



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

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 Wayne, NJ 07470 973-633-0734 office@wacci.net www.wacci.net

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

December, 2007

ACTIVITIES

Big Band Dances	Canasta	Computer Classes*	Computer Fun Meetings
Contract Bridge	Discussion Group	Duplicate Bridge	Jigsaw Puzzles
Lending Library	Mah Jongg	Monthly Speaker	Music Group
Painting Group	Pinochle	Pizza Parties	Shuffleboard
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

There's More to America's Health Care Crisis
 Than You May Think
 See Page 3

Officers of the Wayne Adult Community Center, Inc.

President: Bill Shapiro
Treasurer: Bill Pharo

Sergeant at Arms: Vince Barilla

For the current schedule,
go to our Website,
www.wacci.net
and click on the
"This Month" button
at the top of the window.

American Health Crisis

By now, anyone who reads newspapers or pays attention to news other than celebrity gossip, knows that there are millions of people without health insurance, and who consequently receive inferior medical care, if any. And you probably know that even those who *do* have health insurance are often denied needed care by their health insurance companies (in many cases by people who have no medical training).

But there is another health care problem, and it is highlighted in the November, 2007 issue of Consumer Reports magazine:

Frequently, people with health care insurance are subjected to unnecessary, and even harmful, medication or surgery. One of the most egregious recent cases was that of a man in California who was told that he needed immediate coronary bypass surgery. Several years later, after physical limitations resulting from the surgery had forced the man to give up his job, it was determined that he had *not* needed the procedure.

A fundamental problem with America's health care system is that the person who determines what you need is usually the same person who will profit by providing treatment. Consequently, although the United States is medically among the most technologically advanced countries, and our medical costs are the *very* highest, *our general level of health is NOT higher than that of many countries with lower levels of care.*

It is not only doctors, but also hospitals and other health-care facilities, that profit by providing tests and treatment. Furthermore, as this newsletter has pointed out in the past, pharmaceutical companies are another profit-motivated entity in the medical industry, as a result of which they regularly promote new, "improved" drugs that are in fact no more effective than older, less expensive ones.

According to the article, unnecessary testing and treatment are most common in regions that have "an oversupply of specialists and hospitals" (big surprise).

Health care insurance companies contribute to the problem by refusing to cover most non-prescription substances and "alternative" treatments even when prescribed by a physician based on studies reported in the mainstream medical literature. Instead, the companies cover expensive procedures and pharmaceuticals that are often less safe, and in some cases have actually been shown to be less effective, than lower-cost "alternative medicine" approaches.

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Advertisement

For Active
People
Ages 60+



Cyberspace News

A Valuable Aid For Web Safety

The World Wide Web is like a land fill: It has lots of garbage, but there are also many gems. The trick is to avoid the garbage, some of which is toxic to your computer and may even be toxic to your financial situation.

One valuable, free tool that can help is the McAfee Site Advisor. It works with Internet Explorer, Firefox, and several other browsers. When you use Google or one of the other major search engines, the Site Advisor places a little circular symbol after the name of each site in the search results. A green symbol tells you that the site is safe. An amber symbol means that the site has some questionable characteristics, and a red symbol indicates that you should stay away. If the site has not yet been analyzed by McAfee, the symbol is grey.

You can click the symbol to read details about the site's rating.

If you go directly to a site (by entering its address in the Address box at the top of your browser window), the Site Advisor indica-

tor will be a long rectangle near either the top or the bottom of the browser window, depending on which browser you're using.

If the site is nefarious, however, it may attack your computer as soon as you arrive. So the best way to use the site advisor is: Before you go to an unknown site, do a Google search on its address and look at the Site Advisor symbol.

Source: W.A. Shapiro, with additional information from George Morris.

Editor's Note: You can download McAfee Site Advisor from www.siteadvisor.com. If you don't want to download the program, you can instead go to siteadvisor.com to look up a website you're curious about. You'll discover if McAfee has tested your chosen website and found it to be safe.

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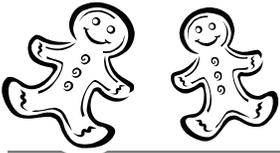
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Free And Lots Of Fun!

