



The CKCS YouTube Channel!

<https://www.youtube.com/@ckcsVideos/featured>

Check it out! There's something for everyone here including SIG meetings and more.



*Fall Starts on Sat., Sept. 23,
at 2:50 A.M. E.D.T
in Lexington.*



Sept. SIG Meetings (Special Interest Groups)

Amateur Photographers Club

Sept. 7, 14, 21, 28

In person at CKCS

Windows SIG

No Meeting in Sept.

Genealogy SIG

Sept. 18 at 7 P.M.

In person at CKCS

All Things Apple SIG

Sept. 19 at 7 P.M.

Zoom only

Digital Photography SIG

Sept. 26 at 7 P.M.

In person at CKCS



Some CKCS fall classes and workshops are underway. Others begin soon. You can find the complete list in this newsletter.



Now is the time to register.



The CKCS Newsletter is produced entirely by volunteers. We hope you enjoy it. Thank you for reading.



Typical September Weather in LEX



2023

In a typical year, WeatherTAB reports, it rains three to five days out of the month in Lexington with average monthly rainfall of more than three and a half inches. Despite that, it can be quite warm or even hot in September.

The average September high is 80.6° while the average low is 57.2°. Wanderlog notes there's a 22% chance of rain during the month, with an average wind speed of 10.1 miles an hour. There also tends to be plenty of cloudy days in September, with average cloud cover during the month pegged at 63%. In fact, the first week and a half or so of the month could include pretty good rain chances. By the time the last week rolls around, September temperatures drop. Lexington's highs are predicted to fall to the lower 70s when a mixture of clouds and sun keep high temperatures from reaching the 80s.

TripSavvy notes that fall leaves peak in color in late October or the first week of November. It adds, "Lexington sometimes gets snow as early as Halloween, but more often, cold weather doesn't arrive until early November."



WeatherTAB
Weatherspark
Wanderlog

The Heat Is On

When is it too hot to exercise outside?

There are several factors, including air temperature, temperature in the sun, humidity, wind, and the kind of clothing you are wearing, according to Ollie Jay, Director of the Heat & Health Research Incubator at the University of Sydney.

He has created a tool where you can type in your zip code to check the so-called risk level to see if it's too hot in your locale for long-distance running, soccer, equestrian activity, walking, walking (briskly) or other activities.



The CKCS Resource Center is located at 160 Moore Drive, Suite 107.
Join CKCS today or **register** for classes and workshops online:

Phone: (859) 373-1000



Peak Fall Color in Kentucky



September is the month when green leaves in Kentucky slowly take on their beautiful red, yellow, and orange hues. The process is ongoing throughout the month and peaks in October. *The Farmer's Almanac*, which has been making long-term weather predictions since 1818, has released its peak color forecast.

The probable dates for peak color in Kentucky this year, according to *The Farmer's Almanac*:

Overall, Oct. 5-28
Oct. 5-21 (Eastern Kentucky)
Oct. 12-28 (Western Kentucky)



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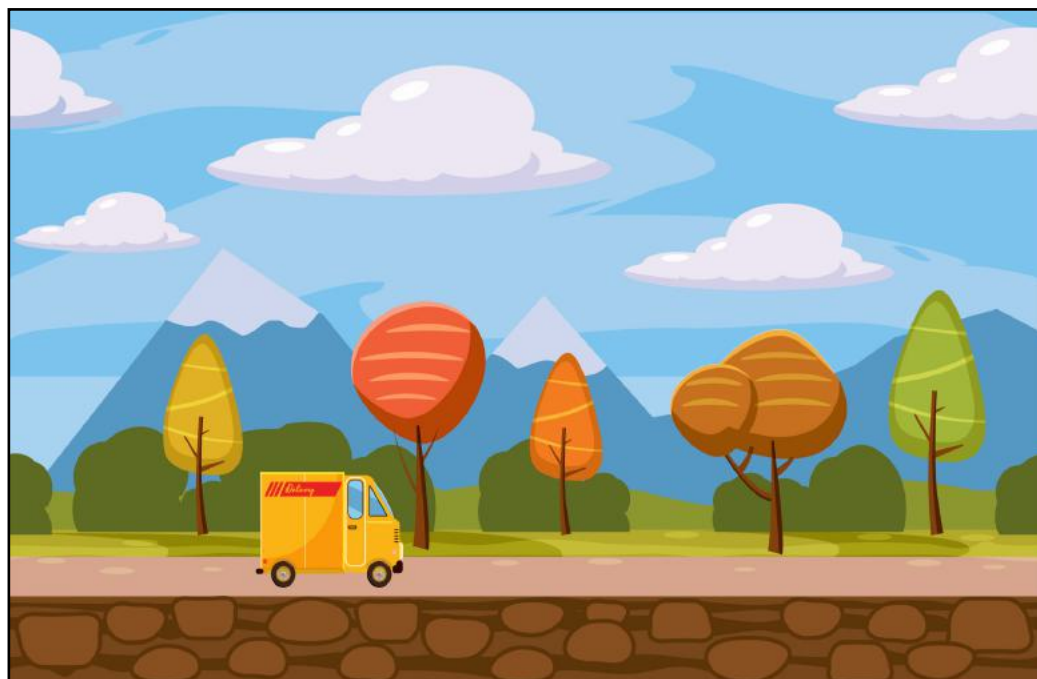
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**THANK
YOU !**

**YOUR CKCS
MEMBERSHIP MAKES
A DIFFERENCE!**



‘I need tech help.
Where can I turn?’



Give us a try.

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

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

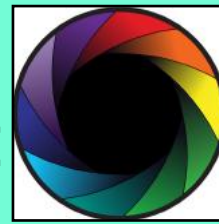
If you’ve got an Apple issue, seek help from
iHelp. This includes iPad, iPhone and Mac.



Photographers, Aim Your Cameras!



APCUG Is Announcing Its 2023 Digital Photo Contest



The contest ends Sept. 16.

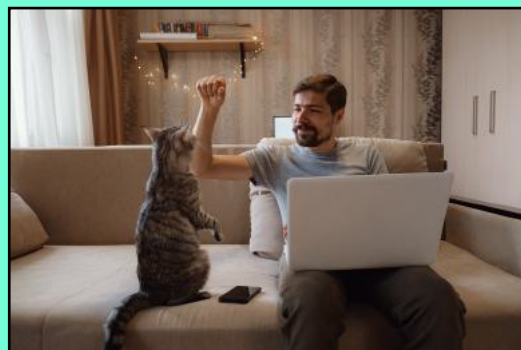
How do you enter?

Check out all the details on
the APCUG website: <https://apcug2.org/digital-photography-contest/>



Photos will be judged on:

- Composition
- Technical Skill
- Visual Impact



You must follow the rules on the website for your photo(s) to be considered.



APCUG is an international association of
tech and computer user groups (CKCS is a member).

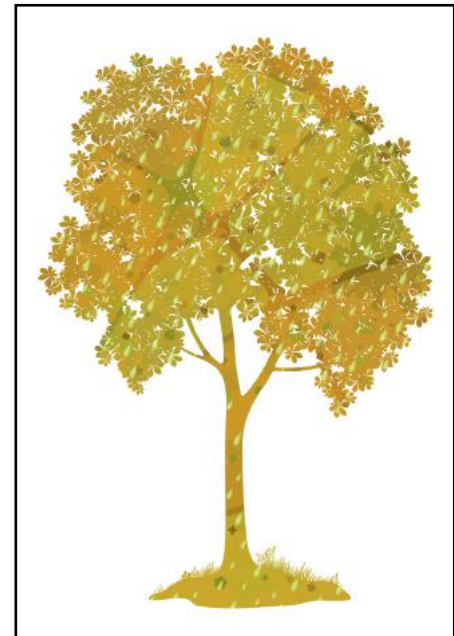
Beginner's Guides – Just What You Need to Get Started

by Kurt Jefferson

Getting started is often the hardest part. These links are designed to get you up and running fast with a variety of tech issues you may never have tried before. Consider taking a class or workshop at CKCS if you want to learn. The entire guide for fall sessions is in this newsletter.

We hope these help you in your quest to become more tech savvy! Thanks for opening the door to learn something new.

- | | |
|--|--|
| <ul style="list-style-type: none"> • Time Doctor: How to use Zoom, a Step by Step Guide • Reviews.org: How to Stream TV • PCMag: The Best Streaming Media Devices for 2023 • YouTube: How to Install & Set up Roku Streaming Stick Plus for Beginners • YouTube: How to Install & Set up Chromecast with Google TV • YouTube: How to Connect & Set up an Apple TV, 4K • YouTube: How to Set up Step by Step an Amazon Fire TV Stick, 4K • TechRadar: A Beginner's Guide to Smart Lighting • YouTube: A Complete Beginner's Guide to the Apple Watch • YouTube: How to Get the Most from your Garmin Smartwatch • PCMag: iPhone and iOS—The Complete Newbie's Guide • PCMag: The Best iPad Tips and Tricks, How to Conquer iPadOS • DigitalTrends: A Beginner's Guide to Android – Everything You Need to Know | <ul style="list-style-type: none"> • My Automated Palace: The Ultimate Smart TV Guide for Dummies • YouTube: Best Smart Thermostats, 2023 • SafetyDetectives: Ten Best VPNs (Virtual Private Networks) for 2023 • YouTube: Apple Pages for Beginners • YouTube: A Beginner's Guide to Apple Pages on iPad • YouTube: Microsoft Word Tutorial for Beginners • WebNots: 13 Tips to use Microsoft Word for Mac Like a Pro • YouTube: The 7 Skills You Need to Learn to Master Apple Numbers • PetaPixel: 40 Tips to take Better Photos in 2023 • PhotographyLife: 23 Photography Tips for Beginners in 2023 • EaseUS: How to Format a Disk on Mac? Step-by-Step Guide • EaseUS: How Do I Format a Disk in Windows 11 or 10? • AARP: No End in Sight for Age 50+ Market Growth (2023 Tech Trends) |
|--|--|



CKCS Calendar & Links



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

Sat., Sept. 2 @ 10 A.M. – Noon

Dr. Fixit-it & iHelp Troubleshooting

In Person Only

Thu., Sept. 7 @ 7 P.M.

CKCS Board of Directors Meeting

In Person Only

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

Amateur Photographers Club

Meets Thursday Mornings at CKCS

In Person Only

NO Meeting

Windows SIG

NO Meeting

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

Tech Night

'It must be true. I saw it on the Internet!'

In Person & Zoom

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

Genealogy SIG

In person

In person

Tues., Sept. 19 @ 7 P.M.

