

<i>What's Inside?</i>	<i>1 & 2</i>
<i>Front Page</i>	<i>3</i>
<i>Nov. Holidays/Celebrations</i>	<i>4</i>
<i>Who's Who @ CKCS?</i>	<i>5</i>
<i>New & Renewing Members</i>	<i>6</i>
<i>Nov. SIG Calendar</i>	<i>7</i>
<i>President's Report</i>	<i>8-9</i>
<i>Tech Night: Paul Stackhouse & Gmail</i>	<i>10</i>
<i>Fall Classes & Workshops</i>	<i>11-17</i>
<i>Amateur Photography Club</i>	<i>18</i>
<i>Windows SIG: No Meeting in Nov.</i>	<i>19</i>
<i>All Things 🍏 SIG</i>	<i>20</i>
<i>Digital Photography SIG</i>	<i>21</i>
<i>Winning Contest Photos</i>	<i>22-23</i>
<i>Nov. Photo Contest Topic: Couples</i>	<i>24</i>
<i>KyTrade</i>	<i>25</i>
<i>Quotes About November</i>	<i>26</i>
<i>What Will Winter Weather Bring?</i>	<i>27-28</i>
<i>People Who Made History</i>	<i>29-33</i>
<i>APCUG Links</i>	<i>34</i>
<i>Books!</i>	<i>35</i>
<i>Sidewalk Art</i>	<i>36</i>
<i>Study: Your IQ Could Suffer...</i>	<i>37</i>
<i>Your Health</i>	<i>38-40</i>
<i>There Are Real Benefits from Walking</i>	<i>41</i>
<i>Your Tech</i>	<i>42-43</i>
<i>Happy Thanksgiving from CKCS!</i>	<i>44</i>
<i>Time Machine</i>	<i>45-51</i>
<i>Videos & More</i>	<i>52</i>
<i>November Quotes</i>	<i>53</i>

*Nov.
2024*

*On
The
Inside*

*Here's the
newest
Computer
File.
Thanks for
reading!*





EDITOR'S

NOTE:

November Arrives

"The month of November makes me feel that life is passing more quickly. In an effort to slow it down, I try to fill the hours more meaningfully."

— Henry Rollins

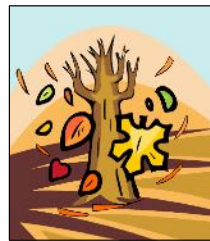
(from good.good.good.co)



Some folks discover that November is the time to get more done than during the summer months.

Colder air and clouds push them inside to keep warm. But it's also a time to read that book sitting on the bookshelf, finally clean out the garage, or try that new recipe. Some call November the 'Norway of the year.' It's a month when we give thanks, reflect on the past year, and make decisions. However you spend this month, I want to thank you for taking the time to read this newsletter.

Kurt Jefferson, editor





November Meetings

Dr. Fix-it & iHelp
Nov. 2

CKCS Board of Directors
Nov. 7

Amateur Photographers Club
Nov. 7, 14, 21

Windows SIG
No Meeting

Tech Night
Nov. 11

All Things Apple SIG
Nov. 19

Digital Photography SIG
Nov. 26

See more on the SIG calendar,
page 7, provided by Larry Trivette.



November Weather in LEX

Fall is in full swing in the Bluegrass. [Weatherspark](#) writes that the average high on Nov. 1 is 60°. By the time we reach Nov. 30, the average high drops to 50°. Clouds become more plentiful and skies remain partly cloudy 56% of the time. By the time November is over, Lexington receives 1.1 inches of snowfall in an average year during the month, and rarely more than four inches during November. [Wanderlog](#) describes the month in LEX as “cold and breezy.” The average low has now dropped to 35° overnight.



Daylight Saving Time
ends on Sunday, Nov. 3.



Fun Fact:



Summer starts on Dec. 1 in the southern hemisphere.



November Holidays & Celebrations

Dates shown on this page come from [HolidayInsights](https://www.holidayinsights.com).

Nov. 1

- All Saint's Day
- Nat'l. Author's Day

Nov. 2

- All Soul's Day
- Book Lovers Day
- Deviled Egg Day

Nov. 3

Daylight Saving
Time Ends

Nov. 4

- Check Your
Blood Pressure Day

Nov. 5

- Election Day

Nov. 9

- World Freedom Day

Nov. 11

- Veteran's Day

Nov. 13

- World Kindness
Day

Nov. 14

- Operating Room
Nurse Day

Nov. 17

- Take a Hike Day
- World Peace Day

Nov. 21

- Great American
Smokeout

Nov. 28

- Thanksgiving

Nov. 29

- Black Friday
- Square Dance Day

Nov. 30

- Nat'l. Mason Jar Day



Who's Who @ CKCS?

Officers

Tenure ends June 2025

President: Brooke Thomas

Vice President: Joe Dietz

Secretary: Larry Trivette

Treasurer: Jim McCormick

Ex-Officio Member

Bob Brown

Directors

Tenure ends June 2026

Boone Baldwin
Jan Landers-Lyman

Ben Rice
Mike Seiler
Kurt Jefferson

Tenure ends June 2025

Janet Cartmell
Larry Mitchum
Paul Stackhouse
Pennie Redmond
Arleigh Kerr

Webmasters

Arleigh Kerr
Bob Brown
Wendell Curtis

Class

Coordinator

Janet Cartmell

Office Supervisors

Jenny Brown

Bob Brown

Jan Landers-Lyman

Mike Seiler

Larry Trivette

Wendell Curtis

Nancy Bowling

Lydia Short

Edith Conyers

Alternate Supervisors

Sandra O'Neal

Debbie Bryant

Jan Landers-Lyman

Joe Dietz

Brooke Thomas

CKCS Online Calendar

Lydia Short
Nancy Bowling
Wendell Curtis

CKCS Newsletter Calendar

Larry Trivette

Newsletter Editor

Kurt Jefferson

Newsletter Proofreaders

Ben Rice

Brooke Thomas

Gail Waller

Pat Vaughan

Lydia Short

Diane Vance

Lynne Bowman

Constant Contact Manager

Larry Mitchum

Refreshment Center

Jim Hughes

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

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



CKCS Membership

For the period Aug. 22–Sept. 21, 2024

CKCS Board Member Ben Rice provided the names.

New members:

Jackie Ginter



Renewing members:

Jeanette Coufal
James B. Dingus
Sandy Emerson
Francis Fresh
Larry Grannis
R. Jackson Haga
Frankie Harvener
Arleigh Kerr
Marty Myers
Andre Peloquin
Anne P. Wegiel

How Do I Become a Member?