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 at 11:30 AM.



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

When Hallmark Writers Have A Bad Day

Ever wonder what happens when Hallmark, or any greeting card writer, has a bad day? Read on.

“My tire was thumping,
I thought it was flat
When I looked at the tire...
I noticed your cat.
Sorry!”

“Heard your wife left you,
How upset you must be.
But don't fret about it...
She moved in with me.”

“I must admit, you brought
religion into my life.
I never believed in Hell
until I met you.”

“As the days go by, I think of
how lucky I am...
That you're not here to ruin
them for me.”

—
“Congratulations on your
promotion.

Before you go...
Would you like to take the knife
out of my back?
You'll probably need it again.”

—
“When we were together,
You always said you'd
die for me.

Now that we've broken up,
I think it's time you kept
your promise.”

—
“Congratulations on your new
bundle of joy.
Did you ever find out
who the father was?”

—
“So your daughter's a hooker,
and it spoiled your day.
Look on the bright side,
It's really good pay.”

Enlist The Grandkids In The Scrub Club

With flu season upon us, it's time to remind everyone that one of our best defenses against disease is hand-washing. To help motivate kids, the National Science Foundation is asking kids (as well as adults) to enlist in The Scrub Club by logging on to www.scrubclub.org.

It's a website that extols the

virtues of hand-washing to fight infections and diseases. It contains interactive games that teach how to wash hands properly, educational music, and free activity downloads as well as tips for everyone to encourage basic hand-washing.

Defrag Your Hard Drive

Have you noticed that your computer, which seemed lightening-fast when you first got it, has seemed to run ever more slowly in the years, or maybe even in the months, since then?

There are several causes, some of which you cannot control unless you have considerable expertise. But you *can* address one significant cause easily:

When you use your computer, files are constantly being replaced, added and deleted on the hard disk. The system that controls computer operation tries to use disk space as efficiently as possible, so when it's looking for a place to put a new or replacement file and finds a slot that is not large enough to hold the file, it stores as much as possible in the available slot, and then goes looking for another place for the rest of the file. In some cases it may have to use three or more slots.

Because of that approach, as time goes on the hard disk contains more and more files that are stored in fragments. As a result, when a file is needed, it may have to be assembled from many pieces. Consequently, almost everything happens more slowly.

So what can you do?

You can periodically defragment the hard disk. Defragmentation re-arranges things so that each file ends up stored in one piece.

The Windows operating system

has a built-in defragmentation function, but like many of the things that are "bundled" with Windows, there are better alternatives. We recommend instead that you obtain a free, fully automatic third-party defragmentation program called jkDefrag. It can be downloaded from the Web site: www.kessels.com/JkDefrag.

The download will be a set of files compressed into a ZIP archive*. The only file that you need is jkdefrag.exe, which you should run at least once a month, (depending on how much you use your computer). After the first time you run it, you will probably see a significant increase in your computer's speed.

*If you don't have a program that can open ZIP files, there are free ones such as FREEZIP, which is available from <http://members.ozemail.com.au/~nulifetv/freezip>

Thanks to Bill Shapiro for writing yet another marvelous article!



Before Electronic Digital Computers

...Memory was something you lost with age
 ...An application was for employment or a mortgage
 ...A program was a radio or TV show
 ...A keyboard was a piano
 ...A web was a spider's home
 ...Viruses did not affect machines
 ...A CD was a kind of savings account
 ...A hard drive was a long trip on the road
 ...A mouse pad was where a mouse lived (if it was a cool mouse)
 ...And if you were a man with a 3 inch floppy . . . you just hoped nobody ever found out.

Thanks to volunteer Rosalie van Dam for this item!

Please email **YOUR** computer or technology related items to our email address: office@wacci.net

Remember to include your name so we can give you credit for your submission.

