

<i>You're Invited to the Holiday Party!</i>	3
<b>🏆 1<sup>st</sup> Place Winners 🏆</b>	4-5
<i>Past Issues of the CKCS Newsletter</i>	6-7
<i>Editor's Note</i>	8
<i>Front Page</i>	9
<i>Dec. Holidays &amp; Celebrations</i>	10
<i>Who's Who at CKCS?</i>	11
<i>Latest CKCS Membership List</i>	12
<i>Dec. SIG Calendar</i>	13
<i>President's Report</i>	14-16
<i>Amateur Photographers Club</i>	17
<i>Mike Retires as Windows SIG Leader</i>	18
<i>Genealogy SIG</i>	19
<i>All Things 🍏 SIG</i>	20
<i>Digital Photography SIG</i>	21
<i>Monthly Photo Contest Winners</i>	22-24
<i>No Dec. Photo Contest</i>	25
<i>2025 Photo Contest Topics</i>	26
<i>Ky Trade</i>	27
<i>2025 Spring Classes &amp; Workshops</i>	28
<i>2025 Course Descriptions</i>	29-32
<i>International Readers</i>	33
<i>Quotes About December</i>	34
<i>People Who Made History</i>	35-42
<i>APCUG Links</i>	43
<i>Books!</i>	44



*Dec.  
2024*



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

<i>Standing Desks Might Not Be...</i>	45
<i>Heart Disease Climbs in...</i>	46
<i>Tech Headlines You Missed...</i>	47
<i>Your Health</i>	48–52
<i>Your Tech</i>	53–54
<i>2024 Tech Stories You Missed</i>	55
<i>Enjoy the Holiday from CKCS!</i>	56
<i>Time Machine</i>	57–69
<i>Videos &amp; More</i>	70

**Computer File**® is a monthly publication of Lexington-based Central Kentucky Computer Society, founded four decades ago. Empowering people with tech skills has been the goal of CKCS since a handful of interested individuals began meeting in September 1984. Today, we rely on a fantastic group of dedicated volunteers.

CKCS is a non-profit organization. Your membership is vital to keep us running. If you'd like to become a member, join CKCS [here](#).

Donations also help keep CKCS operating and are accepted on our [website](#).

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

We appreciate your support. 

**Central Kentucky Computer Society**  
**160 Moore Drive, Suite #107,**  
**Lexington, Ky. 40503**  
**859-373-1000**  
**ckcs.org**

*Dec.*  
*2024*



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



## You're Invited to the CKCS Holiday Party!



**Join us for a festive celebration filled with joy, laughter, and holiday cheer! We're excited to host our annual holiday party and can't wait to see you there. Members will showcase great holiday gift ideas and exciting apps!**

**Date:** December 9, 2024 **Time:** 6:00 p.m. **Location:** CKCS

**What to Bring:** An appetizer or dessert to share. CKCS will provide the drinks.

We have a community of tech lovers and would love for you to share your nifty ideas too. **If you have a tech gadget or app you'd like to demonstrate, please reach out to me at [president@ckcs.org](mailto:president@ckcs.org) to get on the agenda.**

**Door Prizes:** Don't miss the chance to win an exciting door prize.

**Come join us for a night of fun, learning, and holiday cheer. We look forward to celebrating with you!**





Thanks to the folks at APCUG, the international tech and computer association, for awarding the monthly CKCS newsletter first place in its yearly user group newsletter competition. We are grateful for the honor.

*Kurt Jefferson, editor*



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

**ckcs** **CKCS News**

April 2024 Volume 40, Issue 4 Join CKCS Today!

**April 2024 S16 Calendar (Special Interest Groups)**

**Amateur Photographers Club**  
 April 9, 11, 18, 25 (in person at CKCS)  
 Wednesdays 5:00 w/ Photo  
 April 9 at 7 PM, via Zoom and in person

**All Things SIG** w/ Jan, Mark, James, & Brenda  
 April 18 at 7 PM via Zoom

**Digital Photography SIG** w/ Joe  
 April 23 at 7 PM (in person at CKCS)

**New calendar** - See the dates of various CKCS classes and workshops.

**Typical April Weather in LEX**

**April is finally here!** With a Wundermap notes, the average daily high temperature by the end of the month in Lexington climbs nine degrees to 70°, rarely falling below 47° or climbing above 87°. The overnight low jumps from 42° to 51°.

The clearest day of the entire month is often April 25. "Clear, mostly clear, or partly cloudy conditions 52% of the time," notes Wundermap. As April progresses, the weather site notes, rain occurs more often in Lexington.

sun of daylight compared to just 12 hours, 39 minutes on April 1.

Humidity is also on the rise. Wundermap notes, "The chance that a given day will be muggy in Lexington is gradually increasing during April, rising from 0% to 2% over the course of the month." While humidity is climbing, wind speed is slowing. Average hourly wind speed is slowing from 9.3 miles an hour to 8.2 miles an hour as the month progresses.

Wundermap describes April weather in Lexington.

**Notable April Dates**

April 1: April Fool's Day  
 April 4: Dr. Fauci & HHS Saturday at CKCS  
 April 7: Walk to Work Day  
 April 8: Solar Eclipse in Lexington  
 April 10: Nat'l Post Day  
 April 14: Nat'l Donate a Book Day  
 April 18: Nat'l Exercise Day  
 April 22: Earth Day  
 April 26: Administrative Professionals Day  
 April 29: World Veterinary Day

**Happy April Fool's Day**

**April 8 Solar Eclipse**

Kentucky's Transposition Cabinet predicts 150,000 viewers will descend on western Kentucky to see the April 8

Page 1 / 41

**Kurt Jefferson, Editor, CKCS News  
 Central Kentucky Computer Society**



But wait. There's more. Larry Mitchum won first place from APCUG in the eBulletin category. You've seen the weekly email detailing what's coming up at CKCS. Larry creates and sends out that message on a regular basis. Congratulations, Larry!



**Central Kentucky Computer Society Meetings**  
[CLICK HERE](#) to see any previous meetings that may have been recorded via ZOOM.  
 \*\*\* 160 Moore Drive Suite 107 Lexington KY \*\*\* Phone 373-1000

**November/December**

Sun	Mon	Tue
Join CKCS on YouTube	Learn to use	Organizing your Computer Files
CKCS Board of Directors	Introduction to Microsoft Windows	Organizing your Computer Files
Apple's Latest OS Upgrades	Learn to use	Learn to use
	Introduction to Windows	Download Windows Update

Larry Mitchum, Editor, Next Week at Your Computer Society  
 Central Kentucky Computer Society

# Past Issues of the CKCS Newsletter

Here's a quick look at the cover page from a few issues.



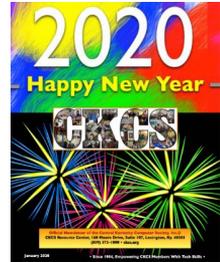
Oct. 2019



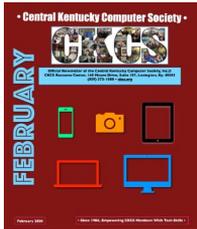
Nov. 2019



Dec. 2019



Jan. 2020



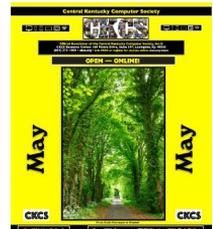
Feb. 2020



Jan. 2021



April 2021



May 2021



June 2021



July 2021



Aug. 2021



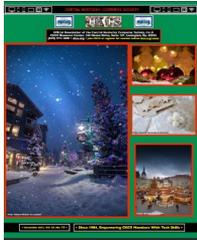
Sept. 2021

You can read these back issues and others of the CKCS newsletter [here](https://www.ckcs.org/newsletter).



# Past Issues of the CKCS Newsletter

Here's a quick look at the cover page from a few issues.



Dec. 2021



Feb. 2022



Mar 2022



May 2022



July 2022



Aug. 2022



Sept. 2022



Nov. 2022



Jan. 2023



May 2023



July 2023



Dec. 2023



You can read these back issues and others of the CKCS newsletter [here](#).

## EDITOR'S NOTE

### December Is Here

**“The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart. Wishing you happiness.”** –Helen Keller (from [good.good.good.co](http://good.good.good.co))

**“December is a month of enormous potential. It’s a time when we can all give and receive, a time when the spirit of humanity shines brightest.”**–Michael Josephson (from [good.good.co](http://good.good.co))

When I was a child, a wise grandparent told me *anything worth doing well is not easy*.

