

Training and safety issues.



## Welcome To Your August Newsletter

August is one of those months where here in Alaska we are winding down on summer (don't shoot the messenger), and gearing up for another school year and the end of 'right of way' in some of our construction regions. But you know there is more to August than that.

Taking a closer look, August often means inspiring reverence or admiration; of supreme dignity or grandeur; majestic. It can also be used to describe the venerable or eminent. The word itself is said to originate from Latin augustus and in Old English named after the emperor Augustus. I'm not up on my history, but a google search reveals that August was originally called Sextillis in the Roman Calendar but was changed later on to honor Augustus Caesar, literally "Venerable Salad."

We know it as the eighth month of the year, the time school is starting, so watch out for the kids running for school buses or those new drivers going to High School. It also means the days are getting a bit shorter and the sun just may be getting in our eyes again. This is also a good time to make sure the inside of your windshield, driver and passenger side windows as well as your mirrors are clean and glare free. Just sayin.

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## Upcoming Training

**We here in Anchorage are trying to put some training together for later this month and September. If you have any ideas or already have a presentation ready to go, we can set you up with GoToMeeting and we can share the love. Maybe you already have training scheduled in your region. Let's put that GoToMeeting account to work for all of us.**

If your are going to be in Oregon this week, lets say on the 10th, get in touch with our Cascade Chapter and join in one of their Micro Sessions.

Have you tuned into an SCTE Primer lately? Primers are designed to answer the "What is..." question. This month the primer is; What is...Content Transmission?

This is the third Primer is a series covering basic digital cable and discusses the types of video content and how they are transmitted to the headend and home. In addition, the governing bodies are summarized so you can stay up to date on the standards involved in the transmission as systems evolve.

If we make enough noise, maybe we can get the GCI headend in Anchorage to present training on this topic and possibly arrange for a tour at some point. Email us at [thealaskachapter@gmail.com](mailto:thealaskachapter@gmail.com) if you would be interested.

On Thursday, August 17th, SCTE-ISBE LiveLearning Webinars presents "**A Look at Full Duplex DOCSIS 3.1**". You can [register here](#) or on nationals website. This is a great presentation for Network planner, managers, installers and technicians. It begins at 10am Alaska time.

## Technology Webinar Series

Plan ahead to participate in the September 13th Technology Webinar Series. The topic is "Disaggregated Remote Access Solutions and it begins at 10am on Wednesday, September 13th.

**CORTEX**

Have you downloaded the CORTEX app from SCTE yet? Let us know what you think. Send an email to [thealaskachapter@gmail.com](mailto:thealaskachapter@gmail.com) or even post your feedback on our [facebook](#) page. Follow your learning plans and track progress to guide you to become an expert and advance your career. You can download the CORTEX from the [App Store](#) or from [Google Play](#).

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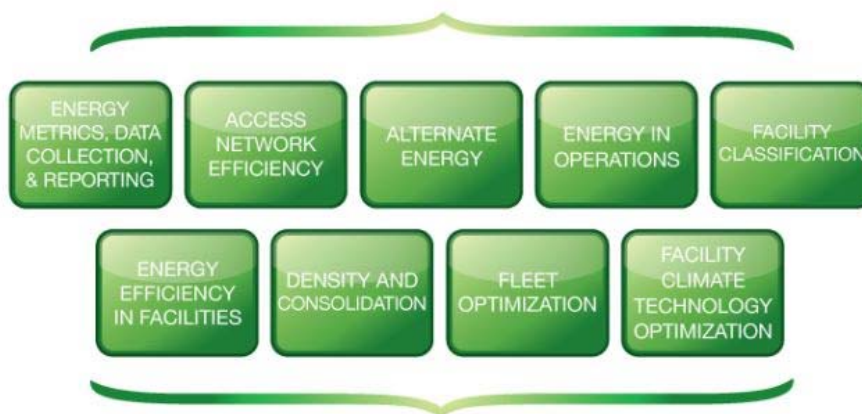
### Trivia Question

Where was the first webcam deployed and what was its sole purpose?

*See answer at the end of the newsletter.*

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## energy 2020



Each initiative will produce standards & operational practices

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## Pre-Register for Cable Tec Expo 2017

Pre-registration ends on August 15th. Time to make that decision to go to the premier event in our industry.

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## Safety + Health

Sleeping in on weekends may be bad for your health. Yep another study published in an online supplement to the journal *Sleep* suggests that going to bed later and waking up later on weekends than during the week - also known as social jet lag - may be linked to poor health and higher levels of sleepiness and fatigue. The study conducted by the University of Arizona (hey aren't they a party school?), surveyed 984 adults between the ages of 22 and 60 on sleep duration, insomnia, cardiovascular disease, mood, fatigue and sleepiness. Participants reported their overall health on a standardized scale. Results showed each hour of social jet lag was linked to an 11.1 percent increase in the chances of developing heart disease. In addition, participants who experienced social jet lag were 28.3 percent more likely to report their health as "fair/poor." The study suggest that a regular sleep schedule may be an effective, relatively simple and inexpensive preventative treatment for heart disease, as well as many other health problems. AASM (American Academy of Sleep Medicine) recommends that adults sleep seven or more hours per night on a regular basis to promote optimal health.

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### **Answer to the trivia question**

If necessity is the mother of invention, then laziness could be its father. The first webcam was invented by lazy students at Cambridge University who didn't want to waste a trip to the nearby coffee pot if it was going to be empty when they got there. Well, hopefully someone got up to turn the pot off if nobody else was going to get up to make another pot.

Actually it was to help students that were up late at night studying or programming. The camera would display a 129x129 pixel grayscale picture of the coffee pot at 1 frame per second on the user's desktop. Interestingly, the webcam predates the web by a couple of years. As soon as the World Wide Web went up, the service was connected to the internet.

The camera was switched off in August of 2001 and the coffee machine was auctioned off on eBay for over \$5000.00 to German magazine Der Spiegel, where it was refurbished and put back to work by Krups.

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Thank you for reading the Alaska Chapter of SCTE newsletter for August 2017. All comments, suggestions and feedback are welcome. Feel free to contribute. Please! email us at: [thealaskachapter@gmail.com](mailto:thealaskachapter@gmail.com)



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