There are three ways to join CKCS.

Visit the CKCS website [here](#) and choose a membership:

1. Individual, family, or corporate/institutional membership.
2. Call CKCS at (859) 373-1000 and tell the person manning the desk which membership you want. Pay by credit card.
3. Visit CKCS in person at 160 Moore Drive, #107 in Lexington. A volunteer will greet you at the desk during office hours. If you're unfamiliar with the location, look for the CKCS signage located at the front of the parking lot.



November, 2024 CKCS Special Interest Group (SIG) Schedule

See <https://www.youtube.com/@ckcsVideos> for recorded Zoom SIG meetings. Larry Trivette prepared this SIG calendar. Print this page for your refrigerator or bulletin board.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Oct	29 Oct	30 Oct	31 Oct	1 Nov	2 Nov
			10 a.m. Photography Club In-Person Only		10 a.m. Dr. Fix-It In-Person Only iHelp Bring your Mac, iPad, or iPhone problems or questions and we'll try to help. In-Person Only
4 Nov	5 Nov	6 Nov	7 Nov	8 Nov	9 Nov
	Election Day		10 a.m. Photography Club In-Person Only		
			7 p.m. Board of Directors In-Person Only		
11 Nov	12 Nov	13 Nov	14 Nov	15 Nov	16 Nov
7 p.m. Tech Night Paul Stackhouse Using Gmail Veteran's Day	7 p.m. Windows Mike Seiler No Meeting		10 a.m. Photography Club In-Person Only		
18 Nov	19 Nov	20 Nov	21 Nov	22 Nov	23 Nov
	7 p.m. All Things Apple Brooke, Kurt, Joe See Topics In Newsletter Zoom		10 a.m. Photography Club In-Person Only		
25 Nov	26 Nov	27 Nov	28 Nov	29 Nov	30 Nov
	7 p.m. Digital Photography Joe Dietz In-Person Only		10 a.m. Photography Club No Meeting		
			Thanksgiving Day		

November Has Arrived at CKCS. Join us!

By Brooke Thomas



"Autumn carries more gold in its pocket than all other seasons." – Jim Bishop

Make CKCS a part of your monthly routine this month! Please attend a SIG, take a class or workshop, or participate in the Digital Photography SIG photo contest!



Join Us at CKCS

We're always on the lookout for new, fresh ideas and enthusiastic helpers.

Many of our SIG programs and Tech Nights stem from members' suggestions. Your program ideas and presenter recommendations are invaluable.

We're eager to introduce new classes and instructors too. Volunteering opportunities abound, whether you want to be an office volunteer

or lead a class. Got a class or SIG idea? We're all ears!



Just recently, an iPhone student expressed his gratitude: "Thank you all for volunteering to teach these classes." It's heartening to feel appreciated.





Our volunteers, from former teachers and tech professionals to those with diverse backgrounds, all share a passion for learning and sharing knowledge.

With that in mind, here's a sneak peek of our spring classes/workshops:

Apple Watch Workshop: Beyond Telling Time

Composition: Learning to See Creatively in Photography

Computer Basics (Windows)

FastStone Digital Imaging Program

Get Much More Out of Your Mac

Getting the Most Out of Your iPhone

Creating Personal Greeting and Note Cards

Using Apple iCloud for Your iPhone and iPad
iMovie for iPad: Creating Movies Made Easy

Introduction to Windows 11 Workshop

Introduction to Black & White Photography

iPad Mastery: Unveiling Hidden Features

Brochures with MS Publisher

Organizing Your Windows Computer Files

Introduction to Photoshop Elements

Making a Photo Book Using Shutterfly



Watch for class registration dates in the Weekly e-bulletin, on our website, and in this newsletter, *Computer File*. Spring classes run from February to May. You can start registering on Monday, Jan. 6.

Your involvement keeps CKCS vibrant and relevant.

Got suggestions? Let's hear them!

Email me at: president@ckcs.org

"The trees are about to show us how to be gracefully strong in the face of change."

From [Inspired Life](#)





TECH NIGHT

NOV. 11 @ 7 P.M.



In person & via Zoom here:

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

EMAIL: WHY YOU NEED IT
AND HOW TO USE IT
WITH PAUL STACKHOUSE



By Brooke Thomas



Paul Stackhouse at CKCS in Dec. 2023.

Considering a new email account or already have a Gmail account? Join us for an enlightening Tech Night dedicated to Gmail, the most

popular email service in the English-speaking world.

We'll explore the pros and cons of a Gmail address and demonstrate how to create an account. Most of our session will focus on Gmail's capabilities, best practices for email management, and tips to maximize your Gmail experience. You will learn something new even if you have been using Gmail for years! Our presenter, **Paul Stackhouse**, is a familiar face at CKCS and Tech Nights, known for his insightful presentations on

cutting the cable cord and streaming. Paul, a long-time CKCS member, has worn many hats, including president, vice-president, treasurer, and director. He is currently a director on the CKCS board and most recently filled in as guest leader for the Windows SIG. You might recognize him as Santa from last year! His contributions to CKCS date back to our early days, providing true internet email access before it was widely available in the city. Paul managed our electronic BBS (bulletin board system), a precursor to the internet. Come ready to dig into Gmail.

Send your email-related questions to Paul in advance at: paul@stackhouse.org or ask them at the meeting if time permits.

CKCS Fall Classes & Workshops

Summary



Monday *M*

Intro to
Photoshop
Elements
(Windows)
Oct. 28 and Nov. 4,
11, 18, 25
and Dec. 2
11 A.M.–1 P.M.

Intro to
Flash
Photography
Nov. 18, 25
1 P.M.–3 P.M.

Tuesday *T*

Organizing Your
Computer Files
for Windows
Oct. 29, Nov. 12, 19
10 A.M.–Noon

Digital Imaging
Using Corel
PaintShop Pro
for Windows
Oct. 29, Nov. 12, 19,
26, and
Dec. 3, 10
1 P.M.–3 P.M.

Wednesday *W*

iPad Mastery,
Unveiling Hidden
Features
Oct. 29, Nov. 6, 13,
20, 27 and Dec. 4
1 P.M.–3 P.M.

**Pop-up
Workshops**
are not in the
original CKCS
schedule and are
created when it
appears there is
sufficient demand
for a particular
topic. Pop-ups
often fill up
quickly so it pays
to register early
as possible.

