



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

January, 2009

ACTIVITIES

Big Band Dances	Canasta	Computer Classes*	Computer Fun Meetings
Contract Bridge	Discussion Group	Duplicate Bridge	Jigsaw Puzzles
Lending Library	Mah Jongg	Painting Group	Pinochle
Pizza Parties	Shuffleboard	Speaker/Performer Series	
Sunday Social	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

Old TV? Afraid of the Upcoming Switch to Digital-Only? Don't Panic!

(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.

We've begun to get questions from anxious members who have "analog" TV sets (those are the TVs with picture tubes, as distinguished from the newer, "flat panel" plasma and CRT television sets), regarding the switchover to all-digital TV broadcasting in February.

You will still be able to watch programs on your old, analog TV. We have again confirmed information that we published in a prior issue of this newsletter.

If you have cable TV (and in this area, that almost certainly means you are a Cablevision customer), your newsletter editor has been told by a Cablevision representative, that you will not have to do anything: Cablevision will convert the signal to analog form for you if your TV set needs it.

According to the literature, the above applies not only to the Cablevision company, but to all cable television providers, as well as to satellite providers of TV, and presumably now to telephone company providers of TV programs, such as Verizon.

Only if you receive TV through an antenna (either a roof antenna or "rabbit ears"), will you need to do anything at all. You will need to buy (or, if you're unwise, rent) a converter box. Converter boxes are already widely available, with prices currently in the \$70 range. And the federal government will, on request, give you up to two certificates, each worth \$40 toward your purchase(s). NOTE: Each certificate can be used against the purchase of one converter box.

Of course, even if the TV station is broadcasting in high definition, your analog TV set will not display the picture in high definition.

The alert reader who does have a high-definition TV will have noticed the words "even if" above. Yes, not all digital television will be high-definition. In fact at the start, most will not. And most will not be in the widescreen format native to digital TVs. Even when most new programming is in high definition, reruns of older programs will not be in high definition unless they have been "up-converted" and the initial signal quality was sufficiently good.

If you have a digital TV set now, and subscribe to your cable company's digital service (Cablevision's version is called "io TV"), you already get some digital channels via the cable box, But even if you have a digital TV and don't subscribe, and you

Advertisement

For Active
People
Ages 60+



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Cyberspace News

The Greening Of The Electronics Industry

Personal computers contain all kinds of valuable materials: gold, silver, copper, aluminum, and other substances which can be recycled. And the cost of those valuables, more than anything else, is driving the electronics industry toward "greener" manufacturing and recycling processes. Tough times are forcing firms to resort to recycling as a means of recouping costs.

Several electronics manufacturers (including Dell, LG, and Sony) recently partnered with recycling facilities to offer take-back programs for consumers to dispose of the consumers' unwanted items.

Apple is especially aggressive with its green message. The company tags its latest line of MacBooks as "The greenest MacBook ever." By making these products safer to recycle, Apple (and other companies making similar decisions) is saving money by reducing the costs of recycling while benefiting from reusing old materials.

Recycling facilities disassem-

ble old gadgets and sell salvageable materials to brokers. The brokers then sell the recycled materials, such as plastics, gold and copper, to tech manufacturers to reuse in new gadgets. Manufacturers prefer this method because it's substantially less expensive than purchasing newly mined materials.

How much a firm saves varies, depending on the type of item being recycled, but the recycling of old electronics could result in an up to 4-to-1 cost saving. Although these measures are ultimately driven by cost, if it helps the environment, so it benefits all of us.

Source
(note the absence of
the www
in this web address): <http://blog.wired.com>



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

Inauguration Trivia

With the presidential inauguration foremost on the minds of many, see how well you do on the following quiz, courtesy of www.factmonster.com. The answers appear at the end of this column.

1. Who had the shortest inaugural address, at a scant 135 words?
2. Who was the only president to walk to and from his inaugural? Hint: He was also the first to be inaugurated at the Capitol.
3. Who was the first president to be sworn in while wearing long trousers?
4. Who was the first to include African-Americans in his parade?
5. Whose inauguration was the first to be recorded using a motion picture camera?
6. Whose inaugural address was the first to be broadcast on the radio?
7. Who was the first (and thus far, only) president to be sworn in by a woman?
8. Which two presidents had poets participate in the offi-

cial ceremony?

