



# 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**

**May, 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**

**Fish is Healthful, But Some Fish Should be Avoided  
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**

For the current schedule:

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

## Which Fish to Eat, Which to Avoid

You might, like many people, be eating more fish these days because you know fish is nutritious and is free of some of the less desirable things that red meat and fowl contain. However, there are some varieties of fish that contain undesirable items as well. One of those items is mercury. Another is polychlorinated biphenyl's ("PCBs"). Mercury is found in some of the larger ocean fish. PCBs are found in some farmed fish.

Also, if you're concerned about the environment, you know that some kinds of fish are harvested in such huge numbers that the species is approaching extinction.

Below are: Lists of fish that contain various amounts of mercury, and a list of fish that are being drastically over-fished and should therefore be avoided.

### LEAST MERCURY

Anchovies  
 Butterfish  
 Catfish  
 Clam  
 Crab (Domestic)  
 Crawfish/Crayfish  
 Croaker (Atlantic)  
 Flounder\*  
 Haddock (Atlantic)\*  
 Hake  
 Herring  
 Mackerel (N. Atlantic, Chub)  
 Mullet  
 Oyster  
 Perch (Ocean)  
 Plaice  
 Pollock  
 Salmon (Canned)\*\*  
 Salmon (Fresh)\*\*  
 Sardine  
 Scallop\*  
 Shad (American)  
 Shrimp\*  
 Sole (Pacific)

Squid (Calamari)  
 Tilapia  
 Trout (Freshwater)  
 Whitefish  
 Whiting

### MODERATE MERCURY

Bass (Striped, Black)  
 Carp  
 Cod (Alaskan)\*  
 Croaker (White Pacific)  
 Halibut (Atlantic)\*  
 Halibut (Pacific)  
 Jack smelt (Silverside)  
 Lobster  
 Mahi Mahi  
 Monkfish\*  
 Perch (Freshwater)  
 Sablefish  
 Skate\*  
 Snapper\*  
 Tuna (Canned chunk light)

**Concluded on Page 10**

# Advertisement

# WAYNE ADULT COMMUNITY CENTER - COMPUTER GROUP

Page 5

PHONE: 973/633-0734 WEBSITE: [www.wacci.net](http://www.wacci.net)

Editor: Linda Klonsky  
Vol 9, Issue 5

E-mail: [newsletter@wacci.net](mailto:newsletter@wacci.net)

May 2008

For Active  
People  
Ages 60+



## Cyberspace News

### Inside This Issue

- |   |          |
|---|----------|
| <b>Staying Safe<br/>On Public<br/>Computers</b>             | <b>5</b> |
| <b>They Even<br/>Deduct From<br/>God</b>                    | <b>6</b> |
| <b>Free Medic<br/>Alert Emer-<br/>gency Wallet<br/>Card</b> | <b>6</b> |
| <b>Two Ques-<br/>tions With<br/>Surprising<br/>Answers</b>  | <b>7</b> |
| <b>DTV<br/>Answers</b>                                      | <b>7</b> |
| <b>Rock Lyrics</b>  | <b>7</b> |
| <b>Dead Or<br/>Alive</b>                                    | <b>8</b> |

### Staying Safe On Public Computers

Gaining access to the Internet has never been easier. You can easily find and use computers at public libraries and Internet cafes and use them to check email, pay bills, etc. But are you really safe using these computers?

Well, according to Mr. Modem ([www.MrModem.com](http://www.MrModem.com)), you aren't. For example, there are hardware- and software-based keystroke loggers that are invisible to users. Keystroke loggers capture every keystroke entered on a computer's keyboard. These include passwords, account numbers, credit card numbers, names, addresses, and Social Security numbers.

To ensure a modicum of safety when using a public computer, avoid entering your passwords or login information. You can also change passwords from your home computer before visiting the site of a public computer (you may want to do this if you know you'll be traveling) and then changing them back upon your return.

When using a public computer,

avoid making purchases and conducting financial transactions online or any dealings that may necessitate the use of your credit card number or Social Security number.

