



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

1502 Hamburg Turnpike // (Bus #197, Squad Place stop)

973-633-0734

www.wacci.net

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

APRIL, 2009

ACTIVITIES

Canasta	Computer Classes*	Computer Fun Meetings	Contract Bridge
Discussion Group	Duplicate Bridge	Jigsaw Puzzles	Lending Library
Mah Jongg	Painting Group	Pinochle	Pizza Parties
Shuffleboard	Speakers and Performers	Special events	Tennis

* Computer classes are available to people 50 and over.

(Additional benefits, e.g. free 911 cell phone, discount BJ's and Costco memberships)

The office is not staffed every day, but you can always leave phone messages.

See Page 12 for specific days and times of all activities

A calendar of this month's activities is on page 2

A Poison By Any Other Name

(See Page 3)

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito

Vice President: Vince Barilla

Treasurer: Bill Pharo

Sergeant at Arms: Allan Jespersen

Secretary: Rosalie van Dam

For the current schedule:

Click the “This Month” button
at the top of the Web site page
from which you selected this newsletter.

In recent years the evidence against MSG has been mounting. MSG (monosodium glutamate), is a powerful flavor enhancer that first came to public attention because of its heavy use in many Chinese restaurants and the associated “MSG headache” suffered by some people. Small amounts of MSG occur naturally, but it is added in quantity to most processed foods, and is even found in some vitamin pills and some toothpastes.

More recently, there were additions to the list of MSG’s known harmful effects, and the importance of minimizing our intake has become even more obvious. But avoiding MSG is difficult because its presence is often cloaked under other names.

MSG is an “excitotoxin”, a substance that overstimulates cells, sometimes to the point of damage. It has been linked to several forms of brain dysfunction including dementia, and to malformation of fetuses’ and young children’s developing brains.

Among the names used to disguise MSG are:

Hydrolyzed [plant] protein
Sodium Casseinate or Calcium Casseinate
Autolyzed yeast
Yeast extract
Yeast food or yeast nutrient
Textured protein
Glutamic acid

Those are only the most common ones; there are many more. There are also substances whose manufacture (for inclusion in a processed food) causes MSG to form. The parent substance must be listed in the ingredients of the food, but the presence of MSG need not be mentioned.

There are two guidelines that can provide some protection against not only MSG but against other harmful substances:

- The longer the list of ingredients in a processed food, the less wholesome it is, and the more likely that some of its ingredients are toxic.
- If an ingredients list contains names of substances that you don’t understand, it’s best not to buy the product.

Concluded on Page 10

Advertisement

For Active
People
Ages 60+



Cyberspace News

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A Back Door For Viruses

As you know, a virus can get into your computer when you open an infected attachment or click on a maleficent link in an email message, or sometimes even if you just open the email itself.

So is it enough not to open suspicious emails?

No, because the machine can be infected by an email *even if you don't explicitly open it*.

Why did we write "*explicitly open it*"?

Because the message can open without you double-clicking its name in the Inbox list of Emails.

You need only single-click it, to highlight the Subject.

You know that when you highlight an email's Subject in the Inbox, the beginning of the message appears in the window below the list. That window is called "The Message Pane" in Thunderbird and "The Preview Pane" in Outlook Express. To make the message appear there, your email program *opens* it. There are viruses that will infect your computer as soon as the email is opened.

So what can you do?

You can turn off the Preview or Message Pane, and open only messages that you know are safe.

In Thunderbird, to turn off the Message Pane: Choose "View" on the taskbar at the top of the window, highlight "Layout", then click "Message Pane" to remove the checkmark.

In Outlook Express, to turn off the Preview Pane: On the taskbar at the top of the window, click "View", select "Layout", then in the Preview Pane section of the window that opens, uncheck the box marked 'Show preview pane'. Click the "Apply" button, then the "OK" button.

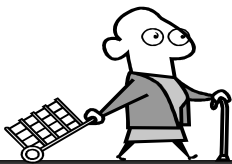
Don't assume that even an email from a friend is safe, unless you're expecting that particular message.

