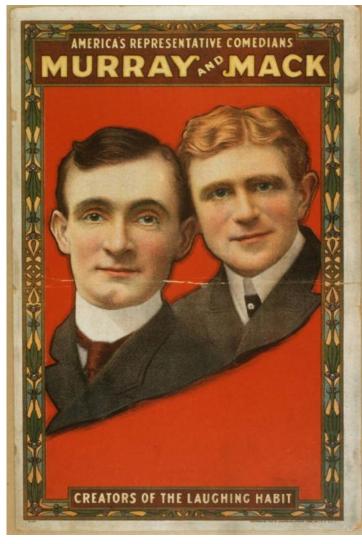
#### Living on a Skyscraper

A New York City rooftop garden filled with flower plants and vines; a woman and man sit in the background.

Creation date: Circa 1919

Photographer unknown, Published by the Bain News Service

From a glass negative.



#### **Murray and Mack**

A color lithograph poster promoting the popular comedian team of Charlie Murray and Ollie Mack. The pair has been forgotten today, but they were major vaudeville stars for 21 years.

While a child, Murray's family moved to Cincinnati, and by age 11, the youngster was doing bareback riding stunts and acrobatics.

Ollie Mack was born Oliver Turnbull and teamed up with Charlie Murray to travel the U.S., hitting the vaudeville stage in one city after another.

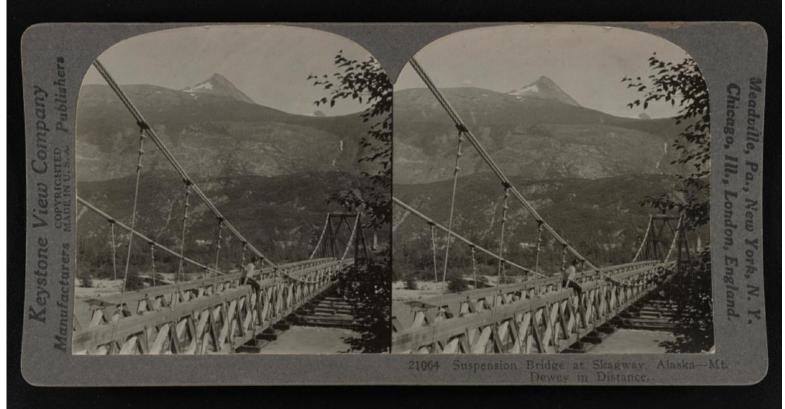
After deciding he had enough living in hotel rooms, Mack decided to leave the stage.

Murray joined Biograph Studios in New York in 1912 and received a star on the Hollywood Walk of Fame on Feb. 8, 1960.

Creation date: Circa 1906

Creator: Ackermann-Quigley Litho. Co.

Source: The University of Arizona



A stereograph view of the suspension bridge at Skagway, Alaska (with Mt. Dewey in the distance.)

Creation date: 1926 Photographer unknown. Keystone View Company is the publisher. Format is a print on card mount.



A crowded bar in New York City moments before midnight when wartime prohibition took effect.

Creation date: June 30, 1919

From the *New York World-Telegram* and *Sun Newspaper* photo collection.

Photographer unknown.



New York City Deputy Police Commissioner, John A. Leach (right), watching agents pour liquor into the sewer following a raid during the height of prohibition

Creation date: Circa 1921

From the *New York World-Telegram* and the *Sun Newspaper* photo collection The black grease pencil mark shows editing for publication in newspapers.

#### Photographer unknown



#### The "moonshine" man of Kentucky

A composite of five scenes of moonshining, showing a man cutting down a tree, a man mixing ingredients, a moonshiner held captive by three men, three men on horseback begging for breakfast from someone who framed them, and a boy holding a jug by a still house.

These wood engravings appered in *Harper's Weekly* on Oct. 20, 1877.

A composite of wood engravings appeared in the magazine as seen at left.