**Zoom
only**

All Things Apple SIG

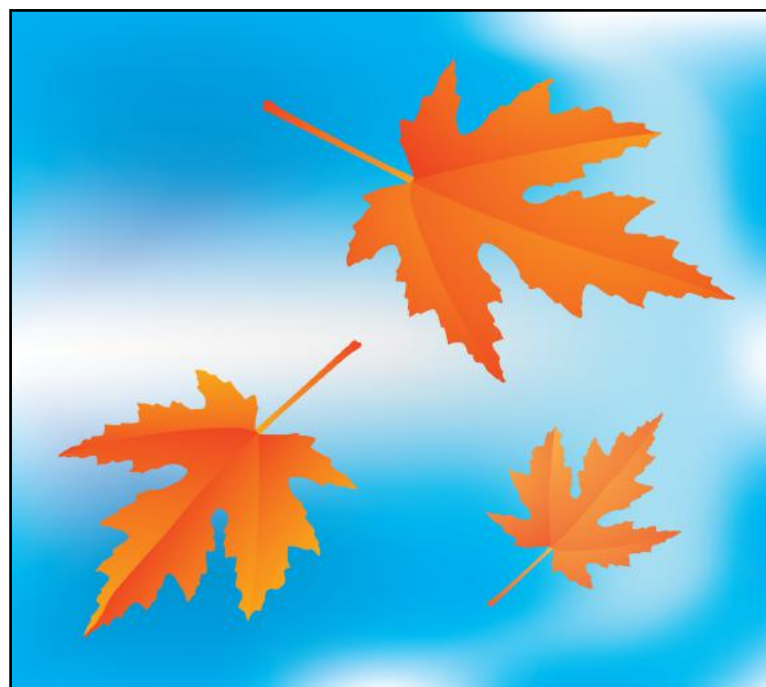
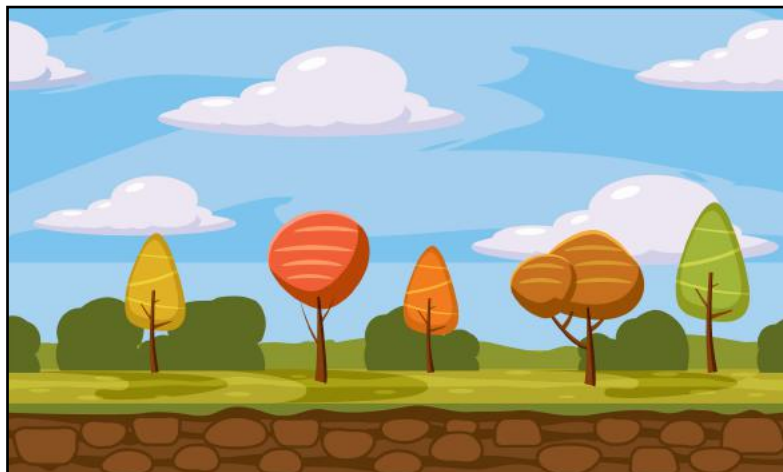
**Zoom
only**

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

Tues., Sept. 26 @ 7 P.M.

Digital Photography SIG

In person



CKCS Membership

The Membership of CKCS

New and Renewing Members
for the period July 22–Aug. 21

Provided by CKCS Board Member Ben Rice

New Members

Kathleen Fluhart (corrected)
Mary Jo Burke
Katherine M. Everest
Shelley D. Kennon
Eva Larue

Renewing Members

David N. Blondell
James B. Dingus
Debby Giannini
Lael F. Heflin
Robert B. Johnson
Bill Payne
Phyllis Tackett



We appreciate your membership!



CKCS Resource Center

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

Incorporated in 1984

Teaching Tech for Nearly Four Decades!

Who's Who at CKCS?

Officers

Tenure ends June 2024

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

Ex-Officio Member

Bob Brown

Directors

Tenure ends June 2024

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

Tenure ends June 2025

Janet Cartmell
Larry Mitchum
Eugene Potter
Pennie Redmond
Arleigh Kerr

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
Debbie Bryant
Jan Landers–Lyman
Joe Dietz

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
Diane Vance
Lynne Bowman

Constant Contact Manager

Larry Mitchum

Refreshment Center

Jim Hughes

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

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



By Brooke Thomas

Happy Birthday CKCS! 39 years and going strong!

CKCS turns 39 this month! Pretty incredible for an all-volunteer computer user group! We are planning a big birthday party next year when we turn the BIG 40! If you are interested in learning more about our history, be sure to check out "CKCS History" [here](#).

CKCS is bustling with 17 classes planned for this Fall Semester. Registration started in August, but there are still seats available for many of the classes. If a class is full, sign up to be put on the wait list. If a seat becomes available or we can shift slots, the instructor or Mike Seiler will give you a call to see if you are still interested in attending.

Joe Dietz, Karen Higdon, and I participated in the OLLI Open House in August at the Campbell House. We made several trifold boards to advertise all the classes and workshops CKCS is offering this semester.

We had many people stop by to learn more about CKCS and ask questions about the classes.

In July, many of you were watching the Digital Photography SIG Annual Hall of Fame Contest. The first-second-and-third-place winning photos have been framed and are hanging on the walls at CKCS. Check them out next time you are in.

The quarterly Genealogy SIG will be held this month as well as Tech Night, All Things Apple, the weekly Amateurs Photographers Group, and the Digital Photography SIG.

Check out the details in this newsletter. Join us for an information-packed and fun-filled month!



Photo by Brooke Thomas



Photo by Brooke Thomas



Photo by Joe Dietz



Photo by Joe Dietz



Photo by Brooke Thomas

A Better Look: Photos from OLLI Open House and Contest Winners

By Kurt Jefferson

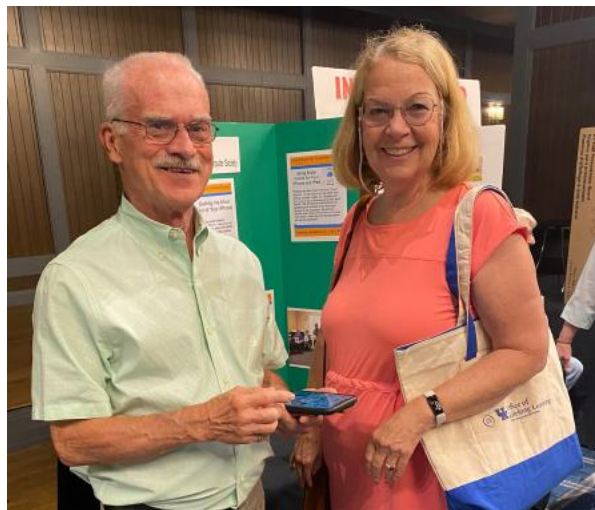
Pictures tell a story that deserves to be told. Photos on the previous page are not large enough to provide captions and background information. So we're dedicating a page to provide more insight into the photos, who's pictured, and more details.



Meet & Greet: Brooke Thomas, left, chats with an OLLI Open House participant at the Campbell House. This was an opportunity for CKCS to share details of classes and workshops, in addition to spreading the word about how CKCS empowers seniors and others with tech knowledge. Photo by Joe Dietz



Bird is the Word: Karen Higdon, of CKCS, was on hand at the Open House to discuss the upcoming 'Intro to Bird Photography' class scheduled to begin at CKCS on Oct. 16. Photo by Joe Dietz



Hello: Joe Dietz, of CKCS, greets Barbara Mannino as she stopped by one of the CKCS booths at Lexington's Campbell House. Photo by Brooke Thomas



Hall of Fame: Joe Dietz, of CKCS, stands next to the 'Hall of Fame' winning photographs from the July Digital Photography SIG (special interest group) competition. These photographers competed in several different categories. Judges selected what they considered the best photos submitted. You can see these photos in the August CKCS newsletter and hanging on the wall at the CKCS Resource Center. Photo by Brooke Thomas



We're No. 1!: Judges chose these photos as the best in their categories at the July Digital Photography SIG (special interest group) photo contest. They're hanging on the wall at CKCS. If you missed them, you can see these photos and other winners in the August CKCS newsletter. Photo by Joe Dietz

True or False?

TECH NIGHT	IT MUST BE TRUE, I SAW IT ON THE INTERNET	
How to find reliable information about diet and health online and how to spot the phony stuff.	Fact or Fiction	SEPT 11 7 P.M.
Barabara Kemp, PharmD, is a registered pharmacist with a BS in Home Economics Education. She has practiced pharmacy in a variety of sites.		In-person & streamed on Zoom

Join us on Sept. 11!



Fall 2023 Class & Workshop Descriptions & Schedules

The cost of classes is at the end of each description as: (Non-CKCS Member \$/CKCS Member \$)

Introduction to Photoshop Elements for Windows PC...

In this introductory course to Adobe's Photoshop Elements program, we will learn to use the tools of this program to do basic photo enhancements, including adjusting lighting and color, cropping, cloning and spot healing, red eye

removal, and other techniques. We will also

discuss photo considerations before printing or sharing, introduction to layers, converting images to black-and-white, enhancing and restoring old photos, adding text, using brushes, graphics, adjustment layers, templates, guided edits, filters and special effects, and a demonstration of how this program can create cards, calendars, slide shows, collages, and photo books. (\$60/\$48)

Mondays; October 30 & November 6, 13, 20, 27
11 A.M.–1 P.M.

Get Much More Out of Your Mac...

Students will benefit by learning to go beyond the basics they have been using on their Mac. This class is designed for students who want to learn more than the basics – we will show you how to use different options built into

macOS in addition to techniques that will make you more productive. We'll discuss various topics, including Mac security, printing, desktop publishing, and configuring your computer so it works better for you. Students will learn about Mac specifics such as Stacks, Launchpad, open apps vs. active apps, customizing the Dock and understanding how it works, and keyboard shortcuts to streamline your activity.

This class is offered twice – if you can't make session one, register for the second session. (\$60/\$48)

1st Session: Fridays; September 8, 15, 22, 29
& October 6, 13

2nd Session: Fridays; October 20, 27 & November 3, 10, 17 & December 1

**All sessions will be held from 10:30 A.M. – 12:30 P.M.
NO CLASS ON NOVEMBER 24**

Adventures in Photography: Converting Color

Pictures to Black-and-White & Introduction to Black-and-White and color infrared...

This five-week course will spend alternating weeks in class and in the field shooting photos. Students will receive instruction on converting color photographs to B&W using different methods.



The instructors will introduce infrared photography with the student's camera. Information will be provided on converting the student's camera to B&W infrared. Students will learn how to process these pictures. There will be a demonstration of color infrared pictures,

camera conversion for color infrared, and processing of Color Infrared. Students should have a basic knowledge of their camera and a post-processing program. Students need to have their camera with a full battery, an empty memory card, the camera manual, and a notepad. Students interested in purchasing an infrared filter for B&W should talk to the instructors first. (\$55/\$44)

Mondays; September 11, 18, 25 & October 2, 9
1:00 p.m. to 3:00 p.m.

Basic Beginning Photography...

Learn the basic functions of your camera to improve your photography skills. You will learn advanced techniques for the ISO, shutter speed, and aperture settings; how they affect your photographs; and how to control your camera's settings. The



instructors will use video and lectures to demonstrate the camera's operation. 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 must bring their camera with a fully charged battery, the camera manual, a thumb drive, and a notepad to class. (\$55/\$44)

Mondays; November 13, 20, 27 & December 4, 11
1–3 P.M.

Introduction to Bird Photography...

Wish you could capture a great picture of a bird? This course will cover techniques and the equipment needed for photographing



birds in many different settings. When we are outside, we will photograph birds. Then we will meet inside to look at the photos taken and identify the birds. We will also cover helpful apps and photo-editing software. This course is suitable for ANY level of photographer. (\$45/\$36)

Mondays; October 16, 23, 30
1–3 P.M.



Fall 2023 Class & Workshop

Descriptions & Schedules

The cost of classes is at the end of each description as:
(Non-CKCS Member \$/CKCS Member \$)

Classes

Computer Basics for a Windows PC...

Learn the fundamentals of using a Windows 10 computer.



Learn to use various aspects of the Microsoft word processing program, including manipulating text and inserting graphics into a document. Basic filing and file management are introduced. The final

class of this course deals with a review of the class, the basics of email, and the use of the Internet. (\$60/\$48)

Thursdays; September 21, 28 & October 5, 12, 19, 26
10 a.m. to noon

Getting the Most Out of Your iPhone...

Learn the essential (and hidden) functions of your iPhone.

Learn how to download apps and move, nest, 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. (\$60/\$48)

Tuesdays; October 3, 10, 17, 24, 31 & November 7
1–3 P.M.

Getting the Most Out of Your iPad...

Learn how to use the built-in Apple apps on your iPad.

Personalize and organize your apps, fix your photos, and organize them. Acquire information about settings, learn the secrets of the keyboard, emailing, and text with animation. Get tips on using the Calendar, Notes, Reminders, Facetime, and the Libby app. Participants should bring their fully charged iPad updated with the latest

operating system and know their Apple ID and password or bring them with them. (\$60/\$48)

Thursdays; October 5, 12, 19, 26 & November 2, 9
1–3 P.M.