CKCS Fall Classes & Workshops

Summary



Thursday

T

Creating
Personal
Greeting and
Note Cards with
Microsoft Word
**Oct. 24, 31
and Nov. 7, 14
10 A.M.–Noon**

What's New in
iOS 18 for
iPhone
**Nov. 7
1 P.M.–3 P.M.**



**When you
register for a fall
CKCS class or
workshop**

shown in the
schedule, you
are helping sup-
port the ongoing
vital work of
a non-profit
educational
organization.

You may register
by visiting the
CKCS store, by
calling CKCS at
859-373-1000
during business
hours. You may
also register by
stopping by
CKCS during
business hours at
160 Moore Drive,
#107, in
Lexington.

CKCS Fall Classes & Workshops

Descriptions

Monday *M*

Intro to Photoshop Elements (Windows)

You will learn to use Adobe's Photoshop Elements to perform basic photo editing. This will include light adjustments and color, cropping, cloning and spot healing, red eye removal, and other techniques. You'll learn plenty, including photo considerations prior to printing or sharing, intro to layers, converting images to black and white, enhancing and restoring old photos, adding text, using brushes, graphics, adjusting layers, templates, guided edits, and filters/special effects. You'll see how to create cards, calendars, slide shows, collages and photo books.

Monday *M*

Intro to Flash Photography

Want to improve your photos by learning simple techniques using your camera's built-in flash or an external flash? You will learn when to use your flash and how to use it to enhance your photos. You'll also learn to use your camera's flash to take "natural looking" photos of people and use fill flash for more natural looking everyday photography. You will learn how to use your flash in portraits, group photos and in everyday situations. You will have a chance to practice these techniques. Students need to have their camera with a full battery, an empty memory card, the camera manual and a note pad. If you own an external flash, bring it.

Dates and times when classes and workshops are held can be found here in this newsletter.

CKCS Fall Classes & Workshops

Descriptions

Tuesday *7*

Organizing Your Computer Files for Windows

Have you ever created a new file, and saved it, only to discover it's missing? We will look at several strategies for organizing your computer files to make them easier to find. You will also learn techniques for moving files and folders on your computer and external storage devices.



Tuesday *7*

Digital Imaging Using Corel PaintShop Pro for Windows

Learn how to enhance your photos using Corel's PaintShop Pro. You will discover how to crop, brighten, lighten, and generally clean up your pictures for a better presentation. In addition, you'll learn how to properly scan old photos to improve their appearance. You'll also learn how to add text to photos, use layers, straighten photos, and use scripts to create color and charcoal sketches. Restore old photos and discover how to remove an image from its background. You'll create a collage with several of your photos.

Dates and times when classes and workshops are held can be found here in this newsletter.

CKCS Fall Classes & Workshops

Descriptions

Wednesday *10*

iPad Mastery, Unveiling Hidden Features

Dive into the depths of your iPad and emerge a master of its capabilities. This class offers a comprehensive guide to utilizing the built-in Apple apps to their fullest potential. Tailor your iPad experience by personalizing and organizing your apps, enhancing your photos, and managing your albums with ease. Gain insights into the iPad's settings, uncover keyboard shortcuts, and add flair to your emails and texts with animations. Plus, receive practical tips on optimizing the use of Calendar, Notes, Reminders, Facetime, and the Libby library app. Transform your iPad into a powerhouse of productivity and personal expression.

Dates and times when classes and workshops are held can be found here in this newsletter.

CKCS Fall Classes & Workshops

Descriptions

Thursday *τ*

Creating Personal Greeting and Note Cards with Microsoft Word

Christmas is coming soon! Why not make your own personal Christmas cards? Learn how to create note/greeting card templates, how to insert graphics/ photos and text boxes, and how to add special effects to those elements. You will learn how to create three-dimensional and novelty cards. The only limitation will be your imagination. This is a fun and useful class!

Thursday *τ*

What's New in iOS 18 for iPhone

What's new in iOS 18 on your iPhone? Register for this workshop and you'll learn plenty about Apple's newest operating system for its smartphone.

Dates and times when classes and workshops are held can be found here in this newsletter.

CKCS Fall Classes & Workshops

Price Break for CKCS Members

Remember, CKCS members get a price break when they register for a class through either the CKCS website, by phone, or by stopping by the CKCS offices on Moore Drive.

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

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

You can check out the online calendar [here](#).

Dates and times when classes and workshops are held can be found here in this newsletter.





Amateur Photography Club

Meets in person on Thursday mornings at 10 A.M. during the month of November. **No meeting on Thanksgiving Day!**



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 Camerater Society

Call us today
859.373.1000
Email us
Phonics.ky@att.net@gmail.com

Address
160 Moore Drive, Suite 107
Lexington, KY 40503

Find us on 

See more of our photos
and current events

What's on tap in November?

From Boone—
Photo sharing topic:
Things we are thankful for.

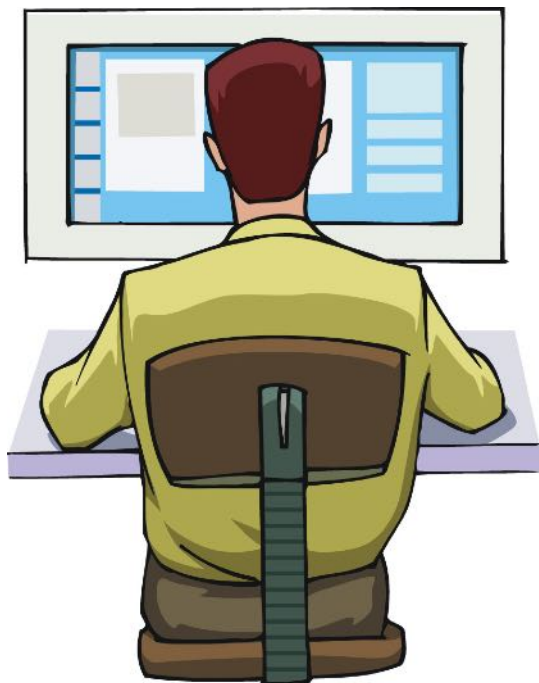
Topics for discussion:

1. The Histogram, using it in camera, and in post processing.
2. “Add on” close-up lenses: different types and how well they work.
3. Infrared photography, both black & white, and color. Taking infrared black & white photos with “add on” filter vs. converted.



Windows SIG

No Meeting in
November.



All Things SIG



Thanks to all of you who attended the October SIG meeting either in person or via Zoom. We had a good crowd—14 people attended in person at CKCS along with 13 folks on Zoom.