Many thanks to Bill Shapiro for this informative article.

Free, Free, Free

Come to our Computer Fun Meetings, which are free and open to everyone, whether you're a WACC member or not. Learn more about computers in an informal, friendly environment.

Meetings are held the second and fourth Mondays of each month from 11:30AM to 1PM.



Just For You

Cyberspace News is now archived in its entirety on the WACC website. In some articles, important additional material is included (for instance, information obtained after publication).

To view articles from past issues, go to www.wacci.net and click the "Archives" button along the left

Some People Don't Want The Web

About one in four American adults don't use the Internet. And many of them don't care about getting online.

A report by the Pew Internet & American Life Project found that although price is a barrier for dial-up users in switching to broadband, one-third of those without a Net connection simply aren't interested in e-mailing or exploring the Web.

Approximately thirty-five percent of dial-up customers (whose connection speeds are typically a fraction of broadband users') said cost was a problem. About one in five dial-up customers said nothing could get them to upgrade.

The report says older Americans (whose median age is 61) and low-income Americans, account for most of the non-users. It notes that even if these people find no need for logging on today, they might in the future, particularly if a doctor wants to

share medical records. It also speculates that the digital divisions will make it more costly to be excluded.

Pew says the surveys, conducted in May 2008 and December 2007, also show that pockets of the population that don't use the Internet would need more than just a connection — they would also need training and hands-on support.

Still, Internet use and high-speed adoption have swelled during the past several years, with "substantial growth in the broadband marketplace," a report from the U.S. Commerce Department said last month.

About 190 million Americans used the Internet in December, according to comScore, which tracks such data. Worldwide, that number grew to more than one billion.

Source: www.usatoday.com

Digital Camera Battery Life

We've become accustomed to seeing photographs we've just taken on our digital camera screens. My children, especially, love seeing the shots I just took of them.

But beware! Doing this is what eats away at your digital camera's battery life.

So try to refrain from using the playback mode too much. In addition to having your battery longer, your pictures will have a more natural quality since you won't be using playback to stage the "right" picture.

Source: www.smartcomputingtip.com

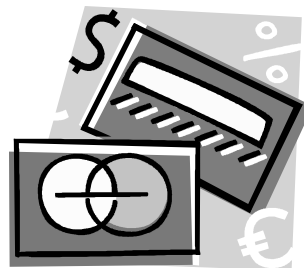
Stay On Top Of Your Credit Report

It has been estimated that four out of five credit reports have errors. According to *Consumer Reports*, consumers find some 13 million inaccuracies each year. Incorrect information could mean you're paying higher insurance premiums or inappropriately high interest on a credit card account and that you're stuck with a low credit score.

What can you do? Well, get out your calendar and make a note on the first day of March, July, and November to request one of your free credit reports. Federal law says that you're entitled to one free credit report each year from each of Experian, Equifax, and TransUnion. Spread them out over

the year so you can monitor your report once every four months.

Get your reports free at www.AnnualCreditReport.com. All other sites will make you pay for this information. And if you find any errors, report them immediately using the dispute feature outlined on the report.



Source: *Woman's Day*, 2/10/09.

It's Nothing To Be Ashamed Of

My son, like many kids, is fortunate enough to receive gifts from generous, loving people who have absolutely no clue as to what he wants. He has been drilled, er... schooled, into responding with the appropriate smile and heartfelt thanks. The last time he received an unwanted gift, he secretly whispered in my ear, "Mom, we're gonna give this to someone else, right?" Darn right, kid!

I used to feel ashamed that I do this but it now is in vogue and has a new name: regifting. About.com defines it as "giving someone else a gift that someone gave you."

Why? For several reasons:

1. To make room for things you really want by getting rid of stuff you don't.
2. To save you money you would have spent on another gift.
3. To keep unwanted items out of already-crowded landfills.

Of course what is supposed to allay any guilt you might have about this is the idea that you're not just getting rid of unwanted items—you're finding them a home with someone who appreciates them.