Creating Personal Greeting and Note Cards with Word...

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

The only limitation will be your imagination. This is a fun and useful class! (\$45/\$36)

Thursdays; November 2, 9, 16
10 A.M.–noon



Workshops

Workshops cost \$30 for Non-CKCS Members and \$24 for CKCS Members. Workshops are one-day classes to get you up to speed.

Using Your iPhone Camera to the MAX (Workshop)...



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

Wednesday; November 15
1–4 P.M.

Making a Photo Book Using Shutterfly (Workshop)...



In this workshop, the attendees will learn how to prepare pictures for a photo book, transfer pictures to the Shutterfly workspace, and organize the pictures from the front to the book's last page. Finally, we will go through the steps to ordering the book and applying coupons to reduce the price. Shutterfly works off the internet and will work on either a Mac or a PC.

(\$30/\$24) Wednesday; October 4
1–4 P.M.

Apple Watch Tips (Workshop)...

We'll cover more than ten tips, going far beyond telling the time with your Apple Watch. You will learn how to get help in an emergency, remove apps, share a photo from your watch, make the text size larger, adjust brightness and wake duration, change the layout, 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, use wrist motion to activate Siri, and find your iPhone with your watch.

An Apple Watch 6 will be used for the demonstration.

Thursday; November 30
1–4 P.M.



Introduction to Windows 11 (Workshop)...



This workshop will look at what is new in Windows 11, what has changed, and how to set it up to make it more user-friendly.

If you are considering installing it on your computer, this workshop might help you decide whether to install it. On the other hand, if you have already installed it, this workshop might help you set up Windows 11. Therefore, students are encouraged to bring their laptop computers if they have Windows 11 already installed. However, ensure your laptop is fully charged before bringing it to class.

Tuesday; October 17
10 A.M.–noon

Workshop Descriptions

Workshops cost \$30 for Non-CKCS Members and \$24 for CKCS Members.



Using Apple iCloud for Your iPhone and iPad (Workshop)...

Students will learn how to take advantage of their iCloud accounts. When you buy an iPhone or iPad, you have an account in the cloud. Here, you can store copies of your photos, contact, messages, email, and more.

Students will learn how to set up this account to their best benefit. We will discuss downloading and uploading your files to and from your iPhone or iPad. We will also discuss how to share documents and photos from iCloud. Acquiring more storage space will also be addressed.

Tuesday; November 21
1–3 P.M.

Fixing Up Your Photos (and Other Things) Using FastStone Digital Imaging Program for Windows PC (Workshop)...

Do you want to fix up and work on your pictures without paying a lot of \$\$\$\$ for a digital imaging program? Well, take a look at FastStone. FastStone is a fairly extensive free digital imaging program that does various things. In this workshop, you will learn how to dress up your pictures, crop, brighten or darken, create contact sheets, create a slide show that can include music, and much more. We will show you how to download the program along with a great syllabus. (\$30/\$24)

Tuesday; December 5
1–4 P.M.



Enrollment Procedures

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

Registration began on Monday, July 31.

Use the CKCS Store

Credit card only

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

Please read the "Store Registration Guide" first. Its link is below the store link.

By phone

859-373-1000

Credit card only

In person

160 Moore Drive, Suite 107

Lexington, KY 40503

Cash, check, or credit card

In-person and phone times

Monday to Thursday

10:00 am – 4:00 pm

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

What is CKCS?

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

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

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

QR Code for the CKCS Store

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

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

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



If you're new to QR codes:

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

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

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

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



September 2023 CKCS Special Interest Group (SIG) Schedule

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

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Jul	29 Aug	30 Aug	31 Aug	1 Sep	2 Sep
					10 a.m. Dr. Fix-It <i>In-Person Only</i> iHelp Bring your Mac, iPad, or iPhone problems or questions and we'll try to help. <i>In-Person Only</i>
4 Sep	5 Sep	6 Sep	7 Sep	8 Sep	9 Sep
			10 a.m. Photography Club 7 p.m. Board of Directors <i>In-Person Only</i>		
11 Sep	12 Sep	13 Sep	14 Sep	15 Sep	16 Sep
7 p.m. Tech Night Internet Diet & Health Info – Fact or Fiction? Barbara Kemp <i>In-Person & via Zoom</i>	7 p.m. Windows MIKE SEILER <i>No Meeting this Month</i>		10 a.m. Photography Club		
18 Sep	19 Sep	20 Sep	21 Sep	22 Sep	23 Sep
7 p.m. Genealogy TBD Larry Mitchum <i>In-Person Only</i>	7 p.m. All Things Apple Brooke, Kurt, Joe, & Janet <i>Zoom Only</i>		10 a.m. Photography Club		
25 Sep	26 Sep	27 Sep	28 Sep	29 Sep	30 Sep
	7 p.m. Digital Photography JOE DIETZ <i>In-Person Only</i>		10 a.m. Photography Club		





THE AMATEUR PHOTOGRAPHERS CLUB *of Lexington Kentucky*

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


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



Welcome

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



© We are part of the Central Kentucky Computer Society

Call us today
859.373.1000
Email us
PhotoLexington@gmail.com

Address
160 Moore Drive, Suite 107
Lexington, KY 40503

Find us on

See more of our photos and current events

Photography Chat

Every Thursday morning at 10:00 a bunch of us amateur photographers meet informally to talk about photography, help each other with camera or photo problems or just chat. No program or agenda. Everyone is welcome.
Location: CKCS at 160 Moore Drive, Suite 107, Lexington.

CKCS SIG Meetings

Windows Special Interest Group

No Sept. Meeting



Mike Seiler
Windows SIG Leader

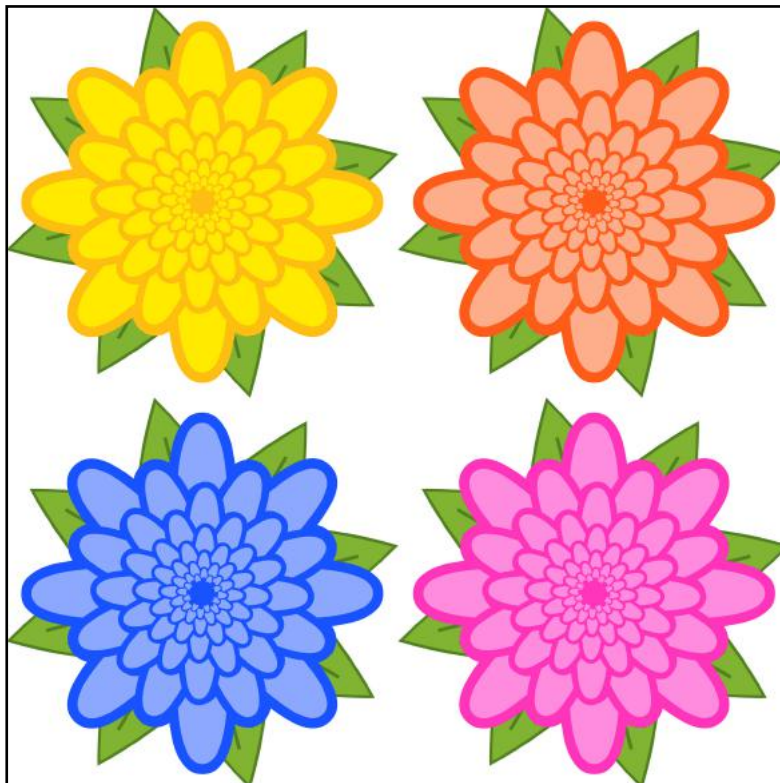
**No
Meeting**



**No
Meeting**

There will *not* be a Windows SIG in September.

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

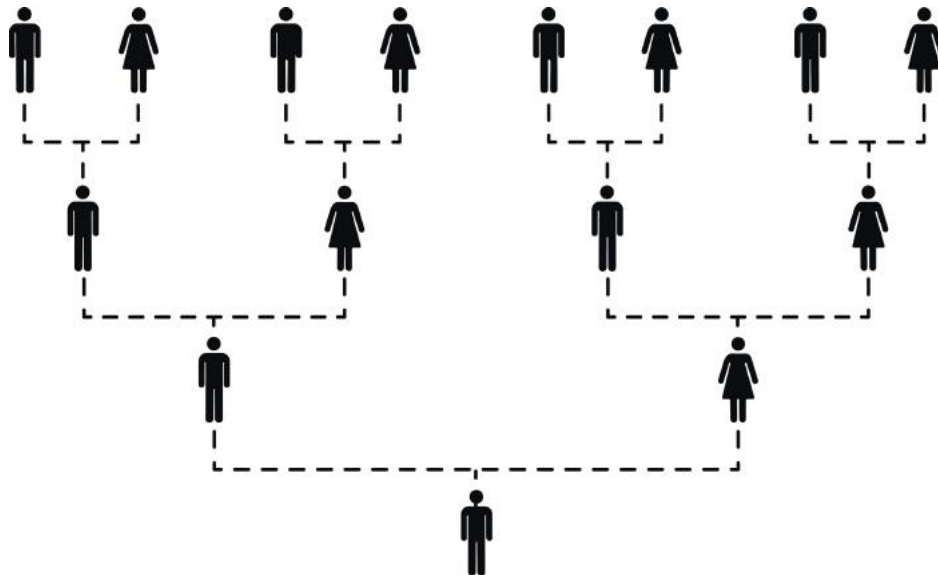


CKCS SIG Meetings

Genealogy SIG meets in person on Mon., Sept. 18

We will discuss:

- Genealogy brick walls encountered
- Family group sheets and other forms
- Software that we use
- Possible future meeting topics



Join us in person on the 18th!

CKCS SIG Meetings



All Things Apple SIG



Sept. 19 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.

Topics

Joe: Clear the Clutter: How to Free Up Space on Your iPhone or iPad

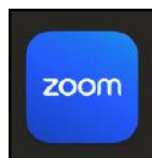
You might not think of how much space you have left on your iPhone or iPad until you hit a wall when you try to update your OS or download new apps. Suddenly everything on your phone seems precious and you're looking up how much it would cost to buy a phone with more memory. Before you do that, we have some advice on the best way to move files you want to keep in order to free up space, and how can you make smart decisions about what to keep and what to delete.

Kurt: Safari extensions on the Mac. How to get them, how to activate them, what they do. There are dozens of extensions for Safari on the Mac, but how do you find what you're looking for and make them work for you? We'll talk about that during this session.

Brooke: We'll discuss how to change a Live Photo Keyframe on the iPad. Many times a Live photo will capture several expressions, but not automatically show the keyframe that you want. We will go through the simple steps that give you that option. Also, as follow up on last month's Memoji's we will explore animojis - an emoji which uses facial-recognition to create live emojis.



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



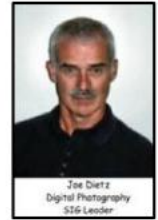
CKCS SIG Meetings



Digital Photography Special Interest Group

Tuesday, September 26

Templates



Let's talk about **Templates**. So....What are templates – According to Oxford Languages a template (in computing) is a preset format for a document or file, used so that the format does not have to be recreated each time it is used.

Need to make a special greeting card several times over a period of months or years? Want to make a special layout for your recipes book? Want to make your own business cards? Want to make multiple copies of a special picture in different sizes (think graduation pictures). Think about using a template. With templates, you don't have to go back and recreate address labels, note cards, or other documents that you repeatedly use.

I will demonstrate how to use templates in a variety of different programs. Of course, **Corel PaintShop Pro** and also **Microsoft Word**, **PowerPoint** and then we will go online to try out **Avery**. The first three are paid programs and have their own procedures. Avery is a free online program that produces self-adhesive labels, labeling software, binders, dividers, and other products.



