



Computer File[®]

May 2025 Volume 41, Issue 5

Newsletter of Central Kentucky Computer Society based in Lexington



Member of APCUG, the Association of Professional Computer User Groups, an international organization.



May Meetings

CKCS Board of Directors (BOD)
May 1 @ 7 P.M.

Amateur Photographers Club
May 1, 8, 15, 22, 29 @ 10 A.M.

Dr. Fix-it & iHelp
May 3 @ 10 A.M.

Tech Night
May 12 @ 7 P.M.

Windows SIG
May 13 @ 7 P.M.

All Things Apple SIG
May 20 @ 7 P.M.

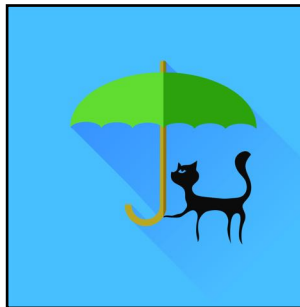
Digital Photography SIG
May 27 @ 7 P.M.

[Click here for the meetings calendar provided by Larry Trivette.](#)



May Weather in Central Kentucky

As May arrives, get ready for possibly even more rain.



Ease Weather writes that Lexington often experiences heavy rainfall in May, with plenty of moisture. "May is the month with the most rainfall," writes Weather Atlas. We can expect rain gauges to fill during the month with a total 3.82 inches of precipitation

according to the site. Weather and Climate notes that it's not uncommon for rain to appear on nearly half the days in May.

Meanwhile, Weather Spark notes Lexington's average daily high temperatures climb eight degrees, from 70° to 78°, rarely topping 86° or dropping below 59°. Despite the rainfall, the days are getting warmer, and many would agree that May weather in central

Kentucky is far preferable to the harsh temperatures and heavy snowfall we experienced back in February.



Wet Weather Fact

The wettest May date on record in Lexington occurred in 2010 on the second day of the month. 4.31 inches of rainfall drenched the city, flooding basements, local streams, and causing local residents to ask the question: when will it stop?

Who We Are.

We're located at 160 Moore Drive, #107, in Lexington. Our phone no. is (859) 373-1000. Our website is <https://newsite.ckcs.org/>. Office hours are Mon.-Thu. from 10 A.M. to 4 P.M. (This is when volunteers man the desk.)

If you'd like to become a member, join CKCS here. Donations help keep CKCS operating and are accepted here.

Our monthly newsletter, Computer File, can be read here. *Click on News in the menu bar. In the drop-down menu, choose either PDF or flip book version of the newsletter.*

CKCS is a non-profit, all-volunteer organization that has been empowering people with tech skills since it formed in September 1984. People from all walks of life are members—officers, directors, and others help man the desk. They share one goal: Helping folks get more out of technology. More than four decades after it formed, CKCS is still true to that goal. Join us as we help others.

Who's Who at Central Kentucky Computer Society

Officers

President: Brooke Thomas
Vice President: Joe Dietz
Secretary: Larry Trivette
Treasurer: Jim McCormick
Tenure ends June 2025

Ex-Officio Member

Bob Brown

Directors

Janet Cartmell
Arleigh Kerr
Larry Mitchum
Pennie Redmond
Paul Stackhouse
Tenure ends June 2025

Directors

Boone Baldwin
Jan Landers-Lyman
Ben Rice
Mike Seiler
Kurt Jefferson
Tenure ends June 2026

Webmasters

Arleigh Kerr
Jim McCormick

Class Coordinator

Janet Cartmell

Office Supervisors

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

Alternate Supervisors

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

CKCS Calendar (Online)

Nancy Bowling
Lydia Short

CKCS Calendar (Newsletter)

Larry Trivette

Newsletter Editor

Kurt Jefferson

Newsletter Proofreaders

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

Manager, Constant Contact

Larry Mitchum

Refreshment Center

Jim Hughes

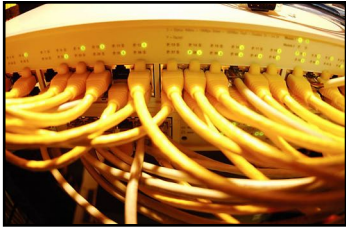


Website links used in Computer File are in no way associated with CKCS. In addition, the linked websites do not endorse CKCS.

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.

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to go to that page in *Computer File*.



May 2025 Computer File



May Holidays & Events

Dates Provided by NationalToday

May 1

- May Day
- Nat'l. Purebred Dog Day
- World Password Day

May 10

- Dog Mom Day
- Nat'l. Small Business Day
- Trust Your Intuition Day

May 18

- Emergency Medical Services Day
- Nat'l. Visit Your Relatives Day
- Rural Life Sunday

May 2

Kentucky Oaks

May 11

- Mother's Day
- Nat'l. Technology Day

May 19

- Plant Something Day

May 3

- Kentucky Derby

May 13

- Children of Fallen Patriots Day
- Nat'l. Apple Pie Day

May 20

- Eliza Doolittle Day
- Nat'l. Pick Strawberries Day
- Nat'l. Rescue Dog Day
- Nat'l. Streaming Day
- Nat'l. Women in Aerospace Day

May 4

- Anti-Bullying Day
- Firefighters' Memorial Day

May 14

- Bond With Your Dog Day
- Donate a Day's Wages to Charity Day

May 5

- Museum Lover's Day
- Sleep Apnea Awareness Day

May 15

- Nat'l. Senior Fraud Awareness Day

May 21

- Eat More Fruits & Vegetables Day
- Int'l. Tea Day

May 6

- Nat'l. Teachers' Day
- Nat'l. Nurses' Day
- World Asthma Day

May 16

- Nat'l. BBQ Day
- Nat'l. Love a Tree Day

May 22

- Nat'l. Solitaire Day

May 8

- No Socks Day
- Nat'l. Animal Disaster Preparedness Day
- Victory in Europe Day

May 17

- Armed Forces Day
- Nat'l. Cherry Cobbler Day

May 26

- Memorial Day observed

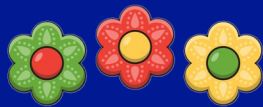
May 9

- Nat'l. Military Spouse Appreciation Day

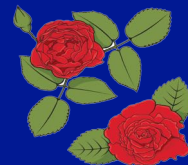
May 31

- Web Designer Day





Quotes About May



By Kurt Jefferson

Sources: QuoteAmbition, The Pioneer Woman, and Quotement.

“The month of May is the gateway to summer.”
– Jean Hersey

“May means long walks in the evenings, eating outside in the garden whenever possible, and lots of healthy, fresh salads to use up all the lovely summer veg that’s available.” – Sophie Morris

“May is a month of rebirth, of renewed vitality and energy.” – Lailah Gifty Akita

“May, it’s full of all the things that make spring and the brighter part of the year so special. Flowers bud, the sun shines, and new seeds are sewn into the fabric of our lives. May is awesome.” – Jenna Danchuk

“Make hay in May, for you may never know what June is coming with, and you may never know what July will present! When you see May, make hay!”
– Ernest Agyemang Yeboah

“The world’s favorite season is the spring. All things seem possible in May.” – Edwin Way Teale

“By May, most of the harshness of winter has passed. The sky is bright, and warm sunshine filters through the new leaves on the trees. – Ellen Jackson

“Step aside to a brand new Day. In the month of May, I feel I can start again. Life is feeling new. This is hope. This is love. This is where we all won. If you call, I will hear. I will listen for you. – Mychal Simka

“As it fell upon a day in the merry month of May, sitting in a pleasant shade which a grove of myrtles made.” – Richard Barnfield

“When April steps aside for May, like diamonds, all the raindrops glisten, fresh violets open every day to some new bird, each hour we listen.” – Lucy Larcom

“May is green and pink and red.” – Richard L. Ratliff

“The month of May comes differently in cities. Not for us, white blossom on the hedgerows, bluebells in the woods. Instead, the sun’s rays burnish bricks and mellow pavements. Seeds burst into flowers in the cracks between the stones. Speedwell and bindweed bloom among the rubble.” – Heidi Thomas

“May is the most beautiful month of the year, a month alive with warm color. The flowers and trees are in full bloom, and even the sun joins this rhapsody by emitting warmer rays.” – Lillian Berliner in *And the Month Was May: A Memoir*

“May is the month of expectation, the month of wishes, the month of hope.” – Emily Brontë

“May can be a month of sneezing, itchy eyes, and runny noses.” – Ellen Jackson

“May is a bridge between winter and summer.”
– Terri Guillemets

“Horticulturally, the month of May is opening night, homecoming and graduation day all rolled into one.”
– Tam Mossman

“May then is the month, if not of fulfillment, at least of promise.” – John Henry Newman

“May, more than any other month of the year, wants us to feel most alive.” – Fennel Hudson

“Mornings in May, echoed with the calls of cuckoos, sunlight glowed through fresh green canopies of trees.”
– Meeta Ahluwalia

“Among the changing months, May stands confest the sweetest, and in fairest colors dressed.”
– Jame Thomson

Members of CKCS

For the period March 22–April 21.

CKCS Board Member Ben Rice supplied the names.

New Members

Roberta M. Dwyer
Scotty Hall
Theodore (Tao) Irtz
Barry C. Moore
Devin K. Onkst
Susan C. Straley
Benjamin White
Gary Williams
John R. Yost

Renewing Members

Pat A. Allen
David Block
Jerry K. Brown
James Brown
Ed Brown
Anne Campbell
Kathy J. DeBoer
Robert & Anne Hackett
Jerry W. Heaton
Bonnie Huddleston
Glenn Kelley
Sherry D. Lackey
Jan Landers-Lyman
Brenda P. Mannino
Ben F. Rice
Paul Stackhouse

If you're not a member, join today and you'll receive a discount on all classes and workshops. With prices sky-high, that's a bargain in today's economy.



Thank you for supporting CKCS.



How do I Join CKCS?

There are three ways.

1. Visit the CKCS website here and choose a membership (Individual, Family or Corporate).
2. Phone CKCS at (859) 373-1000 and tell the volunteer answering the phone you want to join. Pay by credit card over the phone. If you're calling after hours, never leave credit card information on voicemail.
3. Visit CKCS in person at 160 Moore Drive, Suite #107, in Lexington. Tell the volunteer manning the desk you want to join CKCS. Remember, CKCS office hours are Mon.– Thu. from 10 A.M. to 4 P.M.





OFFICE SUPERVISORS NEEDED



VOLUNTEER POSITION

ONCE A WEEK FOR A 3 HOUR SHIFT

SHIFT TIMES ARE 10:00–1:00 and 1:00–4:00

Duties include answering the phone, registering students for classes, and greeting walk-ins.

Training will be provided, and technical skills are not necessary.

If you're interested in volunteering, please email Brooke Thomas.



CKCS Summer Classes & Workshops

Classes

Organizing Your Computer Files on a Windows PC

Tuesdays; June 10, 17, & 24 from 10:00 a.m. to Noon

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.



New: Introduction to Adobe Photoshop for Mac & Windows for Photographers

Mondays; June 23 & 30 from 1:00 to 3 p.m.

Want to learn the basics of Adobe Photoshop to make your photographs look better and sharper? This class will cover how to use Adobe Photoshop to post-process your photographs. Learn the basics of using Adjustment Layers, how to remove unwanted elements from your photos and how to make your photos look better. Also, you will learn a bit about using Adobe Photoshop's AI tools. Students should bring a fully charged Mac or Windows laptop with a recent version of Adobe Photoshop (not Photoshop Elements) installed and ready to use. (This class is for both Mac & Windows platforms.)

