

SCIENTECH CLUB NEWSLETTER

— SCIENTECH —

The 100th year as a forum for the exchange of information in scientific and technical fields
A club for people who never stop learning

Meeting at 12 noon on Mondays, Northside K of C, 2100 E. 71st St., Indianapolis, IN
In an emergency call 317-253-3471
Admission & lunch \$12 @ 11:15 am, admission & coffee \$2
Reservations not needed

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<http://www.scientechclub.org>

Jeff Rasley, President	John Prentice, VP
Bob Yee, Secretary	Jim Dillon, Treasurer

April

- 23 **Program:** A Return to Iwo Jima
Speaker: James Baize, BSME, BSNE, Club member
- 30 **Program:** Nikola Tesla
Speaker: Richard B. Gunderman, MD, Pediatric Radiology, Riley Hospital for Children/IU Health

May

- 1 **Board of Directors**, 6:30 pm, Northside K of C
- 7 **Program:** Lincoln: His views about Death, Ghosts, & Séances
Speaker: Brian Dirck, PhD, History Professor, Anderson University
- 14 **Program:** How Our Brains Learn, Develop, and Respond to Adversity
Speaker: Lori Desautels, PhD, Asst. Professor, Butler University
- 21 **Program:** Jenny's Allure
Speaker: Ruth Ann Ingraham, Scientech Member

More at www.scientechclub.org/programs/calendarpagecss.asp

Recommended Reading

From time to time our members encounter books or websites which they feel other Sciencetech members would find very interesting and informative:

Jill Meisenheimer - Students Rebuild project at www.Studentsrebuild.org This easy, creative, fun, no-cost service project helps youth peacebuilding programs in Nigeria, Sri Lanka, and the South Caucasus region. You can register online at no cost.

Alison Brown *Why We Sleep: Unlocking the Power of Sleep and Dreams* by Matthew Walker PhD The first sleep book by a leading scientific expert, Professor Matthew Walker, Director of UC Berkeley's Sleep and Neuroimaging Lab, reveals his groundbreaking exploration of sleep, explaining how we can harness its transformative power to change our lives for the better.

Sleep is one of the most important but least understood aspects of our life, wellness, and longevity. Until very recently, science had no answer to the question of why we sleep, or what good it served, or why we suffer such devastating health consequences when we don't sleep. This book should change your life and especially your sleeping practice!

Jim Willson - The book *I Contain Multitudes*, by Ed Yong.

Most of us are aware that the human body contains over 10 billion individual cells. But you may not know that we also contain over 100 billion non-human life forms, primarily bacteria and viruses, who actually enable and perform many of our essential bodily functions particularly digestion and our entire immune system. They are, in fact, vital partners in our most basic living processes. They are so inherent in our makeup that 30% of human breast milk is comprised of a substance which babies cannot digest, but which the bacteria in the baby's digestive system uses for its nourishment. You will gain a totally new appreciation of what's actually inside you and how to help keep it healthy.

Club meeting dates reminder

From President Jeff Rasley: No meeting on May 28, June 4 (club tour), July 2, Sept 3, Dec. 24, and Dec. 31. Board meetings are the 1st Tuesday of each month at 6:30p.m; July will be July 10, Sept. will be Sept. 11, and Jan. 2019 will be Jan. 8.

OLAB

Opportunity to Learn About Business for students now in their junior year of high school. This program from Wabash College (Crawfordsville, Indiana) is in its 46th year. Applications must be submitted by April 25 for the program that runs July 8-14. There is no cost to participants as the program is sponsored by the Sciencetech Club Foundation and others. Read more at:

<https://wabash.edu/olab/>

Custom Embroidered Club items

Remember that Village Custom Embroidery has the Club's logo in their computer and can apply it to your own bags, garments, etc. or you can choose items from their 2" thick catalog. Stop in and find something to order! They're at 80 N. First St., Zionsville.

Read more at: <http://www.villagecustomembroidery.com/home.html>

Next Genealogy Group Meeting

The Sciencetech Genealogy Group will meet after the regular club meeting on April 23. It will discuss how to use the results from DNA testing at Ancestry.com. There may also be an opportunity to view the results of a relatively inexpensive means to publish a family history.