This month's photo contest is "**Legs**". So – what will it be: leg of lamb, leg of a trip, pant leg or a leg of a beautiful person. This should create some interest as you find a photo representing legs. Use your imagination. Email your photo to joedietz@aol.com no later than September 25.

In person at CKCS



•Winning Photos•

CKCS Digital Photography SIG

Topic: Time



1st Place: Janet Cartmell
First Place Tie

Janet tells us about her winning photo: “My photo is from May 2014, when we were on a tour with the Lexington Senior Center to Germany, Austria and Switzerland. I used my Nikon D50 camera. It was taken in the Alpnachstad Station in Switzerland when we were waiting to board the cogwheel train to go to Mt. Pilatus.”

Jay describes his winning photo: “This is the floral clock at the State Capitol in Frankfort shot in February 2014. I used a Nikon D-50. “



1st Place: Jay Hopkins
First Place Tie



by Kurt Jefferson



The Great Fire of London erupted on Sept. 1, 1666. Historians say the blaze ignited when a baker serving King Charles II and supplier of bread to the Royal Navy went to bed that evening. The fire that kept his oven heated was still burning. Sparks from the flames caught his home on fire. All but his maidservant were able to escape through an upstairs window. News accounts report the fire spread and burned for four days, destroying 80 percent of London's buildings. The blaze claimed more than 13,200 homes and 87 parish churches. Six deaths were reported but experts say many more probably perished in the fire.

Only one other month begins on the same day of the week as September. Can you guess which month? The answer is December.

Back to School: September is the month when many students in the northern hemisphere return to the classroom. Some nations such as



Israel begin school on Sept. 1 while many others start back to class on the first Monday of September. Some districts start even earlier. Public schools in Clark Co., Indiana, just across the Ohio River from Louisville, went back to class the last week of July. NBC News reports that schools in the Southern and Southwestern U.S. generally go back to class earlier in the year than schools on the East coast. A 2019 study by Pew Research revealed that

"not a single district in the nine New England and Middle Atlantic states will resume classes before Aug. 26, and many wait until after Labor Day." That year, the school district reporting the earliest return to class was the Chandler Unified School District in suburban Phoenix. Students there went back July 23.

Very first multi-page newspaper: It was called *Publick Occurrences Both Foreign and Domestick* and was published on Sept. 25, 1690, in Boston. This newspaper was the first ever published in British colonial



America. There was one problem. British colonial authorities were not at all pleased with the newspaper's content. As Wikipedia writes, "After its first issue, which carried an account that offended the colonial governor, the newspaper was promptly closed down by British colonial authorities, only days later. No other newspaper would appear in the colonies until fourteen years later." The single known copy of the paper is in the London Public Record office, where a minister had stumbled upon it in 1845.

A Dark Day: In the early morning hours of Sept. 1, 1939, Adolf Hitler launched a surprise attack on Poland, triggering World War II. German forces bombed Poland from both ground and air. The invasion lasted from Sept. 1 to Oct. 5 of that year. In response to this aggression, France and Great Britain declared war on Germany.



Flag of Poland

Labor Day is the best-known holiday in September. It is observed on the first Monday of the month. Labor Day honors American workers and the country's labor movement. In 1887, Oregon was the first state to make Labor Day an official public holiday.



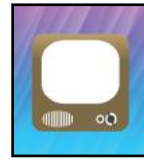
Courtesy: Wikipedia

Indiana-born James Dean was only 24 on Sept. 30, 1955, when his Porsche 550 Spyder crashed into a car driven by a California Polytechnic State University student near Cholame, California. Dean was trapped in the car, suffered fatal injuries, and was pronounced dead after he arrived by ambulance at Paso Robles War Memorial Hospital at 6:20 P.M. An inquest placed the blame for the crash on Dean.

The actor is best known for his portrayal of Jim Stark in the movie, *Rebel Without a Cause*. Warner Bros. released the movie shortly before Halloween, nearly a month after Dean's death.



On Sept. 22, 1862, President Abraham Lincoln issued the Emancipation Proclamation, ending slavery in the territories held by the Confederacy, effective Jan. 1, 1863. Despite the ruling, Civil War fighting would continue for another year and a half.



This is CBS: On Sept. 3, 1940, the Columbia Broadcasting System (later becoming CBS-TV) began its first demonstration of high definition color TV using station W2XAB as it broadcast from New York City's Chrysler Building. The CBS-TV logo of a black-and-white eye in the early days of TV became synonymous with CBS programming. The network has roots in the United Independent Broadcasters, Inc., a radio station network founded in Chicago in Jan. 1927. CBS-TV currently has 15 owned-and-operated stations and 230 affiliates serving all 50 states, Washington D.C., Guam, the U.S. Virgin Islands, and Bermuda, as well as St. Vincent and the Grenadines. CBS-TV has no affiliates in New Jersey, New Hampshire or Delaware.



Courtesy: Wikipedia



Courtesy: Wikipedia

William McKinley, 25th President of the United States, was shot on Sept. 14, 1901. He was attending the Pan-American Exposition in New York. He was born in Niles, Ohio, the seventh of nine children. McKinley was in the Exposition Grounds Temple of Music when he was shot by Leon Czolgosz, an American and anarchist. Wikipedia writes, "Czolgosz concealed his gun in a handkerchief and, when he reached the head of the line, shot McKinley twice in the abdomen at close range." Suffering from gangrene which poisoned his blood, McKinley died at 2:15 A.M. Czolgosz, put on trial for murder nine days after McKinley's death, was found guilty, sentenced to death on September 26 and executed by electric chair."

Hijacking bill: In Sept. 1961, the act of hijacking an aircraft was made a federal crime. President John F. Kennedy signed into law making air piracy a crime punishable by a range from a \$10,000 fine to 20 years in prison. If a deadly weapon was used, the hijacker could receive life in prison or even death.



Grandparents' Day: Celebrated in September, this day is a holiday to honor the bond between grandparents and grandchildren. In 1978, then-president Jimmy Carter signed into law a proclamation setting aside the first Sunday in September following Labor Day of each year as National Grandparents' Day. Five years earlier, West Virginia Governor Arch Moore had proclaimed an annual Grandparents' Day in his state.

9/11: On Sept. 11, 2001, 19 terrorists crashed two aircraft into the World Trade Center's twin towers and the Pentagon and crashed in rural Pennsylvania after passengers rebelled. Nearly 3,000 people died in the attacks, which triggered the worldwide war on terror.

“My Smartwatch Saved My Life. It All Began...”

By Kurt Jefferson



Checking the Activity mode on an Apple Watch Series 6 during an afternoon in late July. Some news stories say Apple is about to redesign the popular smartwatch for its tenth anniversary.
Photo: Kurt Jefferson

There are dozens of stories from people whose lives not have only been enriched, but saved, by a fairly new technology: the smartwatch. Whether it's an Apple Watch, a Garmin fitness tracker, or a FitBit, the so-called doctor on the wrist is alerting users to a variety of health problems. In 2018, TechRadar asked the question, Can a smartwatch save your life?

Two years later, the tech site, Cnet published a story, My Apple Watch Saved My Life: 5 People Share Their Stories.

Tom's Guide recounts James T. Green's story, Green thought he was having a panic attack. *This was no panic attack.* Green took a break from work to walk around the block on a stress-filled day. His Apple Watch, teamed with the HeartWatch App, showed an elevated heart rate. His heart was beating

much too fast.

“An ambulance rushed Green to the emergency room, where he was pumped full of blood thinners. He didn't need surgery this time, but doctors told him that if he had waited, a clot could have killed him.”

It turns out that Green had suffered a pulmonary embolism—with blood clots in his lungs—several years before and had been taking medicine for it. A CT scan revealed blood clots had reappeared in his left lung.

Tom's Guide also reports Canadian “Jackie Brothers, a 53-year-old nurse from Newfoundland, discovered she had an atrioventricular block last year after using a Fitbit Blaze to start counting steps during her 12-hour shifts. Doctors thought she had a case of vertigo after hearing her symptoms, which included lightheadedness and loss of vision, until they saw the heart rate logs from her Fitbit Blaze. She needed a pacemaker.”

A woman in Maine began suffering quite irregular heartbeats, reported AppleInsider in July of last year. “In late May, 67-year-old Kim Durkee received multiple notifications from her Apple Watch, warning that her heart was in atrial fibrillation. After discounting the first two nights' results, she felt the numbers on the third were “a little too high for comfort,” writes AppleInsider.

Doctors discovered Durkee suffered the erratic heart beat because of a tumor, which can restrict blood supply to the heart. Surgeons at Massachusetts General Hospital removed the tumor and Durkee returned home after eleven days in the hospital. AppleInsider adds that a dentist from India used the Apple Watch ECG function after feeling chest pain. It turns out that a blocked artery was causing the discomfort.

Cnet writes, “No one noticed Toralv Østvang fall and hit his head on the bathroom floor that night, except for his Apple Watch. Kacie Anderson used her watch to get out of her car after a near fatal accident left her and her 9-month-old baby trapped inside. The only warning sign Heather Hendershot had that something was seriously wrong with her body came from her wrist.”

In Jan. 2022, iMore detailed the experience of diabetic Joe Plumb, who fainted and then woke up surrounded by paramedics. “The watch's fall detection setting was the hero of the hour. This feature can notice if you've fallen, and if you don't seem to move immediately it will give you five seconds to respond to a prompt onscreen. After, it sounds an alarm and

alerts emergency services, as well as your designated emergency contacts. It also forwards your location and medical ID to the control room with your full details, including any medication you're taking.”

iMore notes that paramedics kept pumping Plumb with glucose for two hours after his fall, ensuring he would recover.

While the Apple Watch gets much of the attention, other top-selling smartwatches and fitness trackers are also saving lives.

Take the case of Cynthia Sarver and her Garmin Vivosmart. She wrote Garmin to tell the company. “It was the beginning of 2020 and I was visiting my mother. We were having a fabulous time...,” wrote Sarver. She thought she had come down with a case of food poisoning. But the Garmin Vivosmart on her wrist kept on displaying quite high stress levels. The reading convinced Sarver to visit the emergency room. Doctors discovered Sarver's appendix had ruptured.

They operated on her and Sarver recovered. “If I had ignored the vivosmart's warning signals alerting me that something was still dreadfully wrong, I would not have gone into the ER. The gangrene would have spread to other organs, and I could easily have died. Fortunately, it was caught in time and although I have a rough road ahead, at least I still HAVE a road — the end of which came entirely too close,” she wrote Garmin.

Laptopmag reported last February about Google's addition of fall detection to its Pixel Watch, similar to what Apple Watch has offered for some time. Laptopmag writes, “This is a fantastic addition for anyone with mobility issues or a variety of other conditions that lend themselves to accidental falls that could be disastrous with a loss of consciousness, so it's great to see Google adding it to Pixel Watch.”

Pepple Watch has even introduced an open-source app, Pepple Seizure Detect. That app does exactly what its name implies. It detects when a user suffers a seizure and then sends texts to phone numbers provided when the app is set up. Ryan Clark created the software after his wife suffered what's called a tonic-clonic epileptic seizure in 2014.

Wearable looks forward to the launch of new smartwatches this year including the Apple Watch series 9, Garmin Venu 3, Google Pixel Watch 2, Samsung Galaxy Watch 6, Amazfit Cheetah and others.

A report by the National Library of Medicine in 2020 indicated about 30% of U.S. adults use wearable health care devices. Nearly half wear the gadgets every day and most are willing to share health data collected by the smartwatch or other device with their doctors.

The National Library of Medicine predicts the so-called health care wearables will become even more popular: “Fueled by increased popularity, the use of wearables has significantly increased in recent years. According to estimates, the market for wearable health care devices in 2018 was US \$24.57 billion and was slated to grow 24.7% annually to US \$139.35 billion by 2026.”



The home screen of Garmin's popular Venu 2 Smartwatch in late July. It provides an overview of the user's health using Body Battery energy monitoring, step count, calories burned, a heart and sleep health overview, and many more features.

