



Wayne Adult Community Center, Inc.

For New Jersey's Active People 60 and Over*

1502 Hamburg Turnpike // (Bus #197, Squad Place stop)
 Wayne, NJ 07470 973-633-0734 office@wacci.net www.wacci.net

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

March, 2008

ACTIVITIES

Big Band Dances
 Contract Bridge
 Lending Library
 Painting Group
 Tennis

Canasta
 Discussion Group
 Mah Jongg
 Pinochle

Computer Classes*
 Duplicate Bridge
 Monthly Speaker
 Pizza Parties

Computer Fun Meetings
 Jigsaw Puzzles
 Music Group
 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

Some Medical Myths and Truths
 See Page 3

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito
Treasurer: Bill Pharo

Vice President: Vince Barilla
Sergeant at Arms: Allan Jespersen

Monthly schedule

The current schedule is available
on our Web site, www.wacci.net

Some Medical and Related Myths and Truths

“The great tragedy of Science -- the slaying of a beautiful hypothesis by an ugly fact”
--Thomas Henry Huxley

Belief: Shaving makes hair grow faster, darker and coarser

Fact: There is no increase in growth rate, color or texture (although newly-growing hair might feel coarse, that is only because of its shortness and the bluntness of its ends). Shaving has no effect on the hair subcutaneous follicles, which is where hair growth occurs.

Belief: Drinking coffee helps you to sober up

Fact: Coffee can make you feel more alert but it does not reduce the alcohol level in your bloodstream and therefore does not improve reaction time, coordination, or judgment. You're still drunk.

Belief: Drinking eight glasses of water a day is good for your health and prevents kidney stones

Fact: The first part of the statement is false, but the second part is partly true. There is no supporting evidence or theory to support the eight-glasses-a-day claim. You should drink only when you're thirsty, with a few exceptions: (1) There are conditions in which your sense of thirst is temporarily depressed, and (2) as we age, our sense of thirst is reduced. However, drinking too much water is dangerous, because it dilutes the electrolytes that our bodily tissues need in order to function.

It is partly true that maintaining a good level of hydration prevents excessive concentration of salts in the urine and thereby makes the formation of kidney stones less likely.

Belief: Someone can be sick and not have any symptoms but can infect others

Fact: It's true. In certain cases and with certain people, an infected person can carry and transmit harmful and even fatal microorganisms without themselves succumbing (there really was a “Typhoid Mary”).

Belief: Spinach is an excellent source of Iron

Fact: Spinach contains no more iron than many other green, leafy vegetables, and it also contains oxalic acid, which prevents good absorption of the iron.

Belief: You should feed a cold and starve a fever

Fact: Colds are caused by viruses, and the amount of food you eat has no directly curative effect nor does it reduce symptoms. However, starving a fever is a very bad idea, since nutrients and liquids are important to the body's ability to fight the infection.

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Advertisement

For Active
People
Ages 60+



Cyberspace News

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Cleaning Electronics

If your electronic devices are working slowly or poorly, it might be time to clean them. It's always best to follow your owners' manuals because deviating from them could void warranties. However, here are some general, safe electronic care suggestions:

CD and DVD Players: Use a CD or DVD cleaning kit to reach the internal lens. Do not put dirty discs in players; clean the discs with antistatic pads.

Camcorders: Don't use a head cleaner on a camcorder. Sometimes the cleaning tape is not full size, and can damage the heads and cause lines on the pictures. If you're worried about dirt or other irregularities in the picture, get the device professionally cleaned. It will probably cost about \$50.

Cell Phones, MP3 Players, Personal Digital Assistants (PDAs), and Remote Controls: Use a lint-free cloth to clean them. To clean the crevices within remote control buttons, use a can of com-

pressed air. Consider getting protective sleeves for your cell phone, MP3 player and PDA, to minimize the amount of dirt the screens are exposed to.

Computers: Turn off your computer before you clean it. Dampen a lint-free cloth with a weak dishwashing solution and wipe all the surfaces of the case, including the vent grille in back. Use cotton swabs for small areas.

To clean the screen, use an LCD or plasma-screen cleaning kit. Make sure the screen has cooled, otherwise you could leave permanent streaks.