Log out of websites instead of just closing the browser window or typing in another address. This will prevent the next user from accessing your information.

Don't leave the computer unattended while you're signed on, and *especially* not when sensitive information is on the screen. You never know who might walk by. Along these lines, be careful of who's looking over your shoulder. Snoops can have mighty good memories for your important information.

*Source: The information in this article came from two sources: 1) The March 2008 edition of 50 Plus 2) [www.microsoft.com](http://www.microsoft.com)*

## 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](http://www.wacci.net) and click the "Archives" button along the left

## They Even Deduct From God

A little boy wanted \$100 very badly and prayed for weeks, but nothing happened. Then he decided to write God a letter requesting the \$100.

When the postal authorities received the letter to God, USA, they decided to send it to the President.

The President was so amused that he instructed his secretary to send the little boy a \$5 bill. The President thought this would appear to be a lot of money to a little boy.

The little boy was delighted with the \$5 bill and sat down to write a thank-you note to God, which read:

"Dear God: Thank you very much for sending the money. However, I noticed that for some reason you sent it through Washington, DC., and those morons deducted \$95 in taxes."

*Source: A friend.*

## Free Medic Emergency Alert Wallet Card

Log onto the website listed below, for a free medic emergency alert wallet card:

[www.medids.com/free-id.php](http://www.medids.com/free-id.php)

With information you input, you can generate and print a card that you keep in your wallet behind your driver's license.

In an emergency situation, you may not be able to speak and give vital information to help alert others about your health. Medical providers sometimes have to treat accident victims without having any basic medical information about the individual or any way to contact someone who could provide crucial information.

The National Institute On Aging recommends you list on your card:

- Your name
- A list of your medical problems

- A list of your medications including herbs and supplements
  - The name and phone number(s) of your doctor(s). There's room for two on the card.
  - The name and phone numbers of family or close friends
  - Whether you wear contacts
- This is a great card for people of all ages to carry.



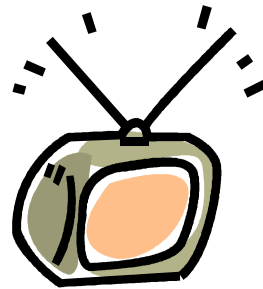
## DTV Answers

By law, full-power television stations across the nation must switch from the old method of transmitting TV signals, known as analog, to digital television (DTV) on February 17, 2009. Why?

DTV is supposedly a more flexible and efficient technology than the current analog system. The switch will enable television stations to offer better picture and sound quality. It will also allow TV stations to offer several channels of television programming at once. So, for example, while a station broadcasting in analog on channel 2 is only able to offer viewers one program, a station broadcasting in digital on channel 2

can offer viewers one digital program on channel 2-1, a second digital program on channel 2-2, etc. This should mean more programming choices for viewers.

To find out if and how this switch will affect you, log onto [www.dtvanswers.com](http://www.dtvanswers.com). This is the site for the National Association of Broadcasters DTV transition campaign and they claim that their mission is to make sure no one is caught un-awares when the transition is made.



## Two Questions With Surprising Answers

Question 1: If you knew a woman who was pregnant, had eight kids already, three of whom were deaf, two of whom were blind, and one mentally retarded; and she (the woman) had syphilis, would you recommend that she have an abortion? Read the next question before turning to page 8 to read the answer to this one.

Question 2: It is time to elect a new world leader, and your vote counts. Here are the facts about the three leading candidates:

Candidate A: Associates with crooked politicians, and consults with astrologers; he's had two mistresses, chain smokes and drinks

eight to ten martinis a day.

Candidate B: He was kicked out of office twice, sleeps until noon, used opium in college and drinks a quart of whiskey every morning.

Candidate C: He's a decorated war hero, a vegetarian, doesn't smoke, drinks an occasional beer, and hasn't had any extramarital affairs.

Which of these candidates would get your vote? Decide first (no peeking!), then turn to page 8 to get the answer.

## Rock Lyrics

If you've ever wanted to know exactly what the lyrics were to a certain rock n' roll song, then check out the website below:

[www.rockwisdom.com](http://www.rockwisdom.com)

Sure, there are plenty of artists and groups you've never heard before. But there are plenty of classics here, too.