Photo: Kurt Jefferson



by Kurt Jefferson

What would you say if I told you that a new study shows you can reduce your risk of at least 13 types of cancer by hustling to take out the trash or hurrying to check the delivery of your mail?

The study, described in the [JAMA Oncology](#), studied nearly 23,000 adults in the United Kingdom and their wearable activity trackers. The study indicated these men and women were not regular exercisers.

Bursts of activity lasting at least three minutes a day (such as scrambling to carry out the trash, hurrying outside to the neighbor's house, or speeding up the pace to check the outside mailbox) reduced the likelihood of dying from cancer by 30 percent, according to the study.

Previous studies have shown a connection between exercising 30 minutes every day and reducing the risk of cancer. But most Americans do not exercise a half hour daily. This led researchers to ask the question – Is it possible to reduce the cancer risk by being active without actually exercising?

An Australian professor and investigators scrutinized data collected from older Brits who wore activity trackers (such as smartwatches) but indicated they don't exercise. The study took into account what's called Vigorous Intermittent Lifestyle Physical Activity, or VILPA.

This refers to what we do when we're hustling to get the garbage taken out or hurrying across the lawn to fill the birdbath. Other examples include vigorous housework, climbing stairs, walking uphill, or carrying children or groceries for a distance between 164-328 feet reports [Medical News Today](#). (Folks who are at risk of falling should not rush to complete a task, say experts, for fear of triggering a falling episode.)

Researchers also put artificial intelligence to work crunching all the numbers to break down people's actual movements.

Medical News Today points out that previous research has shown certain cancer types are related to low levels of activity. These include liver, lung, kidney, colorectal, myeloma, bladder, cancer of the esophagus, and others. The study showed that people who did 4.5 minutes of VILPA daily reduced their risk of these physical exertion-related cancers by 31%.

If you already work out, does this mean you should stop exercising? No, according to researchers. But the study is one more indication that bouts of activity and speeding up one's pace could just pay off in the long run.



by Kurt Jefferson

Listen closely and you can hear the slapping of tennis shoes on pavement. It's the sound of people walking.

Many of us are convinced that 10,000 steps a day are the secret to a healthier life. A new [study](#) disputes that.

[Researchers dug deep](#) into 17 separate studies and examined more than 226,000 people and their walking habits. Here's what they surmised: People who walked 3,967 steps every day were less likely to die from all causes. The study showed walking just 2,337 steps every day greatly reduces the risk of dying from a heart attack. The European Journal of Preventive Cardiology published the findings. This is the largest study of its kind.

Researchers from Johns Hopkins School of Medicine and the Medical University of Lodz in Poland teamed up to do the study. Where did we get the 10,000 step figure? It turns out it came from a marketing campaign for pedometers before the 1964 Tokyo Olympics.

So here's the bottom line: The study shows the more you walk, the greater the benefits to your health. [Science Daily](#) explains it this way.

"The risk of dying from any cause or from cardiovascular disease decreases significantly with every 500 to 1000 extra steps you walk. An increase of 1000 steps a day was associated with a 15% reduction in the risk of dying from any cause, and an increase of 500 steps a day was associated with a 7% reduction in dying from cardiovascular disease."



It turns out that inactivity is a killer. It may lead to more cardiovascular problems and a shorter life. In fact, the World Health Organization (WHO) reports that the lack of physical activity is the fourth most prevalent killer in the world. 3.2 million deaths are attributed to inactivity every year.

So it makes sense to [walk more](#). But you don't need to overdo it according to this study. Despite a smaller gain, older adults (over 60) benefit substantially from walking. "In the older adults, there was a 42% reduction in risk seen in those who walked between 6,000 and 10,000 steps a day, while there was a 49% reduction in risk in younger adults who walked between 7,000 and 13,000 steps a day," reports Science Daily.



Study: Eight Healthy Habits Could Help You Live Substantially Longer

By Kurt Jefferson



There may be no fountain of youth, but data collected from more than a million U.S. veterans show eight habits that could help you live substantially longer – if they're adopted by middle age.

Research revealed that men who adopted all eight habits by age 40, lived, on average, 24 years longer than men whose lifestyle included few or none of the habits.



Researchers predicted women who followed these same habits would live, on average, 21 years longer than women who adopted few or none of the habits.

Those habits are:

- Not smoking.
- Managing stress.
- Being physically active.
- Eating a healthy diet.
- Having a good sleep hygiene.
- Avoiding binge drinking.
- Not being addicted to opioids.
- Having positive social relationships.

On the whole, folks who adopted all eight habits had a 13 percent less risk of dying for any reason during the eight years of the study.

Researchers say the most risky behaviors are:

- Smoking
- Little physical activity
- Opioid use

Over the study period, those habits were linked to a 30-45% higher risk of death. Other studies have shown that cigarette smoking is the leading cause of



preventable deaths in the U.S. The Center For Disease Control in Atlanta says cigarette smoking causes more than 480,000 deaths each year in the U.S.

A new study presented in late July at the annual meeting of the American Society for Nutrition meeting in Boston, released the study's findings.

A fourth-year medical student and health science specialist at Carle Illinois College of Medicine (located at the University of Illinois at Champaign-Urbana), Xuan-Mai T. Nguyen, presented the study's findings at the meeting.

MedicalNewsToday notes, "The researchers used data from medical records and questionnaires from 719,147 enrolled in the Veterans Affairs Million Veteran Program MVP, a health research program centering around more than a million United States veterans that is designed to help researchers study how genes, lifestyles, military experiences, and exposures impact health and wellness."



Even if you don't adopt all habits – or wait until you're older than 40 – researchers say you can still benefit from a change in lifestyle. "The earlier the better, but even if you only make a small change in your 40s, 50s, or 60s, it still is beneficial," said Nguyen, as reported by Eurekalert.org.

MedicalNewsToday spoke with Dr. William Schaffner, a professor of preventive medicine at Vanderbilt University Medical Center in

Nashville. He told MNT that he was impressed with the fact that the healthy habits are beneficial even for those who cannot follow all eight.

The data used for the survey were collected between 2011 and 2019 and were from veterans between 40 and 99.

"As an observational study, the research does not definitively prove causality, Nguyen noted. However, the findings align with a growing body of research supporting the role of lifestyle factors in preventing chronic diseases and promoting healthy aging," reports Eurekalert.org.

How to Make Your Smartwatch Battery Last Longer

If you've got an Apple Watch, a Galaxy Watch, Google Wear OS



or similar smartwatch, you know keeping the battery charged can be frustrating. These tech marvels you wear on your wrist can be lifesavers – but

only if they're charged.

Here are some websites that might help you extend the life of your smartwatch batteries:

[TechAdvisor: How to extend the battery life of the Apple Watch](#)

[WIRED: How to Save Your Smartwatch's Battery Life](#)

[6 Tips to Extend the Battery Life on Your Wear OS Smartwatch](#)

[AppleInsider: How to Make Your Apple Watch Battery Last Longer](#)



by Kurt Jefferson

Apple to Redesign its Popular Smartwatch?



Courtesy: Apple

AppleInsider, The Verge, and other websites keeping an eye on Apple developments announced in mid-August that the company may be redesigning its popular Apple Watch. AppleInsider writes: *Apple may be preparing a big refresh of the Apple Watch as early as 2024, a report claims, with changes to the design potentially reworking how bands are attached to the wearable device. Apple is currently anticipated to bring out the Apple Watch Series 9 this fall, but rumors are already circulating about the next model along. For the "Apple Watch X," a milestone release, Apple may have something big planned for the product line.*

The Verge reports the news this way: *Apple is working on a thinner "Apple Watch X" with magnetic watch band attachment points, a blood pressure sensor, and a microLED screen either in late 2024 or even 2025, Gurman says.*

Gurman is Mark Gurman, a tech analyst for Bloomberg News who writes a popular newsletter called *Power On*.

New Default Theme Coming to Microsoft Office



Users of Microsoft's popular suite for Windows and Mac will soon see a major overhaul of Office.

Reports say a new font called Aptos—to be offered for the first time—will replace Calibri.

TechRadar Pro reports: *Aside from the new default theme, which will probably entail a thorough redesign of the entire Microsoft Office suite, it also mentioned "a new color palette", doubtless aimed at allowing users more customization options in how their software looks. Elsewhere, there's also updated default line weights, giving a refreshed look when opening and editing a document or file, but the company also noted that its new default font, Aptos, will be included for the first time.*

The Verge is reporting that the new Office

default theme is arriving in September: *Microsoft says it's refreshing the default Office theme with the [new Aptos font](#), a new color palette, styles, and updated default line weights. Aptos, the new default font for apps like Word, Outlook, PowerPoint, and Excel, will replace Calibri next month after more than 15 years. The font change will also be combined with changes to the default style and color palette used in documents.*

Hard to Believe. Apple Introduced First iMac 25 Years Ago

The date was Aug. 15, 1998. The product was the colorful clamshell iMac, which was the world's best-selling computer when it launched. Apple tossed out the floppy drive and replaced it with a CD drive. The iMac came with a built-in modem, a 233MHz G3 processor, 32 MB RAM, 4 GB hard drive, and a 15-inch monitor for \$1,299.



The first iMac, produced in 1998, was a huge seller for Apple. It eliminated the floppy drive and contained a CD-DVD player/recorder.

Courtesy: Wikipedia
Alterations by David Fuchs;
original by Rama.
<https://commons.wikimedia.org/w/index.php?curid=98219515>

Ranked by TechRadar: The best iMacs ever, as the iconic all-in-one turns 25

Erosion of Cable TV Customers Hits New High

CordCutters News reports the major cable



TV and satellite services are watching their customer base erode "at a rate never seen before." Comcast, Dish, and Spectrum lost 930,241 subscribers in the first three months of this year, writes CordCutters News: *In total, all cable TV and live TV providers lost 2.31 million subscribers in the first three months of 2023. That works out to over 25,600 Americans cutting the cord every day. If this trend continues, cable TV providers could lose 9.3 million subscribers in 2023, writes CordCutters News.*

It adds, *As more people see the value in utilizing streaming platforms over traditional cable contracts, services like*

Peacock are reaping the benefits, gaining 22 million new subscribers this first quarter. That's up 60% from last year, increasing revenue by an impressive 45 percent totaling \$685 million.

Apple Watch Cardio Feature Helps Healthy Man Discover Major Heart Issue

An Apple Watch (series 6) worn on the wrist of a 40-year-old man kept on telling him he had low oxygen consumption. Because of the low VO2 Max notifications on his smartwatch, the man underwent a series of tests.

That condition could lead to heart failure, and doctors believe the early notification led to the proper diagnosis at an Israeli medical center. As MyHealthyApple reports, "Researchers ran several tests revealing a diagnosis of familial nonischemic cardiomyopathy with severely reduced left ventricular systolic function." This occurs when the "heart muscles become thin and weakened in at least one chamber of the heart, causing the chamber's open area to enlarge (dilated)."

MyHealthyApple cautions, "The case described above could be a one-off case. Many Apple Watch users see this notification from time to time. Most people can improve their VO2 max by increasing the intensity and frequency of their cardiovascular exercise. It is also worthwhile noting that certain conditions or medications that limit your heart rate might cause an overestimation of your VO2 max."

Read more: What health conditions can Apple Watch help you monitor?

(It is important to remember that the Apple Watch or any other smartwatch is not a medical device. Nor can it diagnose you. If you have any serious concerns about your health, please see a doctor.)

