



# 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

March, 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	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**

## Another Reason Not to Trust the Experts

(See Page 3)

### March Feature Event

Wednesday, March 18, 1:00 PM

General Meeting, with a talk on Musicals of Bygone Days (see Page 11)

For the current schedule:

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

A congressional investigation in mid 2008 disclosed that the longtime host of a popular radio program, The Infinite Mind had undisclosed financial links to several pharmaceutical companies\*. On some of his Infinite Mind programs, Dr. Goodwin strongly promoted drugs produced by those companies, and in support of such drugs he even put forward highly controversial claims as if they were fact.

For example, on one program Dr. Goodwin stated that children whose bipolar disorder went untreated with a mood-stabilizing drug, were at risk of brain damage. He did not mention that the claim of risk was highly controversial and that in fact there was no evidence that untreated bipolar disorder could produce physical changes in the brain. But that same day, Dr. Goodwin received a \$2500 payment from GlaxoSmithKline, makers of the mood stabilizer Lamictal.

On another program, Dr. Goodwin had four “experts” who, along with him, strongly disputed the link between antidepressant drugs and suicide, a link that had recently come to light and was by then generally recognized. He did not reveal that all four of his guests and Dr. Goodwin himself, had financial links to the makers of antidepressants. And, according to our cited article: “That same week, Dr. Goodwin earned around \$20,000 from Glaxo, which for years suppressed studies showing that its antidepressant, Paxil, increased suicidal behaviors”.

Dr. Goodwin was removed from The Infinite Mind, but this case bolsters a recommendation we have made before in this newsletter: Be very wary of “independent Experts”. The situation is worst on television, where the need to fill twenty-four-hour news channels creates a demand for ever more program material. Consequently, television program producers often book guests without taking the time to delve into the guests’ backgrounds and their connections.

Newspapers are a more reliable source of information, although we have also pointed out in this newsletter, some of egregious lapses by newspaper reporters.

In this newsletter we are very tough on the pharmaceutical companies because of their vast wealth and power, but the problem of phony “independent” expertise is not confined to the area of drugs. So whenever you read, hear or see a claim of any kind, if there is any commercial product or service involved even indirectly, be very suspicious and if at all possible, do your own research.

W. A. Shapiro

\* See the footnote on Page 10

# Advertisement

For Active  
People  
Ages 60+

Editor: Linda Klonsky  
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March 2009



# Cyberspace News

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## Vista R.I.P.

Microsoft has now capitulated further on Vista, which will go down in computer history as another Edsel of Microsoft operating systems (Remember Windows Millennium? Probably not). The deadline for when you can buy a computer with Windows XP has been extended for a third time,



pending the expected release of Windows 7 later this year.

The reason for the early demise of Vista is (drum roll ...) money! Notwithstanding Microsoft's repeated claims of success, Vista has sold poorly. Corporations and knowledgeable users have refused to accept it because of its bloated resource requirements, annoying behavior, and user-unfriendliness.

Most, if not all, retail stores now sell only Vista machines, but if you buy from an "OEM" (Original Equipment Manufacturer) such as Dell, Hewlett Packard, some others, or from some of the "mom and pop" custom-build shops, you

will, for awhile, be able to buy the machine with a "Downgrade disk" that allows you to replace the installed Vista operating system with Windows XP. That's right, you'll have to pay the Evil Empire for Vista, even though you want and will use, XP.

XP availability (at least *legal* availability) will be cut off entirely on July 31 of this year. This is at least the second time Micro\$oft has extended the deadline in response to overwhelming consumer demand, but it is likely the last, since Windows 7 will probably be put on sale soon afterward.

(Let's hope that Office 2007 will soon be retired as well.)

And now the *bad* news: Don't expect much of Windows 7; experts who have tested it say that it's still Vista, though with improvements and one newly-bad feature.



*Many thanks to Bill Shapiro for this informative and colorful 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](http://www.wacci.net) and click the "Archives" button along the left.**

# Opt Out Of Unsolicited Phone Books

You find them on your porch and in your driveway. You haven't asked for them, yet *you* are responsible for disposing of them. What are they? Telephone directories.

Every year, the average American gets three to four pounds of paper dropped on his/her property four to six times per year by various telephone directory companies. Municipalities and local governments that provide trash services are very concerned about the landfill cost and are asking themselves why they must absorb the cost of handling these phone books.

Some of the countermeasures being considered include the following:

- 1.) Local governments are looking to establish an ordinance mandating \$5 per book payable by the telephone companies for the delivery of unwanted books that end up in the trash and take up valuable landfill space.
- 2.) An alternative being looked at is to require (1) that the telephone book be delivered in a plastic bag, and (2) that the directory company come back the following week to pick up the old book, which has been placed in the reusable bag.
- 3.) Building and Property owners

are banning the bulk delivery of *Yellow* and *White Pages* to their facilities. They are tired of having to handle the books, and of the cost associated with the ones left over as well as old books that end up in their trash dumps.