For example, what about these pearls of wisdom:

**"Hooka Tooka, my soda cracker, does your mamma chew tobacco?  
...Chubby Checker in Hooka Tooka**

**"Make me feel at home if you really care, scratch my back and run your pretty fingers through my hair.  
...Elvis Presley in Treat Me Nice**

## You May Quote Me

**“A mother is a person who seeing there are only four slices of pie for five people, promptly announces that she never did care for pie.”**

...Tenneva Jordan

**“Biology is the least of what makes someone a mother.”**

...Oprah Winfrey

**“Making the decision to have a child is momentous. It is to decide forever to have your heart go walking around outside your body.”**

...Elizabeth Stone

**“The moment a child is born, the mother is also born. She never existed before. The woman existed, but the mother, never. A mother is something absolutely new.”**

...Rajneesh

Source:  
www.quotegarden.com

## Dead Or Alive

Have you ever been watching an old movie and wondered if the actor or actress you were seeing is currently alive or has died? Maybe you think you heard something about their passing and are somewhat curious as to whether they're still on this planet. Well apparently someone on the web is very curious about this stuff, and has a site that tracks whether famous people are alive or have passed. It's [www.deadoraliveinfo.com](http://www.deadoraliveinfo.com).

Now before you dismiss this as being overly morbid, take a moment to check out the site. It can be a walk down memory lane. Some names will pop up at you from old television shows. Some may seem familiar from music. Some may be childhood heroes. In any case, it's an interesting site to check out.

The information is organized according to various headers including:

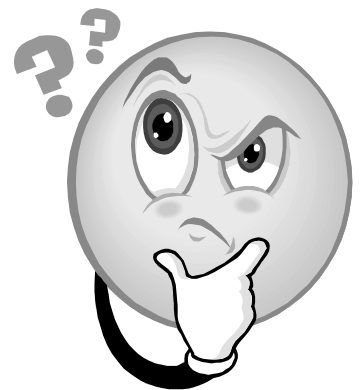
- Birthdays Today - There are symbols indicating who is

alive, who is not, or if the status of the person is unknown.

- Who Died On This Date
- Who Died Before The Age Of 30
- People Who Are Alive Over 85
- People Who Lived To Be 100 (a longer list than you might think)

There are also Dead Or Alive Quizzes, Guess The Age Quiz, and a feature entitled “Who Have You Outlived” which will enable you to see...well, the obvious.

Again, just another attempt by your Cyberspace News Editor to keep you in the know.



## Answer To The Two Questions On Page 7

**Question 1:** If you opted for an abortion for the pregnant woman, then you just killed Beethoven. Makes a person think before judging someone. Just remember: amateurs built the Ark, professionals built the Titanic!

**Question 2:** Candidate A is Franklin D. Roosevelt; Candidate B is Winston Churchill; Candidate C is Adolph Hitler.

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



## Special Events in May

Monday, May 12

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

Tuesday, May 20

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

Monday, May 26

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

## Bridge Scores

Date	Position	first	second
Thurs. 2/28	North/South	Cori - Ryan	Weston - Weston
	East/West	Hogan - Pressberger	Forman - Stern
Mon. 3/3		Maloy - Maloy	Canning - Korman
Tues. 3/4	North/South	Heartel - Vigorito	Cori - Ryan
	East/West	Farese - Morro	Basoglu - Wickham
Thurs. 3/6	North/South	Cori - Ryan	Leise - VanVooren, Allan - van Dam
	East/West	M. Donadio - S. Menschenfreund	Kamens - Kamens
Mon. 3/10		Heartel - Walsh	Gates - Vigorito
Tues. 3/11	North/South	Carlson - Hogan	Basoglu - Wickham
	East/West	Heartel - Vigorito	Satra - Walsh
Thurs. 3/13	North/South	Pressberger - Weston	Leise - VanVooren
	East/West	Lampert - Lampert	Pharo - Scotti
		Allen - van Dam	
Mon. 3/17		Heartel - Walsh	Greenberg - Scott
Tues. 3/18	North/South	Jespersen - Leise	Allen - Schneider
	East/West	Basoglu - Wickham	Baum - MacNamara
Thurs. 3/20	North/South	Allan - Basoglu	Hogan - Jespersen
	East/West	Leise - VanVooren	Sassoun - van Dam
Mon. 3/24		Gates - Vigorito	Korman et al
Tues. 3/25	North/South	Gala - Jespersen	Korman - Lombardi
	East/West	Chisolm - DeLuca	Satra - Walsh
Thurs. 3/27	North/South	Gala - van Dam	Cori - Ryan
	East/West	Belding - Shaw	Forman - Stern
Mon. 3/31		(Data not available at press time)	