Netflix Stops Sending Users DVDs This Month

Netflix will stop sending its customers DVDs on September 29, since streaming has taken over its business. Netflix has sent out more than 5.2 billion discs since it began the service on March 10, 1988. By the way, the first title it sent out was *Beetlejuice*. TechRadar reports that Netflix now has 238 million subscribers to its streaming service. A tiny fraction of its subscriber base still receives DVDs delivered by the U.S. Postal Service.

by Kurt Jefferson

Translation Comes to Gmail's Mobile App

Google has announced in a blog post that it is adding a translation option to its app for both iOS and Android devices. So, if you regularly check your email on an iPhone, iPad, or Android phone or tablet, and see a message in a non-English language, you should be able to click on the Translation tool at the top of your Gmail message. Google writes, "A new dismissible banner appears when the content language of a message is different from the "Google.com Mail display language" in your account settings. You can also choose to have Gmail always translate or never translate specific languages."

You Can Do This With Linux

While most readers of this newsletter are using the Windows, macOS, iPadOS, or iOS operating systems, plenty of folks are running Linux. ZDNet carried an interesting [article](#) a few weeks ago explaining to readers what they can do in Linux but not in Windows or macOS. Even if you're not a devoted Linux fan, you may want to give it a look. Unheard of reliability, tons of free software, and reviving old hardware are just some of the points mentioned.

Amazon Ships With No Packaging

If you hate the way Amazon boxes pile up on your porch, you might want to read an [article](#) from Entrepreneur. It mentions that the seller with the biggest online presence will ship 11 percent or so of orders with no extra packaging. Customers will be able to decide at check-out whether or not they want additional packaging which Amazon labels "ships in own container." The article says the move is part of Amazon's goal to cut costs, reach environmental goals, and keep its dominant status as the number one online retailer.

Apple is Testing Macs Powered By M3 Processors

As soon as October, Apple could be introducing new Macs with the fastest processors yet – Apple's M3 chips. Bloomberg's Mark Gurman, who writes the weekly *Power On* newsletter, has written that Apple was "already ramping up testing of M3 chips." Gurman believes Apple will first introduce the new processor in its Mac mini desktop machines.

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After iOS 17 Rollout, some iPhone Users Won't Be Able to Upgrade

This month, Apple is expected to release the latest version of its operating system for the iPhone: iOS 17. If you're using an older phone, you might not be able to upgrade. CNET [lists](#) 17 iPhone models that will run iOS 17. The list includes iPhone XS, iPhone 11 and 11 Pro, as well as the less expensive iPhone SE (2nd generation and later models.)

The IRS is on Track To Go Paperless

Beginning with next year's tax season, individual taxpayers will have the option of filing paperless returns. The U.S. Dept. of the Treasury describes the move in a press release: "The IRS is launching an ambitious plan to ensure that by Filing Season 2024, taxpayers will be able to go paperless if they choose to do so, and by Filing Season 2025, the IRS will achieve paperless processing digitizing all paper-filed returns when received. In effect, this means all paper will be converted into digital form as soon as it arrives at the IRS." The IRS is also creating smartphone-friendly forms since it says 15% of Americans rely solely on their mobile phones for Internet access since they have no broadband Wi-Fi at their homes.

28 Years Ago for PCs, Windows 95 was the Start of a New Era

Windows 95 brought with it staples such as the Start menu, taskbar, and the Internet Explorer web browser. Read more [here](#).

Microsoft Windows 11 Review
by PCMag is [here](#).

macOS Ventura Review
by PCMag is [here](#).

Internet Cables Below the Ocean

Looking for an interesting read? Check out CNET's piece titled, [The Secret Life of the 500+ Cables That Run the Internet](#). It's a fascinating read. It mentions that 500 plus

cables nearly as thick as a garden hose are thought to be high-tech marvels. Ships are using basically the same process used to lay the first transatlantic telegraph cable way back in the 1850s.

Should You Leave Your Smartphone Charging Overnight While You Sleep?

I know plenty of folks who leave their smartphones charging overnight as they sleep.

We've posted stories in this newsletter before saying it's not a good idea because of battery concerns.

Experts agree you should never stack anything on your phone if it's charging while you sleep (or on top of a charging device.)

Another no-no is never place your smartphone under your pillow (even if it's not charging). Both of these steps can make your phone really, really hot.

PCMag [writes](#) that some "recommend leaving the charging device on a dish or saucer while it's plugged in or placing it on something metal that is more likely to dissipate heat, the way a heatsink does on the chips inside a PC."

Also, don't skimp by using cheap cables. All cables need to be certified to make sure they are safe. PCMag points out that iPhone Lightning cables need to be MiFi certified.

You want to make sure you aren't using cheap Chinese cables that fail to meet safety standards.

Don't let your battery run all the way down to zero charge. That's the way to wear out modern lithium-ion batteries.

PCMag says the best option is to start charging your phone before it asks to enter a low-power mode. "iOS will ask you to turn that on when you hit 20% power. Plug the phone in when it's between 30% and 40%. Pull the plug at 80% to 90%; going to full 100% when using a high-voltage charger can put some strain on the battery. Keep the phone's battery charged between 30% and 80% to increase its lifespan."





Notable September Dates Some Wacky. Some Not.



Sept. 1 – Emma Nutt Day (Nutt was the world's first female telephone operator on Sept. 1, 1878, working for the Edwin Holmes Telephone Despatch (sic) in Boston.)
Sept. 1 – Ginger Cat Appreciation Day
Sept. 1 – Nat'l. Lazy Mom's Day
Sept. 2 – Nat'l. Hummingbird Day
Sept. 2 – Nat'l. Tailgating Day
Sept. 2 – VJ Day
Sept. 3 – Nat'l. Stephen Day
Sept. 3 – U.S. Bowling League Day
Sept. 4 – **Labor Day**
Sept. 4 – Nat'l. Wildlife Day
Sept. 5 – Int'l. Day of Charity
Sept. 5 – Nat'l. Cheese Pizza Day
Sept. 5 – Telephone Tuesday
Sept. 6 – Fight Procrastination Day
Sept. 6 – Nat'l. Read a Book Day
Sept. 6 – Nat'l. Coffee Ice Cream Day
Sept. 7 – Grandma Moses Day
Sept. 7 – Int'l. Day of Clean Air
Sept. 7 – Nat'l. Acorn Squash Day
Sept. 7 – Nat'l. Neither Snow nor Rain Day
Sept. 7 – Toronto Int'l. Film Festival
Sept. 8 – Nat'l. 401(k) Day
Sept. 8 – Nat'l. David Day
Sept. 8 – Nat'l. Dog Walker Appreciation Day
Sept. 8 – Stand Up to Cancer Day
Sept. 8 – Star Trek Day
Sept. 9 – Drive Your Studebaker Day
Sept. 9 – German Language Day
Sept. 10 – Hug Your Hound Day
Sept. 10 – Nat'l. Pet Memorial Day
Sept. 11 – Patriot Day
Sept. 12 – Nat'l. Police Woman Day
Sept. 13 – Int'l. Chocolate Day
Sept. 13 – Nat'l. Kids Take Over the Kitchen Day
Sept. 13 – Positive Thinking Day
Sept. 13 – Nat'l. José Day
Sept. 13 – Nat'l. Juan Day
Sept. 14 – Nat'l. Cream Filled Donut Day
Sept. 14 – Nat'l. School Pictures Day
Sept. 16 – Nat'l. Cinnamon Raisin Bread Day
Sept. 16 – Nat'l. Stepfamily Day
Sept. 16 – Oktoberfest
Sept. 17 – Australian Citizenship Day
Sept. 17 – Nat'l. Pet Bird Day
Sept. 17 – Wife Appreciation Day
Sept. 19 – Nat'l. Voter Registration Day
Sept. 20 – Nat'l. School Backpack Awareness Day
Sept. 21 – Nat'l. Hannah Day
Sept. 21 – World Alzheimer's Day
Sept. 22 – Car-free Sunday
Sept. 23 – Fall starts
Sept. 23 – Int'l. Rabbit Day
Sept. 24 – World Day of the Deaf
Sept. 25 – Yom Kippur
Sept. 26 – Better Breakfast Day
Sept. 27 – Ancestor Appreciation Day
Sept. 29 – Nat'l. Coffee Day

Join Us on the CKCS YouTube Channel

Point your browser here, and you'll be able to watch past meetings at CKCS including:

- Tech Nights
- Windows SIG
- All Things 🍏 SIG

So take the time to view these videos.
(Click on 'Videos' to see more.)

Take notes.

If you cannot attend a Tech Night or SIG meeting that is offered via Zoom, here's your chance to revisit that session. It's a second chance to see what you missed.

The videos are an entertaining and fun way to catch up.





2023 Monthly Photo Contest Topics



Held by the CKCS Digital Photography SIG

Some Past Winning Photos



September	Legs
October	Miniatures
November	Woodwork
December	No contest

Email your photos to Digital Photography SIG (special interest group) Leader Joe Dietz one day before the monthly SIG meeting.



Email your entries to: joedietz@aol.com



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TIME MACHINE: GOING BACK IN TIME



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



A New Life Ahead

A family hauling their belongings as they load their car. They appear to be moving. Their car has Florida plates.

Photo appears to be from the 1930s or 40s.

Photo from PxHere

The Short Solent Flying Boat

The Short Solent was a passenger flying boat produced by Short Brothers in the late 1940s. It was developed from the Short Seaford, itself a development of the Short Sunderland military flying boat design, which was too late to serve in World War II. The first Solent flew in 1946. New Solents were used by BOAC and TEAL, production ending in 1949. Second-hand aircraft were operated until 1958 by a number of small airlines such as Aquila Airways.

Photo from PxHere.





The Yellerton Family Home

There are ten in the family and they live in a six-room house – “The only one on the street,” family members told the photographer. They moved here two years ago from a farm 50 miles away where they owned 135 acres of farmland. The father and his four oldest sons work in the Laurel Cotton Mills. “The little girls don’t work an’ we’re not goin’ to let ‘em if we can help it. We’ll send them to school and make ladies of ‘em,” remarked Mr. Yellerton to the photographer.

Location: Laurel, Miss.

Photo taken: April 1911

Photographer: Lewis Wickes Hine
(1874-1940)

Integration of Ole Miss

A military police jeep sits in front of a University of Mississippi building in Oxford, Miss. days after integration officially began in the fall of 1962.

On Sept. 30, rioting erupted as African American Air Force veteran James Meredith attempted to integrate the all-white school.

