



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
Associate Editor: George Morris

December, 2008

ACTIVITIES

Big Band Dances
Contract Bridge
Lending Library
Painting Group
Sunday Social

Canasta
Discussion Group
Mah Jongg
Pinochle
Tennis

Computer Classes* Computer Fun Meetings
Duplicate Bridge Jigsaw Puzzles
Speaker/Performer Series
Pizza Parties Shuffleboard

* 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

**Easily Corrected Hazards in Your Home
(and elsewhere)**
See Page 3

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito
Treasurer: Bill Pharo
Secretary: Rosalie van Dam

Vice President: Vince Barilla
Sergeant at Arms: Allan Jespersen

For the current schedule:

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

Most homes contain one or more things that can cause you to fall, but simple changes can correct many of the homes' risk factors. The Sports & Rehabilitation facility at Chilton Memorial Hospital has published a list of domestic hazards. We reproduce that list below, with some elaboration:

Poor lighting – Even walk-in closets can be dangerous when unlit: For instance, an item that has fallen from a shelf or hanger, can trip you.

Unsecured throw-rugs can slide when you step on them, and send you sprawling.

Carpets that have loose edges, can trip you.

Electrical cords are tripping hazards if they are run under rugs or along floors where people walk. (They can also pose a severe fire hazard, particularly if they are old and their insulation has become brittle or frayed. And you should never allow an electrical cord to become knotted.

Electrical outlets that are loose should be tightened, and any that have become discolored should be replaced immediately. In the latter case, you should also realize that the discoloration indicates you are overloading the outlet. If it ever feels hot to your touch, you are making it handle more current than it should.

Outlets in bathrooms and the kitchen sink should be protected by a ground-fault interrupter device. That also applies to any outlet located outside the house, whether on a porch, deck, or elsewhere.

And it should go without saying that devices that plug into a wall outlet should *never* be used near a bathtub or sink unless they are specifically designed for such use. (However, devices that run on battery power, and are not plugged into a wall outlet, do not pose a danger. Getting them wet might ruin them, but they do not have enough current capacity to pose a shock hazard.)

Appliances and Tools - A major source of in-home hazards that is often overlooked is improper use of appliances or tools. For instance, the last step on a ladder does not provide good stability, and failure to anchor a ladder that you're using outside can allow the bottom edge to slip. If that happens, you could be left stranded on a roof at best, and at worst you could be on the ladder when it slips, potentially causing you a life-threatening injury.

Advertisement

For Active
People
Ages 60+



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Cyberspace News

Yet Another Reason to Switch

If you're still unwise enough to be using the Internet Explorer browser program that comes built into Windows, consider the following:

It has been discovered that *all* the major Web browsers are vulnerable to a variety of attacks that allow a culprit to gain full access to *every* function of your computer. The culprit can monitor your keyboard, your mouse clicks, your computer microphone and your Web cam, to say nothing of reading and altering any file in your machine.

The attacks can be launched in an alarming variety of ways that exploit weaknesses in Web browsers and related programs.

The responses by software vendors?

Adobe, whose Flash Player plug-in is required by many Web sites, has issued an updated version.

The Mozilla Foundation, which provides the free Firefox alternative to Internet Explorer, has a plug-in ("Noscript") that provides robust protection.

And Microsoft? "To date, the

company has taken a noncommittal stance in regard to the ... threat. Microsoft responds to questions by referring users to the company's Security Support Page" (*Windows Secrets* newsletter, October 16, 2008)

This leisurely response to security weaknesses in Microsoft software is typical of the company's behavior. Most other software providers are much quicker to find and issue corrections or workarounds to security deficiencies. This is one of the reasons that experts who have no financial connection with Microsoft advise avoiding Internet Explorer in favor of the free Firefox browser, available from www.firefox.com.

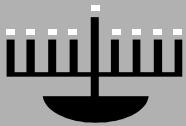


Thanks to Bill Shapiro for this excellent article.