Turn the keyboard upside down and gently shake out any dirt. Use a can of compressed air with an extension tube to remove the rest.

Clean the mouse with a lint-free cloth sprayed with water. If your mouse has a ball, remove the ball and

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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 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

The Lantern Festival

If you missed (or messed up) Valentine's Day, why not celebrate the Chinese Lantern Festival on March 4th? This celebration marks the last day of the Chinese New Year season.

In the past, it was the one day of the year when a woman could come out (chaperoned, of course) and be seen by eligible single men. In the days when women's feet were bound, it was often the one time she could appear in public with her feet *unbound*. These restrictions no longer exist, but there's still an air of romance around Lantern Festival celebrations.

Numerous theories surround the festival's origins. It's possible that it was originally meant to honor Buddha. Another story ascribes its creation to a homesick palace maid named Yuanxiao. This maid told the Emperor that the God of Fire would set fire to the city unless he was appeased with a scene of burning. Accordingly, the Emperor ordered that firecrackers be set off and bright red lanterns be hung throughout the streets. The ensuing noise and confusion allowed Yuanxiao to slip home unnoticed for a brief family reunion.

While the Lantern Festival has changed very little over the last two millennia, technological advances have made the celebra-

tion more and more complex and visually stimulating. Indeed, the festival as celebrated in some places (such as Taipei, Taiwan) can put even the most garish American Christmas decorations to shame. They often sport unique displays of light that leave the viewer in awe.

Master craftsmen construct multicolored paper lanterns in the likeness of butterflies, dragons, birds, dragonflies, and many other animals; these accentuate the more common, red, spherical lanterns. Brilliantly-lit floats and mechanically-driven light displays draw the attention of the young and old alike. Sometimes, entire streets are blocked off, with lanterns mounted above and to the sides, creating a hallway of lamps. Some cities in North China even make lanterns from blocks of ice! And just as in days gone by, the billion-watt background sets the scene for dragon and lion dances, parades, and other festivities.

Source (note the absence of the www in this website's address; <http://chinese-food.about.com>)



Cleaning Electronics (...continued)

gently rub it with a cloth dampened with dishwashing solution. Use a cotton swab to wipe the rollers inside the mouse. Put the ball back in and close the mouse securely.

Digital Cameras: Use a lint-free cloth to clean the exterior, and a camera lens cloth for the lens. Never use water.

Gaming Systems: Clean the case and controllers with a lint-free cloth. Use a can of compressed air to clean the crevices in the controllers. Use an antistatic pad to clean dirty discs.

Speakers: Never touch the tweeters (see photo to the right). Use a lint-free cloth to dust the cabinet



(s). A trick for cleaning the grilles is to press small pieces of packing tape on the fabric and peel them off carefully.

Televisions: Use an LCD or plasma-screen kit to clean flat-panel screens. Again, never clean the screen when it's still warm. For other types of TVs, clean the screen with a cloth sprayed with distilled water. Use a lint-free cloth slightly dampened with distilled water to clean the case. Never spray water directly onto the case, because liquid could damage the switches.

Source: *The Star-Ledger*, 1/26/08.

The Truth About Nutrition

Here is the final word on nutrition and health. It's a relief to know the truth after all those conflicting medical studies.

The Japanese eat very little fat, and they suffer fewer heart attacks than do the British or Americans.

The French eat a *lot* of fat, and they *also* suffer fewer heart attacks than the British or Americans.

The Japanese drink very little red wine, and suffer fewer heart attacks than the British or Americans.

The Italians drink excessive amounts of red wine, and *also* suffer fewer heart attacks than the

British or Americans.

The Germans drink a lot of beer and eat lots of sausages and fats, and they suffer fewer heart attacks than the British or Americans.

Conclusion: Eat and drink what you like. Speaking English is apparently what kills you.

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

Irish Proverbs

A good laugh and a long sleep are the best cures in a doctor's book.



A new broom sweeps clean, but an old broom knows the corners.



A true friend laughs at your jokes even when they're not so good and sympathizes with your troubles even when they're not so bad.



Drink is the curse of the land. It makes you fight with your neighbor. It makes you shoot at your landlord and miss him when he's gone.