Ten Members of the Des Moines Searchers and Advance Guard of the Fighting Prohibition Army, sitting behind their bloodhound. This group was sometimes called "The Frank Pierce Gang,"

The Iowa legislature passed an alcoholic prohibition act on July 4, 1884, making the consumption and manufacture of alcoholic beverages in Iowa illegal for the next decade.

Historians report the gang was formed to suppress public drinking and that Frank Pierce was especially eager to use his revolver. One report says he shot a man inside another man's home because he wouldn't allow him to search the home for alcohol and spirits. The guard kept a special eye on pharmacists who sold more spirits than any other businesses. If the guard witnessed a man or woman leaving a pharmacy with a bottle of schnapps, they followed them to see where they went to potentially make an arrest. In a document called The Prohibition Plague from the University of Iowa, the guard is referred to as "notorious hoodlums" the Temperance Alliance had enlisted in order to stop public drinking of alchohol. The lengthy account notes numerous questionable efforts by the guard to retrieve alcohol from individual's homes at any cost.

Creation date: Jan. 1, 1889

Photographer: James, of Des Moines, Iowa

Medium: Photographic print

## Monthly Photo Contest Jopics

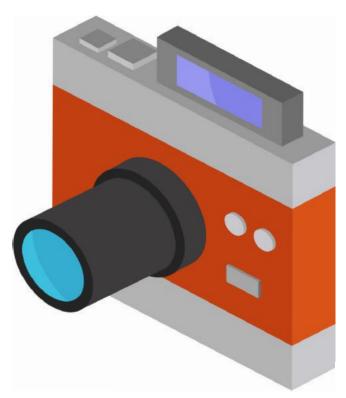


Oct. Bourbon

Nov. Three of something

**Dec.** No Contest (Happy Holidays)





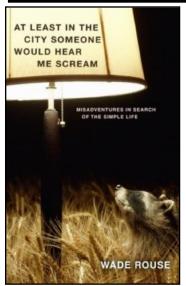
Email your photos to joedietz@aol.com one day before the Digital Photography SIG meeting.

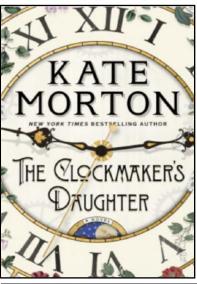


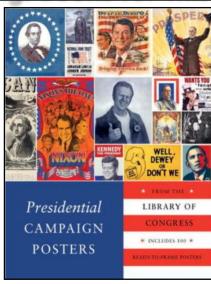
Held by the CKCS Digital Photography SIG



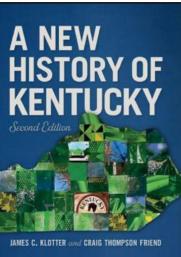
### October Reading: Books for This Fall