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

Tips On How To Deal With Holiday Stress

The holidays are stressful enough, but with the economy in turmoil, things are bound to be even more difficult this year. The folks over at the website www.mayoclinic.com offer these twelve tips for dealing with holiday stress:

1. **Acknowledge your feelings**—If a loved one has died or if you're unable to be with those you love, realize that it's normal to be sad. It's okay to cry. You don't have to be happy just because it's the holidays. And remember that you're not the only one feeling sad.
 2. **Seek support**—from friends, family, community, religious or social services. Consider volunteering at a community or religious event. Getting involved and helping others can make you feel better. Remember, too, that it's not a crime to ask for help in meal preparation and clean-up. Don't be a martyr.
 3. **Be realistic**—Families change and grow; thus, rituals may evolve as well. Accept that you may have to let go of family members who move or grow in other directions. Find alternative ways to share the holidays together such as sharing pictures, emails, or videotapes.
 4. **Set differences aside**—
- Accept family and friends as they are, even if they fail to live up to your expectations.
5. **Stick to a budget**—Don't try to buy happiness with a ton of gifts.
 6. **Plan ahead**—Set aside specific days for shopping, baking, visiting friends and other activities.
 7. **Learn to say no**—People will understand if you can't do certain projects and activities.
 8. **Don't let go of healthy habits**—Overindulgence only adds to your stress and guilt. Continue to get plenty of sleep, and schedule time for physical activity.
 9. **Take a breather**—Make some time for yourself. Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Steal away to a quiet place, even if it's to the bathroom for a few minutes of solitude.
 10. **Rethink resolutions**—which can set you up for failure if they're unrealistic. Don't resolve to change your whole life. Just try to return to basic, healthy lifestyle routines. Set smaller, more specific goals with a reasonable time frame.
 11. **Forget about perfection**—

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Fact Checking

All of us periodically receive email messages that claim to warn of some scam or other danger, or purport to contain life-saving information, and they urge us to “Forward this to everyone you know”. With only one exception in many years, *every one* received by this writer (Bill Shapiro) has been a hoax.

So we would be selfish and inconsiderate at the very least, if we fail to check the veracity of the information before forwarding any such message. Thanks to people who perform checking as a labor of love, it’s easy to do:

There are five Websites that check information and publish their results. They include:

- www.snopes.com, which provides information on a huge variety of subjects, and is this writer’s first recourse
- www.hoaxbusters.org (NOTE THE ‘ORG’ in the site address), which specializes in Internet hoaxes;
- www.truthorfiction.com, which specializes in email hoaxes, includ-

ing malicious political rumor-mongering.

• And for those of us who, every election season, are confused by the claims and counter-claims in political candidates’ speeches, there is www.politifact.com, a non-partisan project of the St Petersburg Times newspaper and the Congressional Quarterly magazine. The Web site tells which claims are true, which are partly true, which are false, and which are blatant lies.

Finally on our list, to check accounts of incredible events and facts, there’s <http://urbanlegends.about.com>. (Note that the address does *not* begin with “www”.) It can tell you, for instance, whether Canola Oil is an artificial product and is bad for your health (false), and whether using Cruise Control in rainy weather can cause hydroplaning (true).

Thanks to Bill Shapiro for shedding light on this topic.

Holiday Stress (...continued from page 6)

Accept imperfections in yourself and in others.

12. **Seek professional help if you need it.** Despite your best efforts, you may find yourself feeling persistently sad or anxious, unable to sleep, irritable

and hopeless, and unable to face routine chores. If these feelings last for several weeks, talk to your doctor or a mental health professional. You may have depression.

What Will They End Up As

You’ve seen those codes on the bottom of the plastics we’re now, hopefully, recycling. Have you ever wondered what those objects will eventually be recycled as?