(...continued on Page 8...)

Things You Don't Want To Hear In Surgery

"Don't worry. I think it's sharp enough."

"Damn! Page 84 of the manual is missing!"

"Hand me that ...uh...that thingie."

"Better save that. We'll need it for the autopsy."

"Accept this sacrifice Oh Great Lord Of Darkness."

"Wait a minute. If that's his spleen, then what's this?"

"You know there's big money in kidneys. And he's got two of them."

"What do you mean you want a divorce?"

Source: www.comedy-zone.net

Quotations From Harry S. Truman

“Always be sincere, even if you don’t mean it.”

“I never did give anybody hell. I just told the truth and they thought it was hell.”

“If you can’t convince them, confuse them.”

“Whenever a fellow tells me he’s bipartisan, I know he’s going to vote against me.”

“My choice in life was either to be a piano-player in a whorehouse or a politician. And to tell you the truth, there’s hardly any difference.”

“The White House is the finest prison in the world.”

“The President is always abused. If he isn’t, he isn’t doing anything.”

Source:
www.dailycelebrations.com

Regifting (...continued)

Here are some basic rules to help you be a successful “regifter”:

- Honestly think about the person to receive the gift. Would they really like it? Can they use it?
- If they would, go ahead and wrap it up *after* you’ve checked for anything that might give your little indiscretion away (for example, an attached card).
- If, in your heart of hearts, you can’t think of anyone to give it to, then donate it. This way someone else will, hopefully, use it and it won’t wind up in a landfill. You could also list it on www.freecycle.com or www.craigslist.com for someone who might need it.

- If you have trouble remembering who gave you an item, keep a regifting notebook. This will avoid the mistake of giving someone back an item they gave you.

Remember that regifting is about sharing items that will make someone happy and show that you care.



Source (note the absence of the www in this web address); <http://seniorliving.about.com>

Garage Door

The boss walked into the office one morning not knowing his zipper was down and his fly area wide open.. His assistant walked up to him and said, “This morning when you left your house, did you close your garage door?” The boss told her he knew he'd closed the garage door, and walked into his office puzzled by the question.

As he finished his paperwork, he suddenly noticed his fly was open, and zipped it up. He then

understood his assistant's question about his “garage door.”

He headed out for a cup of coffee and paused by her desk to ask, “When my garage door was open, did you see my Hummer parked in there?”

She smiled and said, “No, I didn't. All I saw was an old mini van with two flat tires.”

Source: A friend.

(Bridge Scores)

A Poison ... Continued from Page 3

For more information about MSG and its aliases, you can consult Web sites such as:
http://lifestyleoflearning.blogspot.com/2008/01/hidden-names-of-msg_30.html

(notice that the address does not begin with “www”):

W. A. Shapiro

A Message From Dr. John Sico, Jr., the new Superintendent of Wayne Public Schools.

I am pleased and honored to be the new Superintendent of the Wayne Public School District. It is a world class district. Permit me to share some of the thoughts that will influence my decision-making as we continue to build upon Wayne’s legacy of excellence.

Education is a service business, a people business. What we do every day must be measured by its value to our clients – the 9,000 students under our care, as well as their parents. Every program, every course, every sport, and every other activity, along with the purchases required to support them, must be planned, evaluated and reviewed to ensure that it meets its original goal and that it continues to be relevant and meaningful. Education, like everything else, has become more costly. We must carefully consider where to spend our shrinking dollars.

I truly believe that any successful community needs to remember its history in order to properly structure its present and effectively direct its future. Today’s Senior Citizens formed the foundation of our current school district. Thank you for your vital role as founding members of our educational community.

In the English language, the possessive form of a word is usually formed by adding “s” preceded by an apostrophe (or, if the word already ends in s, by just adding an apostrophe at the end). However there is a common singular word whose possessive is formed by adding just an s, without an apostrophe. Can you think of the word? Hint: People often mistakenly include an apostrophe, but that in fact forms a different word.

You can find the answer on the next page.