You May Quote Me

“People who dance are considered insane by those who can’t hear the music.”
...George Carlin

“The greatest gift you can give another is the purity of your attention.”
...Richard Moss

“A gift is never about need. It’s about thanking people.”
...Lash Fary

“The greatest healing therapy is friendship and love.”
...Hubert Humphrey

“When we do what we love, again and again, our life comes to hold the fragrance of that thing.”
...Wayne Muller

“Forever is composed of nows.”
...Emily Dickinson

Source:
www.dailycelebrations.com

What Is Boxing Day

You may have noticed on some calendars that December 26th is Boxing Day. Clearly it’s not something celebrated regularly in the United States, otherwise it would be commercially exploited. So what is Boxing Day?

In England, Australia, Canada, New Zealand and other former British commonwealth countries, Boxing Day (also known as St. Stephens Day) was an occasion when churches used to open their collection boxes to the poor. The money was used as an expression of appreciation and thanks, much like Christmas tips are today.

The roots of the holiday go back to the Middle Ages. On this day, members of the merchant class would take boxes, fill them with food and fruits, and give them to servants, tradespeople and the less

fortunate. In the case of servants, they would work on Christmas Day, so it was only fitting that immediately after Christmas they would be given a day off to celebrate. Although usually celebrated the day after Christmas. Boxing Day would be celebrated by some the following Monday when Christmas fell on a Friday or Saturday.

While Boxing Day is still a legal holiday in the countries mentioned above, today the giving of boxes includes filling boxes with food and clothing for the needy and performing volunteer work. Monetary gifts to charity are also common.

Source: www.holidayinsights.com

And Now A Quick Breath

As I have since I began writing for the Wayne Adult Community Center almost seven years ago, I’d like to steal a bit of space in this publication to thank:

- Bill Shapiro for being the best editor one could ask for. Your knowledge, kindness, and sense of humor are appreciated more than you’ll ever know.
- Vince Barilla for giving me the opportunity to write this wonderful newsletter.
- My family, especially Jacob

and Joy, for giving me inspiration and the time to research and write. Kids, this is what Mommy does when you’re asleep.

- All of you who read this. It’s because of you that I get to stretch my brain a little and learn more about technology with you.

Happy Holidays!



Linda Klonsky

Health Care Crisis — Continued from Page 3

The article lists ten overused tests and treatments. They include:

- ◇ Back surgery, especially for conditions such as a slipped disk: Spontaneous recovery is frequent, and physical therapy usually produces results that are as good as those from surgery, without the substantial surgical risks.
- ◇ Sphincter-tightening surgery for heartburn: Overall, it produces no better results than acid-blocking medication.
- ◇ Surgery and/or radiation treatment for prostate cancer: Those treatments almost always produce urinary incontinence and/or impotence. Most prostate cancer grows very slowly, so “watchful waiting” is sometimes the best approach.
- ◇ An implanted defibrillator: Make sure you really need it. Here, a second or even third opinion is certainly warranted, because the article states that according to research announced in 2007, one third of recipients might not have needed the device.
- ◇ Coronary stents: The article states that stents plus heart drugs are no more effective in reducing the incidence of future heart attacks than the drugs alone, according to research published in 2007.
- ◇ Caesarean Section: There is increasing suspicion about the ever more widespread use of this surgery. Don’t decide on it without considerable study.
- ◇ High-tech mammography: The article states that although this approach does very slightly increase the cancer detection rate, the proportion of false positive findings has resulted in many needless biopsies.
- ◇ Virtual Colonoscopy: The article states that according to a study in 2007, this approach is not as good as standard colonoscopy in finding smaller suspicious polyps. In addition, when it does reveal suspicious tissue, a standard colonoscopy is necessary in order to remove it.

On the other hand, the fact that a test or a procedure is overused does not mean that you should shun it, but rather that you should be circumspect. In particular, two of the tests listed in the article as overused are, in the opinion of your newsletter editor, sometimes particularly good first approaches, particularly when used judiciously:

- ◇ Whole-body screening (CT scans): These tests, which subject the patient to high levels of X-rays, show no proven benefits for healthy people. Furthermore, *frequent* CT scanning increases your risk of cancer. [Comment by your newsletter editor: But if you are worried that you might have undetected cancer or cardiovascular disease, a CT scan once a decade could serve to calm your fears without significant risk.]