9. Which president's ceremony was the first to be broadcast over the Internet?
10. All except six presidents took the oath in Washington, DC. Who were the six?



Answers: 1. George Washington. 2. Thomas Jefferson. 3. John Quincy Adams. 4. Abraham Lincoln. 5. William McKinley's. 6. Calvin Coolidge's. 7. Lyndon B. Johnson—he was sworn in by U.S. District Judge Sarah T. Hughes. 8. John F. Kennedy (Robert Frost) & Bill Clinton (Maya Angelou). 9. Bill Clinton at his second inauguration. 10. George Washington (1789, New York City); 1793, Philadelphia), John Adams (Philadelphia), Chester Alan Arthur (New York City), Theodore Roosevelt (Buffalo, NY), Calvin Coolidge (Plymouth, VT), and Lyndon Baines Johnson (Dallas). When Washington and Adams were sworn in, the capital had not yet been transferred from Philadelphia to Washington, DC. Arthur, Roosevelt, Coolidge, and Johnson had all been vice-presidents who assumed the presidency upon the deaths of their predecessors; none was in Washington, DC when the oath of office was administered.

Free Lookups

Here's a website you might want to bookmark. It's full of links to information you might want to look up.

www.melissadata.com

When you get to that site (it belongs to a company that provides data to businesses), click the "Lookups" tab on the top to take you to links to the following:

- 🖱 Address Check (allows you to verify an address before you ship or mail something to it)
- 🖱 Home Sales (Monthly home sales and selling price by zip code)
- 🖱 Geocoder (gives you the latitude and longitude for any zip code)
- 🖱 Zip Code Demographics
- 🖱 Distance Between Zip Codes (in miles)

- 🖱 Labor Statistics (according to zip code)
- 🖱 Income Statistics
- 🖱 Crime Statistics
- 🖱 People Finder
- 🖱 Reverse Phone Numbers (enter the phone number and get the name and address associated with that number)
- 🖱 Public School Information
- 🖱 AM, FM, and TV Stations
- 🖱 U.S. Demographics

Even if you don't need any of the information on these links, this is a fun site to poke around. It's interesting (and can be disturbing) to insert your own information to see how much anyone on the web can find out about you and your family.

Log on and see!



3 Tips For Taking Better Digital Portraits

Want to take a better digital (or non-digital) portrait? Then check out the tips below, from (note the absence of the www in this web address) <http://howto.wired.com>.

1. Figure out the particulars (what your model will wear, how he/she will be posed, the location of the photo) before you pick up the camera. For instance, dressing

your model in solids will keep the focus where it belongs.

2. Use soft or indirect light to downplay an older person's age.

3. Reflected daylight is *very* flattering. Find an area inside or outside, where the light bounces off white walls. Shooting in the morning or late afternoon will get you the best results.

Don't Shop Online Without These

The other day I was about to shop for something online. I'd done my comparison shopping and was happy with the price the company offered, but I had a nagging sense that I could do even better on the price. Thus the reason I turned to this wonderful website:

www.retailmenot.com

The site has coupons for more than 20,000 online stores. I typed in the name of the store and the site came up with four coupons. The net result was a saving of 30%.

So before you buy, search! You have nothing to lose, and money to save!

She Tried To Tell You

Two police officers saw an old woman staggering down the street. Stopping her, they could tell she'd had too much to drink, so they decided to drive her home.

They kept asking the woman where she lived, but all she would say as she stroked one officer's arm was: "You're passionate." They drove awhile longer and asked again, but again the lady just stroked the officer's arm and said, "You're passionate."

The officers were getting upset, so they stopped the car and said: "Look, we've driven around this city for two hours. Where do you live?!"

The lady replied: "I keep tryin' to tell you: You're passin' it!"

Source:
www.emmitsburg.net

Visit The Snowcastle

There are fantasies about snow castles, but did you know there's a real one?

The SnowCastle LumiLinna is located in Kami, Lapland. It's an actual full-size castle built of ice and snow. It includes a Snow Hotel, Snow Chapel, and Snow Restaurant. You can visit the real site, of course, but it's much warmer to see it via its website, www.snowcastle.net. Make sure you click the little British flag icon up in the left corner to get the English translation of the site.