Today's Presentation

Program: Cut Your Cable? The Whys, and the Hows, and What You Can Do to Replace Some of the Content

Speaker: Bill Elliot, Sciencetech Past President

Attendance: 113

Guests: Rod Catz, and Sharon Merriman

Scribe: Carol and Jim Mutter

Editor: Jim Willson

Why cut the cord? To save money! But how? And in a way that you can still watch your favorite TV programs conveniently.

Don't try this if others in the family don't want to change or if you have lots of constantly used TVs or if you're getting a good deal from your cable company. But if you add up all the costs of phone, cable and internet, it can be daunting. It may be worth your time to try to find a better solution. Bill has done that and passed along the benefits of his experience. However, every family situation is different, so you'll still have to do your own homework. You can usually (and should) try out new equipment and services BEFORE you cut the cable.

For TV, the cheapest option is over the air (OTA) TV. It is possible to get most, if not all, the channels you want including sports. For example you can go to www.tablotv.com to check on what channels you should be able to get with the Tablo device. Try out antennas (sold on line or in stores) before you cut the cable. You can also get a recorder to use with in-house wi-fi to record programs. Benefits of OTA include superior quality of picture due to less compression, no buffering pauses (e.g. channel change is instantaneous), no blackouts or outages, and no delay in video which may be 30 seconds when streaming. Delays with OTA seem to be less than 15 seconds.

Try internet streaming. Ensure you get adequate bandwidth, but don't pay for more bandwidth than you need. You will need 5 Mbs for each TV then double that number and then add 5 more Mbs for your total minimum requirement. Unlimited data service is best. You can sometimes get more bandwidth for the same price as your minimum. Spectrum is now offering a package at \$50/month with unlimited data at 100 Mbs on trial basis! Note that if you want to watch lots of TV and movies, video eats up data quickly. You can check your current download speed at www.Speedtest.net.

There is a learning curve to get streaming up and running. You need to get used to buffering pauses while watching. You can record programs, including previously shown episodes. Apps are available from many stations to view their content separately but if done over the internet, it is metered and counts against your data limits. You can take your streaming device on vacation although some locations may have limited service. You can also suspend apps (many have monthly fees) and reinstate when you return. First check to ensure there won't be a higher charge when you re-start. You can also start a trial for a special show you can binge on.

Devices needed for streaming are provided by many including Amazon and Google (and they don't play nice with each other). FireTV Stick remote control is a good choice for Amazon users – it works with Echo and Alexa. Google also has a remote control. It's helpful to add Sideclick to either remote so you can control your TV with one remote. Another streaming device option is Roku. And Chromcast is an option that uses your smart phone as a remote control. Apple TV is also available but more expensive than the others.

Streaming Services include DirecTVNow, YouTubeTV, PlayStation Vue, Hulu with Live TV, and Sling TV. They are generally \$40/month to get adequate service. You can watch from anywhere — on your phone, computer or TV. You'll need internet service bandwidth described above, no cable box but likely a streaming device (e.g. Roku) to play content on your TV. Check with each provider for a list of supported devices. If your provider does not show desired local channels to include PBS, you can go with the antenna (described above) to include those. Use the TV's input control to switch between antenna and the streaming device. These services generally charge a monthly fee. There are also free apps like Hoopla for movies that come free with a library card. Free apps generally have limitations. Other free apps you can check out include Crackle, Go90, PlutoTV, Roku, Tubi, Vudo, and Yahoo View.

Telephone options include land lines and cell phones, which can be expensive. One that connects through Wi-Fi or by plugging into your internet router is Ooma. The device can be purchased for \$50-\$90 and then you pay just a small monthly fee plus taxes (<\$5/month). Extra services can be provided for more money. Your existing telephone system, corded or cordless, is then connected to the Ooma or similar such device.

Warning. There are no short cuts. Research is required. And in this case it is definitely recommended that you read the long legal agreements. Use of Wi-Fi could compromise your banking information. Other personal data can be collected in some situations.

SCRIBES NOTE: I went to the net to clarify something in my notes and found that on 4 April 2018 *PC Magazine* posted an article that compares streaming services in detail: The Best Video Streaming Services of 2018. Very timely! It can be found at:

<https://www.pcmag.com/article2/0,2817,2489103,00.asp>



Bill Elliot