Whether it was algebra class in school, learning how to drive a manual transmission Plymouth Gran Fury in high school (“let up on the clutch”), or creating this newslet-

ter every month, that message from my grandparent so many years ago still resonates. *Anything worth doing well is not easy*.

Computer File takes many hours and days to complete every month. No one gets paid. We are volunteers. It’s a team effort. The proof-readers make this newsletter shine. We do this for you.

Thank you, APCUG, for selecting this newsletter as first place winner. I share the award with the proof-readers and everyone who contributes. *Anything worth doing well is not easy*.





## December Meetings

CKCS Board of Directors  
Dec. 5

Amateur Photographers Club  
Dec. 5, 12, 19

Dr. Fix-it & iHelp  
Dec. 7

Holiday Party  
Dec. 9

Windows SIG  
No Meeting

Genealogy SIG  
Dec. 16

All Things Apple SIG  
No Meeting

Digital Photography SIG  
No Meeting

Click here for the SIG calendar,  
page 13, provided by Larry Trivette.



## December Weather In Central Kentucky

**B**ear in mind that forecasters with NOAA's Storm Prediction Center believe a La Niña pattern this winter will help create warmer than normal temperatures in the Bluegrass. With that in mind, [Weather Spark](#) tells us that we normally begin the last month of the year with a daily high of 49°. By New Year's Eve, the average daily high has dropped to 43°. We start an average December with 1.1 inches of snow. By the end of the month, we often receive 2.3 inches. We rarely exceed 7.1 inches of snowfall by late December.

### Fun Fact:



While turkey and ham are common in America, a customary Christmas Day feast in Japan includes KFC.

CKCS is a member of APCUG. Check out that tech organization's website [here](#).



designed by freepik.com



## December Holidays & Celebrations

Dates shown on this page come from [HolidayInsights](#).

Dec. 1

- Eat a Red Apple Day

Dec. 2

- Cyber Monday

Dec. 4

- Santa's List Day

Dec. 7

- Pearl Harbor Day
- Int'l. Civil Aviation Day

Dec. 8

- Int'l. Children's Day

Dec. 9

- Christmas Card Day

Dec. 10

- Human Rights Day

Dec. 12

- Gingerbread House Day

Dec. 13

- Nat'l. Cocoa Day
- Violin Day

Dec. 20

- Go Caroling Day

Dec. 21

- Winter Arrives at 4:20 A.M. (EST)
- Crossword Puzzle Day

Dec. 24

- Christmas Eve

Dec. 25

- Christmas Day

Dec. 26

- Kwanzaa starts

Dec. 31

- New Year's Eve

# 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 Oct. 22–Nov. 21, 2024

CKCS Board Member Ben Rice provided the names.

## **New members:**

Pamela S. Bartley  
Karla L. Bowling  
Buzz Carmichael  
Daniel Evans  
Helen A. Evans  
Jan L. Hains  
John David Jones  
Joy J. Kennedy  
Michael A. Kerwin  
Pat Murphy  
Dona H. Renfro  
David Royster  
Kimberly Sipes

## **Renewing members:**

George & Sally Alspaugh  
Nancy Bowling  
Kathy Brinegar  
Debra R. Bryant  
Nancy R. Burke  
Joe Clancy  
Lisa M. Fazioli  
Beverly Fortune  
Vicki Garrett  
Beverly A. Hilton  
Ric E. McGee  
J. H. Paulsen  
Janet S. Scheeline  
John Snell  
Carmel Wallace  
Gail Waller  
Norman & Jan Williams  
Judy Woods

# Thank You!

## **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.



### December, 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
2 Dec	3 Dec	4 Dec	5 Dec 10 a.m. <b>Photography Club</b> <i>In-Person Only</i>	6 Dec	7 Dec 10 a.m. <b>Dr. Fix-It &amp; iHelp</b> Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. <i>In-Person Only</i>
9 Dec 6 p.m. <b>Tech Night</b> Holiday Party 5 Minute Tech Product Reviews <i>In-Person Only</i>	10 Dec 7 p.m. <b>Windows</b> Mike Seiler <b>No Meeting this Month</b>	11 Dec	12 Dec 10 a.m. <b>Photography Club</b> <i>In-Person Only</i>	13 Dec	14 Dec
16 Dec 7 p.m. <b>Quarterly Genealogy</b> Larry Mitchum Archives.gov Census, Military, Immigration, & Naturalization Records <i>In-Person Only</i>	17 Dec 7 p.m. <b>All Things Apple</b> Brooke, Kurt, Joe and Janet <b>No Meeting this Month</b>	18 Dec	19 Dec 10 a.m. <b>Photography Club</b> <i>In-Person Only</i>	20 Dec	21 Dec
23 Dec	24 Dec <b>Christmas Eve</b> 7 p.m. <b>Digital Photography</b> Joe Dietz <b>No Meeting this Month</b>	25 Dec	26 Dec 10 a.m. <b>Photography Club</b> <b>No Meeting this Week</b>	27 Dec	28 Dec
30 Dec	31 Dec <b>New Year's Eve</b>	1 Jan <b>New Year's Day</b>	2 Jan 10 a.m. <b>Photography Club</b> <b>No Meeting this Week</b>	3 Jan	4 Jan 10 a.m. <b>Dr. Fix-It &amp; iHelp</b> Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. <i>In-Person Only</i>





# We Won First Place in Both Categories!



## President's Report

By Brooke Thomas



**I am thrilled** to announce that our newsletter and eBulletin have won *first place* in the yearly APCUG contests! This remarkable accomplishment is a testament to the hard work, dedication, and creativity of our talented editors and proofreaders.

The Association of Personal Computer User Groups (APCUG) is an international organization that connects technology and computer user groups around the world.

Many of our members have bene-

fited from participating in APCUG's Saturday Safaris and Wednesday Workshops.

CKCS instructors have also contributed by presenting workshops, and we've enjoyed informative Zoom Tech Nights courtesy of the APCUG speaker bureau.

I'd like to take this opportunity to recognize and thank Larry Mitchum and Kurt Jefferson for their outstanding contributions.



Their commitment to excellence and innovation have made a significant impact on our publications.

Every month, they dedicate countless hours to ensure our eBulletin and newsletter are eye-catching, packed with information, accurate, and always delivered on time.

They continually strive to outdo themselves, making each edition better than the last.

Kurt Jefferson, our newsletter editor since June 2019, has tirelessly worked to mold our newsletter into

its current outstanding form.

Each edition reflects his continuous efforts to enhance its quality.

Kurt starts working on the next issue as soon as he finishes the current one, ensuring we have the best newsletter ever.

Larry Mitchum, our eBulletin editor, has been at the helm of our weekly email updates for years.

We've referred to these eBulletins in various ways: the weekly email, Mailchimp, Constant Contact





email, and “Next week at your computer society.”

Regardless of the name, Larry’s dedication remains constant.

Every Thursday night, he ensures we’re informed about upcoming CKCS events.

Over the years, Larry has continuously updated the look and feel of our eBulletins, keeping the graphics fresh and engaging.

While we’ve always known the quality of our newsletters and eBulletins, it’s wonderful to have this recognition from APCUG.

It underscores the effort and dedication that goes into these publications.

These are volunteers, giving their time, effort and sweat to produce an eye-catching document, meet deadline, and provide items you might not see anywhere else. CKCS is indeed unique.

*Please join me during this holiday season to celebrate this wonderful achievement and express our heartfelt gratitude to Kurt and Larry for their exceptional work.*





# Amateur Photography Club

Meets in person on Thursday mornings at 10 A.M.  
No meeting on Dec. 26 or Jan. 2!



## 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



# Windows SIG

## No Meeting in December

Mike steps down as Windows SIG leader. Please join me as we celebrate Mike's remarkable contributions and say thanks for his unwavering dedication to Central Kentucky Computer Society.