To make the meeting more enjoyable on a fall evening, we served a selection of breads including slices of apple zucchini and pumpkin crème, along with banana nut and pumpkin nut bread. Brooke served hot, hot, apple cider which warmed the palate.

Photo: Brooke Thomas

What's on Tap in November?

Brooke will share highlights of the iPad control center. With the recent software update, the center is more accessible and user-friendly.

We'll tackle how to turn on and repeat a 30 second timer for your physical therapy session. How to turn on Airplane mode quickly and

still use the airplane's Wi-Fi. How to rearrange and resize controls to suit your priorities—no need to navigate through Settings anymore.

Joe will discuss the new, improved [Apple Maps](#) showing better details and maps of hiking trails in Nat'l. Parks, custom walking routes, and more.

Want to find an easier way to mark completed items on

your Reminder app? No problem. Add a Reminder Widget to your home screen to easily mark completed tasks. Don't have a scanner? No problem. You can scan documents from your notes app.

Kurt will talk about Apple Intelligence (Apple's version of artificial intelligence) on the Mac, how to use it, and what is coming.



Join us on [Zoom](#), Nov. 19 at 7 P.M.

Digital Photography SIG

Meets In Person only on Nov. 26



Digital Photography Special Interest Group
Tuesday, November 26 @7 PM
In Person at CKCS



Let's Talk About Some Of The Neat And
Creative Things You Can Do With
Corel PaintShop Pro.

Topics for the evening:



AI (artificial Intelligence): taking someone out of a photo, and portrait mode.

Filling a wine glass with a favorite image

Quick way to take something out of a picture

Restoring old photos

Want to change the color of your car(dress, coat, etc.) You can do these and more!

This month our photo contest is "Couples"



How about some creative ideas? I am sure you can come up with some interesting couples.

Get out – take pictures or search your archives and send a unique picture to joedietz@aol.com
no later than November 25.

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



Winning Photos

Digital Photography Photo Contest

October topic: Feet



First Place–Janet Cartmell

Janet wrote us: This is a photo of my friend's cat, Kelly. He is very active and would use his scratching post, but would also scratch the furniture. The vet suggested the claw caps and they don't bother him at all. Sometimes he gets the multi-color caps and other times he likes the blue and white ones. I took the photo in September, 2023, with my iPhone 11 camera.



Winning Photos

Digital Photography Photo Contest

October topic: Feet



Second Place–Rebecca Brothers



Rebecca wrote us: Shot in the Galapagos Islands with an Olympus OM1 camera and a 100 to 400 mm lens. It is a Blue Footed Booby. Their feet color are part of the mating ritual and are blue because of their diet of fish.

2024 Monthly Photo Contest

Held by the Digital Photography SIG



Topics for the remainder of 2024

November...couples

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

Email photos to joedietz@aol.com



• The Deal •
(Available Only to CKCS Members)

Visit KyTrade ✓

Show Your Current CKCS Membership Card ✓

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

It's That Easy!



Thank you!

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

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

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



Quotes About November



"As the leaves fall, let your worries go with them, and embrace the season of gratitude." – Unknown

"If you only walk on sunny days, you'll never reach your destination." – Paulo Coelho

"November is chill, frosted mornings with a silver sun rising behind the trees, red cardinals at the feeders, and squirrels running scallops along the tops of the gray stone walls." – Jean Hersey

"As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them. – John F. Kennedy

"Enjoy the little things, for one day you may look back and realize they were the big things." – Robert Brault

"Autumn... the year's last, loveliest smile." – William Cullen Bryant



Source: <https://www.joyfulthroughitall.com/positive-quotes-for-november/>

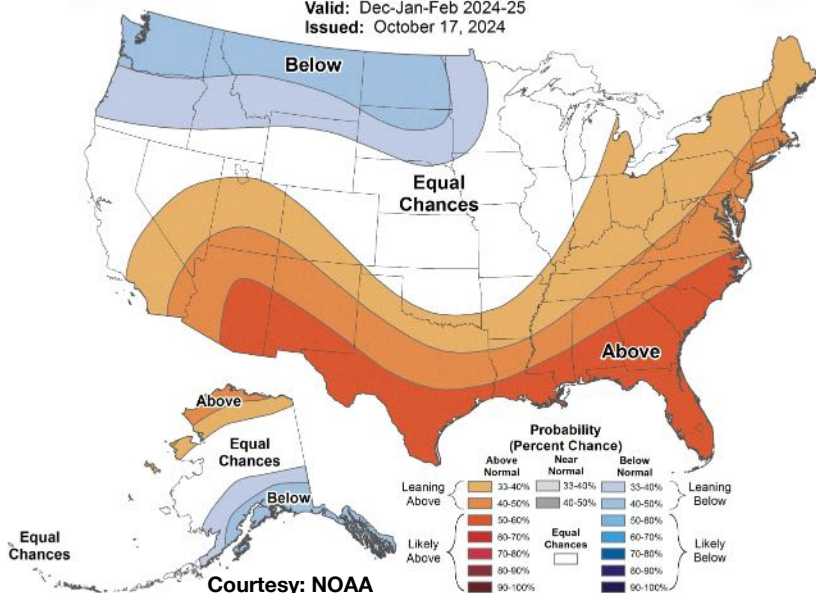
What Will Winter Weather Bring to Central Kentucky?



Seasonal Temperature Outlook



Valid: Dec-Jan-Feb 2024-25
Issued: October 17, 2024



NOAA forecasters released their [winter weather outlook](#) on Oct. 17, predicting a good chance that central Kentucky will see above normal temperatures from December through February. Folks at the Climate Prediction Center believe a pending La Niña will spell warmer and drier weather for us during the winter months. La Niña is a natural weather pattern occurring every few years where cooler than normal ocean waters occur in the equatorial Pacific region.

What Will Winter Weather Bring to Central Kentucky?