4.) Some Cities and Towns are looking to stop the delivery of *Yellow* and *White Pages*, and are using their litter laws as the main tools.

*You* can do something to help: Log onto the website: [www.yellowpagesgoesgreen.com](http://www.yellowpagesgoesgreen.com) and click on the OPT-OUT link. The people behind this website will contact the local telephone company, provide them with your name and address, and tell them to stop sending you these annoying publications. It will cost you nothing, save you some effort in recycling all that paper, and help the environment.

Source: [www.yellowpagesgoesgreen.com](http://www.yellowpagesgoesgreen.com)



## Food Safety

Knowing about safe food handling is important for everyone, but especially for seniors who may be more susceptible to the effects of food borne illnesses and may take longer to recover. The best preventative is understanding how to prevent these illnesses. Some of the changes seniors undergo lessen the body's ability to combat bacteria. For example, there is a decrease in stomach acid secretion, lessening that natural defense against ingested bacteria. Also, over time, the immune system may become less adept in ridding the body of bacteria.

The sense of taste or smell, sometimes affected by medication or illness, may not always alert you when meat is spoiled or milk is sour. Some seniors are homebound and must rely on delivered food. Others are new widowers with little cooking experience. In any case, adhering to the following up-to-date food safety guidelines is just plain good practice.

### *Guidelines For Safe Food Handling*

\*Refrigerate or freeze all perishable foods. The refrigerator temperature should be 40 °F or less; freezer temperature should be 0 °F or less. Use a refrigerator/freezer thermometer to check the temperatures.

\*Never thaw food at room tem-

perature. Always thaw food in the refrigerator, in cold water or in a microwave oven. After thawing in the microwave oven, you must cook the food immediately.

\*Wash hands with warm, soapy water before preparing food and after contact with raw meat and poultry.

\*Wash cutting boards and other work surfaces after contact with raw meat and poultry. Sanitize surfaces with a solution of 1 teaspoon chlorine bleach per quart of water before using them for other foods.

\*Never leave perishable food out of refrigeration for more than two hours. If the room temperature is 90 °F or above, food should not be left out more than *one* hour. This would include take-out foods, leftovers from a restaurant meal, and Meals-on-Wheels deliveries.

\*Thoroughly cook raw meat, poultry and fish (see the following chart of internal temperatures). Do not partially cook food. Have a constant heat source, and always set the oven at 325 °F or higher when cooking.

\*

*Source (note the absence of the www in this web address):  
<http://hgic.clemson.edu>*

*Special thanks to George Morris for alerting me to this site.*

### The Two-Hour Rule



As long as we're discussing food safety, let's remember The Two-Hour Rule:

**Discard any perishables (foods that can spoil or become contaminated by bacteria if unrefrigerated) left out at room temperature for more than two hours. When temperatures are above 90 °F (32 °C), discard food after one hour.**

**Similarly, the 4 Rules of Food Safety include:**

- 1. Clean—wash hands and surfaces often.**
- 2. Separate—Don't cross-contaminate.**
- 3. Cook—To proper temperatures.**
- 4. Chill—Refrigerate food promptly.**

**Source: [www.cfsan.fda.gov](http://www.cfsan.fda.gov). Thanks to George Morris for this info.**

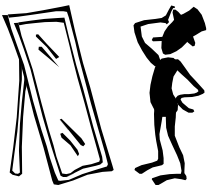
## Quotations About Age/Aging

**“Live your life and forget your age.”**  
...Norman Vincent Peale

**“By the time you reach 80 years old you’ve learned everything. You only have to remember it.”**  
...George Burns

**“I refuse to admit that I am more than 52, even if that does make my sons illegitimate.”**  
...Nancy Astor

**“Old age is a special problem for me because I’ve never been able to shed the mental image I have of myself—a lad of about 19.”**  
...E.B. White



**“Do not deprive me of my age. I have earned it.”**  
...May Sarton

*Source:*  
[www.dailycelebrations.com](http://www.dailycelebrations.com)

## So, You Wanted A Kosher Computer

If you or a friend are considering a kosher computer, be aware that there are some important upgrades and changes from the typical computer you are used to, such as:

- The cursor moves from right to left.
- Instead of getting a "General Protection Fault" error, my PC now gets "Ferklemt."
- The Chanukah screen savers include "Flying Dreidels."
- The "Start" button has been replaced with a "Let's go!! I'm not getting any younger!" button.
- When disconnecting external devices from the back of my PC, I am instructed to "Remove the cable from the PC's tuchus".
- You hear "Hava Nagila" during startup. Microsoft Office now includes "A little byte of this, and a little byte of that."
- When running "scandisk", it

prompts with a "You want I should fix this?" message.