Workshops

Introduction to Windows 11

Tuesday; June 3 from 9:00 a.m. to Noon

This workshop will look at what's 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 laptops if they have Windows 11 already installed. However, ensure your laptop is fully charged before you bring it to class.

Using Your iPhone Camera to the MAX

Wednesday; July 2 from 1:00 to 4:00 p.m.

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

Using Apple iCloud for Your iPhone and iPad

Wednesday; July 9 from 1:00 to 4:00 p.m.

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



CKCS Summer Classes & Workshops

Workshops



Fun and Functional Apps for Your iPhone

Monday; July 14 from 1:00 to 3:30 p.m.

Unlock the full potential of your iPhone with this hands-on class! Discover how to use free apps to simplify your daily life and explore your surroundings. Learn to pay for parking in downtown Lexington, access replays and schedules for UK Athletics, locate walking tours in Lexington and beyond, and borrow eBooks or audiobooks from your local library. Explore live precipitation data across Kentucky, view real-time traffic cameras on Nicholasville Road, and check for power outages instantly. In addition, we'll show you how to get creative by making photo collages or removing people or pets from pictures, and become a savvy shopper by scanning items for prices or locating the cheapest gas station nearby. Organize your loyalty and rewards cards, enjoy music streaming, and make restaurant reservations—all from your phone, no calls needed. This class features live app demonstrations, allowing students to follow along on their own iPhones.

iPad Essentials: Discover and Customize the Hidden Control Center

Monday; July 21 from 1:00 to 3:00 p.m.

Discover the hidden potential of your iPad in this engaging workshop! You'll learn how to access and personalize the control center, tailoring it to fit your needs. The session will primarily focus on exploring the 26+ controls available, such as Airplane Mode, AirDrop, Focus, Music, Translate, Voice Memo, and Screen Mirroring. Uncover a range of features you might not even know exist, and see how they can simplify your daily tasks and enhance your iPad experience.

Wait. There's More.

- 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](#).
- Registration for classes and workshops began on April 28. Register on the CKCS website, call 859-373-1000 and speak to the volunteer at the desk during business hours, or drop by CKCS on Moore Drive to register in person.
- We'd love to welcome you as a new member. You can join CKCS [here](#).





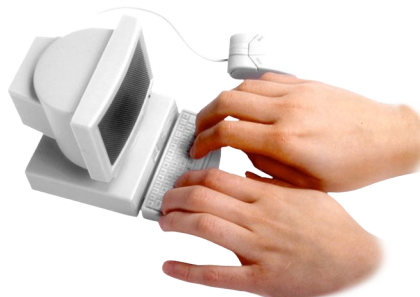
MAY



May, 2025 Special Interest Group (SIG) Schedule

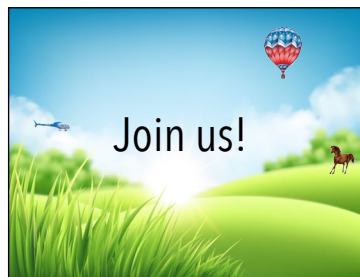
See <https://www.youtube.com/@ckcsVideos> for recorded Zoom SIG meetings. Larry Trivette prepared this SIG calendar. Print this page for your refrigerator or bulletin board.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 Apr	29 Apr	30 Apr	1 May	2 May	3 May
			10 a.m. Photography Club In-Person Only		10 a.m. Dr. Fix-It & iHelp Bring your PC, Mac, iPad & iPhone problems or questions and we'll try to help. In-Person Only
			7 p.m. Board of Directors In-Person Only		
5 May	6 May	7 May	8 May	9 May	10 May
			10 a.m. Photography Club In-Person Only		
12 May	13 May	14 May	15 May	16 May	17 May
7 p.m. Tech Night Generative AI with Dr. Conatser In-Person & Via Zoom	7 p.m. Windows Ben Rice Via Zoom Only		10 a.m. Photography Club In-Person Only		
19 May	20 May	21 May	22 May	23 May	24 May
	7 p.m. All Things Apple Brooke, Kurt, Joe See Topics in Newsletter Via Zoom Only		10 a.m. Photography Club In-Person Only		
26 May	27 May	28 May	29 May	30 May	31 May
	7 p.m. Digital Photography Joe Dietz In-Person Only		10 a.m. Photography Club In-Person Only		



CKCS President's Report

By Brooke Thomas



Spring and summer at CKCS are shaping up to be full of learning, creativity, and community. Registration for our summer classes and workshops opened on

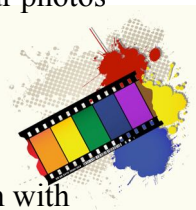
April 28th, offering a variety of valuable sessions, including:

- Organizing Your Computer Files on a Windows PC
- Introduction to Adobe Photoshop for Photographers
- Introduction to Windows 11
- Using Your iPhone Camera to the MAX
- Using Apple iCloud for Your iPhone and iPad
- Fun and Functional Apps for Your iPhone
- iPad Essentials: Discover & Customize the Hidden Control Center

- Genealogy SIG will hold its quarterly meeting in June.
- Digital Photography SIG will host its Annual Hall of Fame Photo Contest in July—get ready to submit your photos in the following categories:

- Clouds
- First Signs of Spring
- What Were They Thinking?

Then join us for the judging and reception with refreshments on July 22. This is one contest to watch.



- Windows SIG has exciting meetings planned for June, July, and August, covering valuable tips and insights.

It's going to be a fantastic season packed with learning and fun. Don't miss the chance to be a part of it all!

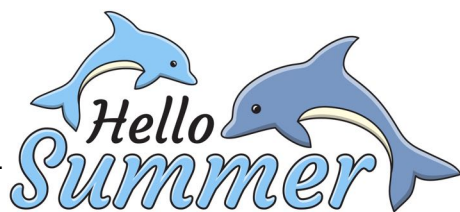
Find detailed descriptions in this newsletter, on the CKCS website under the Events tab, and in the CKCS Store under the Sign Up tab.



We'll kick off the summer with our annual picnic and election in June at Shillito Park—always a great time to connect and celebrate!

Our Special Interest Groups

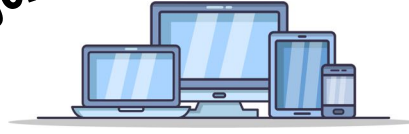
(SIGs) remain active throughout the summer, offering opportunities to deepen your expertise and engage with fellow members.



Contact CKCS president Brooke Thomas at president@ckcs.org

Tech Night

Artificial Intelligence: This Is Your Chance to Learn All About It.



May 12 @ 7 P.M.

Join Us in person at CKCS or via Zoom.

Back By Popular Demand

Dr. Trey Conatser, PhD, from the University of Kentucky is back and you get the chance to hear him speak about the world of AI. He visited us at the July 2024 Tech Night and we received overwhelming positive feedback. He then returned to lead a hands-on AI workshop. Now he's back in 2025.

Has AI changed the world? In a word, yes!



"ChatGPT was publicly released about two and a half years ago. In that brief time, a curious chatbot has given way to a wide range of foundation-shaking and sophisticated technologies that appear to engage in thoughtful reasoning and deep research while accessing other infrastructures such as the world wide web, proprietary databases, and even our own computers," writes Dr. Conatser.

While it seems like keeping up with AI is an insurmountable task, Dr. Conatser will cover some basic developments that remain true across the board and practice ways of using AI now given what it

can (and still can't) do. In case you're wondering, Dr. Conatser is director of the University of Kentucky Center for the Enhancement of Learning and Teaching (CELT).

Generative AI, two and a half years later: What it is now, where it's going, and how we can use it is the topic he'll tackle at Tech Night on May 12. This is your chance to learn more.

• **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
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kytrade.com
Phone: (859) 225-1700

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



CKCS SIGs & Meetings

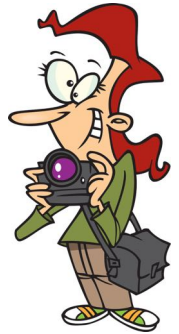
SIGs are special interest groups devoted to topics such as photography, Windows operating systems, All Things Apple (including the iPhone, iPad & Mac), and quarterly genealogy meetings. The sessions are free, open to the public, and are held either at CKCS on Moore Drive or via Zoom.



Amateur Photography Club

meets in person Thursday mornings at 10 at CKCS. If you have an interest in cameras, learning more about photos, or improving your photo-taking skills, this is the SIG for you!

Digital Photography SIG meets in person at CKCS on the fourth Tuesday of the month at 7 P.M. This SIG is responsible for the monthly photo contest whereby photographers submit their photos as they compete against one another to win. Photo software and other related topics take center stage at this SIG.



All Things Apple SIG is a Zoom session designed to offer tips, tricks, and more for iPhones, iPads, and Macs. This SIG is unique because a team of three individuals provides tips that are designed to help



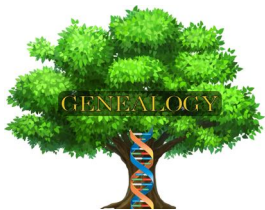
you get a lot more out of your Apple products. The trio providing the tips

are CKCS teachers, offering their unique knowledge to this SIG. It meets on the third Tuesday of the month at 7 P.M.

Windows SIG tackles issues with Microsoft's computer operating system. Check this newsletter for each month's topic to get up to speed with your Windows laptop or desktop machine. We guarantee you will learn if you attend. The group meets on the second Tuesday of the month. Check this newsletter to see if that month's session is in-person, via Zoom or both. Ben Rice at ben.rice@ckcs.org is the Windows SIG coordinator.



Genealogy SIG meets quarterly in March, June, Sept., and Dec. at 7 P.M. The group meets in person at CKCS to discuss a wide range of topics ranging from finding your ancestors, using software to record your successful family searches, to using census and state data in your work.



Dr. Fix-it & iHelp sessions are not a SIG, but a free service provided by CKCS. If you've got a problematic laptop or desktop (PC or Mac), iPhone, iPad, or Android phone or just questions, the volunteers are at CKCS on the first Saturday of the month from 10 A.M. to noon.

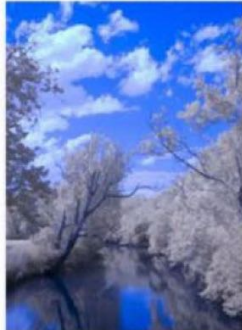
Dr. Fix-it tackles Windows and Android issues. iHelp tackles Apple issues (iPad, iPhone, Mac, and Apple Watch.) We're there to answer your questions and see if we might be able to solve your tech issues. Just show up between those hours on the first Saturday morning of the month to get answers to your questions or to get troubleshooting help. Remember to bring your computer or device if you're seeking specific help with your machine.



Tech Night provides a forum for experts in various topics to share their knowledge. A huge range of subjects-ranging from tax prep, AI, KY Mesonet, EV cars, security devices and more have been tackled. Tech Night is held the second Monday of the month at 7 P.M.



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



Topic: Tech Skills for an Easier & Safer Computing Experience.



This session: No matter how savvy we are, we must deal with certain things when using a computer—and we do not always do so efficiently. So here are a few tech skills that everyone can (and should) learn to keep their computer fast, safe and easy to use.