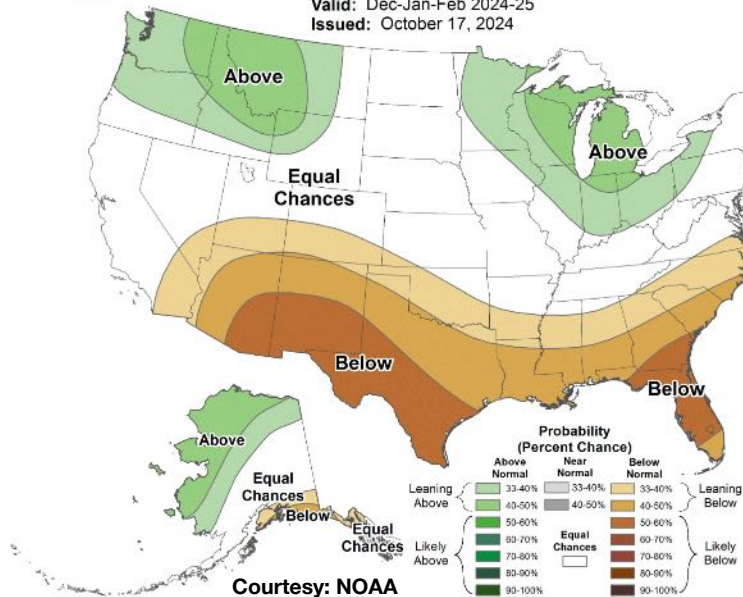


Seasonal Precipitation Outlook



Valid: Dec-Jan-Feb 2024-25

Issued: October 17, 2024



With the release of the [winter weather outlook](#), forecasters see a drier than normal winter for nearly all of Kentucky, with the exception of those counties across the river from Cincinnati. “La Nina conditions are expected to develop later this fall and typically lead to a more northerly storm track during the winter months, leaving the southern tier of the country warmer and drier, writes NOAA in its annual winter forecast prediction released October 17.

People Who Made HISTORY

By Kurt Jefferson

Is the fountain pen ancient history? Hardly. Wikipedia notes “fountain pens continue to have a growing following among many who view them as superior writing instruments due to their relative smoothness and versatility. Retailers continue to sell fountain pens and inks for casual and calligraphic use. Recently, fountain pens have made a resurgence, with many manufacturers of fountain pens saying sales are climbing.”

Fountain pens are used commonly in France, Italy, Austria, Germany, India, and the United Kingdom, writes Wikipedia. Retailers, such as Amazon, carry a wide selection of fountain pens.

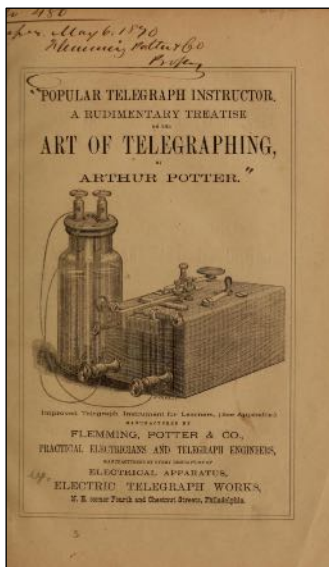


While teaching others how to properly use a telegraph machine in Wisconsin, George Parker became frustrated by the low quality writing pens available at the time. He had a second job selling and repairing fountain pens. In 1888, Parker created the Parker Pen Co. He received his first fountain pen patent one year later. Several years later, Parker Pen Co., in Janesville, became the largest pen manufacturing plant in the world. Parker was born on Nov. 1, 1863.

Photo: A 1942 Parker 51 vacumatic model (on right) and a 1949 Parker 51 aero-metric shown on the left.

A telegraph user guide from 1870. Created by Flemming, Potter & Co. of Philadelphia. It contained 24 pages of details, instructing a new telegraph operator how to properly use the device. Arthur Potter penned *The Art of Telegraphing*. The document's cover carried the phrase “Improved Telegraph Instrument for Learners.” The Morse system of operation, created by American Samuel Morse, became the international standard in 1865. Morse code had been created in Germany in 1848.

Photo: From the Library of Congress collection.



People Who Made HISTORY

By Kurt Jefferson



Though many of his beliefs have been discredited, historians say Cesare Lombroso played a major role in creating the modern science of criminology. Born on Nov. 6, 1835, in what was the “Lombardo-Venetian Kingdom” (today Austrian Empire), Lombroso was the founder of the Italian school of criminology.

Photo: From Wikipedia

This work is in the public domain in its country of origin and other countries and areas where the copyright term is the author's life plus 70 years or fewer.

Marie Curie was a Polish-French physicist and chemist who did pioneering research in the field of radioactivity. Curie was the first woman to win a Nobel Prize, first person to win two Nobel prizes, and the only individual to win two Nobel Prizes in separate fields. She was also the first woman professor at the University of Paris. The curie, the unit of radioactivity, is named for her and her husband. The element with atomic number 96 (curium) was also named in her honor.

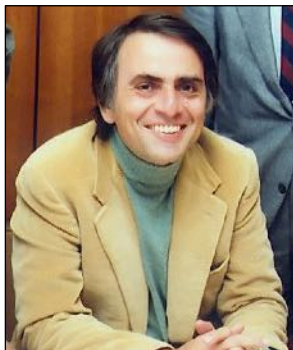
Curie is believed to have died from long-term exposure to radiation, causing bone marrow damage. In her day, the hazards of radiation were not well known so many researchers did not wear protective clothing or protect themselves sufficiently from radioactivity. Curie was born on Nov. 8, 1878.

Photo: Henri Manuel/Wikipedia. Taken in the 1920s.



People Who Made HISTORY

By Kurt Jefferson



Astronomer, scientist, and writer Carl Sagan was born on Nov. 9, 1934, in New York City. Sagan became a household name in America when he wrote and narrated the award-winning PBS series, *Cosmos: A Personal Voyage*. It was one of the most widely watched programs ever shown on public television. He was long connected to the U.S. space program, working as an advisor to NASA. Sagan joined the staff of Cornell University and was a faculty member there for nearly 30 years.

Photo: Carl Sagan in 1980. NASA/Wikipedia

Benjamin Banneker is considered by many historians to be one of the first African American intellectuals. His mother was a freed slave and his dad had been enslaved. Banneker had no formal education and was largely self-taught. He was an inventor, mathematician, astronomer, and compiler of almanacs. Even though he had previously only seen a sundial and pocket watch, Banneker built a clock made out of wood that kept accurate time. In 1798, he accurately predicted an eclipse and he took part in a survey that outlined the early borders of Washington D.C. He was born on Nov. 9, 1731, in Baltimore County, Maryland.

Painting: Shown in a 1943 mural by Maxine Merlino in the Recorder of Deeds building in Washington, D.C. Photo by Carol Highsmith



People Who Made HISTORY

By Kurt Jefferson



A 1901 Darracq 6.5 HP two-seater at the Regent St. Auto Show on London's west end in 2015.
Photo: Tim Frost/Wikipedia

French inventor Alexandre Darracq won a gold medal in 1889 at the Paris exhibition for producing a sewing machine. His real claim to fame came when he began producing cars and motorcycles. Darracq was one of the first to plan the mass production of cars. By 1904, he was the most successful car manufacturer in the world-producing 1,600 vehicles. His car company eventually evolved into Alfa Romeo. Wikipedia notes that despite the fact that Darracq made his living by producing cars and even took driving lessons, he disliked driving or riding in a car. Darracq was born on Nov. 10, 1855.