**Mike Seiler has been Windows SIG leader at CKCS for seven years. He is now stepping down. CKCS is searching for one or more individuals who might want to take over the post in 2025.**

### Thank You, Mike, for Your Leadership and Dedication!

By Brooke Thomas

We would like to extend our heartfelt gratitude to Mike for his exceptional leadership as the Windows SIG Leader for over 7 years. When Joe Isaac, the previous SIG leader, announced his retirement in January 2017, he unexpectedly named Mike as his successor. Despite the surprise, Mike graciously accepted the role and has been a dedicated leader ever since.

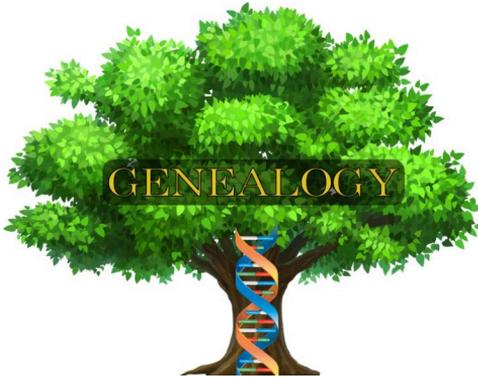
Mike's commitment has been invaluable. His detailed monthly handouts and presentations have unraveled the mysteries of Windows for all of us, guiding us through Windows 10 and the various updates of Windows 11. His contributions have been essential to our understanding and use of Windows computers.

This month, Mike informed us that he will be stepping down from his role as the Windows SIG Leader. Thankfully, he will continue his other numerous responsibilities with CKCS. Mike's dedication is also strongly felt in another organization close to his heart, Mended Hearts, where his involvement has significantly increased since the pandemic. We understand there's only so much time in a day.

We are eternally grateful for Mike's years of leadership and service. As we look for someone to fill his shoes, we acknowledge the challenge ahead. Mike has not named a successor, so we will be searching for one or more individuals to take over this important role next year.



# Genealogy SIG



## Join us in person on Dec. 16.

We'll discuss NARA, the National Archives & Records Administration website ([archives.gov](https://www.archives.gov)) hosting:

- Research our Records
- Veterans' Service Records
- Educator Resources
- America's Founding Documents

Bring your questions and we'll search this valuable genealogy tool! Feel free to bring a holiday treat!

**7 P.M., in person at CKCS**

**All Things  SIG**

**No Meeting in December**



**Enjoy Your Holidays!**



# Digital Photography SIG



Digital Photography SIG



*There will be no  
Digital Photography Special  
Interest Group in December.  
Take this time to spend with family  
and friends and enjoy the season!*



*See ya in January!*

*Joe*

**Also remember !**



**John Snell will be returning to CKCS  
Digital Photography Special Interest Group  
on January 28 at 7 PM to show and tell us  
about his photography adventures of 2024.**



# Winning Photos

## Digital Photography Photo Contest

November topic: Couples

### First Place

Winner: Ward Ransdell



This was taken on the Blue Ridge Parkway on June 10, 2021. I watched this pair of cedar waxwings feeding for more than 30 minutes. Occasionally they would share a meal and I was happy to get the shot. Taken with Canon 90D. 600mm lens, ISO 250, f/6.3, at 1/800 sec., writes Ward.

# Winning Photos

## Digital Photography Photo Contest

November topic: Couples

### Second Place

Winner: Jerry Fuller



*Last year in October, while my wife and I toured the Rhône River in France via riverboat, we had the opportunity to sample wines produced on the grounds of a castle that has been in the same family for 26 consecutive generations. As we exited the cellar and stepped into the bright sunlight, I couldn't help noticing our elongated shadows. The scene was captured on my iPhone 15 Pro, writes Jerry.*



# Winning Photos

## Digital Photography Photo Contest

November topic: Couples



### Third Place

Winner: Carolyn Nichols

*These Canadian geese (who stick to one mate for life) were photographed in a meadow at The Summit in Fritz Farm on Nicholasville Road the first week in October. Photo by iPhone 14 Pro Max, writes Carolyn.*



# 2024 Monthly Photo Contest

*Held by the Digital Photography SIG*



*No Contest in December.  
Enjoy Your Holiday Season!*



# 2025 Photo Contest Topics

The CKCS Digital Photography SIG hosts this monthly contest.

By Joe Dietz



Print this list and keep it handy.

**Jan.** Night Scenes

**Feb.** Pets

**March** Signs  
(Funny or not so funny)

**April** Happy places

**May** Birds

**June** Waterfalls

**July**

- Clouds
- First signs of spring
- What were they thinking?

*(Three topics in July. Don't email. One hard copy of your photo(s) this month must be delivered to CKCS on Moore Dr.)*

**Aug.** Food photography

**Sept.** Interesting faces

**Oct.** Stained glass windows

**Nov.** Hands

**Dec.** No meeting.

Except for July, entries must be emailed to [joedietz@aol.com](mailto:joedietz@aol.com). Good luck!

• **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.

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Lexington  
[kytrade.com](http://kytrade.com)  
Phone: (859) 225-1700

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**\$10** on **Malwarebytes** subscription





# Spring Classes & Workshops



Course Title	Day of the Week	Dates	Time	Class or Workshop
Intro to Adobe Photoshop Elements For Windows	Monday	Feb. 3, 10, 17, 24, Mar 3 & 10	11 A.M.–1 P.M.	Class
Composition: Learning to See Creatively in Photography	Monday	Feb. 3, 10, 17, 24, Mar 3	1 P.M.–3 P.M.	Class
Getting the Most Out of Your iPhone	Tuesday	Feb. 4, 11, 18, 25, Mar 4 & 11	1 P.M.–3 P.M.	Class
iPad Mastery: Unveiling Hidden Features	Thursday	Feb. 6, 13, 20, 27, Mar 6 & 13	1 P.M.–3 P.M.	Class
Organizing Your Windows Computer Files	Tuesday	Feb. 11, 18, 25	10 A.M.–Noon	Class
Computer Basics For A Windows PC	Thursday	Feb. 20, 27, Mar 6, 13, 20 & 27	10 A.M.–Noon	Class
Get Much More Out Of Your Mac	Friday	Feb. 21, 28, Mar 7, 14, 21, & 28	10:30 A.M.–12:30 P.M.	Class
Intro to Black and White Photography	Monday	Mar 17, 24	1 P.M.–3 P.M.	Class
Making Brochures with MS Publisher for Windows	Tuesday	Mar 18, 25	1 P.M.–3 P.M.	Class
Creating Personal Greeting & Note Cards With MS Word	Thursday	Apr 3, 10, 17, 24	10 A.M.–Noon	Class
Adventures in Photography– Intro to Landscape Photography	Mondays	Apr 14, 21, 28, May 5 & 12	1 P.M.–3 P.M.	Class
iMovie For iPad	Wednesday	Apr 23, 30, May 7	1 P.M.–3 P.M.	Class
Intro to Windows 11	Tuesday	Mar 4	9 A.M.–Noon	Workshop
Making a Photo book Using Shutterfly	Wednesday	Mar 19	1 P.M.–4 P.M.	Workshop
Using Apple iCloud For Your iPhone & iPad	Wednesday	Apr 9	1 P.M.–4 P.M.	Workshop
FastStone Digital Imaging For Windows	Wednesday	Apr 16	1 P.M.–4 P.M.	Workshop
Apple Watch Workshop: Beyond Telling Time	Thursday	May 1	1 P.M.–4 P.M.	Workshop

See Full Course Descriptions online at the CKCS [Calendar](#) & Below.



# Spring 2025 Classes & Workshops

## CKCS Course Descriptions

### **Intro to Photoshop Elements for Windows**

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

### **Composition-Learning to See Creatively in Photography**

Learn the ingredients for a good photo. We will study the elements of design, perspective, composition, lighting, and color of light. Why are some pictures more appealing than others? They follow some simple rules: A. Simplicity. B. Drawing Attention to the Subject. C. Positioning the Subject. D. Knowledge of Graphic Design for Interest and Harmony. Understanding and using these guidelines will show you how to implement this knowledge and become a better photographer. Instruction will consist of lecture, class discussion & video presentations.

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

In the latest iPhone IOS18 update, many things have changed. In this class you will learn important (and hidden) functions of your iPhone. Learn how to download apps, move them, nest them, and delete them. Learn how to get better photos with your phone, organize your pictures, and send them in text and emails. Texting messages and using Siri will also be covered. Participants should bring their (fully charged) iPhone and know (or bring) their passcode, Apple ID and password.