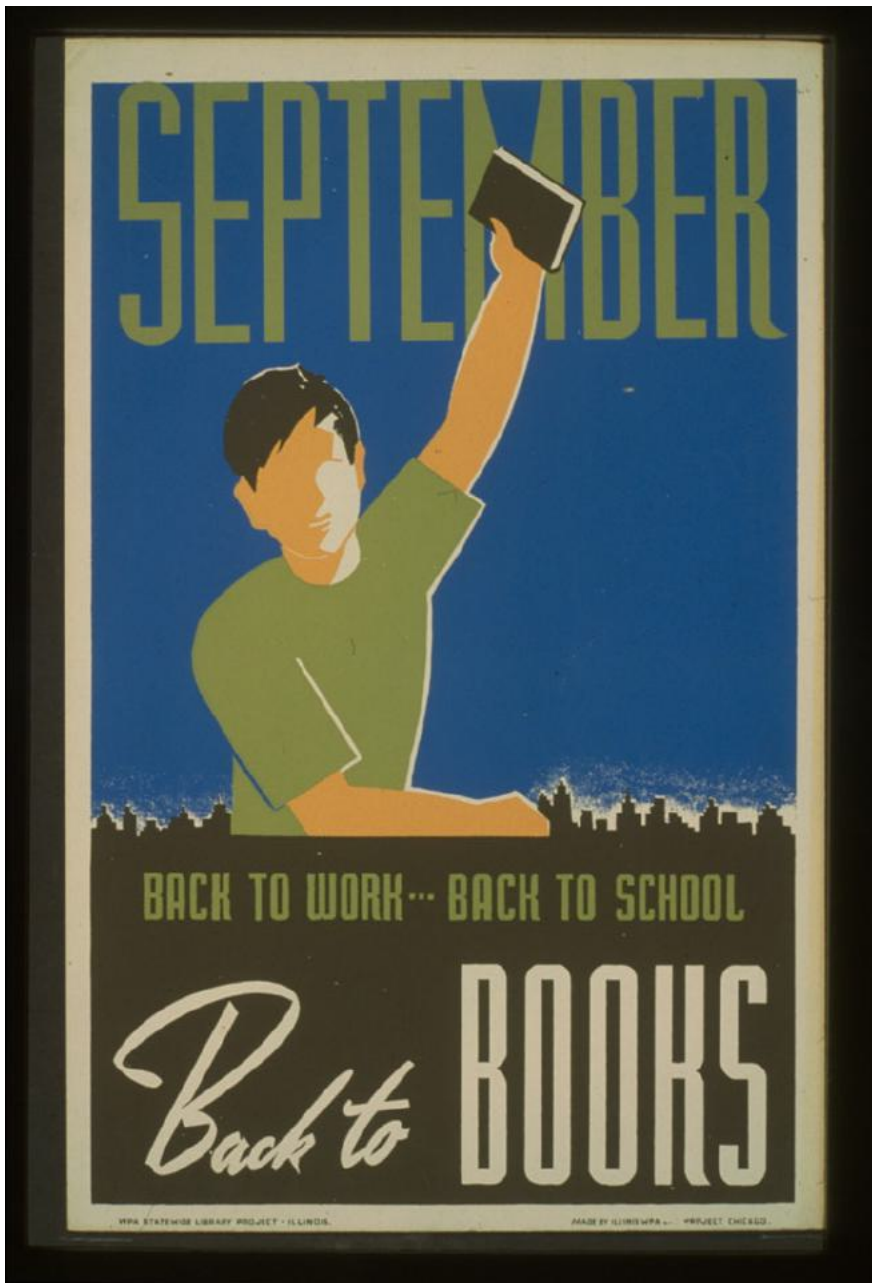
News reports indicate 120 federal marshals were on hand to maintain order. Despite their presence, rioting turned violent after dark. Two civilians were killed and scores more were injured in the incident. Meredith had sued the school claiming he was barred from enrolling because of his race. He spent the night of Sept. 30 under federal protection. The following morning, Meredith was allowed to register for classes. He became the first African American graduate of Ole Miss in Aug. 1963.

Photo taken: Oct. 4, 1962

Photographer: Marion S. Trikosko

From a black and white negative.





It's Time to Get Back to School!

Submitted by an Illinois resident, this poster was part of the Federal Art Project which ran from 1935-1943. The project was a New Deal program to fund the visual arts in the U.S. It was created to help find work for artists and others to create posters, murals, sculpture, graphic arts, and other works of art.

In the neighborhood of 400,000 posters, murals, and other works of art were produced by WPA artists during its eight years of operation.

From a silkscreen print.

He Wants to Fight for France

From the Library of Congress: Roger Lang is only 14 but he wants to fight for France. The lad wants to avenge the death of his mother who died one night during a bombing. His father went to the front in 1914 and has never returned. Roger has been adopted. Thanks to money from his adoptive parents, he will be able to attend a trade school and adopt his younger brother, Pierre.

Photographer: Lewis Wickes Hines
(1874-1940)

Photo taken: Sept. 1918

From a glass negative.





Women Working in the War Effort

At the Fairfax Bomber Production Plant in Kansas City, two workers punch rivet holes in the frame of a B-25 bomber aircraft.

The plant, in which thousands of these aircraft are manufactured, employs many women for jobs that used to be considered exclusively the work of men.

Photo taken: July 1942

Photographer: Alfred T. Palmer

From the Office of War Information.

Dept. Store District in Detroit

Looking northward on Woodward Ave. at the various department stores in the Motor City.

Photo taken: July 1942

Photographer: Arthur S. Siegel

From the Farm Security Administration.





Taking Tobacco to Market

Photo depicts cars in Mebane, North Carolina, loaded with tobacco carried to the warehouse for sale.

Photo taken: believed to be Nov. 1939
Photographer: Marion Post Walcott (1910-1990)

Photo is marked as 'possibly related to tobacco sale.'

Taking Tobacco to Market

Photo depicts one car of many in Mebane, North Carolina, loaded with tobacco carried to the warehouse for sale.

Photo taken: believed to be Nov. 1939
Photographer: Marion Post Walcott (1910-1990)

Photo is marked as 'possibly related to tobacco sale.'





U.S. War Cabinet Meets

President Roosevelt meets with his war cabinet shortly after the Japanese attacked Pearl Harbor at 8 A.M. on Sun., Dec. 7, 1941. That attack led to the U.S. entering WW II on the side of the Allies one day after the deadly attack.

Photo taken: Dec. 19, 1941
From the Office of War Information

Bustling Chicago

Madison Avenue looking west from Wabash Ave.

Photo taken: Between 1910 and 1920

Photographer: Detroit Publishing Co.

From a dry plate negative.

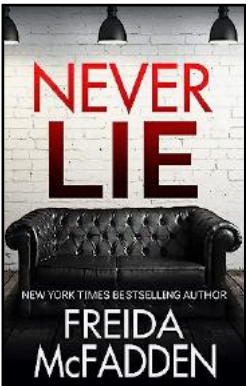


Audiobooks

Hey, What Are You Listening To?

By Kurt Jefferson

The snow is starting to cover the windshield of the BMW as the young married couple, Tricia and Ethan, slide over the country road. A realtor is supposed to meet them there. The huge house for sale. Where is she? Why is she so late? And where is the big country home with the 'For Sale' sign out front? They keep on driving despite worsening conditions as darkness approaches.



Cover: Goodreads.com

Only married a half-year, the pair realize they desperately need a new home. This big house out in the country sounded ideal. As snow begins piling up on the roads and now it's really getting dark, they finally find their dream home. Maybe the realtor got stuck in the snow. Maybe they'll just give her a call.

Darn! There's no cell service clear out here. Neither Tricia or Ethan can reach the realtor. Oh dear. As snow falls harder and harder, the car's tires cannot make it through the snow, piling up on the roadway. All of a sudden, they are stuck near the home.

It appears they're going to have to spend the night in this house. Tricia has a bad feeling about it. Call it a hunch. Call it women's intuition. Call it whatever you want. She doesn't want to spend a night here and clearly has no intention of buying this place. She cannot get the feeling out of her head: Something terrible occurred here.

Amazon calls the book, "An addictive psychological thriller."

More than 4,300 folks who read the Kindle version of *Never Lie* by Freida McFadden highlighted this sentence in the book, : "I believe that any human being is capable of terrible things if you push them hard enough."

Brittany reviewed the book on Amazon: "Honestly wasn't that interested reading the preview of the book but decided to try anyway and read it in one night, couldn't put it down!"

C.J. writes: "My hunches were all wrong and the twists and turns were just incredible. I read this book in record time because I just couldn't put it down. *Never Lie* is well written, suspenseful to put you on the edge without being unnecessarily gory. I will check out other books by this author."

Before you check out this book (or listen to the audiobook version as I'm currently doing), you've been cautioned: You might not be able to put it down. Do not pick it up even though it's calling you.

I cannot put my finger on it but there's something lurking in this book. Call it an undercurrent. You know something is about ready to jump out like a jack-in-the-box and grab...

Audiobooks

Hey, What Are You Listening To?

Flavia de Luce is surely one of the brightest 11-year-olds in all of Great Britain. She's a genius when it comes to poisons. No, this bright youngster doesn't want ice skates or a sled for Christmas. This precocious future Marie Curie wants a set of test tubes for a holiday gift. Yes, that's right. Test tubes for her laboratory left to Flavia by her late uncle.

It's the early 1950s. Flavia lives with her father, Col. Haviland "Laurence" de Luce, and two sisters, Ophelia and Daphne, in Buckshaw, a ramshackle country estate in rural England.

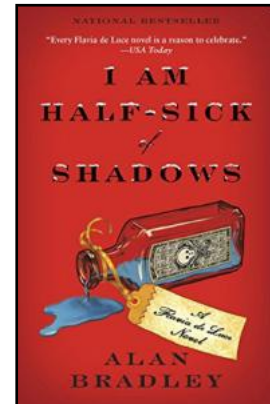
Flavia not only knows her poisons. She's also a budding detective who repeatedly outdoes the local police when it comes to solving crime. She also happens to have a talent at discovering critical evidence – and even bodies – at crime scenes before police, neighbors, or family members.

This is book four of the Flavia de Luce series by author Alan Bradley. For the record – I am hooked. Flavia is 11 going on 40 years old. She may be a child, but she has the brain power of an adult. And, oh, those crime-solving skills of hers. She asks just the right questions and develops accurate hunches like any of the best detectives in the town of Bishop's Lacey.

A film crew arrives to shoot a movie at Buckshaw. A blizzard rages outside and just past midnight – Flavia has to use all her might to keep going.

On Goodreads, Jeffrey Keeten writes, "Flavia de Luce always seems to be in the wrong place at the wrong right time. She doesn't have to leave her small town of Bishop's Lacey to find a steady supply of bodies recently discarded by their souls. Due to precarious pecuniary circumstances Flavia's father has recently rented out the ancestral home of Buckshaw to a film crew. Flavia has been busy in her long departed Uncle Tar's laboratory on the upper floors of the home. She is whipping up a batch of chemical substances that will help her catch St. Nicholas once and for all."

Over at Amazon, H.S. Wedekind writes, "There's so much enjoyment to be found between the covers of *I AM HALF-SICK of SHADOWS*, but if you haven't read the other three books in the Flavia de Luce Mystery Series by Alan Bradley, I strongly urge you to begin with *THE SWEETNESS AT THE BOTTOM OF THE PIE*. You'll meet Flavia and instantly fall in love with her. Highly recommended - 5 BIG STARS."



Cover: Goodreads.com



BOOKS!