Remembered as the founding father of abdominal surgery, Ephraim McDowell was the first doctor to remove an ovarian tumor. He began his practice in Danville, Ky. after moving there from Scotland. One of his most famous patients was the eleventh president of the U.S., James K. Polk, for whom McDowell repaired a hernia and removed stones obstructing the urinary bladder. Wikipedia notes that patient Jane Todd Crawford rode by horseback 60 miles from her home in Green County, Ky. to McDowell's Danville home where he removed a 22 pound ovarian tumor. Crawford survived and lived another 32 years. First Lady Mary Todd Lincoln was McDowell's great-grandniece. McDowell was born in Rockbridge County, Virginia, on Nov. 11, 1771. A 222-bed medical center in Danville is named for him.

Painting published before 1900. From the National Library of Medicine.



People Who Made HISTORY

By Kurt Jefferson



A Hot Wheels toy car.

U.S. designer Jack W. Ryan was responsible for a number of Mattel's best-selling toys including Hot Wheels, Chatty Cathy, Larry the Lion, and the Barbie doll. Ryan was the sixth husband of actress Zsa Zsa Gabor. Mattel co-owner Ruth Handler worked with Ryan to create Barbie. Chatty Cathy was a pull string doll that "talked." Ryan had worked as an engineer for the aerospace company Raytheon. Mattel hired him for his "know how" about materials and his tech-savvy nature. Ryan was born on Nov. 12, 1926.

Photo: emamulandalib/Pixabay

Born on Nov. 13, 1866 in Louisville, educator Abraham Flexner is best remembered for his role in reforming higher education and medical schools in the U.S. and Canada. His critical review of the U.S. educational system in 1908 sparked a Carnegie Foundation evaluation of 155 medical schools. Flexner's report and efforts to improve the educational system have drastically changed the quality of doctors, medical research, and level of training in both the U.S. and Canada.

Photo: Rockefeller Foundation Archive.
from Jan. 15, 1895.

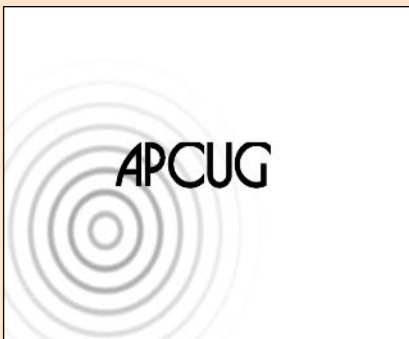


Spring Session Classes & Workshops

Look for descriptions and details of what CKCS is offering coming soon in Computer File.



There's a worldwide tech organization designed to empower you.



It's called APCUG.

Zoom meetings, tips for users of different systems including:

- **Windows**
- **macOS**
- **Linux**
- **iOS**
- **Android**
- **Chromebook**

and more are waiting for you to take part. CKCS is a member of APCUG. Here is just a small portion of links you'll find on APCUG's website:

[Wednesday Workshops](#)

[Saturday Safaris](#)

[Cybersecurity Awareness Month](#)

[Speakers Bureau](#)



APCUG is an international association of tech and computer groups.

Books!



Sidewalk Art

By Kurt Jefferson



More sidewalk art created by youngsters with imagination, chalk, and a will to create their own drawings. Spotted on an asphalt track leading to a park in south Lexington.



Study: Your IQ Could Suffer By Skipping Covid Shot

By Kurt Jefferson



The [*Los Angeles Times*](#) headlines a column about the latest Covid-19 vaccinations—*Opinion: Don't Be Stupid: Skipping Your COVID Booster Could Reduce Your IQ.*

[CBS News](#) reported back in February: *Research*

Suggests COVID-19 Affects Brain Age and IQ Score.

It turns out that more and more researchers are discovering the negative impacts of Covid-19 don't just involve the respiratory system.

Covid also affects how well the brain works. Researchers in England collected data from more than 100,000 people who finished online testing.

[*The New England Journal of Medicine*](#) reports the researcher's findings: even mild Covid with full recovery saw the infected person suffer a three-point drop in IQ. People who endured long Covid (symptoms more than 12 weeks) suffered a six-point IQ drop. And those

admitted to a hospital intensive care unit suffered a 12-point drop in their IQ.

This so-called "brain drain" connected to Covid has not been well publicized. The *L.A. Times* notes that the study's results underscore an [observational study](#) in Norway published in February and noted in the CBS News account.

Many of us are well aware of Covid's lingering "brain fog," but far fewer of us have heard about the drop in IQ scores directly connected to the illness.

Another fact that isn't widely known—but was reported last year in the [*Lancet*](#), for every 150 people getting their Covid shot—one emergency room visit is prevented.

The Yale School of Medicine professor who wrote the *Times* piece concludes that more than 95 percent of all doctors get their Covid shots. It turns out they're doing their part to help safeguard their IQs and keep others out of the emergency room.

COVID-19

Your Health

By Kurt Jefferson



Get Healthier and Happier. [Prevention](#) writes that you should spend more time outside if you're not already doing it. In fact, there's a formula describing just how much time you should be spending outdoors.

Caffeine might just improve your heart health, writes *Rheumatology*, a journal from Oxford Uni-



versity. [Medical Press](#) writes that researchers in Italy tracked 31 lupus patients by asking them to fill out a questionnaire. "They found that patients who consumed caffeine had better vascular health," notes Medical Press.

In the U.S., Brazil nuts often play second fiddle to the more widespread consumption of almonds and walnuts. A study published in the [Journal of Nutrition](#) might provide an incentive for Americans to



eat more Brazil nuts. It showed that consuming those nuts is linked to better gut health and reduced inflammation. (Don't eat too many Brazil nuts daily or you might suffer [selenium toxicity](#).) Experts say stick with a few each day.

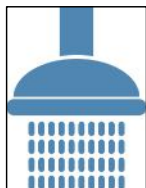


USA vs. UK: Who Has Better Midlife Health? A [study](#) detailed in the *International Journal of Epidemiology* studied the health of older adults in the U.S. and neighbors across the Atlantic—in England. The study compared nearly 10,000 British adults and 5,000 Americans. Middle-aged adults in the U.S. had greater rates of high blood pressure, obesity and high cholesterol. Those in Great Britain were more likely to smoke daily and admit they had "poor" health.