### **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 app. Transform your iPad into a powerhouse of productivity and personal expression.

### **Organizing Your Windows Computer Files**

Have you ever created a file and saved it, only to find you cannot locate it later? We will look at several strategies for organizing your files to make them easier to find. We will also learn techniques for moving files and folders on your computer and external storage devices.



# Spring 2025 Classes & Workshops

## CKCS Course Descriptions

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

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

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

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

### **Intro to Black & White Photography**

Learn how to change a color image to black and white using the six color channels. This allows you to alter the tone of each individual color channel resulting in a more controlled final result with greater depth and contrast.

### **Making Brochures with MS Publisher for Windows**

Students will learn to create professional-looking brochures using MS Publisher. While prior knowledge of Microsoft Word and other Office products can be helpful, it is not required. The skills acquired in this course will enable students to design an effective brochure for their class, church group, club, or their special interest activity with ease. This is just a small sample of the powerful features available in Microsoft Publisher. MS Publisher is part of your Microsoft 365 subscription.

### **Creating Personal Greetings & Note Cards with MS Word**

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

### **Adventures in Photography-Introduction to Landscape Photography**

We'll discuss detailed ways to help you creatively photograph a variety of landscapes from fields to coastal scenes whether you are at home or on vacation. We will cover multiple topics including lens selection, depth of field, composition, lighting, shooting panoramas, shooting for focus stacking and stitching. What you learn also will be applicable to your photography in general. The course will include fieldtrip(s) where you will have a chance to practice what you learn, then share your photos in the next class. Students should have a basic knowledge of their camera.



# Spring 2025 Classes & Workshops

## Course Descriptions



### iMovie for iPad: Creating Movies Made Easy

Unlock the power of storytelling with your iPad in this engaging class. Discover how to use the **free iMovie app** to craft compelling movies using photos and music. Add a personal touch with custom text and smooth transitions. By the end of the session, you'll be ready to share your cinematic creation with friends, family, and on social media. Whether you're a beginner or looking to enhance your video editing skills, this class is your ticket to producing memorable movies with ease.

### Intro to Windows 11

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. Students are encouraged to bring their laptop computers if they have Windows 11 already installed. However, ensure your laptop is fully charged before you bring it to class.

### Making a Photo Book Using Shutterfly

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

### Using Apple iCloud for your iPhone & iPad

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

### FastStone Digital Imaging Program for Windows PC

Are your photos in need of a makeover? Want to enhance, crop, and create stunning slideshows without breaking the bank? Look no further! Join our **FastStone Digital Imaging Workshop** and unlock the power of this **free**, versatile program.





# Spring 2025 Classes & Workshops

## CKCS Course Descriptions

### Apple Watch: Beyond Telling Time

Join us for an engaging and informative workshop where you'll discover over 20 tips and tricks to maximize the potential of your Apple Watch! Whether you're a new user or a seasoned pro, this session will help you unlock many of the capabilities of your device. Some of the tips include the following: learn how to get help in an emergency, remove apps from your watch, make the text size larger, adjust brightness and wake duration, change the layout of your watch, mute your watch notifications, use your watch as an alarm clock, use auto pause for workouts, use your watch as a flash light and running or walking light at night, unlock your iPhone with your watch, and find your iPhone with your watch. An Apple Watch 6 will be used for demonstration. Many of the features are similar on the different series of Apple Watches that are using the current Watch operating system.

Remember, you can always get a quick look at complete course descriptions on the CKCS class calendar [here](#).

If you would like to teach a class or wish CKCS offered another class or workshop, please email the society president [here](#).



## Who's Reading Computer File?

We often wonder who's reading this newsletter?

If details from MailChimp are accurate,  
we have readers who live outside the U.S.

–International Readers–

Our readership figures show:

5.6% are in Sweden

2.5% are in the United Kingdom

1% are in Ukraine

.51% are in Canada

94% are in the United States

Thanks for reading!



The Swedish flag

Wherever you are,  
thanks for reading!  
Thanks for  
supporting CKCS.

Part of your membership to CKCS includes *Computer File*.



If you're not a member and would like to join,  
you can easily register [here](#). Thanks!



# Quotes About December

“May and October, the best-smelling months? I’ll make a case for December; evergreen, frost, wood smoke, cinnamon.” – Lisa Kleypas

“December has the clarity, the simplicity, and the silence you need for the best fresh start of your life.”  
– Vivian Swift

“When snow falls, nature listens.”  
– Antoinette van Kleeef



“Wisdom comes with winters.” – Oscar Wilde

“The color of springtime is in the flowers; the color of winter is in the imagination.” – Terri Guillemets

“Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home.”  
– Edith Sitwell

“Winter forms our character and brings out our best.”  
– Tom Allen

“Christmas is a season not only of rejoicing but of reflection.” – Winston Churchill

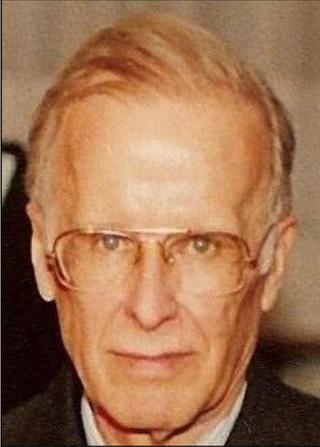
“Never worry about the size of your Christmas tree. In the eyes of children, they are all 30 feet tall.”  
– Larry Wilde

“Cheers to a new year and another chance for us to get it right.” – Oprah Winfrey

From: [Southern Living](#)

# People Who Made HISTORY

By Kurt Jefferson



Source: Pierre Lescanne/  
Wikipedia, Taken: Dec. 14, 1989

Born on Dec. 3, 1924, **John Backus** headed up the team that invented and put to use FORTRAN, the first high-level computer programming language used widely.

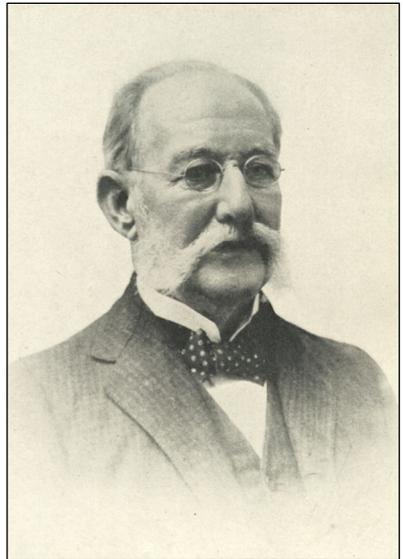
It was in 1950 that Backus joined IBM and worked with the team of programmers who created FORTRAN for the IBM 701 computer.

IBM's website about FORTRAN notes, "It helped open the door to modern computing and ranks as one of the most influential software products in history. Fortran liberated computers from the exclusive realm of programmers and opened them to nearly everybody else. And it's still in use decades after its release."

Despite the availability of a vaccine, the [PubMed website](#) notes that yellow fever kills 30,000 people every year and is endemic in parts of tropical Africa and South America.

The yellow fever virus is spread through contact between infected mosquitoes and humans. **Carlos Finlay**, a pioneering Cuban researcher, is the man who is responsible for discovering that infected mosquitoes spread this deadly disease.

In 1881, Finlay first proposed that mosquitoes were the culprit. After he announced his beliefs to the International Sanitary Conference, the connection was made that controlling the mosquito population would, indeed, control the spread of the disease. Nearly two decades later, U.S. Army doctor, Walter Reed confirmed Finlay's suspicions. Finlay was born on Dec. 3, 1833.



Source: Wikipedia

# People Who Made HISTORY

By Kurt Jefferson



A device called a sphygmomanometer, used to measure blood pressure.

Born in Chattanooga on Dec. 4, 1906, **Robert Wallace Wilkins** played a major role in researching high blood pressure and heart disease. He is credited with introducing the first tranquilizer, reserpine, in the U.S. in 1950. The drug was derived from the root of an Indian shrub and had been used in India to treat high blood pressure. In the 1940s, he helped the war effort by creating one of the first G-suits, worn by fighter pilots and paratroopers in combat.

Polish-born **Hilary Koprowski** is responsible for the early polio vaccine. He created the oral version of the vaccine since an injection was more expensive and was given at a medical facility. He tested the vaccine on himself in Jan. 1948 and gave it to the first child in Feb. 1950. Within a decade, his vaccine immunized thousands on four continents. He was born on Dec. 5, 1916.