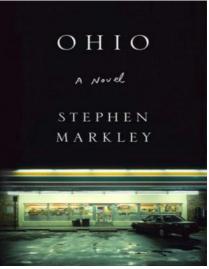


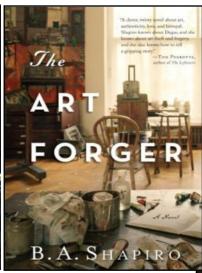




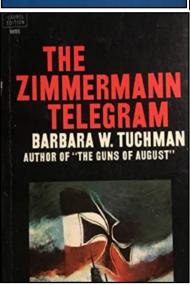


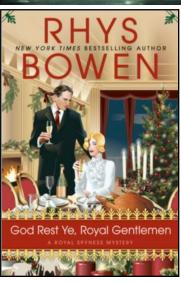


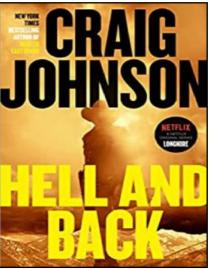


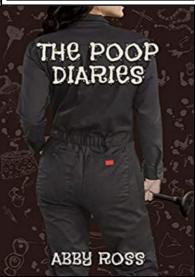








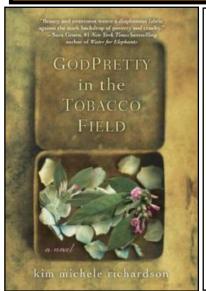


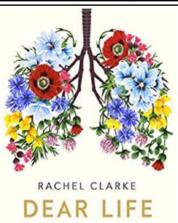






## Fall Reading Is Well Underway... Enjoy!

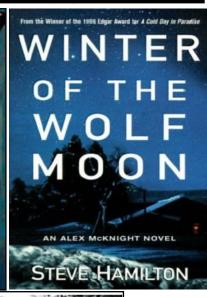




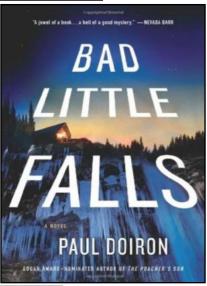
A doctor's story of love and loss

'A truly wonderful book. Read it'







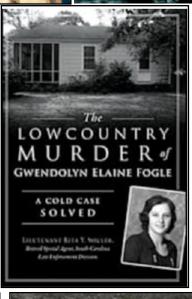




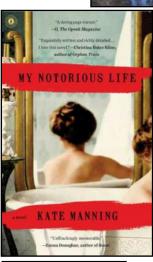
### UNITING AMERICA

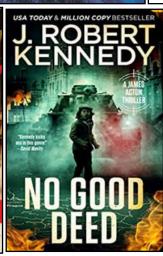
How FDR and Henry Stimson Brought Democrats and Republicans Together to Win World War II

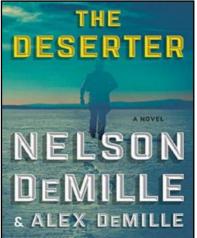
PETER SHINKLE

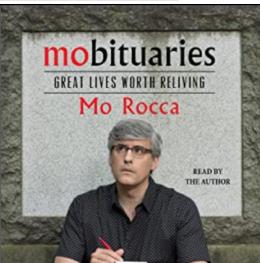


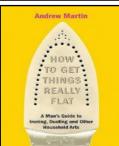


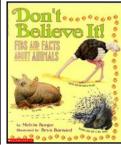


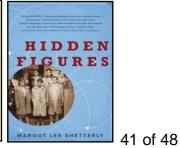


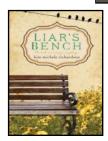


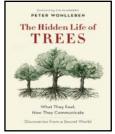














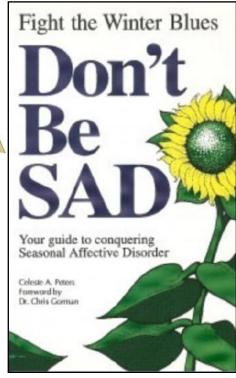
### Fall Reading Is Fun



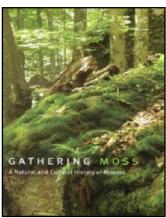








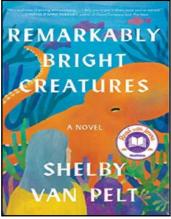


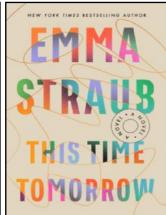


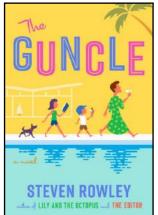


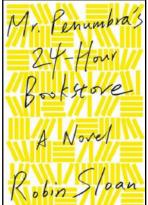
















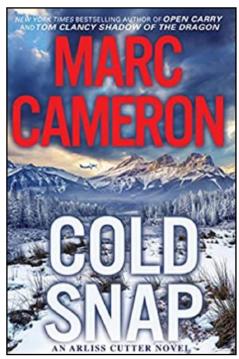
### Other Books For Your Fall Reading List