Presenter: Judy Taylour, 30-year member of SCV Computer Club where she is president, editor & webmaster.

**Join us for the Windows SIG Meeting
on Tuesday, May 13 at 7 P.M.**

Zoom only

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

If you have a suggestion for a topic for a Windows SIG, particularly relating to a feature included within Windows, please let Ben Rice, Windows SIG Coordinator, know: ben.rice@ckcs.org

All Things Apple SIG

Join us via Zoom on May 20 at 7 P.M.

3 Presenters, 3 Topics

Brooke: Discover the hidden screens on your iPad! In this presentation, Brooke will guide you through accessing essential features like the Notification Center, Control Center, App Switcher, Universal Search Screen, Today Screen, and App Library. Don't miss this chance to unlock your device's full potential!

Joe: We'll demonstrate how to use Apple Invites to create and manage event invitations. You set up an event, add details, customize it with details, background, receive RSVPs etc. And – Sometimes someone will send you a long text message, and you want to send it to someone else. He will demonstrate how it can be done.

Kurt: If you design newsletters, websites, or work with photos, take a look at Affinity Publisher, Designer and Photo. These Affinity apps are very powerful tools to create eye-catching docs or websites. There is no subscription, and that's part of the appeal.



Source: pixabay

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



Digital Photography Special Interest Group

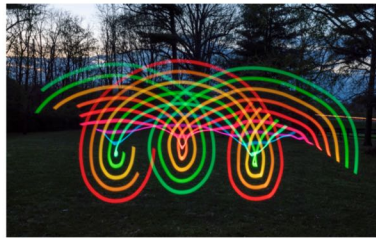
Tuesday, May 27

In Person



CKCS Amateur Photographer's Club Presents:

Light Painting for your Photos + Creating Black and White photos that really POP!



This month some of our members will be demonstrating different methods to set off your photos and make them pop

Becky Brothers will present a demonstration of light painting using light sticks and flashlights. She will explain how it all works along with some fun photos of light painting in action.

Arleigh will show how to use the colors in your photos to make your black and white images pop using Photoshop and Silver Effects Pro. The same techniques will work in Paint Shop Pro, Photoshop Elements and Lightroom.



This month's photo contest is "BIRDS".

Many of our members take great shots of birds. Now is the time to show them off!

Get out – take pictures and send a great picture to joedietz@aol.com by May 26, 2025.

Join us at CKCS at 160 Moore Drive on Tuesday May 27, @7 PM. Bring a Friend.

2025 Photo Contest Topics

Hosted by the Digital Photography SIG



May: Birds

June: Waterfalls

July: • Clouds
• First signs of spring
• What were they thinking?

Three topics in July. Don't email your photo(s). Bring a hard copy of your photo(s) this month to CKCS offices on Moore Drive.



Aug: • Food photography

Sept: • Interesting faces

Oct: • Stained glass windows

Nov: • Hands

Dec: No meeting this month.





Winning Photos

Held by the Digital Photography SIG

April Topic: Happy Places



First Place, Anne Campbell



Anne: I took this photo in February 2024 at our resort in Punta Cana, Dominican Republic. It was an area of the resort that they kept for special events like weddings. I took this with my iPhone 15.



Winning Photos

Held by the Digital Photography SIG

April Topic: Happy Places

Second Place: Four-Way Tie

Winners: Jan Landers-Lyman, Pennie Redmond, Janet Cartmell, Dennis Burrows



Jan: I shot this picture at Shakertown with my Nikon D7000 on a beautiful spring day a few years back.

Janet: I took the photo in January, 2016. My friend invited me to attend the U.K. basketball game with her. The student section was full and I had a perfect view of them as they unfurled the huge Kentucky banner before the game started. I couldn't resist this capturing this exciting part of the game. I took the photo with my iPhone.





Winning Photos

Held by the Digital Photography SIG

April Topic: Happy Places

Second Place: Four-Way Tie

Winners: Jan Landers-Lyman, Pennie Redmond, Janet Cartmell, Dennis Burrows



Pennie: I took the photo January 31st in the Bahamas with my Samsung S23ultra. There is nothing like relaxing on the beach with an umbrella drink! Livin' la vida loca!

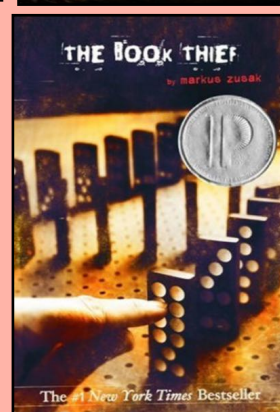
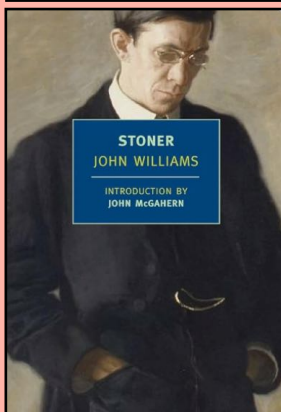
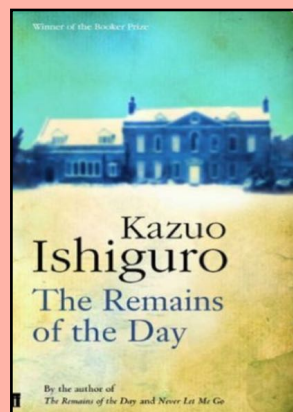
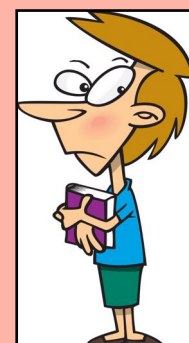
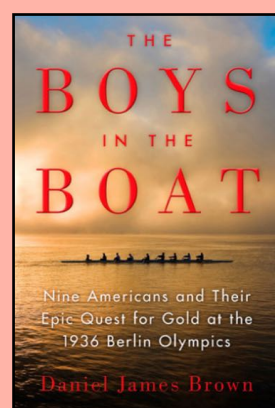
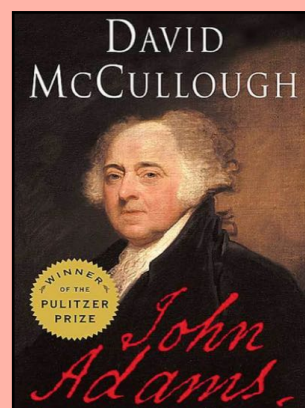
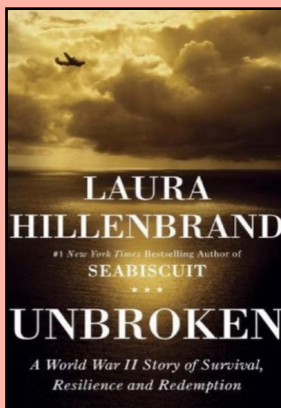
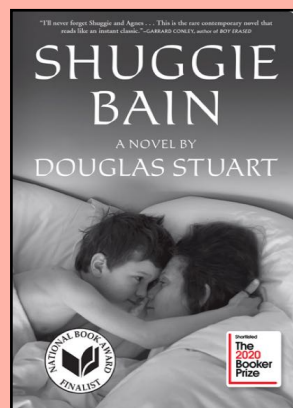
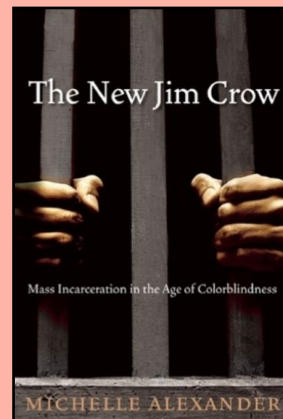
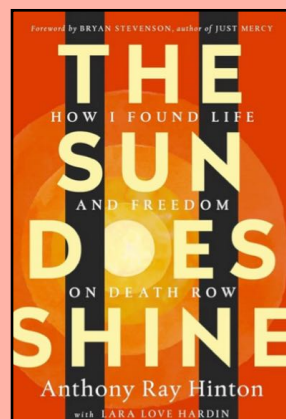
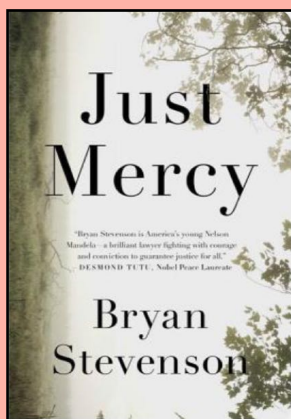
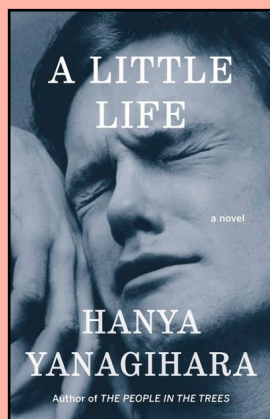
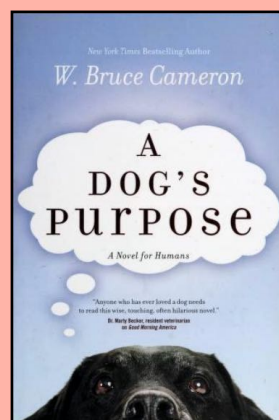
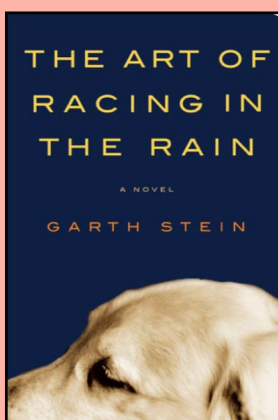
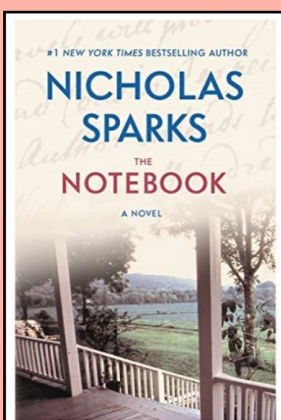
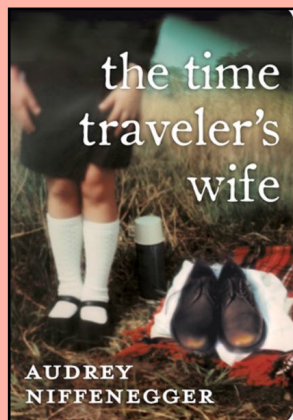
Dennis





Books!