In 1955 at the University of Pittsburgh, Dr. Jonas Salk created the first polio injections. It was Dr. Albert Sabin at the Children's Hospital Research Foundation in Cincinnati who created the first polio vaccine on a sugar cube that easily allowed schoolchildren to be given the medicine. His sugar cube technique was licensed in 1962. Today, the World Health Organization reports polio cases have been reduced by 99 percent and only exist among the poorest nations.



Hilary Koprowski

Source: Wellcome Images/Wikipedia

# People Who Made HISTORY

By Kurt Jefferson



Paul Painlevé in 1923. Source: Wikipedia  
In the public domain because the copyright term in the  
U.S. is the author's life plus 70 years.

Born on Dec. 5, 1863, **Paul Painlevé** was a French mathematician and politician who was Wilbur Wright's first passenger at Auvoirs in 1908. That record flight lasted one hour and ten minutes. Within a year, Painlevé had created the first university-level courses in aeronautical mechanics.

He also served as French prime minister during the crucial time period of WW I. Painlevé conducted critical early studies on the theory of flight and became France's Minister of Air in 1933. Historians say despite the fact that Painlevé is not remembered as an outstanding politician, he was a brilliant mathematician whose early work on heavier-than-air flight was quite valuable in those early days of aviation.

**Eleanor Gibson** is remembered for her “visual cliff” experiments involving infants. Her studies showed how an infant's depth perception could help prevent falls and injuries. In 1992, she received the National Medal of Science, only one of ten psychologists receiving the award since 1962. Gibson, and her husband, Jack, also a noted psychologist, understood how important perception was to humans because it allows them to adapt to their environments. The “visual cliff” studies involved a table covered by a glass sheet that extended beyond the table's edge. When coaxed by their mothers or a favorite toy to climb beyond the table's edge onto the glass extension, nearly all infants refused. Gibson was born in Peoria, Ill., on Dec. 7, 1910.



Eleanor Gibson in 1993. Source: Wikipedia  
From the Association for Psychiatric Science  
keynote address.

# People Who Made HISTORY

By Kurt Jefferson



Grace Hopper in 1984. Source: Wikipedia

**Grace Hopper**, born on Dec. 9, 1906, was a pioneering computer programming expert who created COBOL and FLOW-MATIC languages. She was also a U.S. Navy rear admiral. Wikipedia notes that Hopper was a very curious child and decided she had to learn how an alarm clock worked. She “dismantled seven alarm clocks before her mother realized what she was doing.” Then she was limited to only one clock. During her later career, Hopper was in high demand on the speaker circuit at different computer-related events. Historians say she had an irreverent speaking style, filled with early WW II war stories. After retiring from the Navy, Hopper worked for Digital Equipment Corporation (DEC).

Considered to be the father of modern scientific archeology, German art historian **Johann Winckelmann** observed excavations at the Italian locations of Pompeii and Herculaneum. Those excavations were carried out in secret to dig up hidden artifacts. Winckelmann protested the excavations. His “open letters” helped secure the work so that educated individuals stepped in to prevent treasure seekers from removing valuable archeological finds. His writing had a major influence on Western painting, literature, sculpture and philosophy. Because of Winckelmann, art history became a separate course of study, as did archeology. He was murdered by someone he met in Trieste in northeastern Italy. Winckelmann was born on Dec. 9, 1717.



A portrait of Johann Winckelmann done by German artist Raphael Mengs after 1755. Source: Wikipedia

# People Who Made HISTORY

By Kurt Jefferson



Robert Noyce holding a motherboard in 1959.  
Source: Wikipedia

Born on Dec. 12, 1927, **Robert Noyce** was nicknamed the “Mayor of Silicon Valley.” He co-founded Fairchild Semiconductor in 1957 and the Intel Corporation in 1968. He was an engineer and inventor of a new type of integrated circuit, said to be better than the one invented in 1958. Texas Instruments called the integrated circuit “the chip that changed the world.” Integrated circuits are also known as microchips. They’re comprised of connected electronic parts such as transistors, capacitors and resistors. Iowa-born Noyce graduated from MIT in 1953 and put his stamp on the electronics world by innovating the design of the monolithic integrated circuit. His family founded the Noyce Foundation in 1990, dedicated to improving math and science learning for K-12 students.

**Mária Telkes** was a pioneering engineer and inventor who worked with solar technologies. She created a way of storing solar energy for the first solar home in Dover, Mass., (called the Dover House) a project of MIT. In addition, Telkes created a stove run on solar energy and a solar-heated system to make salt water safe to drink. She also helped develop materials that could withstand extremely high temperatures for use in Apollo and Polaris missiles. She was dubbed the “Sun Queen” for her work in developing practical devices that would harness solar energy.



Mária Telkes in 1956.  
Source: *New York World-Telegram and Sun*/Wikipedia

# People Who Made HISTORY

By Kurt Jefferson



Author Dallas Lore Sharp resting on a rock near the summit of Mount Hood in 1912.  
Source: OHS Research Library/Wikipedia

New Jersey-born **Dallas Lore Sharp** became one of the most popular nature writers of his era. The English professor taught Americans about the wildlife living just outside their doorstep. He wrote about the small scale life, including bees, chipmunks, pine trees, and birds such as chickadees. In 1901 he published his first book, *Wild Life Near Home*. He eventually wrote more than 20 books and some sold well over 100,000 copies. He also became known for his magazine articles on small mammals and native birds. He graduated from Brown University and became a professor at Boston University. Sharp also served as a Methodist minister for four years. He was born on Dec. 13, 1870 in Haleyville.

French botanist **Pierre-Marie-Alexis Millardet** is best remembered for creating the first widely-used fungicide and saving French vineyards from a pest brought in from the U.S. to Europe. The insect destroyed many vines as it moved across France. It was an aphid-like insect known as *phylloxera*. Millardet tested a prototype fungicide for three years before it was deemed a success. That became known as the Bordeaux mixture. It was the first fungicide to be used on a large scale all over the world and is still used today. He was born on Dec. 13, 1838.



Botanist Pierre-Marie-Alexis Millardet in a pre-1902 photo.  
Source: Wikipedia

# People Who Made HISTORY

By Kurt Jefferson



Werner von Siemens in 1885.  
Source: Wikipedia

German Confederation-born **Werner von Siemens** is credited with inventing the electric elevator, electric locomotive, trolley, and electric tram, among other inventions. He founded the electronics giant, Siemens, and his name is used as the unit of electric conductance—the siemens. He was an engineer, inventor, and industrialist. He became known as the founding father of electrical engineering in Germany. It was in 1879 that he built the world's first electric passenger train. He developed the first electrical elevator in 1880. His portrait was on a 20 Reichsmark banknote from 1929 through 1939. He was born on Dec. 13, 1816, in Lenthe.

**George W. Fuller** is responsible for major improvements in wastewater treatment and the filtration of drinking water in the U.S. The city of Louisville, and later, Cincinnati, hired him to purify Ohio River water so that it could be made safe to drink. He implemented filtration methods so that treatment plants could be built on a smaller parcel of land and cost less. After Cincinnati, Fuller began a water consulting operation in New York City. He created a mechanical water filtration plant at Little Falls, New Jersey, that became a model for later treatment plant construction. Fuller was born on Dec. 21, 1868.



Sanitary engineer George W. Fuller supervised construction of some of the most important sewage treatment plants in the U.S.  
Source: Wikipedia

# People Who Made HISTORY

By Kurt Jefferson



Radio astronomer Grote Reber.  
Source: NRAO Archives/Wikipedia

**Grote Reber** was a pioneering radio astronomer. In the summer of 1937, he started building a radio telescope in the backyard of his home in Wheaton, Illinois. For nearly a decade, he was the only radio astronomer in the world. Reber conducted the first sky survey of radio frequencies and eventually sold his telescope to the National Bureau of Standards. In the mid-1950s, he moved to the southern state of Australia and worked for the University of Tasmania. The long winter nights would allow Reber to collect more radio waves there in addition to reception of fainter radio signals from outer space. He was born on Dec. 22, 1911.