Check out the image gallery for some truly fascinating pictures. And make sure you check out the

FAQ (Frequently Asked Questions) area where you'll learn that although the Castle is open from January to April, it is rebuilt every year due to melting. Supposedly the melting hurts the building cosmetically, not structurally. The Snow Hotel, obviously, is not heated. Guests sleep in arctic sleeping bags.

This is a fun site to visit, especially on days in which New Jersey is blanketed by snow, because it puts the amount of snow we get into perspective.

Check it out!



How Long Will Litter Last

In case there are those among us who still throw trash out the windows of cars and who don't believe in recycling, here is a list of how long (on average) various types of litter last in the environment:

- Cardboard box—2 weeks
- Paper towels—3 weeks
- Newspaper—6 weeks
- Apple Core—2 months
- Waxed Milk Carton—3 months
- Wool Gloves—1 year
- Plywood—2 to 3 years

- Cigarette Butts—5 years (smokers out there, this means *you*)
- Plastic Bags—5 years
- Foam Cups—**50 years**
- Plastic Six-Pack Holders—**100 years**
- Aluminum Cans & Caps—**300 years**
- Plastic Bottles—**450 years**
- Microfilament Fishing Line—**600 years**
- Glass Bottles—**1,000 years**

Source: *Essex County Environmental Center*

Another Health Belief Debunked

If you walk along a street in the “beautiful people” section of New York City, you will see people swigging from bottles of water as they walk. They’re not doing it because they’re afraid that if they go without water for more than 30 seconds they’ll become dehydrated. Their reason is the belief long held among medical authorities, that the more water you drink, the more benefit it provides to skin, to the immune system, and to physical health in general.

The recommendation for the general public has been to drink eight glasses of water a day, but new studies indicate that drinking a large amount of water each day provides no special benefit to health, and that drinking water only in response to thirst is the most sensible practice.

The one caveat for seniors is that as we age, our sense of thirst may be diminished. Therefore, if you find that you are drinking little or no water each day, you may be doing harm. Realize, however, that the water content of soups, and of beverages such as coffee and tea, counts as part of your intake. (The water in beer and liquor does *not* count though, and in fact it detracts, because alcohol leeches water from your body.)

So it appears that the 8-glasses-a-day regimen will go the way of the Sippy diet, the bland diet prescribed for all ulcer patients for half a century, until its efficacy was finally investigated and it was found to be useless.

W. A. Shapiro

How old is recycling?

If you think that we invented recycling, you should know that it’s billions of years old. That’s right, *billions*.

Through spectrochemical analysis, astronomers have determined that the material in our sun has been part of at least one prior star, and possibly more than one:

When stars “die”, their substance is released and forms a kind of galactic cloud. The cloud can combine with others and eventually coalesce into a new star. The makeup of a “pristine” star is different from that of a recycled one, so the difference can be detected by analyzing the light from the star.

Don't Panic—Continued from Page 3

take the signal directly from the cable, you may already be able to tune to some digital channels. For instance, New York channels 2, 4 and 13 are each now also broadcasting programs on several of the new digital frequencies, and cable TV providers such as Cablevision are including those signals even to customers who do not use a cable box. Some of the digital programs are being broadcast in high definition.

You can find the digital channels, if your TV set has the capability, by scrolling through the numbers from 2 upward. Just above Channel 2 you should see one or more of CBS's digital channels. If you display the channel number, you should see an identifier such as: "2-1" or "2-2". There are also several digital channels connected to Channel 4 and Channel 13.

W. A. Shapiro

A Standup Comic's One-Liners

I planted some bird seed. A bird came up. Now I don't know what to feed it.

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I went to San Francisco. I found someone's heart. Now what?

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Protons have mass? I didn't even know they were Catholic.

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All I ask is a chance to prove that money can't make me happy.

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What is a "free" gift? Aren't all gifts free?

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Someone told me I was gullible, and I believed them.

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Teach a child to be polite and courteous, and when he grows up he'll never be able to merge his car onto the highway.

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One nice thing about egotists: They don't talk about other people.

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I might be indecisive, I'm not sure.

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How can there be self-help *groups*?