Your Health

By Kurt Jefferson



Your toothbrush and shower head might be teeming with hundreds of different viruses. That's the word from a new

study conducted by researchers at [Northwestern University](#). Most of these viruses have never been seen before. The good news is they are not targeting people—they're targeting bacteria. Indoor microbiologist, Erica M. Hartmann said she was blown away by the number of viruses—more than 600 different varieties. She added that most of these won't make people sick. If you want to clean your shower head, instead of using bleach, Hartmann says vinegar or soap and water will do the trick. A toothbrush can easily be replaced with a fresh one.



Research by the [Jackson Lab \(JAX\)](#) in [Bar Harbor, Maine](#), indicates

that eating less overall might be more effective than fasting to increase

one's life span. [Nature](#) published the study involving nearly 1,000

mice. Researchers examined mice after they were fed lower calorie diets versus intermittent fasting. It turns out that everyone is different and "other factors — including immune health, genetics and physiological indicators of resiliency — seem to better explain the link between cutting calories and increased lifespan," reported Nature.



Feeling Down? Study Shows Dog Walks Improve Mental Health of Pet Owner

82% of people in a [study](#) by the pet food giant, [Purina](#), confirmed that dog walks improved their mental state. Another study by [The Kennel Club](#) showed 75% of those questioned said "walking their dog improves their mood and well-being." More than four out of five gave credit to their four-legged friends for keeping them active.



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

Your Health

By Kurt Jefferson



Cheek Swab May Help Reveal How Well a Person is Aging

Researchers used a simple swab inside

the cheek, called [CheekAge](#), to study more than 1,500 men and women born in 1921 and 1936. Earlier studies have shown that smoking, alcohol consumption, a poor diet, lack of sleep, and stress can increase the rate of aging. By collecting cells inside the mouth, researchers were able to predict an individual's risk of dying within 12 months. Study details were published in [Frontiers in Aging](#).

Study: 'Forever Chemicals' Could Hurt Your Sleep Quality

What's being called a "[ground-breaking](#)" study by researchers at the University of California shows that PFAS chemicals (also called forever chemicals) just might impact sleep duration and quality. This research, published in the journal [Environmental Advances](#), studied 140 young adults between 19 and 24. This is the first time a study of this type has been conducted to see if forever chemicals impact a person's sleep quality.



Study: Drinking Seven Cups of Water Daily Could Help Reduce Stroke Risk

A [study](#) of nearly 27,000 people in 27 nations, including 13,000 who had a stroke came to this conclusion: *Consume less soda and fruit drinks and more water.* The study also urges the consumption of no more than four cups of coffee daily. Researchers discovered carbonated drinks led to a 22% higher risk of strokes.



In a Foul Mood? Try Listening to Mozart or Beethoven

Classical music boosts your mood, according to a new study of 13 patients who suffered from depression. [Researchers determined](#) that classical music made connections in the brain stronger between areas which process sound and produce pleasure.

There are Real Benefits From Walking.

Prevention Cites 15 Major Benefits From Experts.

By Kurt Jefferson

By the time you read this, the great migration of Kentuckians inside may have begun. The warm, sunny days of summer are gone. The cooler, less humid autumn days are waning. This will bring to a close daily outside walks for many. Despite this, experts say we all need to keep up our daily walking routines.



[Prevention](#) writes that “Getting your daily steps in can do so much more than help you maintain weight loss.” The website says benefits from walking include an improved mood, a lowered risk of chronic diseases, a sharper brain, stress relief and more. Walking can also add more years to your life, writes *Prevention*.



“One study found that people who did just 10 to 59 minutes of moderate exercise (like brisk walking) per week had an 18% lower risk of death during the study period compared to those who were inactive. Meanwhile, people who completed the rec

ommended 150 minutes of weekly exercise in at least 10-minute spurts had a 31% lower risk of death,” according to *Prevention*.

Those figures are quite impressive. So just how many steps should we be walking? While 10,000 is the number often cited, experts say a [2021 study](#) published in *JAMA Open Network* showed for people from 38 to 50, 7,000 steps were the magic number.

It’s important to point out that walking has also been proven to enhance the immune system, protect bones, and increase one’s creativity.

While no special gear is needed (except for a jacket or coat during the cold months), your shoes are very important. Experts say you need to make sure they’re comfortable on concrete or another surface on which you’ll be walking. Also, replace your shoes after 300 to 500 miles.

If you haven’t exercised in a while, the article points out you should ease into a walking routine and don’t storm into it as if you’re an old hat at walking.



Your Tech

By Kurt Jefferson

Firefox Power User Keeps 7,400+ Browser Tabs Open For Two Years

[PCMag reports](#) that a woman named Hazel who uses the Firefox browser accomplished that feat without her Mac taking a performance hit. Mozilla, the maker of Firefox, confirms that having tons of Firefox tabs open consumes “practically no memory whatsoever.”

Blue Checkmarks Are Coming to Your Google Search Results

Google may make you see blue. The company is testing a system by which it places blue checkmarks next to valid links leading to a company's website, [writes Zdnet.](#)

[ZDNET:](#) You Can Still Upgrade Your Old PCs to Windows 11

With 23andMe's Financial Troubles, you might want to delete your DNA

profile while you still can. [PCMag tells](#) how to get that done.

[9to5Mac:](#) **Major New Mac Introductions from Apple,** including a re-designed, much smaller, Mac mini computer.

[PCMag:](#) **More than 6,000 Counterfeit iPhones Lands Man in Prison**

No-Subscription MS Office? It's Here

If you absolutely hate the yearly fee charged to users of Microsoft 365, the company is selling a subscription-free version for \$149.00 for both Windows & Macs, writes [PCMag's website.](#)

Apple Watch 10 vs. 9 Health Features. What's New and Different from [9to5Mac.](#)

Your Tech

By Kurt Jefferson

[MacRumors:](#)
**Apple Watch Users
Report Vitals App
Detecting Illness Before
Symptoms Appear**

[PCMag:](#) **Windows 11
Update Officially
Removes WordPad**

[MacRumors:](#) **50 New
macOS Sequoia
Features & Changes
Worth Checking Out**

**Take Notes? Then You
Might want to Read
[PCMag's](#) **Four Note-
Taking Tips That Can
Change Your Life****

[Safety Detectives](#) provides
what it calls **The Ultimate
Internet Safety Guide for
Seniors in 2024.**

**Don't click on that email
link. Read the [BBB's](#)
Phishing Scams Study.**

**Only Scammers Tell You
to Buy a Gift Card to Pay
Them,** according
to the [FTC](#)

**Satellite iMessages
Offer a Lifeline in
North Carolina With
No Cell Service,**
writes [PCMag](#)

**Smart TVs are like “a
digital Trojan Horse” in
people’s homes** writes
[ars technica](#). A 48–page
report urges the FTC and
FCC to investigate the
connected TV industry
data harvesting. The
[report](#) is in PDF format.