**Robert Kahn** is an electrical engineer who, along with Vint Cerf, created the communication system used by the Internet (TCP and IP). In the early 1970s, Kahn connected 20 separate computers at the International Conference on Computer Communications (ICCC). Kahn remarked in a later interview that the demonstration was “the watershed event that made people suddenly realize that packet switching was a real technology.” Packet switching is the technique by which communication occurs from one computer to another over the Internet. Kahn was born in Brooklyn on Dec. 23, 1938.



Robert Kahn on May 14, 2013.  
Source: Wikipedia

# Spring Session Classes & Workshops

Look for descriptions and details of what CKCS is offering [here](#).



**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](#)**

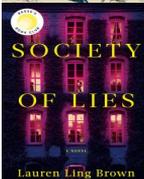
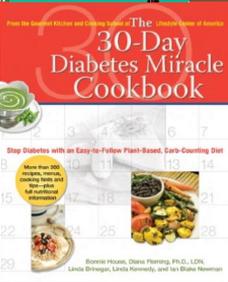
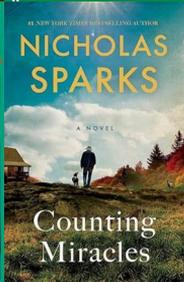
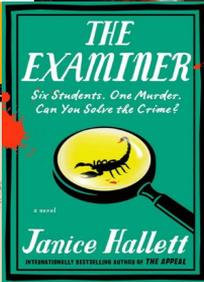
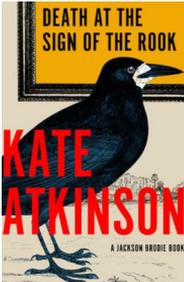
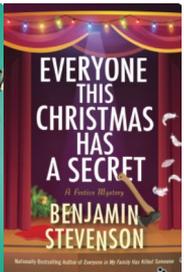
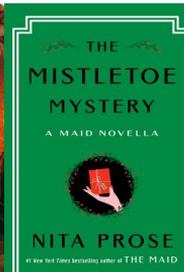
**[Saturday Safaris](#)**

**[Cybersecurity Awareness Month](#)**

**[Speakers Bureau](#)**



# Books!



# Study: Standing Desks Might Not Be A Health Panacea

By Kurt Jefferson



While the popularity of standing desks has soared in recent years, a new [study](#) from Australia's University of Sydney of more than

83,000 participants (from the [UK Biobank](#) health records database) is an eye-opener. It reveals that standing desks might not provide health benefits as many had hoped.

As [MedicalXPress](#) explains, the study showed “standing for extended periods was linked to an increased risk of circulatory problems,” such as blood clots in the legs.

The research showed standing for hours is linked to blood pooling in the legs, varicose veins, and other circulatory issues. This large study required those taking part (with an average age of 61-years-old) to wear devices tracking their physical exertion over several years, including standing and sitting.

Regarding cardiovascular disease, [Science Alert](#) wrote that “Standing for more than two hours a day increased that risk by 11 percent for every extra half hour, which is bad news for retail workers and the standing desk industry.

Not that sitting is much better either: beyond 10 hours of daily sitting time, every extra hour spent on your butt increased circulatory disease risk by 26 percent. This suggests that a lack of walking or other movement while either sitting or standing could be driving the risk of orthostatic circulatory disease,” the authors note.

Science Alert points out that the study cannot definitely connect standing or sitting with circulatory problems. But it writes, “it does, however, add to the avalanche of research on the importance of moving your body.”

**The bottom line?** This study shows that standing desks do not slash the risk of stroke, heart disease, or heart failure.

Rather than stand or sit for hours, University of Sydney study specialist Matthew Ahmadi told Science Alert, that movement is the key. “Standing needs to be mixed in with other forms of activity that gets the body moving.”



# Study: Heart Disease Climbs in Young People in Rural Areas

By Kurt Jefferson



**D**eaths from heart disease grew 21 percent among younger people living

in rural areas in the U.S. between 2010 and 2022, according to a study from the [American Heart Association](#). The Association studied death certificates of more than 11 million Americans between 25 and 64 years of age.

At the same time, deaths from cardiovascular disease for people 65 and older living in urban areas fell by nine percent. The American Heart Association used data from the Centers For Disease Control WONDER database to analyze numbers for the entire country.

The study notes there was a sharp increase in death rates after the Covid-19 pandemic, especially in rural areas.

“Rural communities face a number of unique challenges when it comes to cardiovascular health, including a high burden of cardiovascular risk factors like Type 2 diabetes and hypertension, as well as worse access to specialty care and cardiovascular technologies,” said Karyn Joynt Maddox, M.D., chair of the AHA presidential advisory group fore-

casting the burden of cardiovascular disease and stroke in the U.S. through 2050.

The [CDC](#) notes that heart disease is the leading cause of death in America for men, women, and nearly all racial and ethnic groups. One person dies every 33 seconds from cardiovascular disease in the U.S.

## Study: Female and Male Sleep Patterns Differ

**F**emales sleep fewer hours, get less restorative sleep than males, and have major differences in sleep patterns, says a new [study](#) from the University of Colorado–Boulder. [Experts](#) believe that biological factors could play a much larger role in sleep differences than earlier believed.

## 100 Live TV Streaming Channels Compared

**W**hether you’re checking out Philo vs. Sling TV vs. Hulu, [CNET](#) has updated its list of services showing what streaming outlets provide which channels. If you’re looking to drop cable TV to cut costs, this article can be a valuable tool.

By Kurt Jefferson

## Beware of Those Browser Extensions



A [recent article](#) from PCMag describes how Microsoft Defender, the antivirus program that is preloaded in

Windows machines, failed to catch malware contained in a Chrome browser extension. Extensions are tiny apps that can be installed to run in most browsers such as Chrome, Firefox, Safari, and others. They normally enhance the browser and allow the user to click on a title bar icon to trigger an additional feature not normally available in the browser alone.

## The Best Anti-viruses for 2024?



One of my favorite security spots, [Safety Detectives](#) recently updated its list of the best anti-viruses. As Katarina Glamoslja

writes, “There are hundreds of anti-viruses out there — and they all claim to offer the best protection at the best price.” She has done her homework by testing dozens of apps to create her list of the top titles for Windows, Mac, iOS, and Android. There’s even a quiz on the website that helps you sort through all of the different anti-virus titles to figure out

which one is best for you and your computer. Good luck!



## Study: Here’s How to Add Five Years To Your Life



A modeling [study](#) shows the average American over 40 could add five years to his or her lifetime by being as physically active as the top 25% of the U.S. population. News-medical.net notes the study published by the [British Journal of Sports Medicine](#) indicates “researchers created a predictive model to estimate the impact of different levels of increased physical activity on life expectancy.”

The most active 25% of Americans over 40 equaled 160 minutes of normal walking at three miles an hour daily. This is a predictive study and cannot guarantee cause and effect, but researchers say that physical activity is more beneficial to health than earlier thought and is well worth the effort.

# Your Health

By Kurt Jefferson



**M**icro-walks—short bouts of walking—might be more beneficial than longer walks. A new study published in the [Proceedings of the Royal Society B](#) studied ten people who walked for varying time periods. [Prevention](#) notes “micro-walks” used up to 60% more energy than longer episodes of walking or climbing, despite covering the same distance.”



Starting an exercise routine after being diagnosed with dementia could reduce the risk of death by 20%, reports the [British Journal of Sports Medicine](#). The research revealed that those with dementia should be encouraged to engage in physical activity. More than 60,000 participants who were 40 and older between 2010 and 2016 took part. [MedicalNewsToday](#) notes, “The researchers observed that participants who kept doing

regular physical activity before and after dementia diagnosis saw the lowest mortality risk compared to participants who remained inactive, with a 29% reduction in mortality risk.”



You are *what you breathe*? A study from the University of Southern Calif. showed certain air pollutants are tied to poor memory and learning in kids. Fine particle air pollution (PM 2.5) is the culprit. It’s a mixture of dust, soot, metal and organic compounds that can move deep into the lungs. [MedicalXpress](#) mentions that fossil fuels are one of the biggest contributors to PM 2.5, but agriculture, wildfires, chemical reactions and other factors are also responsible. The study included 8,500 children, aged nine and 10, across the U.S.