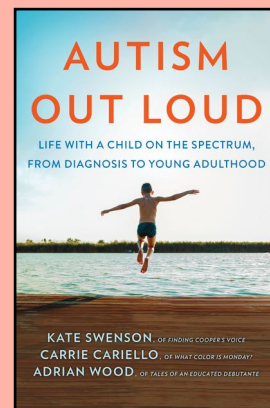
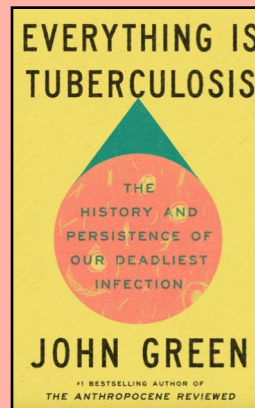
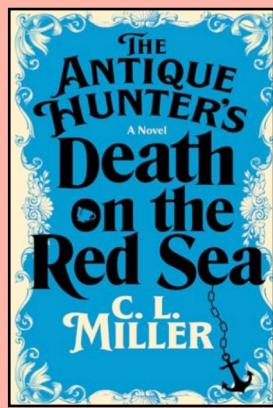
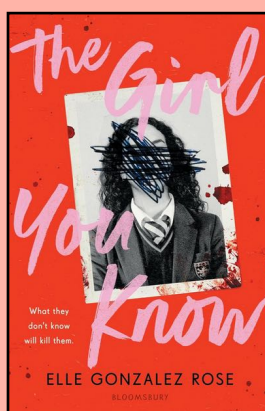
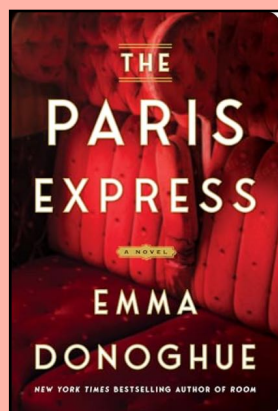
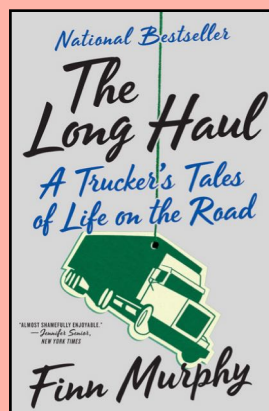
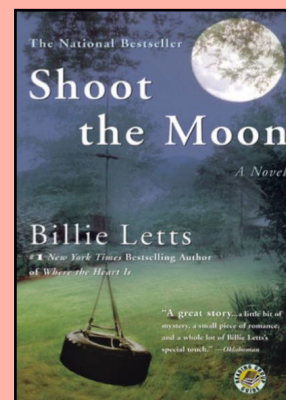
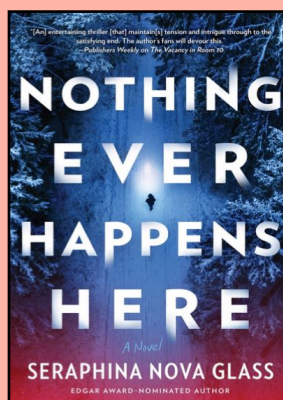
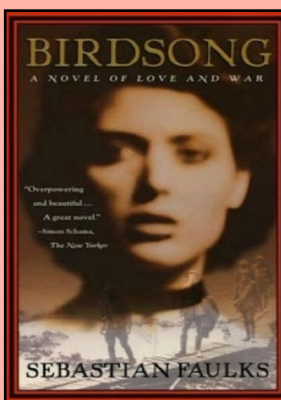
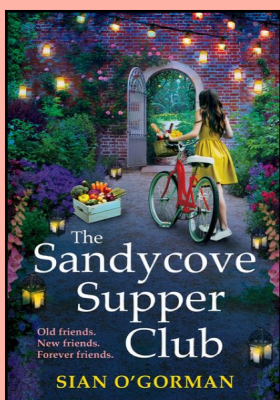
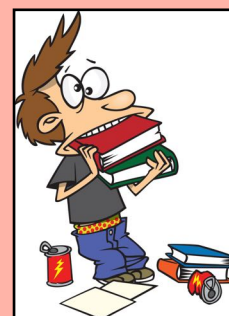
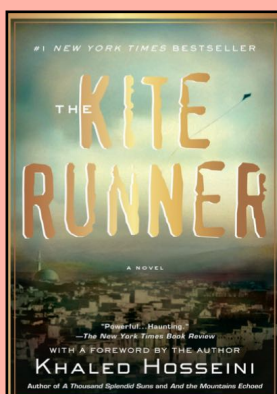
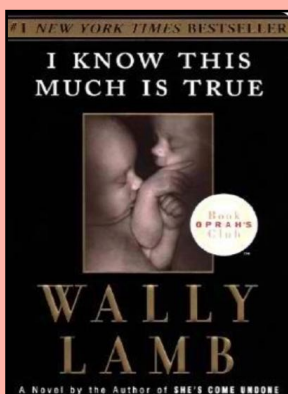
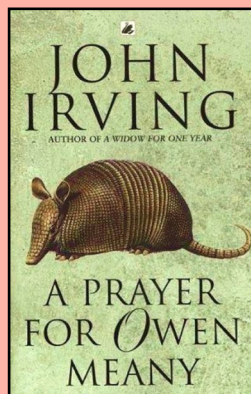
Book covers courtesy Goodreads.com





Books!

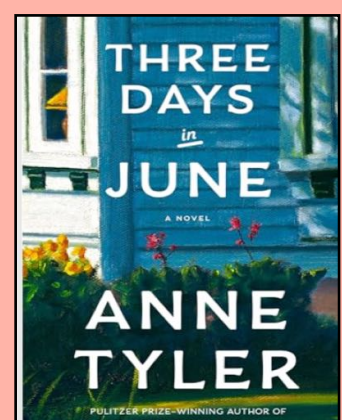
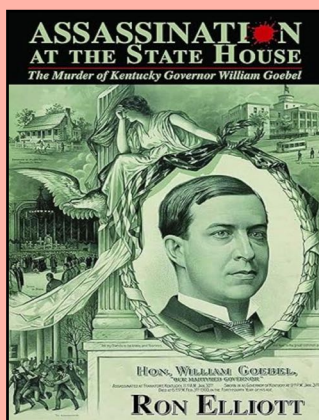
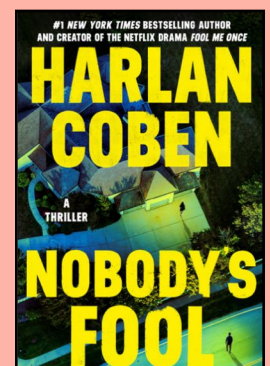
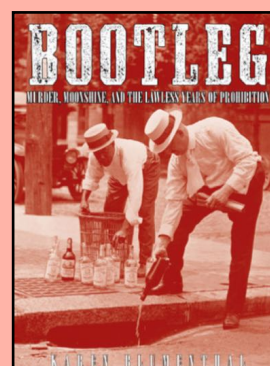
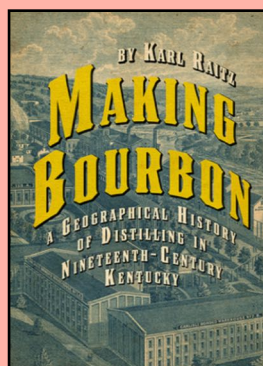
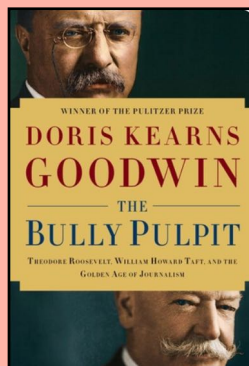
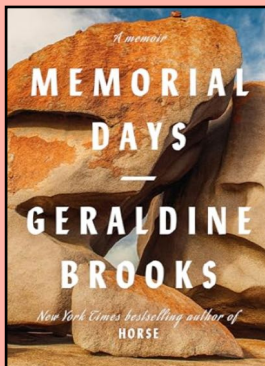
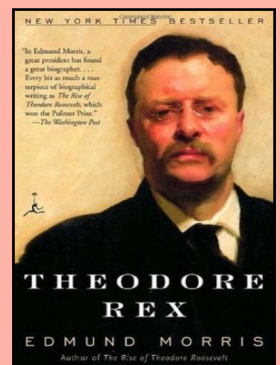
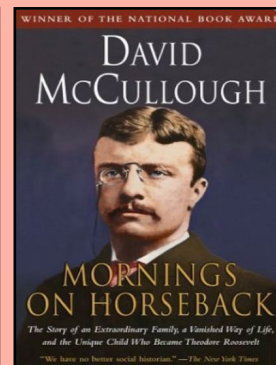
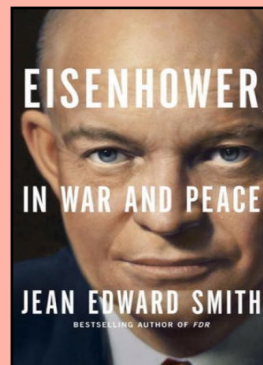
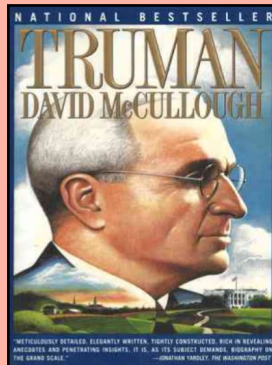
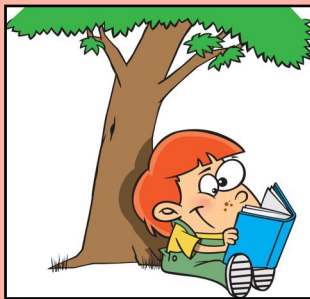
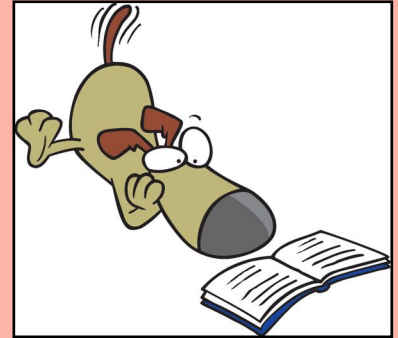
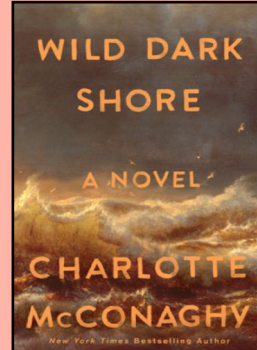
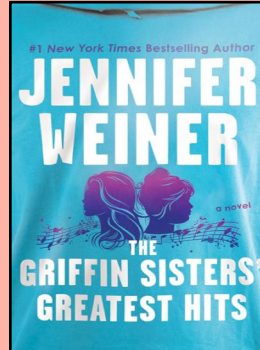
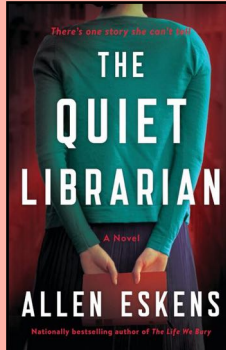
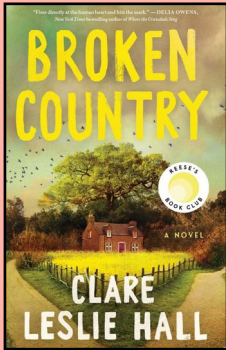
Book covers courtesy Goodreads.com





Books!