Which Fish to Eat—Continued from Page 3

MODERATE MERCURY continued

Tuna (Skipjack)\*  
Weakfish (Sea Trout)

HIGH MERCURY

Eat three servings or less per month:

Bluefish  
Grouper\*  
Mackerel (Spanish, Gulf)  
Sea Bass (Chilean)\*  
Tuna (Canned Albacore)  
Tuna (Yellowfin)\*

HIGHEST MERCURY

Avoid eating:  
Mackerel (King)  
Marlin\*  
Orange Roughy\*  
Shark\*  
Swordfish\*  
Tilefish\*  
Tuna

\* **Fish in Trouble** These fish are perilously low in numbers or are caught through the use of environmentally destructive methods.

\*\* **Farmed Salmon** may contain PCB's, which are chemicals with serious long-term health effects.

**The lists above were compiled by the National Resources Defense Council.** The data regarding mercury in fish are from two federal agencies: the Food and Drug Administration, which tests fish for mercury, and the Environmental Protection Agency.

**About the mercury-level categories:** The categories on the lists (least mercury to highest mercury) are determined according to the following mercury levels in the flesh of tested fish:

- Least mercury: Less than 0.09 parts per million
- Moderate mercury: From 0.09 to 0.29 parts per million
- High mercury: From 0.3 to 0.49 parts per million
- Highest mercury: More than .5 parts per million

It seems to your newsletter editor that the safest course is to avoid all but the fish with the lowest levels of mercury. However, we agree with some authorities who feel that occasional including higher-risk fish in a meal would do no great harm.

You Know You're Old When

You tell a friend: "I'm having an affair."  
And your friend asks: "Will you be having it catered?"

## May Birthdays

	DAY		DAY
Ruth Baum	1	Marion English	17
Vincent Cerbone	2	Elizabeth Post	17
Rosalind Derosiers	4	Helen Bufano	19
Tina Continanza	6	Marion Monzo	19
Robert Derosiers	10	Marcia LaMothe	24
Kenneth Moore	10	Marcia Berkoqitz	28
Barbara Taitleman	16	Terry Cori	30

If you want to be added to the monthly Birthday list,  
call the office (973-633-0734)  
or call Jean Weston (973-790-0446).

### Doctor Visit

When the doctor asks his elderly patient why she's come in, she says: "I'm here about my husband. He has a problem but he refuses to see a doctor".

The doctor asks her what the problem is.

"He doesn't have the stamina he used to have in the bedroom".

Knowing that his patient is in her 80's, the doctor asks her the age of her husband.

"He's 93", she tells him.

The doctor smiles and says "Well it's typical that as men age, their prowess in the bedroom decreases. When did you first notice his condition?"

"Last night", she says, "and again this morning".

## 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—3:00 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—4:15 PM	<b>Myrna Korman</b>
“	Thu 1:00 PM—4:15 PM	<b>Fred Weston</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 Series <sup>¶¶</sup>	(At the General Meeting)	<b>Elizabeth Farace and George Morris</b>
Newsletter	Monthly	<b>William Shapiro and Linda Klonsky</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>
Tennis <sup>¥¥</sup>	Mon, Wed, Fri 8:30 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. ¶¶ 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 regularly closed.**

### **Computer Fun Meeting Topics**

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