Source: www.worldofquotes.com

You May Quote Me

A celebrity is someone who works all his life to become well known, then wears dark glasses to avoid being recognized.

...Fred Allen

The large print giveth, but the small print taketh away.

...Tom Waits

There's no such thing as fun for the whole family.

...Jerry Seinfeld

When somebody tells you that nothing is impossible, ask him to dribble a football.

...Anonymous

She was what we called a Suicide Blonde—died by her own hand.

...Saul Bellow

The surest sign that intelligent life exists elsewhere in the universe is that it has never tried to contact us.

...Bill Watterson

Source:
www.quoteagarden.com

PASS On Kitchen (Or Any At-Home) Fires

We're all afraid of having a fire in the home. Sure, we're cautious, but there are certain things we need to remember.

Fires need three things to exist: fuel, oxygen, and heat. If any one of these things is absent, there is no fire.

In the event of a kitchen fire, turn the heat off under the pan or, if the fire is in an oven, turn off the oven. In the case of a grease fire, removing the fuel source is not an option and moving the pan can be extremely dangerous.

Turning off the heat should be done *immediately*. Putting a lid on the pan smothers the fire by preventing oxygen from feeding the fire, and throwing baking soda on

the fire does the same thing.

To use a fire extinguisher, think of the acronym "PASS" - Pull, Aim, Squeeze, and Sweep.

P— Pull the pin.

A — Aim at the *base* of the fire.

S — Squeeze the trigger/lever.

S — Sweep the extinguisher back and forth.

In addition to having a fire extinguisher in the kitchen, have one near any fireplaces that you use.

Source: *The Star-Ledger*, 1/18/08

Idiot Sightings

We had to have the garage door repaired. The Sears repairman told us that one of our problems was that we did not have a "large" enough motor on the opener. I thought for a minute, and said that we had the largest one Sears made at that time, a 1/2 horsepower. He shook his head and said, "Lady, you need a 1/4 horsepower." I responded that 1/2 was larger than 1/4. He said, "NO, it's not! Four is larger than two".

My daughter and I went through the McDonald's take-out window and I gave the clerk a \$5 bill. Our

total was \$4.25, so I also handed her a quarter. She said, "You gave me too much money." I said, "Yes, but this way you can just give me a dollar bill back." She sighed and got the manager, who asked me to repeat my request. I did so and he handed me back the quarter, and said, "We're sorry but we can't do that kind of thing." The clerk then proceeded to give me back \$1 and 75 cents in change.

Source: *A friend*.

Special Events in March

Monday, March 10

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

Tuesday, March 18

11:30 AM—Big Band Dance (open to the public)

Monday, March 24

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

Wednesday, March 26

1:00 PM—Pizza Party

Bridge Scores Are Back!

Date	position	first	second
Thurs. 1/3	North/South	Hogan - Sakal	Gala - Heartel
	East/West	Leise - VanVooren	Allen - Basoglu
Mon. 1/7		Satra - Walsh	Gates - Vigorito
Tues. 1/8	North/South	Heartel - Vigorito	Leise - Pharo
	East/West	Sakal - VanVooren	Chisholm - DeLuca
Thurs. 1/10	North/South	Allen - Basoglu	Satra - Walsh
	East/West	Belding - Shaw	Donadio - Donadio
Mon. 1/14		Baker - Pignatore	Pomposelli - Pomposelli
Tues. 1/15	North/South	Heartel - Vigorito	Cori - Ryan
	East/West	Chisholm - DeLuca	J. Donadio - VanVooren
Thurs. 1/17	North/South	Leise - VanVooren	Gala - Heartel
	East/West	Jespersen - Pharo	Forman - Stern
Mon. 1/21		Baker - Pignatore	Greenberg - Scott
Tues. 1/22	North/South	Gala - Hogan	Farese - Morro
	East/West	Clark - Pressberger	Leise - Pharo
Thurs. 1/24	North/South	Cori - Ryan	VanDam - Vigorito
	East/West	Allen - Pharo	Gala Heartel

Fran Reuther, a member of WACC for many years, died this week. Fran enjoyed coming to our bridge games. She had recently been residing in Totowa Borough but was still able to attend our duplicate bridge sessions.. Although Fran could no longer drive to Wayne, Dorothy Troast, Al Jespersen and Arline Forman were kind enough to provide transportation for her.