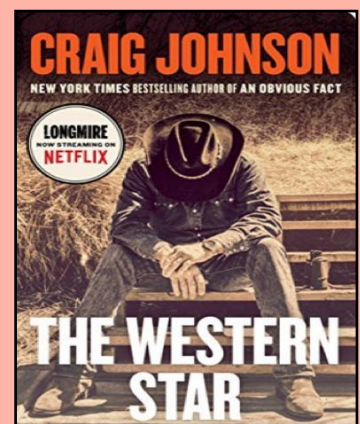
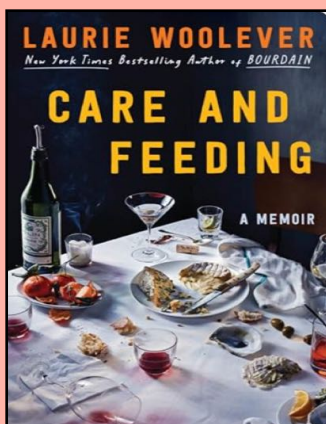
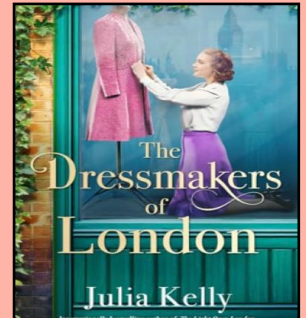
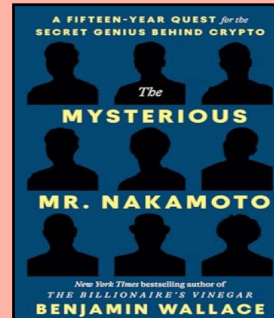
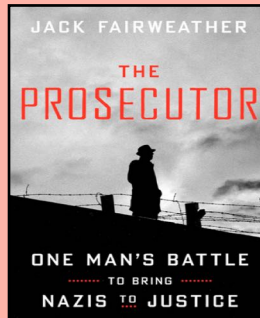
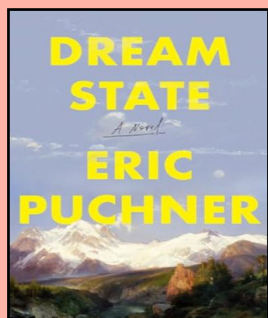
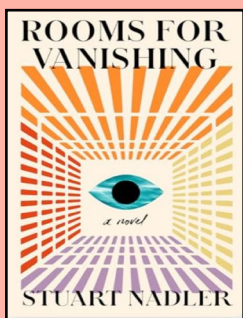
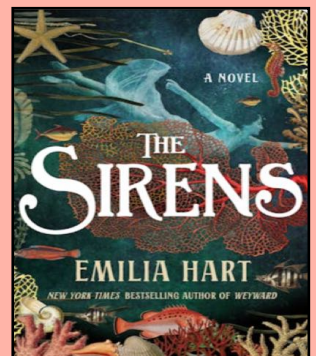
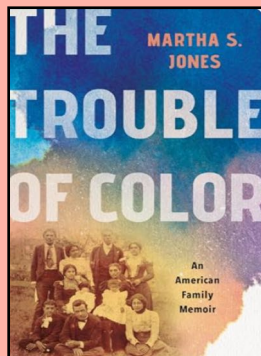
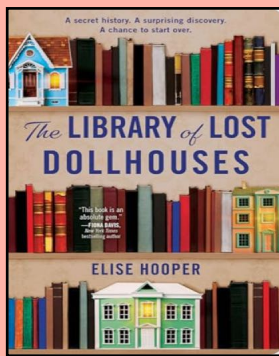
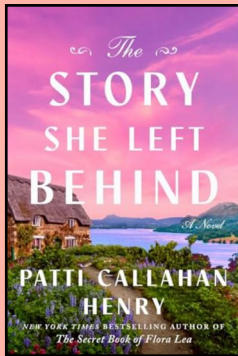
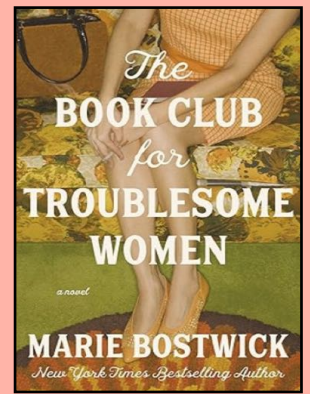
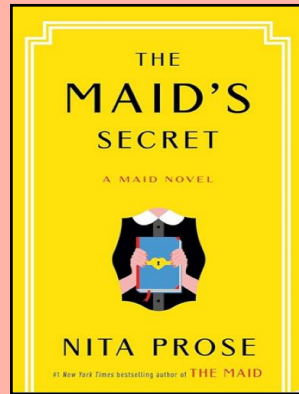
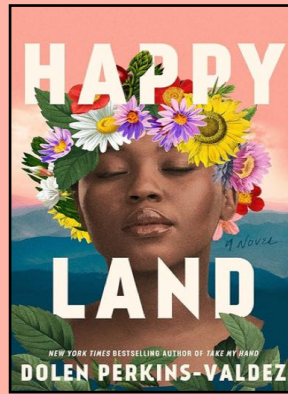
Book covers courtesy Goodreads.com





Books!

Book covers courtesy Goodreads.com





Your Health



By Kurt Jefferson

What you eat during your 40s, 50s, and 60s directly impacts your health when you're 70 according to research by Harvard's T.H. Chan School of Public Health. The study concluded that healthier diets when younger translated into better health and living to 70 free of chronic diseases. *Nature* reports the study results. The research team



followed more than 100,000 Americans for up to 30 years to track their eating habits. The participants logged their diets and were asked how often they ate more than 130 different foods.

The study found "Higher intakes of fruits, vegetables, whole grains, unsaturated fats, nuts, legumes and low-fat dairy products were linked to greater odds of healthy aging, whereas higher intakes of trans fats, sodium, sugary beverages and red or processed meats (or both) were inversely associated. Our findings suggest that dietary patterns rich in plant-based foods, with moderate inclusion of healthy animal-based foods, may enhance overall healthy aging, guiding future dietary guidelines," reports *Nature*.

A dictionary can help uncomplicate the maze of words you find on products at the grocery store. There are also plenty of other descriptions pertaining to medicinal plants, oils, nuts, and other items. Healthline assembled the list showing words in tables so it's very easy to use.



Is there a CKCS class or workshop you want to take? You can register for summer classes and workshops on the CKCS website.

Register today!

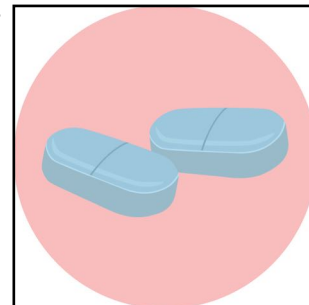


What's Inside?

28 of 48

For the first time in more than two decades, the FDA has approved a new type of painkiller to treat moderate to severe pain. It's called *suzetrigine* and is sold under the brand name Journavx. Everyday Health reports this is "the first drug in new family of non-opioid painkillers."

Suzetrigine is thought to be non-addictive. The FDA has approved the drug to treat acute pain, which is pain lasting less than three months. It has not been approved for chronic pain. *Suzetrigine* has provided relief without serious side effects, according to reports.



An interesting new study out of Great Britain sheds the spotlight on just how valuable pets are in our lives. Researchers at Kent University have determined that



owning a pet can bring the owner the same psychological benefits as getting married or earning an additional £70,000 a year in terms of life satisfaction. The study involved 2,500 British

households and showed that people were less likely to own pets as they grow older. Study details are published in the Springer Nature Link.

Here's a pop quiz. On average, who walks more in a day—waiters or farmers? The answer is waiters, according to a report in Healthline. In addition, people living in Canada, France, and

Australia, on average, put in more daily steps than people living in the U.S. If you wear a fitness tracker or smartwatch, you probably walk more than if you didn't wear the device. The Centers For Disease Control urges adults to get at least 150 minutes of aerobic exercise a week.



May 2025



Your Health

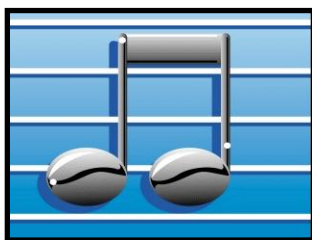


By Kurt Jefferson

If you've never been jabbed with a syringe containing the shingles vaccine, consider this. A study from Wales shows older adults there who got shingles shots were 20% less likely to acquire dementia compared to those who were not vaccinated. ScienceDaily calls the results "remarkable," and says the study by Stanford Medicine "supports an emerging theory that viruses that affect the nervous system can increase the risk of dementia." Shingles, as you may know, is caused by the same virus that infects people with chicken pox. Two shingles shots are typically given and the second dose usually comes two to six months after the first one.



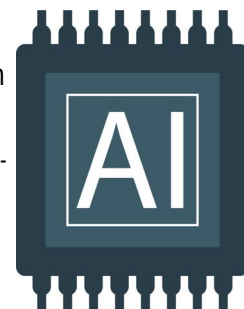
Why does one brother love classical music and the other can't get enough of 70s and 80s country? It may be partially in their genes. A study of twins reveals that music preferences may be partially inherited. ScienceDaily reports "an international team led by scientists from the Max Planck Institute for Psycholinguistics in Nijmegen, the Netherlands, uncovered genetic factors that influence the degree of music enjoyment, which were partly distinct from genes influencing general enjoyment of rewarding experiences or musical ability."



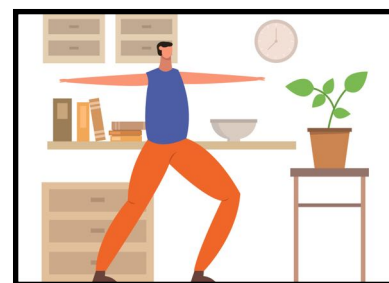
Heavy drinking, according to a new study, can damage the brain over time so that one's decision-making ability is greatly compromised. This was the first study showing high alcohol use over time could dramatically change the brain. MedicalXpress reports rats given high amounts of alcohol over time performed poorly on a complex task even after they were off alcohol for months. Johns Hopkins University conducted the research.



Artificial intelligence, known as AI, has been shown to accurately predict the dementia risk in older American Indian and Alaska Native adults who were 65 and older. A study by the University of California-Irvine used seven years of health records from 17,400 adults from that population, none of whom had dementia. In a two-year followup study, 611 people had acquired dementia. Researchers say the study proved that AI could predict at a high level which individuals might acquire dementia. They say this confirms that AI could be used in similar health studies with other participants. In addition, AI improved efficiency, accuracy and the ability to crunch large numbers involved in the study. Details are outlined in the National Library of Medicine.



Are you on a mission to boost your brainpower? In the largest study to date, researchers discovered that exercise "can significantly boost brain function and memory across children, adults, and older adults," in the study done by the University of South Australia. This involved data on more than 258,000 individuals. What researchers discovered is that low-to-moderate intensity exercise had the best benefits for both brain function and a person's memory. "Exercise has a profound effect on physical health, but we also know it benefits brain function. What this study confirms is that even low-intensity exercise – like yoga or walking – can improve cognition, making it accessible to people of all ages and abilities," said Dr. Ben Singh, UniSA's lead researcher. Adolescents and children showed the best memory improvements from exercise, while individuals with ADHD showed the best improvement with executive function skills (such as planning, time management, and impulse control.)





Your Health



By Kurt Jefferson

Medical advancements, improvements in education, nutrition, and sanitation, along with other factors, have made a major impact on the lives of older individuals. A study by Columbia University reveals that “age-related declines experienced by older adults have significantly slowed down,” reports the journal *Nature Aging* and GoodNewsNetwork. The study revealed major health improvements of older adults living in Great Britain when compared to earlier generations. Today’s older adults are functioning at higher levels of physical and mental ability than prior generations at the same age. The study used data from the English



Longitudinal Study of Aging.