Thanks to Rosalie Van Dam for forwarding the above to us.  
We don't know which standup comic originated it.

## Special Events in January

Monday, January 12

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

Tuesday, January 20

12:30 PM—Big Band Dance (Open to the public)

Monday, January 26

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

Wednesday, January 28

1:00 PM Pizza Party

## January Birthdays

Charles Ferrante 1 Fred Weston 22

Steve Badalamenti 13 Cornelis Tanis 28

Jean Zubanas 20

## Some Unusual Words

**Crapulous** - characterized by intemperance, especially in drinking; debauched.

**Defalcate** - to steal or misuse funds entrusted to one's care; embezzle.

**Fucus** - a) a kind of paint for the face b) any paint or dye. Also, any of a genus (*Fucus*, order Fucales) of brown algae with a flattened and forking plant body that bears swollen bladders.

**Shittah** - a tree mentioned in the Bible, now generally identified as an Asiatic acacia.

### Times and Contacts for Regular Activities

| ACTIVITY                                | DAY & TIME                             | COORDINATOR(S)                      |
|-----------------------------------------|----------------------------------------|-------------------------------------|
| Big Band Dance <sup>¶</sup>             | Third Tue 12:30 PM*                    | <b>Bill English</b>                 |
| Canasta <sup>çç</sup>                   | Wed 1:00 PM—4:00 PM <sup>¶¶¶</sup>     | <b>Elizabeth Farace</b>             |
| Computer Classes <sup>çç</sup>          | (various —see coordinator)             | <b>Vince Barilla</b>                |
| Computer Fun Meeting <sup>¶¶ çç</sup>   | 2nd & 4th Mon 11:30 AM                 | <b>Charlie McNally</b>              |
| Contract Bridge                         | Mon 10:00 AM—1:00 PM                   | <b>Myrna Korman</b>                 |
| Cyberspace News                         | Monthly                                | <b>Linda Klonsky, Editor</b>        |
| Discussion Group                        | Thu 10:00 AM—Noon                      | <b>Arnold Rogoff</b>                |
| Duplicate Bridge                        | Tue 1:00 PM—5:00 PM                    | <b>Myrna Korman</b>                 |
| “                                       | Thu 12:30 PM—5:00 PM                   | <b>Fred Weston</b>                  |
|                                         | Fri 7:00 PM                            | <b>Myrna Korman</b>                 |
| Executive Committee                     | Second Wed 10 AM                       | <b>Barbara Vigorito</b>             |
| General Meeting <sup>¶¶</sup>           | Quarterly, third Wed 1:00 PM           | <b>Barbara Vigorito</b>             |
| Intermediate Bridge <sup>çç</sup>       | Friday 1:00 PM—3:00 PM                 | <b>Myrna Korman</b>                 |
| Jigsaw Puzzle                           | Anytime <sup>¥</sup>                   | <b>June Morris</b>                  |
| Lending Library                         | Anytime <sup>¥</sup>                   | <b>Julia Bidden and Reva Kamens</b> |
| Line Dancing <sup>çç,§</sup>            | Tuesday, 1:30 PM—2:30 PM <sup>§§</sup> | <b>Joyce Cimera</b>                 |
| Mah Jongg <sup>çç</sup>                 | Thursday 9:30 AM—11:30 AM              | <b>Barbara Taitleman</b>            |
| Speaker/Performer Series                | (At the General Meeting)               | <b>Barbara Vigorito</b>             |
| Newsletter                              | Monthly                                | <b>William Shapiro, Editor</b>      |
| Painting Group                          | Friday, 9:00 AM                        | <b>Anil Mathur</b>                  |
| Pinochle <sup>çç</sup>                  | Tue 9:30 AM                            | <b>Elizabeth Farace</b>             |
| “                                       | Wed 9:30 AM                            | <b>Henry Gates</b>                  |
| Shuffleboard (outdoor) <sup>ç,¥¥¥</sup> | Sat 10:00 AM—Noon                      | <b>Henry Hartmann</b>               |
| Sunday Social                           | Sun 2:00 PM—5:00 PM                    | <b>Myrna Korman</b>                 |
| Tennis <sup>¥¥</sup>                    | Mon, Wed, Fri 9:00 AM***               | <b>Vic Scillieri</b>                |

\* 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