Book covers provided by goodreads.com

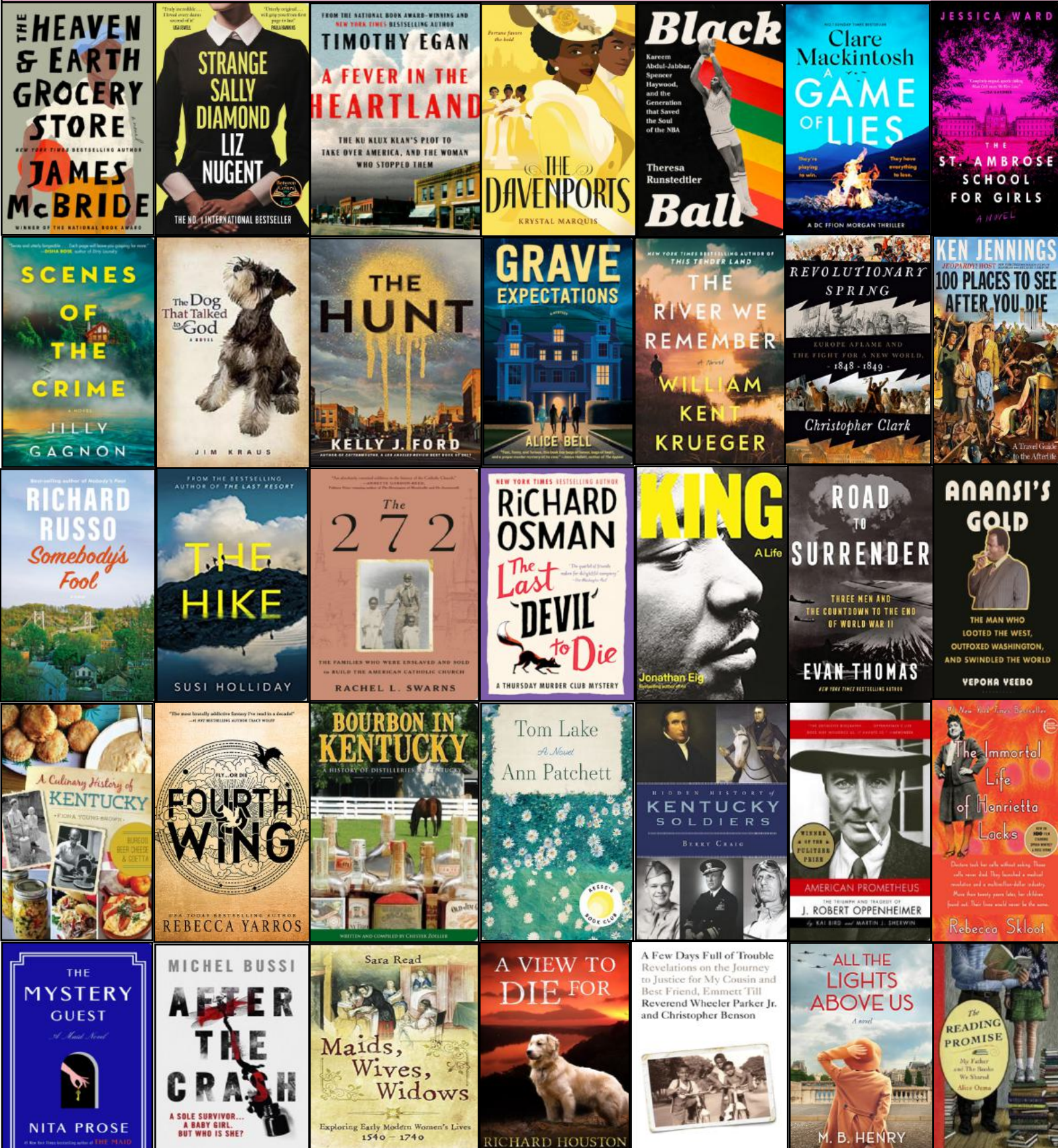
Quotes About Books

"I am simply a 'book drunkard.' Books have the same irresistible temptation for me that liquor has for its devotee." – L.M. Montgomery

"I would be content if my children grew up to be the kind of people who think decorating consists mostly of building enough bookshelves." – Anna Quindlen

"Books are no more threatened by Kindle than stairs by elevators." – Stephen Fry

"The worst thing about new books is that they keep us from reading the old ones." – Joseph Joubert





MORE BOOKS!



Book covers provided by goodreads.com

Quotes About Books

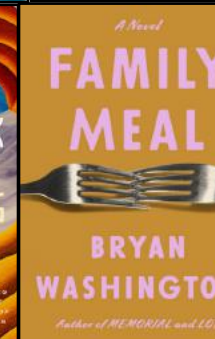
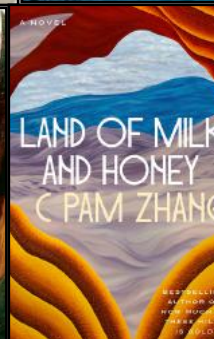
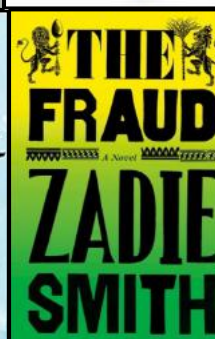
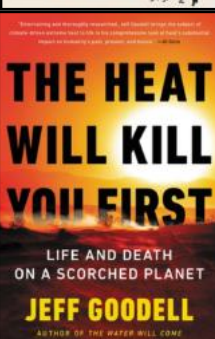
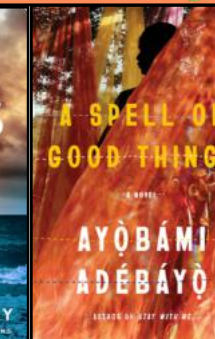
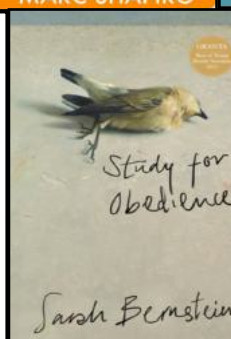
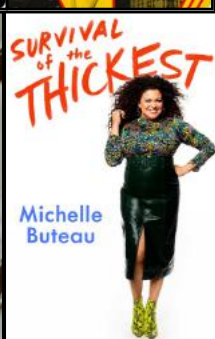
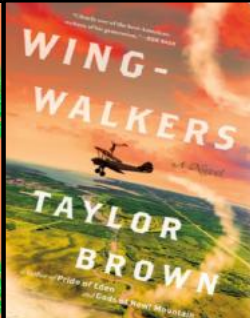
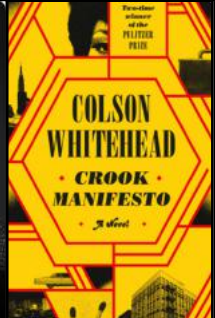
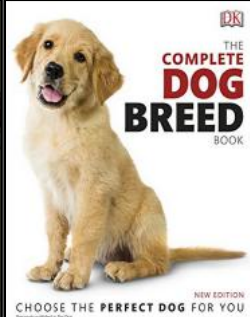
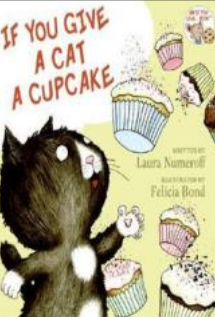
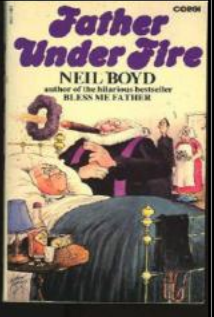
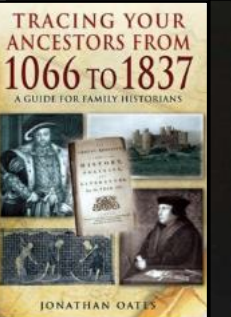
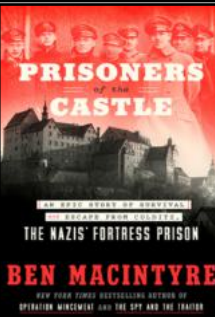
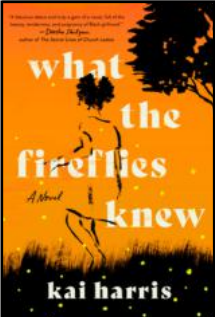
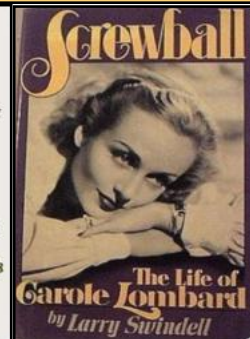
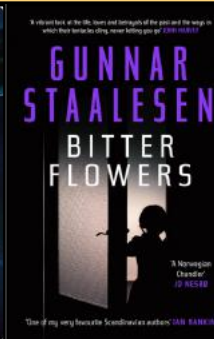
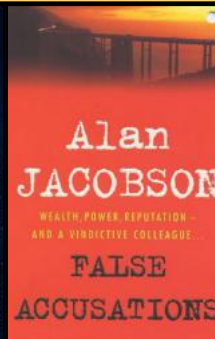
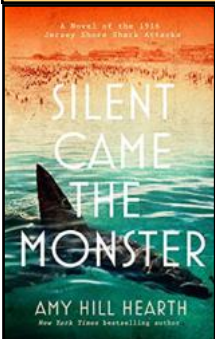
"If you don't like to read, you haven't found the right book." – J.K. Rowling

"One glance at a book and you hear the voice of another person, perhaps dead for 1,000 years. To read is to voyage through time." – Carl Sagan

"Rainy days should be spent at home with a cup of tea and a good book." – Bill Patterson

"Where is human nature so weak as in a bookstore?" – Henry Ward Beecher

"The America I love still exists at the front desks of our public libraries." – Kurt Vonnegut



‘I need tech help.
Where can I turn?’



Give us a try.

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

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

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



Videos and More



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

36+ shows of NBC-TV, fall 1960

42 Shows of CBS-TV, spring 1962

37 Shows of ABC-TV, fall 1961

Extremely rare NBC-TV promos, 1960s

ABC-TV promos, 1980

CBS-TV new show promo (1990)

Mr. Bean, the barber

Mr. Bean, the patient

Mr. Bean, surgery

Carol Burnett Show, Royal family

Carol Burnett, the lowest cost airline you can imagine

Bob Newhart outtakes

Betty White from Mary Tyler Moore Show

Farming in the 1940s

Farm Family in summer (1968)

Northern Illinois Farm Life in Wartime

The Dairy Farmer (Changing Times)

Gentle Jazz

Jazz, Relaxing Music

Relaxing Jazz Instrumental Music

My Boy Lollipop, Millie Small, 1964

Downtown, Petula Clark, 1964

Oh Carol, Neil Sedaka, 1959

California Dreamin', The Mamas & The Papas

These Boots Were Made for Walkin', Nancy Sinatra

The Rhythm is Gonna Get You, Gloria Estefan & MSM
Somewhere in Time, complete soundtrack

Most famous Classical Masterpieces

50 Most Beautiful Classical Music Pieces

Classical Music for Reading

Eight Hours of Classical Music for Working

Classical and Orchestra Film Music

Shy, abandoned cat finds love again

Shelter dog finds her forever home

Seven Places to see Fall Color in Kentucky

Kentucky in Fall

Appalachia Fall Foliage Trail at Kentucky State Parks

Photography in Kentucky

Beautiful Fall Colors in Canada

Autumn in Small Town America

WLS Jingles from the 'MusicRadio' Era

Mozart Flashmob in Prague

Denver Airport Holiday Flash Mob

Grease, Central Station, Antwerp

Mamma Mia!, at Shopping Vila

Irish Dancing Flashmob in Essex (announcing launch of new
Aer Lingus service from London Southend to Dublin)



Anatomy of a Scam: No, This is Not From the Post Office

by Kurt Jefferson

"There's a sucker born every minute" is a phrase closely associated with P. T. Barnum, an American showman of the mid-19th century, although there is no evidence that he actually said it," writes Wikipedia.org. Hucksters who are trying to dig into your wallet hope beyond hope that saying will ring true and you'll become their next victim. They are out to trick you, steal from you, and make you think their efforts are realistic enough that you'll take the bait.

I was one of their targets. They hoped I would fall for their phony text message and take the bait from these sleazy swindlers. The U.S. Postal Service has a word for fake texts designed to lure you: smishing.

Here's how it occurred. My iPhone alerted me on a recent Saturday afternoon that an incoming text message had arrived. The curious message appeared to come from the U.S. Postal Service.

#1. I immediately became suspicious because of the language used in the message. *Your package has arrived at the warehouse and cannot be delivered due to incomplete address information.*

The USPS doesn't use the phrase "warehouse." Instead, it has distribution centers, and has closed centers in both Lexington and Bowling Green in recent years supposedly "to improve efficiency," although I have grave doubts.

#2. USPS has never texted me before. Why now? (Another red flag.)

#3. I'm not expecting a package from USPS. Amazon? Yes. USPS. No.

#4. The website, at first glance, is bogus. The Postal Service has always used usps.gov. It may be some variation of that but never postoffice.com.

#5. Why does USPS need me to send it my street address? That makes no sense. Think about it. My mail (mainly junk) has been delivered for years. Why all of a sudden does USPS need my address?

#6. The USPS has no "support team." There is no team of customer service reps. called a support team. That's not how the USPS works.

I reported the message through the iMessage app, blocked the sender, and did an online search for Post Office scams. Turns out, there are plenty of pages about these sleazy operators. Snopes, US Postal Inspection Service, and Trend Micro are just three sites describing these fake messages.

The snake oil salesmen running this scam will undoubtedly send more text messages from different addresses or phone numbers. Blocking messages from this source will, at least in the short term, keep my smartphone a bit cleaner.