Rolling down your car window can be healthy, reports MotorBiscuit. The website cites a 2024 Swedish study from Umeå University. That study showed better car ventilation reduced levels of dangerous semi-volatile organic compounds (SVOCs). These chemicals are produced from plastics, stain and water repellants, flame retardants, and other items car manufacturers use in the cabin of a car. It’s been shown that SVOCs can disrupt the human endocrine system. On hot summer days in a closed car, those chemicals can be up to 40,000 times higher than in a closed car in cooler weather. MotorBiscuit writes “At a minimum, rolling your windows down before driving and keeping the ventilation system on (without using recirculate) helps clear out these chemicals. The study showed that cars with active ventilation had much lower chemical levels.” Details of the study are provided by ScienceDirect.



What’s being called a possible “game changer” for folks with asthma and chronic obstructive pulmonary disease (COPD) could be around the corner. For many years, doctors have prescribed steroid tablets for those ailments. Scientists from King’s College London believe a drug already available could be used in emergency situations with no additional treatment needed. The drug is *Benralizumab*, an antibody that reduces lung inflammation. The *Lancet Respiratory Medicine* journal details the study by the King’s College team. The GoodNewsNetwork says the drug given by syringe is the “first new treatment for asthma attacks in 50 years.”



A T-shirt worn three times a day that tracks a patient’s vital signs following cancer surgery could allow that patient to go home from the hospital sooner. GoodNewsNetwork reports that researchers at Sapienza University in Rome worked with LET Wearable Solutions to “design a light T-shirt with sensors that track ECG, heart rate, body temperature, and more—then sends the data to an app and web-based software.” The research team wanted to see if patients could be discharged on a faster track after urological surgery for cancer. A study has begun to check the cost effectiveness of this technology.



If you’re not a member, consider joining CKCS today. You get a discount on classes and workshops plus other benefits! You can join online here.



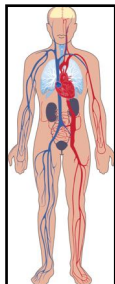


Your Health



By Kurt Jefferson

Scientists in Israel have stumbled upon a previously hidden part of the immune system that may provide a source of natural antibiotics. The spotlight is on protasomes, which are inside cells and essentially work as “cellular garbage cans,” writes Good. The website notes the protasomes “recognize harmful invaders and cancer cells” and help erase “unwanted and damaged proteins.” A team at the Weizmann Institute of Science made the discovery. The Institute wrote “the discovery holds promise in light of the growing resistance to antibiotics.”



Many Americans are trying to lose weight. If they’re using artificial sweeteners weight loss might not be so easy. Everyday Health reports that 40% of Americans use sugar substitutes. Now, researchers at the USC Diabetes and Obesity Research Institute in Los Angeles have discovered that artificial sweeteners may actually increase the appetite and food cravings. A growing body of evidence “suggests replacing foods and drinking containing real sugar with ones containing sugar substitutes doesn’t help with weight loss and may even cause people to gain weight,” reports the site. Researchers say the problem might be that artificial sweeteners may not provide calories expected by the body so that may increase the appetite.



If you’re reading this newsletter and know someone who might enjoy it, please share it with them. In addition, consider joining CKCS if you’re not a member. We need you!



Drinking brewed tea might be healthier than you realize. It turns out that heavy metals attach to tea leaves while the tea is brewing. A new study from Northwestern University reveals that the longer the tea is steeped, the greater number of harmful contaminants are filtered. Everyday Health reports the study showed up to 15 percent of lead is removed in three-to-five minutes of brewing. While tap water in the U.S. is normally safe to drink,



some heavy metals might end up in drinking water in homes containing older, corroded lead pipes and plumbing fixtures. Regarding tea bags, researchers discovered that cellulose bags work quite well while nylon and cotton bags only drew a small amount of contaminants. Those who did the study say decaffeinated tea most likely also filters contaminants. Everyday Health notes that contaminants in water, such as lead and cadmium, can lead to serious health impacts.

Fitness trackers and smartwatches are on more wrists than you can imagine. “Wearables are being adopted at a pace reminiscent of the mobile phone boom of the late 2000s,” writes The Conversation. Do they actually provide an accurate snapshot of one’s health? Writer Cailbhe Doherty notes the lack of standardization makes it very challenging for researchers to complete an accurate picture of a wearable device’s accuracy. Therefore he adds, “As wearable technologies continue to permeate various facets of health and lifestyle, it is important to approach manufacturers’ claims with a healthy dose of skepticism. Gaps in research, inconsistent methodologies and the rapid pace of new device releases underscore the need for a more formalised and standardised approach to validation of devices.”





Your Tech



By Kurt Jefferson

While Microsoft Word and other apps in Office 365 might be the chosen tools of many adults, PCMag reports that many younger people have no use for Microsoft 365. Instead, they prefer Google Docs, which they used extensively in schools when they were growing up. For years, many public schools have provided students Chromebooks containing web-based Google Docs Editors Suite for writing, spreadsheets and other activities. PCMag notes, "The main time a young person encounters Microsoft is when they are forced to use it, usually upon entering the workforce on company-issued devices. Even then, they resist."



An icon for a blank document in Google Docs.

Android phone users with the right type of Samsung phone may now use the "Talk Live About" feature that Google rolled out months ago. This means that more folks may talk with the Gemini AI assistant and receive a document summary, get help identifying a particular photo, get details about a YouTube clip, and more, writes ZDnet. DuckDuckGo's AI web assistant describes Gemini this way, Gemini Live is a feature of the Google Gemini app that allows users to have real-time voice conversations with the AI assistant, helping with tasks, brainstorming ideas, and providing feedback while on the go. It is designed for hands-free interaction, making it easier to get assistance without needing to type." Google Blog: *Five Ways to Use Gemini Live With Camera and Screen sharing*



As Microsoft turns 50, PCMag brings us a visual history of Windows through the years. Get a glimpse of the various operating systems and see why the author believes Microsoft hit its stride with Windows 3.0 in 1990. You also can read about MS DOS 2.0 and how Microsoft replaced the command line shell with a visual shell.



You've probably forgotten nine Microsoft products that didn't exactly set the world on fire. Remember Bob? How about The Microsoft Network in the mid-to-late 90s? Read about the nine forgotten products on PCMag.

For the first time, Microsoft co-founder, Bill Gates, has released original computer code that Paul Allen and he wrote on a mainframe at Harvard. It was the company's first source code and was written in BASIC using a PDP-10 computer in the 1970s, writes PCMag. Gates wrote on his blog that he gets a kick out of seeing the code even today. PCMag provides a link to a PDF of the code and notes that Gates and Allen got the inspiration to write the code after spotting an article in a 1975 issue of *Popular Mechanics*, sporting an Altair 8800 computer.



What's being called "a major shakeup" coming with the introduction of the 20th anniversary iPhone in two years made headlines in mid-April. PCMag quotes Bloomberg's Mark Gurman as saying Apple might release a foldable phone in addition to a pro model of the popular smartphone.





Your Tech



By Kurt Jefferson

If you're looking to buy a new Mac computer, read what PCMag testing has to say about the various new models using Apple's M4 Silicon chip. PCMag compares the latest iMac, Mac mini, Mac Studio, MacBook Air and MacBook Pro to see how different flavors of the M4 processor fared.



A just-released MacBook Air shown on Apple's website.
Source: Apple

You've probably read how multiple computers running artificial intelligence systems in AI farms are using huge amounts of electricity. MSPower User reports, "In 2022, AI contributed to two percent of global energy usage—as much as a small country." One site paying the price for AI's huge energy demands is the non-profit Wikipedia. PCMag reports that automated systems are using the Wikipedia website to train AI computers. That means demand for Wikipedia's web pages has grown considerably and the online encyclopedia's costs are growing because it



has to supply computer power to provide those pages. The Wikimedia Foundation wrote "since January 2024, we have seen the bandwidth used for downloading multimedia content grow by 50%." Individuals aren't responsible. It's the hungry AI-training systems that are gobbling up Wikipedia's content.

23 years after it first surfaced, Google has finally fixed a flaw in its Chrome browser that could leak your browser history, reports PCMag. The site notes that flaw is older than many Google employees. In a company blog, Google describes the issue as a "core design flaw" of its widely-used browser.

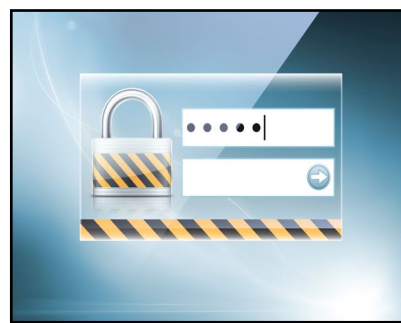


What's Inside?

Long time tech columnist Ed Bott writes in ZDnet that he never pays full price for PCs and Macs. He uses seven tips to cut the cost. "With a little preparation and some patience, you can save up to 50% off those high price tags without sacrificing quality," Bott writes. He suggests doing your homework early, checking your credit card for discounts and rebates, and remembering that last year's model is often this year's best buy, among other recommendations.



Are you using what's called two-factor (or multi-factor) authentication? In other words, are you forced to get a text with a number on your cellphone or an email code you must enter to pay bills online? ZDnet's Ed Bott writes that multi-factor authentication is absolutely a must in this day and age. He writes, "You can create a password that follows all the rules, one that's so long and complex it takes you five



minutes to type, and it will do nothing to protect you if the service where you use that password stores it improperly and then has its server breached. This happens all the time."

I'm still getting junk emails, spam phone calls, and bogus phone calls from sleazy operators. Their repeated attempts are probably related to a major security breach by the Lexington hospital for which my family doctor works. Criminals broke into the hospital chain's servers and stole passwords and all kinds of private information. Those creeps have my email addresses, phone numbers, and more to send me a huge number of spam messages. My protection is two-factor authentication, a VPN, and the presence of mind not to click on any suspicious links.

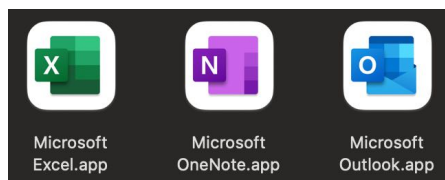


Your Tech



By Kurt Jefferson

Apple is changing the look of its icons as you might have read last month in this newsletter. Now, we get a look at the re-freshed look to be announced in June at the company's Worldwide Developers Conference (WWDC). Icons used on the Mac, iPad, iPhone and Apple Watch will get the overhaul. YouTuber Jon Prosser says he's had an early look at the updated view and PCMag reports on it.



Several MS Office icons on a Mac. Apple is reportedly switching from a square design to a circular one for its icon designs on the next Mac, iPad, iPhone and Apple Watch operating systems.

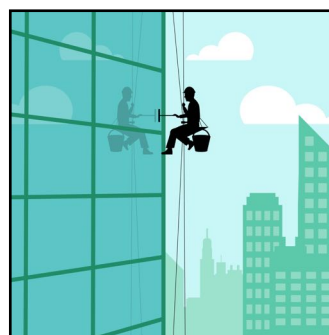
After being victim of several security breaches, I started using a VPN (virtual private network) to try and keep my data to myself. While you still need an Internet provider, a VPN wraps your signal in a protective tunnel away from prying eyes. No, I have no control over

VPN

businesses that fail to keep my data private but at least I do all I can to protect passwords, my credit card numbers and other personal information. One way I do that is by opting to use a VPN. (You might remember that VPNs were the focus of a Tech Night several months ago.) Cnet writes that you can make sure your VPN is working properly by simply visiting WhatIsMyIPAddress and making sure the city shown is the same city you're visiting with your VPN. Cnet notes if you're using a VPN but still see your actual location and your Internet Service Provider's information, you need to fix that problem.