**Reusing a password
from one website to the
next is a major no no.** But
a Dashlane report says
people are still doing it.
[PCMag](#) reports that the
U.S. and Canada had the
lowest security score out
of 14 regions studied.

Enjoy the Holiday!



**Everyone at CKCS
Hopes You Have a
Great Thanksgiving
This Year!**

TIME MACHINE



Sun hats for Horses

Man putting a sun hat on a horse's head in front of the Bide-a-Wee Home for Animals at 145 West 38th Street in New York City.

Photo taken:
Circa Aug. 28, 1907

No photographer listed.

From the Library of Congress America's Yester-days series.

Dog & Boy

A boy hugs his dog in Middle River, Maryland at the housing project for the Glenn L. Martin aircraft employees.

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

From a nitrate negative.



TIME MACHINE



Even the Cats Know Where the Food is Kept

At the Casa Grande Farms in Pinal County, Arizona, hungry felines are well aware of the spot where much of the food is stored: the refrigerator.

Photo taken: April or May, 1940.

Photo by: Lee Russell (1903–1986)

From a safety negative.

TIME MACHINE



The Vice President's Bust

First Lady Mrs. Garner accepts a cheese bust of her husband, vice president John Garner, known as Cactus Jack, from Wisconsin Senator Alexander Wiley in Washington, D.C. Wisconsin was celebrating Diamond Jubilee Cheese Week and sent 2,200 pounds of cheese and the bust done in cheddar cheese to the nation's capital.

Photo taken: April 25, 1939
From a glass negative.

Photo by: Harris & Ewing

TIME MACHINE



Tiller Girls Show a Leg

The Tiller Girls were one of the most popular dance troupes of the 1890s, created by John Tiller in Manchester, England, in 1889. He noticed a chorus of dancers often lacked discipline so he asked them to link their arms so they could dance as one. That created much more discipline and accuracy in their dancing.

Photo taken: Date unknown
From a glass negative.

Photo by: Bain News Service

TIME MACHINE



Hope & Flo

Hope Winchester (left) & Flo Pratt. Hope married Flo's brother in Dec. 1926. He was Herbert Lee Pratt Jr., who became head of Standard Oil of New York.

Flo Pratt married Francis Edward Powell Jr. He was the son of the man heading up Standard Oil in Germany, and later, England.

Photo taken: Unknown date
Photo by: Bain News Service
From a glass negative.

TIME MACHINE



Hayley Mills Blows Out Candles

Child actress Hayley Mills celebrates her 16th birthday by blowing out candles on her cake. She was voted biggest star in Britain in 1961 and starred in six Disney films, including “The Parent Trap”, where she played twins in the film. Mills was born in London with the name Hayley Catherine Rose Vivien Mills.

Photo taken: April 17, 1962 (a day before her actual birthday)

Photo by: Charlotte Brooks (1918–2014)

From a film negative.

TIME MACHINE



Gertrude Legendre

Legendre was an American socialite who worked for the spy agency at the Office of Strategic Services, during WWII. She was born in South Carolina. Legendre was the daughter of New York lawmaker, Rep. John Sanford, who was a prominent owner and breeder of thoroughbred horses. He was also a rug magnate. For years, Legendre sought big game animals and provided rare specimens to natural history museums from her trips to Southeast Asia, Africa, Iran, Alaska, and Canada.

Photo taken: Dec. 1958.
Photo by: Toni Frissell
(1907–1988)

Videos & More



[Top Actors of the 1930s](#)

[Time to Remember: 1930s](#)

[1920s Slang](#)

[Halloween with The Adams Family](#)

[Young Frankenstein in Five Minutes](#)

[When Your Dog Brings Home a Friend](#)

[Rescued Tiny Kitten Grows Up Believing He's a Big Dog](#)

[Relaxing Nature Sounds](#)

[Listen to the Rain on the Forest Path](#)

[Soft Sound of Rain Falling on a Quiet Road](#)

[Nostalgic 1930s-40s Autumn Music](#)

[Enchanting Autumn Forests](#)

[Postive Autumn Jazz for a Better Mood](#)

[Romantic Music of Autumn](#)

[Relaxing Bird Sounds](#)

[Collection of the Best Melodies](#)

[Thanksgiving Sides: Healthy Vegetable Side Dishes](#)

[Preppy Kitchen: How to Cook a Turkey](#)

[Preppy Kitchen: Easy Pumpkin Pie Recipe](#)

[Six Thanksgiving Recipes to Impress Your Guests](#)

[The Surprising Thing that Julia Child Always Served at Thanksgiving](#)

[The Carol Burnet Show from 1968: Skit-Julia Wild](#)

[1785 Home of Lexington Founder, William McConnell](#)

[The History of Waveland on KET, Kentucky Life](#)

[The Civil War Soundtrack by Ashokan Farewell](#)

[Quiz Kids Game Show from 1949 \(NBC-TV\)](#)

[Oddity Archive: The DuMont TV Network \(1949\)](#)

[Jamestown: Bacon's Rebellion](#)

[Rebellions: U.S. History to 1865](#)

November Quotes

Quotes are from [The Positivity Blog](http://ThePositivityBlog.com).



“Peering from some high window, at the gold of November sunset and feeling that if day has to become night, this is a beautiful way.”

–E.E. Cummings

“The leaves fall, the wind blows, and the farm country slowly changes from the summer cottons into its winter wools.”

–Henry Beston

“In November, the smell of food is different. It is an orange smell. A squash and pumpkin smell. It tastes like cinnamon and can fill up a house in the morning.”

–Cynthia Rylant

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

–Stanley Horowitz

“November is the month that reminds us to be thankful. For the big things, for the small things and for making a spring that will come in due time so much sweeter.”

–Rip Miller

“Be thankful for what you have. Your life is someone else’s fairy tale.”

–Wale Ayeni

“Life isn’t about waiting for the storm to pass. It’s about learning how to dance in the rain.”

–Vivian Greene

“Autumn is springtime in reverse.”

–Terri Guillemets

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

–Joe L. Wheeler

“Do not be embarrassed by your failures, learn from them and start again.”

–Richard Bronson

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.”

–Henry Ford