Special Events in April

Monday, April 13

11:30 AM—Computer Fun Meeting (Free and open to the public)

Monday, April 27

11:30 AM—Computer Fun Meeting (Free and open to the public)

April Birthdays

Anastasia Delucia	2	Dwane Mapletoft	14
Eugene Lamagna	3	Joseph Mazujian	15
Jack Lombardi	9	William English	16
Marie Perrini	10	Claire Sakal	20
Ernest Continanza	11	John Degrace	30
Elfriede Schneider	11	Marion Shapiro	30

Women Over 40, By Frank Kaiser

- As I grow in age, I value women who are over 40 most of all. Here are just a few reasons:
- Older women are generous with praise, often undeserved. They know what it's like to be unappreciated.
- Women get psychic as they age. You never have to confess your sins to an older woman. She already knows.
- Once you get past a wrinkle or two, an older woman can be far sexier than her younger counterparts.
- Older women are dignified. They seldom have a screaming match with you at the opera or in the middle of an expensive restaurant. Of course if you deserve it, they won't hesitate to shoot you if they think they can get away with it.

Answer to the question on Page 10: The common word whose plural is formed by adding just “s” with no apostrophe, is: “it”. The possessive of “it” is “its”. People who mistakenly spell it “it’s” are actually forming the contraction for “it is”, as in “It’s cloudy today”.

Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Canasta ^{çç}	Wed 1:00 PM—4:00 PM ^{¶¶¶¶}	Elizabeth Farace
Computer Classes ^{çç}	(various —see coordinator)	Vince Barilla
Computer Fun Meeting ^{¶¶ çç}	2nd & 4th Mon 11:30 AM	Charlie McNally
Contract Bridge	Mon 10:00 AM—1:00 PM	Myrna Korman
Cyberspace News	Monthly	Linda Klonsky, Editor
Discussion Group	Thu 10:00 AM—Noon	Arnold Rogoff
Duplicate Bridge	Tue 1:00 PM—5:00 PM	Myrna Korman
“	Thu 1:00 PM—5:00 PM	Fred Weston
	Fri 7:00 PM	Myrna Korman
Executive Committee	Second Wed 10 AM	Barbara Vigorito
General Meeting ^{¶¶}	Quarterly, third Wed 1:00 PM	Barbara Vigorito
Intermediate Bridge ^{çç}	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime [¥]	June Morris
Lending Library	Anytime [¥]	Julia Bidden and Reva Kamens
Line Dancing ^{çç,§}	Tuesday, 1:30 PM—2:30 PM ^{§§}	Joyce Cimera
Mah Jongg ^{çç}	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Speaker/Performer Series	(At the General Meeting)	Barbara Vigorito
Newsletter	Monthly	William Shapiro, Editor
Painting Group	Friday, 9:00 AM	Anil Mathur
Pinochle ^{çç}	Tue 9:30 AM	Elizabeth Farace
“	Wed 9:30 AM	Henry Gates
Shuffleboard (outdoor) ^{çç,¥¥¥}	Sat 11:00 AM—1 PM	Henry Hartmann
Tennis ^{¥¥}	Mon, Wed, Fri 9:00 AM***	Vic Scillieri

** Preakness School (formerly the Wayne Civic Center), Hamburg Turnpike northbound, second building before the jug handle at Church Lane.

*** Weather permitting. Suspended December through March

¶ Open to the public. ¶¶ Free, open to the public. ¶¶¶ Except for the third Wednesday of the month.

ç Kilroy Park, Concord Place, Wayne. çç Instruction included or available.

¥ Except during Executive Committee meetings

¥¥ Tennis courts behind municipal complex, Nellis Drive, Wayne. Suspended in the winter months.

¥¥¥ May through September, weather permitting.

§ Suspended during the summer. §§ No dance on the first Tuesday of the month.

The coordinators may be contacted through our office at 973-633-0734

Computer Fun Meeting Topics

To receive regular topic announcements, send an Email request to: charliewacci@hotmail.com