# Your Health

By Kurt Jefferson

Chronically poor sleep in middle age can lead to faster-aging brains according to one [study](#) done at the University of Calif–San Francisco. Researchers asked 600 adults how well they slept. Those same adults were asked the same question five years later. Their brains were scanned a decade later. The study concluded those with moderate sleep difficulties had brains that were 1.6 years older. Those in the study with the worst sleep issues had brains that were 2.6 years older.



The American Medical Association estimates [30 million adults](#) in the U.S. have sleep apnea. 80% of those people remain undiagnosed. Sleep apnea occurs when a person stops breathing while sleeping. [Science Daily](#), in late May, reported results of the sleep apnea study and the major benefits of treatment. An-



other [study](#) reported in late October revealed “At every age level, women with known or suspected sleep apnea were more likely than men to be diagnosed with dementia.”

Is there a connection between unhealthy eating and social media? [Science Daily](#) reports a review of posts on social media mentioning fast food and sugar-sweetened beverages shows those posts are reaching billions of users in a year’s time.

When Covid-19 hit America, it forced many families to eat more meals at home. [A study by the American Psychological Association](#) reveals that increased the quality of family time together. More than 60% of those taking part in the study confirmed they ate family dinners together more often during the pandemic than before the Covid pandemic struck.



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

# Your Health

By Kurt Jefferson



**W**hat's being called a ground-breaking new approach to treating chronic illnesses

such as irritable bowel syndrome (IBS) has been developed by a team at the University of Vienna. A new treatment using oral medicine may replace the use of opioids, reports [Science Daily](#). Opioids can lead to addiction, fatigue, and other major problems. What's called oral peptide therapy may well be a game changer to tackle chronic abdominal pain afflicting millions.



**L**oss of smell is linked to more than 100 diseases, [re-searchers at the University of California-Irvine](#)

have discovered. The study revealed that the loss of smell may be an early sign of disease. Researchers also learned that pleasant scents can reduce inflammation and possibly open the door to future studies into how smells might potentially reduce symptoms of disease.

**R**SV shots are quite effective, but researchers say not enough Americans are receiving them. The FDA approved three RSV vaccines in 2023 for older adults, but just 24 percent of eligible adults got the shots compared with 50% who got the flu shot. Doctors say the RSV shot prevented RSV pneumonia and bronchitis in more than 80%



who received the vaccine. RSV stands for respiratory syncytial virus and is a major reason older adults and those with underlying health conditions suffer from severe respiratory illness. "RSV should be considered as serious as the flu and they should get vaccinated," said Dr. Angela Branche of the University of Rochester (MN) Medical Center talking about the public. [MedicalXPress](#) provides details of a commentary on RSV by Dr. Branche.

# Your Health

By Kurt Jefferson

Eating pistachios could improve your eyesight, according to a study by Tufts University. [MedicalNewsToday](#) re-



Pistachios

ports that “Adding two ounces of unsalted, shelled, dry-roasted pistachio nuts each day for 12 weeks to

participants’ usual diet improved their macular pigment optical density (MPOD).” The study was conducted by the Friedman School of Nutrition Science & Policy at Tufts. The American Pistachio Growers and National Institutes of Health’s National Center for Advancing Transitional Sciences supported the study.

Calculate your heart age [here](#). That number might be quite a bit different from



your actual age. The Heart Foundation provides an online tool which can help you learn the age of your heart. You might be surprised. To use the tool,

you’ll need to convert your weight and height to metric figures.



How long can you balance on one leg? Researchers at the Mayo Clinic in Minnesota have completed a study confirming the ability to stand on just one leg might be a good indicator of the health of

an individual’s nerves and muscles. [AARP](#) reports, “Researchers from Mayo Clinic have found how long a person can stand on one leg is a better measure of aging than changes in strength or gait (a person’s walking pattern), which are two other characteristics often used to assess healthy aging.”

Pickleball is red-hot right now and [AARP](#) has created its own guide to the sport. Here you’ll find how to get started playing, how the sport helped one man manage Parkinson’s, and even pickleball vacation spots.

# Your Health

By Kurt Jefferson



**S**tudy: Bright lights at night could potentially add a few years off our lives, according to a large study from the United Kingdom. Nearly 90,000 individuals were studied as they wore a light-sensing device on their wrists. Bottom line? The study determined that exposure to light can predict the risk of dying over the next eight years. Details of the study were published in the journal *Proceedings of the National Academy of Sciences*, reports [Sleep Review](#). “Results show that those who were exposed to high levels of light at night had a 21–34% increased risk of death, while those exposed to high levels of daylight had a 17–34% reduction in their risk of death,” reported Sleep Review. It turns out that exposure to lights at night interrupts our circadian rhythms.



Peanut

**C**ut your dementia risk by eating nuts? Eating nuts daily is connected

to a 12% reduction in all types of dementia, according to a study of more than 50,000 participants in the U.K. Women, older adults, non-smokers, and those who took part in other healthy behaviors benefited the most by eating nuts. [Gero-Science](#) reported details of the study. The type of nuts doesn't matter, according to a report on the study published in [Newsweek](#).

“**T**ake It From Experts, A Pet Can Change Your Life” is the headline of an article from [The Harvard Gazette](#). It turns out that studies confirm pets can improve a person's health and longevity. And here's a surprise: Studies



show pet owners over 65 make 30 percent fewer visits to their doctors than those without pets, according to [HelpGuide.org](#).

In case you're wondering, 66 percent of American homes have a pet, millennials comprise the largest group owning pets, and many humane societies have dozens of dogs and cats waiting for adoption.

# Your Tech

By Kurt Jefferson

Turn on the Subtitles is how [PCMag](#) headlines its article on the 37 best foreign-language shows on Netflix.

In early November, [Windows Central](#) reported Office & Microsoft 365 would soon cost more. It blames the addition of AI into various 365 apps, including Word, Excel, PowerPoint, Outlook and OneNote.

Complaints from the public have triggered an FCC investigation involving just how internet service providers, cable companies, and mobile phone service providers handle customer complaints. A [PCMag](#) article indicates the FCC is concerned about a maze of automated tools facing customers when they try and address problems.

[The Verge](#): How to schedule your Mac to start up and shut down on its own.

Fans of the office suite LibreOffice should know that version 24.2 reached its end of life on Nov. 30. If you use the popular suite, you should download version 24.8. The website, [9to5Linux](#) provides details. LibreOffice supports Windows, macOS, GNU/Linux and Android/Linux.

Thunderbird, one of the most popular email apps, has now arrived on the Android platform. [Yahoo! Tech](#) writes, "If you're willing to deal with a bit of a learning curve, though, it can offer powerful functionality that other clients can't match. It supports nearly any email service with POP3 or IMAP functionality, and boasts a huge range of security and usability features."

Now that the finance app Mint has shut down, [Engadget](#) lists what it considers the six best Mint alternatives via Yahoo! Tech.

# Your Tech

**By Kurt Jefferson**

A 2024 Guide to Personal Digital Security & Online Safety: You'll [read](#) a huge list of suggestions here ranging from how to determine whether a website is safe, to protecting your smartphone from hacking.

We've all heard about AI (artificial intelligence.) A new bride [tells](#) how she used AI to write 50 thank-you notes to wedding guests.

12 Simple Things You Can Do To Be More Secure Online. Written by PCMag's Neil J. Rubenking in June, the [article](#) is still spot-on, as the Brits say.

20 Ways To Get the Most Out of Your VPN. [Tom's Guide](#) provides solid answers about virtual private networks, what they do, and why you might want to use them.

Who's the biggest target of hackers? It turns out the answer is small businesses. Tom's Guide [reports](#) that Nord, known for the popular NordVPN, has dug through 2,000 data breaches worldwide to come to that conclusion.

Keeping Seniors Safe online (Updated [guide](#) for 2024)

In mid-October, the FCC announced a new rule: all mobile phones must be hearing aid compatible. [PCMag](#) notes the FCC did not specify a deadline, but indicated the rule would go into effect after a transition period.

Is it time to upgrade to a new Mac with an M4 processor? Apple's M4 chip has 28 billion transistors, according to [PCMag](#). The upgrade should lead to "better performance and energy efficiency," according to the tech site.

# 2024 Tech Stories You Missed

By Kurt Jefferson

[AI on your wrist?](#) It's coming in smartwatches, reports Tom's Guide. The tech site adds there will be greater focus on "non-wrist based" smart devices.