Fran was a charming lady who never complained. She will be missed .

Medical Myths and Truths—Continued from Page 3

Belief: Vitamin C can prevent and shorten colds

Fact: This is a controversial area. The claim is rejected by most mainstream medical authorities although there is a large amount of anecdotal evidence [including more than thirty years' experience by your newsletter editor] that at least for some people, vitamin C can indeed head off incipient colds and possibly hasten recovery from colds already established. The amount of Vitamin C involved is of the order of grams, which is many times the "Recommended Daily Allowance" (RDA) promulgated by our government (most recently only 75 milligrams for women and 90 for men). The government originally recommended only 10 milligrams, but has increased the recommended amount repeatedly over the years as new evidence of Vitamin C's function has been recognized. So it is possible that eventually several grams a day might be specified officially as optimal.

Belief: Cold, wet weather makes you catch cold

Fact: Exposure to cold and dampness does not produce cold viruses, but such exposure is a stress on the body and thereby depresses its immune function. Also, in cold and wet weather people stay indoors more, increasing their exposure to others who might be infected.

Belief: Reading in dim light ruins your eyesight

Fact: Reading in dim light for an extended period can cause eyestrain and temporary "dry eye", but it does no permanent damage.

Belief: Eating too many carrots causes your skin to turn orange

Fact: It does, as also does eating too many tomatoes. But neither condition is harmful, though it is unsightly. The condition will clear over a period of months if the intake of the offending food is reduced sufficiently. By the way, you would have to eat a lot of carrots or tomatoes.

Belief: Cracking your knuckles causes arthritis

Fact: It's partly true. Repetitive knuckle-cracking wears down the associated joint(s) and thus accelerates the onset of, or worsens, osteoarthritis. It has no causal or other effect on rheumatoid arthritis, which is an autoimmune condition.

Belief: When you sneeze or cough, you should cover your mouth with your hand

Fact: The intention is excellent, Sneezing propels your germs into the air, and coughing spews out whatever your body senses as undesirable in the lungs or throat. Inflicting either of those things on other people is selfish to the point of malice. You should indeed cover your mouth, but you should *not* use your hand

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Medical Myths and Truths —Continued from Page 10

because that simply transfers the effluent there, so that it will be transferred to wherever you next put the hand, or whoever's hand you shake. You should baffle a sneeze or cough in the crook of your arm.

Belief: The screening tests listed below, improve the chances of early detection and cure in people who have no symptoms:

Chest X-ray;

Resting and treadmill ECG;

Mammography in women more than 40 years old;

PSA in men more than 50 years old;

Helicobacter pylori;

Blood tests for: hemoglobin, calcium, uric acid, glucose, cholesterol, liver function, renal function, and HDL/LDL ratio.

Fact: There is no scientific evidence supporting the value of those tests in screening asymptomatic people.

This article was based largely on

(1) a "University of Arkansas for Medical Sciences" Web site and

(2) the article "Medical Myths" by Dr. Michael Flaherty of Montana State University.

NOTE: This article is *not* to be taken as medical advice from the Wayne Adult Community Center.

A New Feature—Family News and Notes

As space allows, in each issue we will include items submitted by our members about their families and interesting friends. If you have an item to submit, either leave it in the Newsletter Editor's mail slot in the office, or send it to us at: Wayne Adult Community Center, 1502 Hamburg Turnpike, Wayne, NJ 07470 attn: Newsletter Editor. We can't guarantee inclusion, but we'll do our best. (Of course, we will edit for length and content.)

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Gerard and Ann Farese proudly announce the birth of their fourth Great Grandchild, Jack Grant Phelan. This brings the Farese family count to 33!

Gerard and Ann are also proud to announce that their grandson, US Army Lt. Kevin E. Farese, is leaving for a one-year tour of duty in South Korea. The Family's prayers and, we trust, God's blessings, go with him.

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	Myrna Korman
“	Thu 1:00 PM—4:15 PM	Fred Weston
Executive Committee	Second Wed 10 AM	Barbara Vigorito
General Meeting ^{¶¶¶}	Quarterly, third Wed 1:00 PM	Barbara Vigorito
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
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