- Other Birds by Sarah Addison Allen Crying in H Mart by Michelle Zauner
   Verity by Colleen Hoover The Ink Black Heart by Robert Galbraith Atomic Habits by James Clear
- Nothing More to Tell by Karen M. McManus
   Wrong Place, Wrong Time by Gillian McAllister
   Diana, William, and Harry by James Patterson, Chris Mooney
- A Good Girl's Guide to Murder by Holly Jackson The Old Farmer's Almanac 2003



## Hey, What Are You Listening to?

By Kurt Jefferson



Fans of writers
C.J. Box, (Joe Pickett series)
Paul Doiron,
(Mike Bowditch series) and Lee Child
(Jack Reacher series) might just become addicted to Marc Cameron's Arliss Cutter series.
Seriously. Addicted.

I'm listening to the audiobook version of *Cold Snap* and find myself walking an extra lap just to keep listening.

(I only listen to audiobooks when I'm walking or exercising.

That provides a double incentive—to burn calories—and to keep listening.)

Arliss Cutter is a U.S. Marshall stationed in Alaska (his female boss was born in Kentucky.) Cutter is a natural tracker, was raised in the Florida swamplands, and adheres to "Grumpy Rules,"—rules for living issued by his late grandfather.

Alaska scenery can be breathtaking. The weather can be downright deadly.

Set in that backdrop, Cutter and his deputy partner, Lola Teariki, serve on Alaska's Fugitive Task Force, which means they track down fugitives in Anchorage, Juneau, Fairbanks, northern Alaska, or anywhere in the state they're sent.

**Kristine** explained on the Goodreads website why she gave *Cold Snap* a five star rating in June:

Absolutely loved this book! I am not usually an action/thriller book kinda fan, but mix in a serial killer, snow, the cold and wilderness and count me the heck in! The characters were likeable, very relatable and easy to root for. The plot was multidimensional and came together nicely, in an action-packed manner. Novels set in cold and snowy climates is my weak point, so this definitely played a role of my enjoyment too!

Bam Cooks the Books sent this review to Goodreads: I've enjoyed this series from the start. The Alaskan setting is pretty terrifying itself as one experiences the wild, magnificent power of Mother nature. The humans can be pretty wild and dangerous themselves--even the good guys, haha. I enjoy these well-developed characters and their personal

relationships and look forward to where Cameron will lead them next.

**Jeremy** discovered that he really likes Marc Cameron's style: Cameron is a hell of a writer and he has created probably my favorite character of his in Cutter. That's saying a lot because I love his Jericho Quinn character. Cameron has also created a serial killer that is the stuff of nightmares.

Not everyone is a fan. **Gail** wrote in early April: Won this book in a goodreads giveaway. It was OK but not my kind of book. Found it to be. Boring and drawn out.

**Sandra** disagrees: I have read the previous three books in this series. For me, this was the best one. Cameron just gets better. Arliss and Lola are more fully developed characters by now--actually, everyone is--even the teenagers and bad guys. No stereotypes allowed.

Cold Snap is the latest in the Arliss Cutter series – book #4 published in 2022. The others are:

- Open Carry (2019)
- Stone Cross (2020)
- Bone Rattle (2021)

You don't necessarily need to read them in order, but it helps to keep track of exactly where Cutter stands and the forces that have helped make him the man he is as he winds his way through very challenging cases.

I did find all four books in the Arliss Cutter series available in Kindle format at the Lexington Public Library if you like to read the print version.

If you prefer the audiobook format, luckily, the library also has all four books available for listening on your iPod,

iPhone, Android phone, or other mobile device.

The fifth in the Cutter series—*Breakneck*—is due to be released next spring—in April 2023.

Arliss Cutter book addicts like me will have to bide our time and find another book to fill the void until the latest Cutter adventure is released. Stay tuned.



## Hey, What Are You Reading?

#### By Kurt Jefferson

You may never have read this before. In fact, I suspect millions of Americans have never heard of a rare genetic blood condition that turns the skin blue.

Yet, in parts of rural Kentucky years ago lived the blue Fugates and the blue Combses. How Stuff Works explains that both families passed on the rare blood condition that turned their skin a shade of blue.