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Digital Television — Continued from Page 9

- ◇ High-tech angiography: This is a non-invasive alternative to standard angiography, but the latter might be necessary afterward to confirm evidence of blockages and determine whether aggressive treatment is necessary. [Comment by your newsletter editor: However, if the high-tech procedure shows nothing of concern, you have avoided an invasive and moderately risky procedure.]

Some things you can do to avoid being over-tested or over-treated:

Before you agree to a test:

Ask (a) what it will show, (b) what risks the test involves, (c) what side effects there are, and (d) what can be done if a problem is disclosed.

If there is no effective treatment and no way you can arrange your life to compensate, there seems no point in knowing about it other than to make you unhappy. But it might be that even if there is no effective treatment for a condition, you need to know you have it so that you can plan your life accordingly. For instance, if you are diagnosed with a degenerative condition you need to arrange for care to be available when you become unable to care for yourself.

Before you agree to undergo surgery:

(a) Obtain *at least* a second opinion, from someone who is *independent* of the first physician (someone who shares or is associated with the practice, is not likely to have an unbiased view). If it is a surgeon who says that you need surgery, remember that surgeons are in the business of providing surgery, not alternatives.

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Special Events

Monday, December 10

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

(There will be no Big Band Dance in December)

December 22 through January 1

Year-End Shutdown—the Center will be closed.

Ordinarily there would be a Computer Fun Meeting on the fourth Monday of the month, but in December the fourth Monday will be during our year-end shutdown period.

Wednesday, January 16: General Meeting with a Historical Impersonator,
Who will perform as Abigail Adams

Health Crisis — Continued from Page 10

If you decide to have the surgery:

(b) Ask the surgeon how many times (s)he has performed the procedure. If possible, also obtain that information independently.

(c) Ask about outcomes, such as risk of complications, incidence of long-term or permanent debility, and rates of success. Make sure you know how “success” is defined for that procedure.

What If You Are Told That You Need Surgery IMMEDIATELY?

There are medical conditions that require *immediate* surgery. Examples are an aneurism and acute appendicitis, which are indeed life-threatening emergencies that must be corrected without delay. But there are other situations in which there is in fact no emergency, or in which surgery is not the only possible approach. For instance, the drug TPA can be administered to some patients having a heart attack or a stroke, avoiding the necessity of immediate surgery.

Try not to be frightened into immediate compliance without question. A knowledgeable and level-headed friend accompanying you to the consultation, can be an invaluable help.

(a) Ask whether there are viable non-surgical alternatives.

(b) Ask precisely what risk you run by delaying surgery for a few days, during which you can consider the matter (and during which you should also consult another doctor).

If you're at a hospital and the doctor insists that there are no viable non-surgical alternatives, and that delay would seriously endanger your life, ask whether there is at least time to consult with someone else on the hospital staff, preferably a non-surgeon. It will be a long shot, but a third party even in the same hospital, just might provide a differing view.

W. A. Shapiro

An exchange between a woman and her grown daughter:

The woman: “My memory is not what it used to be. I used to have such a *good* memory”.

The daughter: “Mom, you *never* had a good memory”.

The woman: “I forgot that too”.

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—3:00 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 12:45 PM—4:15 PM	Geri Hogan
“	Thu 12:45 PM—4:15 PM	David Ryan and Fred Weston
Executive Committee	Second Wed 9 AM	William Shapiro
General Meeting ¶¶	Quarterly, third Wed 1:00 PM	William Shapiro
Hospitality Hostesses	General Meeting, Big Band Dance	Camille Balletto and Marion English
Intermediate Bridge çç	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime ¥	June Morris
Lending Library	Anytime ¥	June Morris
Line Dancing çç.§	Tuesday, 1:30 PM—3:00 PM §§	Joyce Cimera
Mah Jongg çç	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Music Group	Friday, 9:00 AM—Noon	Lorraine Dienno
Monthly Speaker Series ¶¶	(At the General Meeting)	Elizabeth Farace
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
Tennis ¥¥	Mon, Wed, Fri 8:30 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.

¶¶ Open to the public. Not held in July, August or December

¶¶¶ 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

Consult the Daily Schedule on Page 2 for dates when the Center is closed.

Computer Fun Meeting Topics

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