What's Inside?

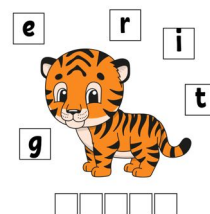
While the deadline looms for Windows 10—Microsoft retires that operating system on October 14—more than half of Windows users continue using it. That's right. Data from Statcounter shows that 53% of PC users



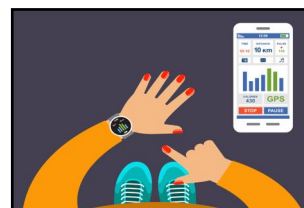
haven't upgraded to Windows 11. Microsoft is urging PC users not to wait until the last minute to upgrade their machines. Windows Latest reports "Those with unsupported PCs will see full-screen banners to recycle their PCs and buy Windows 11..."

Windows Latest writes "if you don't want to upgrade, you can pay \$30 and keep using Windows 10 securely."

If you're a big Wordle fan, Cnet provides a list of ten similar games to keep working your brain. It seems there's a word game for everyone here—ranging from Connections to Strands to Absurdle to Quartiles. As Cnet notes, some of these games are brainbusters and can be quite tough while others are much easier to complete. Work your brain!



Close those rings! The rings we're talking about are the ones shown on the screen on the Apple Watch. When you complete your daily goals, you get rewarded by closing the rings on your watch. Cnet reports



new data from more than 140,000 people taking part in the Apple Heart and Movement Study, reveals interesting tidbits. "People who regularly closed their activity rings were 48% less likely to wake up frequently during the night, 73% less likely to experience an elevated resting heart rate, and 57% less likely to report elevated stress," notes Cnet.



Your Tech



By Kurt Jefferson

With the high price of PCs and Macs today, you definitely want to make your computer last as long as possible.



You might unknowingly be shortening the life of your machine and not realize it. TechRadar offers guidance on how to change some

of your computer habits. These steps include not leaving your computer on all night. Turn it off. Shut it down. "Leaving all kinds of apps and background tasks open for very long periods of time means your RAM, CPU, and storage is working overtime to keep these processes running." Marcus Mears III is writing about PCs, but many of these tips also apply to Macs.

Many Android phone and smart-watch users will benefit from a Google update that should increase the battery life of their phone, reports Techradar. You don't have to take action to get this update. Techradar reports that the update should arrive automatically on your device.



You may have noticed that Google is testing artificial intelligence on your Android phone.

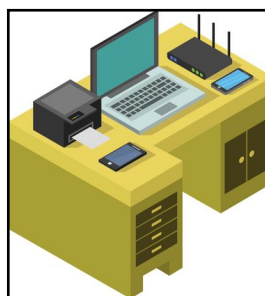
AI

9to5Google reports the search bar is where the action is taking place. You can start a new AI chat by using the shortcut below the search bar at the top of the Google app.

If you live in the future rather than the present, you might want to check out Trendhunter. This website provides a glimpse of dozens of modern products that are forward-looking. For example, get a look at Shark's new compact air purifier with no filter. Then there's personalized music designed to help your dog relax (the music is created by AI, of course.) There are AI study assistants, at-home hair removal devices and tech-equipped kitchen sinks, too.



MacRumors recently issued its list of **iPhone** security features that everyone using Apple's smartphone should be using. These include stolen device protection, two-factor authentication, and Advanced Data Protection. Toxigon provides a similar list for **Mac users**. For **Android phone users**, Softonic provides what it calls the "ultimate security guide" for 2025.



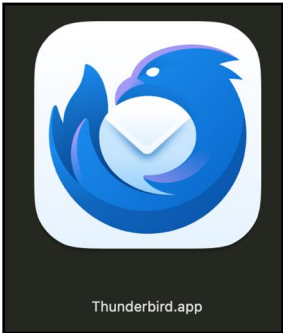
Apple has begun offering a MacBook plan for its popular laptops similar to the long-standing upgrade plan for iPhones, according to 9to5Mac. The program is called Upgraded and allows Mac laptop users to "spread the cost of their MacBook over 36 months and from zero percent interest, with the option to upgrade every 24 months if you'd like," writes 9to5Mac. The Upgraded program offers AppleCare+ with the purchase and Apple says it's designed for "power users" who want to buy a laptop, pay no interest, and upgrade every two years.

Looking For an Alternative to Gmail or Office 365? Another Option Is Coming.

By Kurt Jefferson

The creators of Thunderbird, the popular, free email app say they're losing users every day "to rich ecosystems that are both products and services, such as Gmail and Office365."

Apparently in the belief if you cannot beat them, join them, the folks behind Mozilla Thunderbird are



expanding their services to better compete with Gmail and Office365 with one critical difference. Thunderbird is open source, while Gmail and Office365 aren't. (Open source software means the code used to develop an app is publicly available for anyone to use, modify, and distribute.)

So while the email app Thunderbird will remain free, the company is expanding its offerings to offer a software bundle which includes a cloud-based email service called Thundermail, secure file-sharing, calendar scheduling and "other helpful cloud-based services."

Thunderbird's Managing of Product, Ryan Sipes spells out the new features in the company's blog. Those new features include:

Thunderbird Appointment: A scheduling tool allowing someone to send a link to another person, "allowing them to pick a time on your calendar to meet..." Appointment has been developed to make meeting with others easier. We weren't happy with the existing tools as they were either proprietary or too bloated, so we started building Appointment."



Thunderbird Send: An end-to-end encrypted file sharing service allowing users to "upload large files to the service and share links to download those files with others."

Thunderbird Assist: An experimental system that will "allow users to take advantage of AI (artificial intelligence) features... Given some users' sensitivity to this, these types of features will always be optional and something that users will have to opt into. As a reminder, Thunderbird will never train AI with your data," reports the blog.

Thundermail: An email service with calendars and contacts. "We want to provide email accounts to those who love Thunderbird, and we believe that we are capable of providing a better service than the other providers out there. Email that aligns with our values of privacy, freedom and respect of our users," writes Sipes.



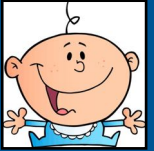
All of these additions will cost money. Thunderbird developers will offer paid subscription plans at different tiers. Once there are enough paid subscribers to cover costs, the company plans to offer a limited free tier to the public.

Sipes adds that this has been a long time coming. "It is my conviction that all of this should have been a part of the Thunderbird universe a decade ago. But it's better late than never. Just like our Android client has expanded what Thunderbird is (as will our iOS client), so too will these services."

Sipes concludes by writing, "Thunderbird is unique in the world. Our focus on open source, open standards, privacy and respect for our users is something that should be expressed in multiple forms. The absence of Thunderbird web services means that our users must make compromises that are often uncomfortable ones. This is how we correct that." The Thunderbird email app for Mac, Windows, FreeBSD, Linux, Android, and coming soon to iOS will remain free.



Notable May Births



By Kurt Jefferson

Born on May 24, 1819, Alexandrina Victoria reigned as "Queen Victoria" over the United Kingdom of Great Britain and Ireland for more than six decades. Victoria held the title longer than any of her predecessors. She was also empress of India. During her reign, Britain became the most powerful empire in the world. Historians write that Queen Victoria did not like babies, resisted technological change during a time when major changes occurred, and was thrown into deep depression when her husband, Prince Albert, who was also her first cousin, died.



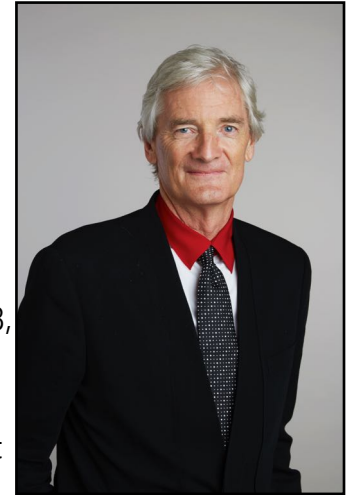
Queen Victoria in 1882.
Wikipedia/Alexander Bassano

Florence Nightingale is recognized as the founder of modern nursing. She trained nurses in Turkey during the Crimean War and reduced death rates by improving sanitary conditions and living standards among wounded soldiers. She gave personal care to the wounded and made night rounds giving her the nickname "Lady with the Lamp." She is also remembered for her innovative use of statistics. Nightingale used graphs to give an easy understanding of stats and numbers. The highest international nursing award, the Florence Nightingale Medal, was named in her honor. She was born in Italy on May 12, 1820.



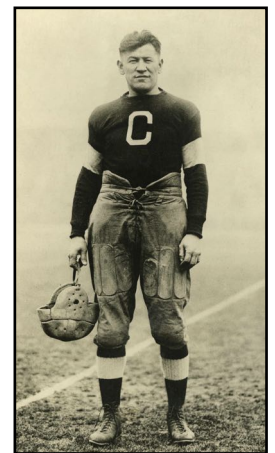
Florence Nightingale in 1860.
Wikipedia/Henry Hering

Sir James Dyson is an inventor, farmer, designer, and is most well known for founding the Dyson Co., inventor of the bagless vacuum cleaner. He was born on May 2, 1947, in England. Reports say in the late 70s, Dyson became frustrated with his Hoover Junior after the vacuum bag got clogged and led to poor performance. In 1983, he introduced the "G-Force" vacuum. No one in Britain would sell the unit because it would hurt vacuum bag sales, so he sold it via catalog in Japan. He set up his own manufacturing center in England and began selling his vacuum. The Dyson Dual Cyclone became a major hit, out-selling rivals and becoming the best-selling vacuum made in the U.K. His machines also became the top-selling vacuums (in terms of dollars) sold in the U.S.



Sir James Dyson in 2015.
Wikipedia/CC 4.0

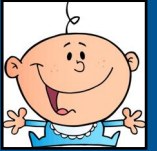
Jim Thorpe was the first Native American to win an Olympic gold medal for the U.S. Thorpe won two gold medals in the 1912 Summer Olympics (one medal for classic pentathlon and the other in decathlon) in Sweden. He is considered one of the most versatile athletes of modern times. He played football, baseball, and basketball. Thorpe also excelled in hockey, swimming, boxing, and lacrosse. Thorpe was born on May 22 or 28, 1887, in Indian Territory of the U.S. in what is today Oklahoma. No birth certificate for Thorpe has ever been found.



Jim Thorpe while playing for the Canton Bulldogs.
Circa 1915–1920.
Wikipedia



Notable May Births



By Kurt Jefferson

Born on May 8, 1911, Robert Leroy Johnson influenced dozens of musicians with his Delta blues style of playing. Johnson is recognized as one of the most influential musicians of the 20th century. A number of his songs have become blues standards. Johnson played in juke joints, at Saturday dances, and on street corners. Many Americans had never heard of him until 1961, when Columbia released an album of his songs called *King of the Delta Blues Singers*. Wikipedia notes, "Over the years, the significance of Johnson and his music has been recognized by the Rock and Roll, Grammy, and Blues Halls of Fame, and by the National Recording Preservation Board." Johnson was born in Mississippi. He died at age 27.