A similar condition afflicted Intuit families in Alaska.

The How Stuff Works website describes just how rare this is. "If you took any random person in the population, maybe one in 100,000 would carry this gene, if that many," says Ricki Lewis, a science writer and author of the textbook "Human Genetics: Concepts and Applications," now in its 13th edition. "But if you're marrying your cousin, it's one in eight. The risk skyrockets if you're sharing blood."



This rare genetic blood condition is pivotal to the book, *The Book Woman of Troublesome Creek*.

The year is 1936. 19-year-old Cussy Carter lives deep in the woods more than 100 miles from Lexington at a spot called Troublesome Creek. She is a librarian, riding her faithful mule through the Appalachian region to deliver books, magazines, and newspapers to the people living on her route.

Cussy has that rare genetic blood condition that turns her skin blue. Friends and foes call her Bluet, named for her skin color. Despite dangers looming along her route, and folks suspicious of her blue color, she is determined to make deliveries as part of the U.S. government's historical Pack Horse Library Project of Kentucky.

Her father, who also has blue skin, is a coal miner suffering a lung illness that makes him cough. He works "miserable long hours" during the overnight shift and deals with a coal company which makes life downright tough for its workers and their families.

The Great Depression has taken a huge toll on many of the families served by Cussy's book deliveries. There's not enough

food, money, or medicine to keep many of these folks healthy. Because of where they live, it's extremely tough to get to their rural homes that dot the mountain landscape in 1936. Cussy's visits are a joy to behold for many of these isolated families.

Jaline awarded the book five stars on the GoodReads website: Her story is inspiring. It is also heart-rending. Cussy Mary's dedication to her "patrons" on her pack horse route brings her into contact with many events, some frightening, and some very touching. My heart went out to her many times during this book, and indeed, I felt such a strong bond with the people of this county in Kentucky and their children. So many of them were starved for knowledge and the sense of pride that comes from discovering that knowledge through reading. So many of them found hope in the stories of other people's challenges and how they managed to overcome them. This novel is very strong, and it is beautifully written.

Julie Darnell wrote in 2019: One of my favorite reads this year! Cussy Mary (Bluet) is a young woman wise beyond her years and incredibly strong, brave, and intelligent despite the extreme poverty of the Kentucky Appalachia area she lives with her pa. The story is written so beautifully that it's almost poetic. It depicts the fear, racism, ignorance, and abject poverty with empathy; love not hate.

Cynthia awarded the book five stars: Warning. Caution. Do not attempt to read this book if you have no desire to get a serious case of the feelings. This is such a thoroughly enjoyable story. I love the protagonist and most of the supporting characters. And the plot twists! Just like the hills of Kentucky. The historical aspects of the story are simply incredible, and the author researched and thought it out very well. All in all quite spectacular, imho.

How Stuff Works points out that a blood doctor at the University of Kentucky discovered a cure for the blue skin condition after he searched for people with the affliction in the 1960s. The condition is now called methemoglobinemia, and can be treated by taking a pill.

Give The Book Woman of Troublesome Creek a read.