Here’s list based on the Plastic Identification Code (in the triangle on the bottom of the plastic object):

Code 1— Usually found on soft drink, juice, and toiletry bottles— Can be turned into T-shirt material and carpets.

Code 2— Found on milk jugs, detergent or bleach bottles— Can be turned back into detergent bottles, binders, and fencing.

Code 3— On shampoo and mineral water bottles, house siding and piping— Can be

...continued on page 8...

What Will They End Up As (...continued)

turned into new house siding, piping, and other building materials.

Code 4— Grocery, garbage, and bread bags— Can be turned into new bags.

Code 5— Margarine and dairy tubs—Can be turned into car parts and milk crates.

Code 6— Meat trays, coffee cups, packaging—Can be turned into DVD cases and CD trays.

Code 7—Ketchup bottles and other plastics— Can be turned into park and picnic benches

Not all municipalities recycle all codes, but it's still nice to know that the water bottle in your hand will end up as another useful product instead of just clogging a landfill.

Source: [Green Living For Dummies](#) by Yvonne Jeffery

Off Color, End-Of-Year Funnies

The local senior citizen care center has begun giving Viagra to the old men each night. It seems to keep them from rolling out of bed.



Mildred was a 93 year-old woman who was particularly despondent over the recent death of her husband, Earl. She decided that she would just kill herself and join him in death. Thinking that it would be best to get it over with quickly, Mildred took out Earl's old Army pistol and made the decision to shoot herself in the heart, since it was so badly broken in the first place. Not wanting to miss the vital organ and become a vegetable and a burden to someone, she called her doctor's office to inquire as to just exactly where the heart was

located. "On a woman," the doctor said, "your heart would be just below your left breast." Later that night, Mildred was admitted to the hospital with a gunshot wound to her knee.



An elderly couple goes to church one Sunday. Halfway through the service, the wife leans over and whispers in her husband's ear, "I've just silently passed wind. What do you think I should do?" The husband replies, "Put a new battery in your hearing aid."

Source: www.Pruneville.com

Thanks!

As I do at this time every year, I'd just like to publicly give thanks to:

- Bill Shapiro, George Morris, and Vince Barilla for their constant support in writing this newsletter and for allowing me the privilege of writing it.
- My husband, David, and the lights of my life, Jacob and Joy, for their constant support. Kids, Mommy will be asking

you computer questions soon.

- To all of you who read it. Thanks for giving me the opportunity to learn with you and for challenging me to learn more.

Happy Holidays, Everyone!

Linda Klonsky
Editor, *Cyberspace News*

December Bridge Scores

Date	Position	first	second
Mon. 12/1		Anders - Joseph	Gates - Troast
Tues. 12/2	North/South East/West	Chisholm - DeLuca Cori - Scotti	VanVooren - Satra Gala - Jespersen
Thurs. 12/4	North/South East/West	Gala - Vigorito Baker - Clark	Scotti - Key Pressnerger - Sakal
Friday 12/5	North/South East/West	SaKal - Basoglu Briete - Cirilis	Morro - Farese J. Donadio - Senaldi
Mon. 12/8		Gates - Troast	Maloy - Maloy
Tues. 12/9	North/South East/West	Hogan - VanVooren Morro - Farese	Korman - Lombardi Troast - Wickham
Thurs. 12/11	North/South East/West	VanVooren - Leise Heartel - Pharo	Weston - Weston SaKal - Basoglu
Friday 12/12	North/South East/West	Korman - Lombardi Belding - Perrini	Heartel - Pharo Morro - Farese
Mon. 12/15		Heartel - Walsh	Gates - Troast
Tues. 12/16	North/South East/West	Lichtenberg - Lichtenberg Chisholm - DeLuca	Allrn - Schneider Walsh - Satra
Thurs. 12/18	North/South East/West	Walsh - Satra Allen - van Dam	SaKal - Basoglu Lampert - Lampert
Friday 12/19	North/South	Cancelled due to heavy snow	
Mon. 12/22		Cancelled due to heavy snow	
Tues. 12/23	North/South East/West	Hogan - Van Vooren Cori - Scotti	Sakal - Troast Lichtenberg - Lichtenberg
Mon. 12/29		Maloy - Maloy	Scott - Troast
Tues. 12/30		No scores available	

The February Big Band Dance might be cancelled.
For the latest information, call the Center at 973-633-0734
or see our Web page, www.wacci.net.