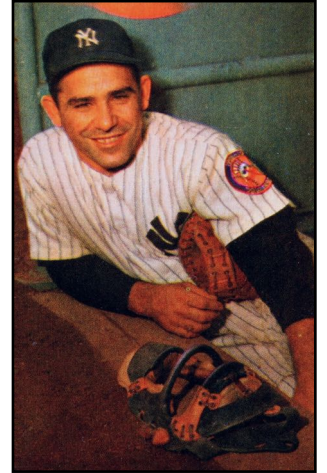
Robert Johnson in 1936.

Taken in 1936 at Hooks Bros. photo studio in Memphis. Only three known photos of Johnson have been widely published.

This photo is ©1989 by Delta Haze Corp. Use by this non-profit in *Computer File* is considered fair use as a fair representation of the subject with very few photos available.

Source: Wikipedia

Yogi Berra is widely regarded as one of the best catchers in U.S. baseball history. Born on May 12, 1925, in St. Louis, Berra won ten World Series championships—more than any other major league baseball player. He was also a manager and a coach and played baseball for 19 seasons, spending most of that time with the New York Yankees. Berra was elected to the Baseball Hall of Fame in 1972 and is among only six players to win the American League Most Valuable Player award three times. Berra became famous for his many malapropisms, including "It ain't over till it's over," "It's like déjà vu all over again," and "You better cut the pizza in four pieces because I'm not hungry enough to eat six."



Yogi Berra in 1953.

Source: Wikipedia

Born in Ashland on May 30, 1964, Wynonna Judd has received more country music awards than almost any other female country singer. Nineteen of her singles hit #1 on *Billboard*, including those performed with her mother under the name, The Judds. In their six years performing, The Judds sold more records than any other country duo until they were surpassed by country artists Brooks & Dunn in the 1990s. Judd also did voice work providing the sound of rock star Molly Cule in *The Magic School Bus* animated TV show and also provided voices for the show, *Blue's Clues*. In 2007, Wynonna received a star on the Music City Walk of Fame in Nashville.



Wynonna Judd performing with her band, the Big Noise, in Virginia in Oct. 2018.

Source: Wikipedia/CC 4.0

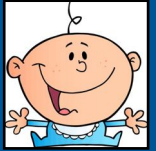
Join us on the first
Saturday of the month
for iHelp & Dr.-Fixit!



Tina is telling her friend Sheila how she got help at CKCS on the first Saturday of the month. She took her iPad to iHelp and got free troubleshooting with her email account. Join Tina and bring your Apple device to iHelp. If you've got a Windows PC or Android device, we've got you covered with Dr.-Fixit. It's also on the first Saturday of the month starting at 10 A.M. We do our best to solve your tech problems!



Notable May Births



By Kurt Jefferson

Ronald Toomer, born on May 31, 1930, made a major impact on amusement parks. He designed more than 90 roller coasters all over the world. Toomer became a mechanical engineer after graduating from the University of Reno in 1961. His roller coaster designs have won numerous awards for speed and loops. His inventions range from the Pepsi Max Big One, which was the world's tallest and steepest roller coaster to The Bat at King's Island (the first suspended roller coaster in an amusement park.) Toomer was on the team that created the Apollo spacecraft heat shield.



The Bat roller coaster at King's Island in Mason, Ohio in Aug. 2014. Designed by Ronald Toomer, this was the first suspended roller coaster to appear in an amusement park.

Source: Wikipedia/Jerry Thompson CC 2.0

French doctor Joseph-Ignace Guillotin supported a new way of executing prisoners—believed to be less



Dr. Joseph-Ignace Guillotin
Source: Wikipedia

painful than earlier methods—called the guillotin. He did not invent the device but was a major proponent. A man named Tobias Schmidt actually invented the guillotin. Law-breakers put to death for crimes in France were hanged, tortured on a breaking wheel, or were killed using another method. Only nobility were beheaded. Guillotin concluded he could not stop executions, but as a doctor, he wanted to make them more humane. In addition, Guillotin was among the first French doctors to support vaccinations and he founded what was later to become the National Academy of Medicine. Guillotin was born on May 28, 1738.

William Webster Hansen (known as W.W. Hansen) was one of the founders of the microwave technology and helped create radar, developing a vacuum tube called the klystron, that was essential for radar to work. He was born on May 27, 1909, in Fresno. He was a son of immigrants from Denmark and showed an early interest in both math and electronics. He started at Stanford University when he was 16. Hansen's work also helped create airborne radar.



Communication tower shown in Sept. 2008 with dishes for microwave relay links on Frazier Peak in the San Emigdio Mountains, Ventura County, Calif. It serves the Mountain Communities of the Tejon Pass, and other entities. The dishes have radomes, plastic sheets covering their apertures, to keep moisture out.

A Honda Element is parked in front.
Source: Wikipedia/GeorgeLouis/CC 3.0

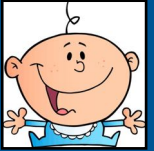
Willamina Fleming, a pioneering Scottish astronomer, created a cataloguing and classification system for stars. This was vital for the science of astronomy. Her work has made a major impact on our understanding of the universe, stars, and outer space. She catalogued more than 10,000 stars. Fleming also discovered the Horsehead Nebula in 1888. She was a single mother and completed this work despite facing gender biases. She was born on May 15, 1857.



Williamina Fleming in the 1890s.
Source: Wikipedia



Notable May Births



By Kurt Jefferson

Inge Lehman was a Danish seismologist credited with the groundbreaking discovery of the earth's solid inner core and molten outer core in 1936.



Inge Lehman on Jan. 1, 1932
Source: Wikipedia/
Even Neuhaus/The Royal
Library, Nat'l. Library of
Denmark & Univ. of
Copenhagen University
Library/CC 4.0

She published a paper that proposed the earth is composed of three layers-the mantle, outer core and inner core. It wasn't until 1970 that her work was confirmed when seismographs had advanced to the point that they confirmed that the inner core did exist.

Lehman was born on May 13, 1888, in Copenhagen, and attended a high school that treated boys and girls equally. That was quite novel at that time. The American Geophysical union created an award in her honor in 1995.

Biologist Keith Campbell was a key team member at Roslin Institute near Edinburgh, Scotland, who

surprised the world on July 5, 1996, by producing the first clone of an adult mammal, a lamb called Dolly. The lamb, a female Finn-Dorset sheep, was named after country music singer Dolly Parton and lived to be six years old. The team proved that a cloned living being could be produced and survive. The cell used for cloning was taken from an adult Finn Dorset ewe's mammary gland. In Feb. 1997 when Dolly's birth was announced, it made news all over the world. The lamb's cloning dispelled the belief that adult mammals could not be cloned. Campbell was born on May 23, 1954.



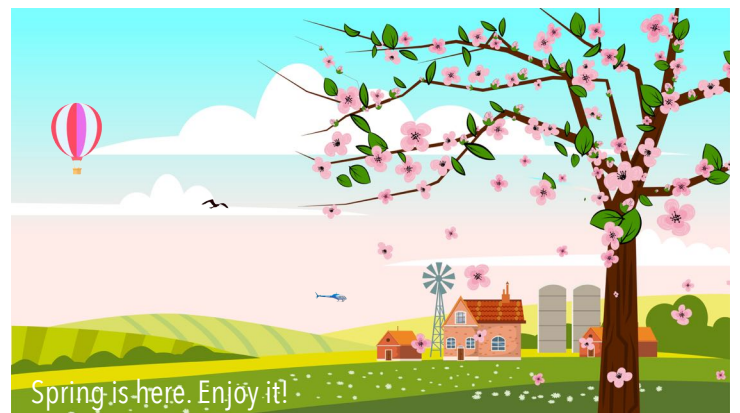
Close-up of Dolly in stuffed form on display at the Nat'l. Museum of Scotland.
Source: Wikipedia/Toni Barros/CC 2.0

Mary Anning changed the way the world thought about the history of the

earth and prehistoric life. She did this when she discovered fossils of large reptiles near her home in southwest England. She was a palaeontologist, fossil hunter and collector, and dealer. Her most famous find occurred in 1824 when she stumbled upon the remains of the first intact skeleton of the plesiosaur, a 15-foot long marine reptile that lived between 215 and 66 million years ago. When word spread about her find, fossil collectors, palaeontologists, and tourists sought out Anning to buy from her collection. She was self-taught in paleontology and rock formations, and gained a reputation among scientists and men who were part of the growing new field of paleontology. Anning was born May 21, 1799, in England, in the far southern city of Lyme Regis.



A painting of Mary Anning and her dog, Tray. The painting was taken before 1842. Mary's brother owned the painting. In 1935, it was presented to the Natural History Museum in London by Miss Annette Anning.
Source: Wikipedia



Spring is here. Enjoy it!

TIME MACHINE



Creek Baptism By Submersion

Churchgoers watch as two members of the Primitive Baptist Church in Morehead are about to be baptized by ministers in a creek.

Photo by: Marion Post Walcott

When: August 1940

From a gelatin silver print, Getty Museum Collection, Public Domain

TIME MACHINE



Indiana Cannery Row of Workers

Young men working at an Indianapolis cannery company line up for a photo in the early part of the 20th century.

Photo by: Lewis W. Hine

When: August 1908

From a gelatin silver print, Getty Museum Collection, Public Domain

TIME MACHINE



Kentucky Schoolroom

An African American classroom at Anthoston in Henderson County. 12 are enrolled, while seven are attending. "Tobacco keeps them out and they are short of hands," remarks the teacher about students pulled from class to work the fields.

Photo by: Lewis W. Hine

When: August 1916

TIME MACHINE



Giving Her Doll a Bath

A child washes her doll in Belle Glade, Fla. She's the daughter of migratory packing house workers there.

Photo by: Marion Post Walcott

When: 1939

From a gelatin silver print, Getty Museum Collection, Public Domain

TIME MACHINE



In the Tunnel

A postcard image showing the inside of the tunnel in Great Britain under the Mersey River between Liverpool and Birkenhead.

Photo by: Unknown

When: Actual date unknown, some time in the 1930s.

From a 2.0 CC License, uploaded by daves_archive to Flickr.

TIME MACHINE



A Grand Irish Hotel

“On the 1st of May 1895, The Southern Hotel Parknasilla opened, and the name Parknasilla which means “The field of the willows” began to appear on maps. It was also referred to as the “Bishops House Hotel, Parknasilla,” writes an individual who’s studied this hotel’s past. Reports say the Parknasilla Golf Course is now located on the former hotel site. Notice the fisherman in the boat.

Photo by: Robert French

When: Circa 1865–1914

From the National Library of Ireland

TIME MACHINE



Stafford Family Members From Ireland Pose For a Family Portrait

From left to right: Mary, Catherine (mother), John, Francis (father), Josie, and Eily.

Details of Mr. Stafford's life in the *New Ross Reporter*: "Mr Stafford had been some 45 years in the grocery and spirit business, and had established a successful trade. He came of a very respectable Clonmines family, and was connected by marriage with one of the most esteemed families in Callan, county Kilkenny. Mr Stafford leaves a widow and four children, with whom there is much sympathy." He died Feb. 23, 1907, after a bad case of pneumonia.

Photo by: Poole Photographic Studio

When: Wednesday, June 29, 1904

From the National Library of Ireland



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