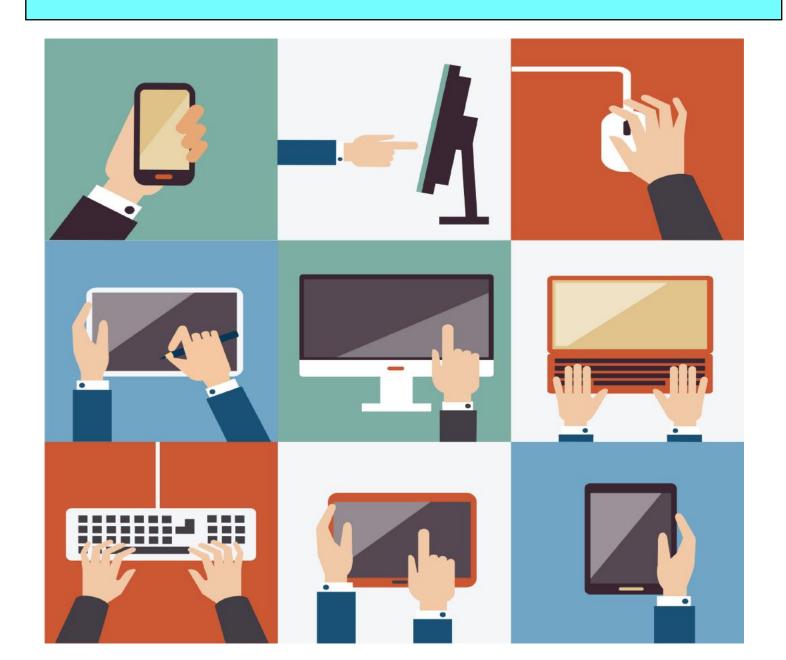
When I downloaded the Kindle version of the book, I wasn't sure I would stick with it.

Turns out, I couldn't put the book down.



# **Need Tech Help?**

Give us a try. Dr. Fixit and iHelp are available the first Saturday of the month from 10 A.M. to Noon at CKCS.



### More Studies Link Walking to Better Health

#### By Kurt Jefferson



Two studies published in mid–September show what many of us already know: Regular walks might just improve our health.

Nearly 80,000 walkers in the United Kingdom wearing wearable trackers were monitored. The research led to surprising findings: **The speed at which you walk might increase the health benefits.** 

The study showed the walkers – between 40 and 79 years old – got more benefits by walking faster throughout the day or periodically increasing their intensity.

Science Alert reported: "Those who regularly walked at a faster pace or with higher intensity at times throughout the day showed a lower risk of dementia onset as well as a lower risk of all-cause mortality, cancer and cardiovascular disease compared to those who walked slower. In the dementia study, researchers found the optimal number for intensity in their participant group was 112 steps per minute on average for 30 (not necessarily consecutive) minutes each day."

The two studies took place over two years. One focused on cancer and cardiovascular disease, while the other studied dementia. Seven years later, researchers went back and checked on the walkers. Reports indicate these studies cannot prove cause and effect. But they are some of the first to closely examine walking speed and the impact it has on a participant's health.

**Just how many steps and what speed are adequate?** The dementia study showed that a daily schedule of 9,800 steps appeared to cut the risk of dementia in half.

Science Alert wrote: "The size and scope of these studies using wrist-worn trackers makes it the most robust evidence to date suggesting that 10,000 steps a day is the sweet spot for health benefits and walking faster is associated with additional benefits," says Matthew Ahmadi, who studies physical activity at the University of Sydney."

**More work needs to be done** and additional long-term studies of walkers wearing devices tracking their steps and speed will need to be completed to further the research.

But you don't have to sprint to gain benefits. Even slow walkers benefited. For every 2,000 steps walkers took, those conducting the studies discovered a lowered risk of premature death, going up to an eleven percent reduction.

So, it would appear walking – at any speed – really does make a difference. Get out those tennis shoes!

#### **Science Alert:**

Getting Your Daily Step Is Important, But It's Not Just The Amount That Matters





From IGN: Amazon Confirms New Prime Exclusive 'Early Access' Sale For October (Is This Amazon Prime 2?)

From Live Mint:

Mozilla Accuses Google, Apple and Microsoft of Anti-Competitive Practices

From MacRumors:

Six Major Products to Expect from Apple in 2023

From Tom's Guide:

iPhone 14 Order Delays - Here's the Latest Delivery Times

From: 9to5Mac:

iPhone Users Continue to Complain of Battery Life Issues After Installing iOS 16

From 9to5Google:

Some Google Photo Users Finding That Old Images Have Been 'Corrupted'

From Bleeping Computer:

Windows 11 Now Warns When Typing Your Password In Notepad, Websites

From Cnet:

Why Windows 11's Big 2022 Update Worth Downloading

From Android Central:

Android 13 Review: It's the Small Things That Matter

From The Economic Times:

Apple's Tim Cook Hails Nine-Year-Old Malayali Girl After She Becomes Youngest iOS Developer With Storytelling App

From Tom's Guide:

The Best Windows 10 Antivirus Software in 2022

From PCMag.com:

The Best Mac Antivirus Software for 2022

From Cnet:

Stop Using Your iPhone's Noisy Keyboard. There's a Better Option in iOS 16

From MacRumors:

Apple Watch Ultra Praised by Watch World Tastemaker John Mayer

### Fall Foliage: Color Lights Up the Air As Mother Nature Prods Leaves to Change Color







**Bright yellow leaves** make for a dazzling scene in front of a town home on Lexington's south side. Photo was taken using an Apple iPod touch camera.

Captured: Nov. 3, 2015





Fall was well underway when this photo was taken displaying leaves changing their colors on a cloudy day in front of The Oaks Condos in Lexington. Photo was taken using an Apple iPod touch camera.

Captured: Oct. 9, 2015



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

**1972: Our Lives Through TV Commercials** https://www.youtube.com/watch?v=-8fpADbnmhs

**1973: Our Lives Through Commercials** https://www.youtube.com/watch?v=a3geMIs1z2E

Modern Inventions No Longer Used https://www.youtube.com/watch?v=9eL5T6SBBKw

**The Automat** https://www.youtube.com/watch?v=Jx1E-kDpVQ0

The Dial Comes to Town https://www.youtube.com/watch?v=p45T7U5oi9Q

**1930s Telephone Operators** https://www.youtube.com/watch?v=TI983ekMrhQ

CBS 1965 Saturday Morning Cartoon Lineup https://www.youtube.com/watch?v=3SNH8t-i2rU

Guess the 60s TV Show Theme Song https://www.youtube.com/watch?v=SII2vnS-hsY&t=72s

**Guess the TV Show Theme Song: 70s** https://www.youtube.com/watch?v=dlEglUjcqHA

Funny Signs, Part 1 https://www.youtube.com/watch?v=3qUN8vebJJs

**Local Gas Station Makes Whole Town Laugh Every Day** https://www.youtube.com/watch?v=CTUt26n9k\_8

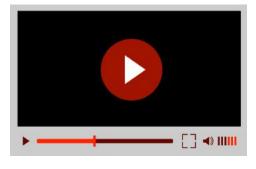
**Funny animals** https://www.youtube.com/watch?v=CkhHVPWYB2w

Top 100 Billboard Songs (1970s) https://www.youtube.com/watch?v=nh9t5QSSzDE

**70s Soul** https://www.youtube.com/watch?v=aX2uO9TmhK8

Too Late To Turn Back Now (Cornelius Bros. & Sister Rose) https://www.youtube.com/watch?v=oVZH3EzVZtk

The Hustle (Van McCoy)
https://www.youtube.com/watch?v=SFzMs2SN--s



Most Beautiful Classical Melodies
https://www.youtube.com/watch?v=VfPGNafN8K8

The Cases of Eddie Drake
1952 Dumont TV Network Detective Show
https://www.youtube.com/watch?
v=J50ExX9kGgk&list=PLzR7zr3cWSICI-fk4LD3Z2G5LicKhCNx

My Little Margie, Season 4, Episode 30 https://www.youtube.com/watch? v=X5Avylyadxw&list=PLzR7zr3cWSICI-f-k4LD3Z2G5LicKhCNx&index=9

Oldies Playing in a Coffee Shop (and it's raining) https://www.youtube.com/watch?v=nR-Zen2s2Qw

**Bookstore Café Ambience** https://www.youtube.com/watch?v=6IQqFidBXHk

Can You Answer These USA Quiz Questions? https://www.youtube.com/watch?v=lf0SnVGXN9c

Can You Answer These Questions About the 70s? https://www.youtube.com/watch?v=K-RCxJ7UVus