SAVE THE EARTH.
IT MIGHT BE THE ONLY ONE WITH CHOCOLATE.

Easily-Corrected Hazards—Continued from Page 3

Cleaners et al - Some household substances when mixed together (particularly cleaners), can be explosive or can release toxic fumes. In particular, do not mix cleaners with other cleaners.

Some household products, including certain cleaners, refinishing products, and some other things, release harmful fumes even when used properly. Some household products are irritating to the skin, and may even cause serious injury if they get in your eyes. Always read directions before using any household product; it may direct that you keep windows open, wear protective gloves, or take other precautions.

Don't Always Do It Yourself - Just as some hazards are overlooked, some resources may escape our notice. An example is a knowledgeable friend who can be called on for advice and help: Several years ago, your newsletter editor needed to remove a tall, thin, dead tree that was a potential threat to the power and phone lines if it fell. He had decided to put a ladder against it and saw off the top half (in retrospect, a foolishly risky procedure). He asked to borrow a neighbor's chain saw. When he told the neighbor what it was for, the neighbor not only recommended a much safer and better method, he brought the appropriate equipment and even insisted on taking down the tree himself (I suspect that the prospect of my handling a chain saw for the first time did not inspire confidence).

Gait - There is a hazard that most people never think of: Most of us have long since stopped paying attention to the way we walk, but if you drag your feet, as many people unconsciously do, it increases your chances of a fall, both inside and outside the house. Lifting your feet improves balance and increases stability. It requires attention, which also has mental benefits.

Childproofing

Some of our readers have visits from very young grandchildren or great grandchildren. Simple precautions can go a long way toward preventing tragic accidents:

Electrical outlets – You can buy inserts that shield the electrical contacts against the insertion of thin metal items.

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Special Events in December

Monday, December 8

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

Wednesday, December 10

11:30 AM—Holiday Party (Members and their guests)

Monday, December 22

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

December Birthdays

Robert	McMinn	3	Cecelia	Mott	10
Frank	Gertz	4	Robert	Novak	15
Florence	Brookhart	5	Walter	Hoffman	21
Edward	Sullivan	7	Basalet	Basoglu	24
Allan	Jespersen	9	Edmund	Berkowitz	26

Easily Corrected Hazards—Continued from Page 10

Knives and other sharp implements – Move them to child-inaccessible locations, keeping in mind that young children are often much better climbers than their age would indicate, and are resourceful about dragging chairs or other furniture to aid them. Ideally, all dangerous items should be put in lockable cabinets.

Poisons – Many of us keep household cleaners under the sink. Some of those items are attractively colored liquids, which may have scents that suggest to a child that they would be good to drink. Others can damage eyes or lungs if a curious child opens them and disperses them. As with sharp implements, move all such items to locations where a young child cannot get to them.

Glass trinkets and other things that could break into sharp pieces should be treated like knives.

It's not difficult to make your home a safer place for you and your young visitors.

W. A. Shapiro, with added material by George Morris

Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Big Band Dance [¶]	Third Tue 12:30 PM*	Bill English
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) ^{ç,¥¥¥}	Sat 10:00 AM—Noon	Henry Hartmann
Sunday Social	Sun 1:00 PM—5:00 PM	Myrna Korman
Tennis ^{¥¥}	Mon, Wed, Fri 9:00 AM***	Vic Scillieri

* Elks Lodge #2181, located at 50 Hinchman Ave, Wayne.

** 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.

ççç Not held in July, August, or December ¥ 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