After several breaches, [The Verge](#) reports the popular password manager LastPass separates from its parent company, GoTo.

You were probably hit by one of the largest security [breaches](#) in 2024, whether it was the AT&T, Change-Healthcare, or National Public Data breach which exposed three billion records.

There's a pretty good chance you aren't using Bing, yet it's a good search tool. In 2024, Microsoft announced users would see an AI-generated answer at the top of the results page. Here are some [advanced Bing search tricks](#) supplied by Lifewire.

More Americans are trying to take back their privacy as security breaches escalate. Here's [help](#) from 33<sup>rd</sup> Square to start that process.

The tech website ars technica calls the fall [Windows update](#) "the biggest update in two years."

["That's a computer?!"](#) My daughter just couldn't believe her eyes when I pulled the new Mac mini out of its box," writes an Engadget editor.

[Ten Science Moments](#) You Need to Care About in 2024, is how *Popular Mechanics* labels its list of "must-know" science developments during the year that is ending.

What's ahead in 2025? The website [Medium](#) lists its top tech predictions for 2025.



**Enjoy the Holiday!**



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

# TIME MACHINE

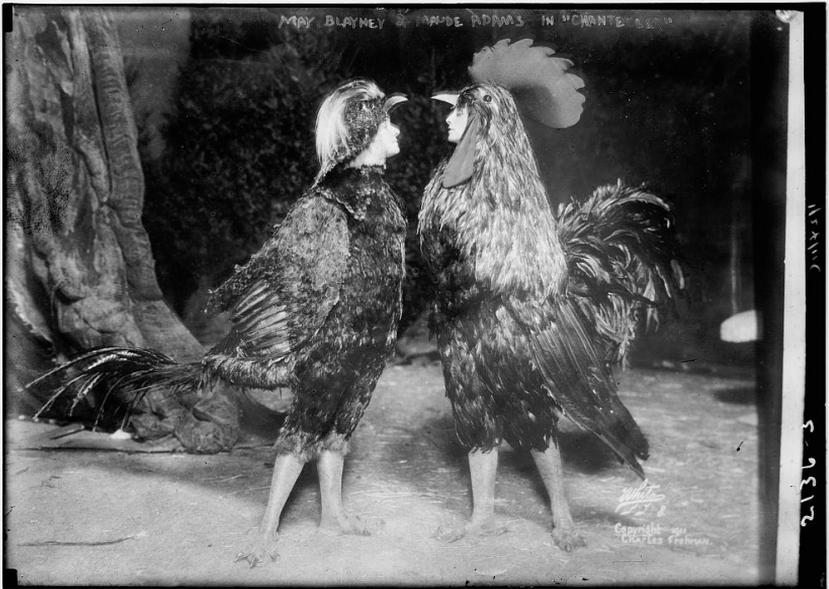


**Making Christmas Toys**

In a small shop, workers build Christmas toys on a self-made assembly line to give to children as presents. “Are these Santa’s elves?” asked one individual who viewed this photo more than a century after it was taken. Location is not known.

Photo: Bain News Service  
Taken: Between 1910 and 1915.

# TIME MACHINE



## May Blayney & Maude Adams in “Chantecler”

The two performers star in the Broadway production, at which the Museum of the City of New York notes, “the public was shocked that such an elaborate production featured chickens.” The Paris production was delayed because of major flooding. The American production was controversial because a woman (Maude Adams) played a male role.

Photo: Bain News Service

Taken: Believed to be around 1911.

# TIME MACHINE



## A Shakespeare Aficionado

Sir Francis Robert Benson (F.R.) wearing a ragged costume as he holds a sword. Benson was a British actor and acting manager who founded his own acting company in 1883. He produced all but two of Shakespeare's productions. King George knighted Benson for his Shakespeare work. A long line of budding actors—men and women—learned the art while performing in Benson's productions. He was cousin to Tony-award winning actor, Basil Rathbone.

Photo:  
Bain News Service  
Taken: May 4, 1916

# TIME MACHINE



## Jockey Maher

Danny Maher was an award-winning jockey born in 1881 in Hartford, Connecticut. Maher was an American Hall of Fame jockey who later became a champion jockey in Great Britain. The Hart-Agnew anti-gambling legislation forced Maher and other trainers and jockeys to flee America and head for England. Maher had more than 1,700 racing wins on America and over 1,400 in England. He became a British citizen in 1913. He is buried in London where he died from consumption (now called tuberculosis) in 1916.

Photo: Bain News Service  
Taken: Between 1910 and 1915.

# TIME MACHINE



## U.S. Population Center

With release of the 1910 census, Bloomington, Indiana, became the new population center of the country. The *Bloomington World Courier* newspaper placed this marker at the exact coordinates after the 13<sup>th</sup> census figures were made public.

Photo: Bain News Service  
Taken: Between 1910 and 1915.

# TIME MACHINE



## Burley Tobacco in central Kentucky

Workers place tobacco on sticks to wilt after cutting, before it's taken into the barn for drying and curling. Photo taken on the Russell Spears farm, near Lexington.

Photo: Marion Post Walcott (1910–1990)

Taken: Sept. 1940

# TIME MACHINE



## Teen Suffragette



Fay Hubbard, 13, hands a brochure to a young man in New York City. Hubbard was a teenage suffragette. Children and youth of all ages stumped, marched, and picketed for women's right to vote. When the 19<sup>th</sup> amendment became law on Aug. 26, 1920, 26 million adult women in the U.S. were eligible to vote. Native American women, African Americans, Asian American and Latina American suffragettes were still not able to vote and pushed for the right. Even in 1962, some states barred some women from voting, citing poll taxes, literacy tests and claims that women living on a reservation didn't live in a particular state.

Photo: Bain News Service  
Taken: Feb. 9, 1910

# TIME MACHINE



## Hats Are Their Specialty

At the Cecilian Specialty Hat Shop on East 47<sup>th</sup> Street in Chicago, Miss Minnie Coleman (left), clerk, and Miss Selma Barbour (right), manager, sell a wide variety of trendy women's hats.

Photo: Jack Delano (1914–1997)

Taken: April 1942

# TIME MACHINE



## New York City's Palais Royal

Palais Royal opened on Broadway in the early 1900s and was eventually demolished around 1989. It had many different names over the years, including Princess Theatre, Cotton Club, Latin Quarter, 22 Steps, and others. The popular leader of the Palais Royal Orchestra was a young musician named George Gershwin.

Photo: Bain News Service

Taken: Between 1920 & 1930

# TIME MACHINE



## Soldier's Club Flower Stall

Members of the Junior League in St. Paul, Minn., sell roses, peonies, and other flowers to aid soldiers in America.

Photo: Bain News Service

Taken: Believed to be around 1900.

# TIME MACHINE



**Grays Baseball Players**

Just a portion of the Homestead Grays Baseball Team at Griffin Stadium in Washington, D.C. This was a professional team playing in the Negro leagues from 1912 to 1950. The team won nine consecutive Negro National League pennants and three world series.

Photo: Robert H. McNeill Photo taken: Jan. 9, 1947

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# TIME MACHINE



**John Wilson Webb, born near Pittsburgh**

“Johnny” Webb, [born March 28, 1906](#), weighed 25 pounds at five months of age. By the time he was seven months old, he weighed 68 pounds. He suffered from Prader–Willi syndrome, which Wikipedia notes is “frequently associated with a constant insatiable appetite, which persists no matter how much the patient eats, often resulting in morbid obesity.” His parents put him in show business to earn an income since they were facing hard times. Webb died in 1938 at 32 years of age.

Photo: Bain News Service  
Taken: Unknown

# TIME MACHINE



## State Quilt

Mrs. Bill Stagg shows the quilt she made displaying the 48 states in 1944 and the states' unique products at her home in Pie Town, New Mexico. Mrs. Stagg helped her husband in the field with plowing plants, weeding corn and harvesting beans. Then she worked on the quilt during a break over the noon hour.

Photo: Russell Lee (1903–1986)

Taken: 1944 (from a slide transparency)

# Videos & More



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[Best Classic Christmas  
Feliz Navidad](#)

[Masaka Kids Africana Dancing  
Merry Christmas](#)

[Merry Christmas, Darling by The  
Carpenters](#)

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[The Present: CGI Awarded Short  
Film](#)

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Like a Billion Bucks](#)

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