- When my PC is working too hard, I occasionally hear a loud "Oy Gevalt"
- There is a "monitor cleaning solution" from Manischewitz that advertises that it gets rid of the "schmutz und drek" on your monitor.
- After 20 minutes of no activity, my PC goes "Schloffen."
- Computer viruses can now be cured with some matzo ball chicken soup.
- If you decide not to shut down the computer in the prescribed manner, the following message appears: "You should be ashamed of yourself."
- When Spellcheck finds an error it prompts "Is this the best you can do?"

*Source: [www.basicjokes.com](http://www.basicjokes.com)*

## Waiter Rant

If you're in the mood for a laugh, check out the [website](http://waiterrant.net) (note the absence of the www from this site):

<http://waiterrant.net>

It's a blog written by a former waiter in a New York restaurant,

and tells about some of the people who work in his kitchen and the clients who come to his restaurant.

Well-written, with some very funny material!



(Bridge Scores)

Footnote to “Another Reason Not to Trust the Experts” — Continued from Page 3

\* An article on the PsychCentral Web site:

<http://psychcentral.com/blog/archives/2008/11/21/dr-fred-goodwin-and-the-infinite-mind-ties-to-undisclosed-drug-payments/>  
disclosed the situation in detail. Unfortunately, as of this writing the article is no longer available on that site.

Copyright restrictions prohibit us from reproducing the above article on the WACC Web site, but we suggest that you go to the site and read it for yourself. The Web page also includes some responses to the article and a link to a related article in the New York Times.

## Another Medical Recommendation Changed

For years, people with even minor diverticulosis have been prescribed a severely restrictive diet prohibiting *all* nuts, seeds, and related foods, including even tomatoes, for fear that they could lodge in the diverticula and cause inflammation or infection.

There has never been any evidence to support that rationale, and now finally those restrictions are no longer recommended. A high-fiber diet is advised.

W. A. Shapiro

## Dave Ryan

WACC lost a great friend and leader this year, David Ryan, the director of our Thursday bridge Group . David had been ill for some time and everyone dreaded the day when his illness would take him from us.

He was a quiet cheerful man, who made everyone feel welcome and comfortable. We were fortunate to have him as a member, and we offer our sympathy to his wife Betty and to their beautiful family.

Thank you, Dave, for all the years of service that you gave to our organization. Rest in peace.

## Special Events in March

Monday, March 9

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

Tuesday, March 17

10:00 AM—1:00 PM — St. Patrick's Day Party (Brunch disk required)  
Sign up on the bulletin board or call the office at 973-633-0734

Wednesday, March 18

**General Meeting**

**with Bill Levy, newspaper columnist,  
who will talk about the musicals of bygone days.**

**Free, open to the public**

**Light refreshments**

Monday, March 23

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

## March Birthdays

Bernard Green	3	Gunvor Satra	22
Estelle Perry	4	Margaret McCann	25
Adeline Hicswa	7	Margaret McNamara	25
Joan Springwaldt	16	William Pharo	29
Lois Wickham	16	Stanley Tecza	30
June Jesch	21	Christina Kwiecinski	31

Winston Churchill was known for, among other things, his quick and deadly wit. At an event where he was speaking, a heckler in the audience shouted: "If you were my husband I would put poison in your coffee".

Churchill immediately responded: "Madam, if I were your husband I would drink it".

When criticized for ending a sentence with a preposition, he stated: "That is the sort of nonsense up with which I will not put".

## Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Canasta <sup>cc</sup>	Wed 1:00 PM—4:00 PM <sup>¶¶¶¶</sup>	<b>Elizabeth Farace</b>
Computer Classes <sup>cc</sup>	(various —see coordinator)	<b>Vince Barilla</b>
Computer Fun Meeting <sup>¶¶¶ cc</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 1:00 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>cc</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>cc,§</sup>	Tuesday, 1:30 PM—2:30 PM <sup>§§</sup>	<b>Joyce Cimera</b>
Mah Jongg <sup>cc</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>cc</sup>	Tue 9:30 AM	<b>Elizabeth Farace</b>
“	Wed 9:30 AM	<b>Henry Gates</b>
Shuffleboard (outdoor) <sup>cc,¥¥¥</sup>	Sat 10:00 AM—Noon	<b>Henry Hartmann</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.

¥ 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](mailto:charliewacci@hotmail.com)

### 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**