



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

May, 2009

ACTIVITIES

Canasta	Computer Classes*	Computer Fun Meetings	Contract Bridge
Discussion Group	Duplicate Bridge	Jigsaw Puzzles	Lending Library
Mah Jongg	Painting Group	Pinochle	Pizza Parties
Shuffleboard	Speakers and Performers	Special events	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

Great Moments in Jurisprudence

(a light-hearted feature this month)

(See Page 3)

Do You Know About New Jersey 2-1-1?

(See Page 9)

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito

Vice President: Vince Barilla

Treasurer: Bill Pharo

Sergeant at Arms: Allan Jespersen

Secretary: Rosalie van Dam

For the current schedule:

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

The quotes below are from the book “**Disorder in the Court: Great Fractured Moments in Courtroom History**” by Charles M Sevilla. The author is a practicing lawyer, who claims that the exchanges are from actual trials.

ATTORNEY: What gear were you in at the moment of the impact?

WITNESS: Gucci sweats and Reeboks.

ATTORNEY: Are you sexually active?

WITNESS: No, I just lie there.

ATTORNEY: This myasthenia gravis, does it affect your memory at all?

WITNESS: Yes.

ATTORNEY: And in what ways does it affect your memory?

WITNESS: I forget.

ATTORNEY: You forget? Can you give us an example of something you forgot?

ATTORNEY: Now doctor, isn't it true that when a person dies in his sleep, he doesn't know about it until the next morning?

WITNESS: Did you actually pass the bar exam?

ATTORNEY: The youngest son, the twenty-year-old, how old is he?

WITNESS: He's twenty, much like your IQ.

ATTORNEY: Were you present when your picture was taken?

WITNESS: Are you shitting me?

ATTORNEY: So the date of conception (of the baby) was August 8th?

WITNESS: Yes.

ATTORNEY: And what were you doing at that time?

ATTORNEY: How was your first marriage terminated?

WITNESS: By death.

ATTORNEY: And by whose death was it terminated?

WITNESS: Take a guess.

Advertisement

For Active
People
Ages 60+



Cyberspace News

Internet Addiction Disorder

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 : **Enjoy This** :
 : **Newslet-** :
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 : **Then** :
 : **RECYCLE** :
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Internet addiction disorder (IAD), or more broadly Internet overuse, problematic computer use or pathological computer use, is excessive computer use that interferes with daily life. The latter terms avoid the distracting and divisive term *addiction* and are not limited to any single cause.

IAD was originally proposed as a disorder in a satirical hoax by Dr. Ivan Goldberg in 1995. He modeled his description on that of pathological gambling as set forth in the Diagnostic and Statistical Manual of Mental Disorders (DSM-IV). However, IAD received coverage in the press, and its classification as a psychological disorder is now being debated and researched.

Activities done on the computer which, if done in person, would normally be considered troublesome, such as compulsive gambling or shopping, are sometimes called Net compulsions. Others, such as reading or playing computer games, are troubling only to the extent that these activities interfere with normal life. Support-

ers of disorder classification often divide IAD into subtypes by activity, such as excessive viewing of pornography, overwhelming and excessive gaming, inappropriate involvement in online social networking sites or blogging, and Internet shopping addiction.

There is debate over the inclusion of IAD in DSM-V, the next (2012) edition of the DSM. Some argue that Internet addiction disorder exists and should be included, and some claim that it is neither an addiction nor a specific disorder, and should not be included in DSM-V. One argument for inclusion is that it would open the door for insurance to pay for Internet addiction counseling. A counter-argument is that there is no evidence that needed treatment is being denied, as treatment is coded under existing labels according to the underlying symptoms.

...continued on Page 6...

Free And Fun



Come
to our
Com-
puter
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 side.

Disorder (...continued)

While the existence of Internet addiction is debated, self-proclaimed sufferers are going to the courts for redress. In one American case (*Pacenza v. IBM Corp.*), the plaintiff argued he was illegally terminated in violation of the Americans With Disabilities Act because of Internet addiction triggered by Vietnam War-related Post-Traumatic Stress Disorder. The case is pending before the court in the Southern District of New York.

Several counselors and other experts say that time spent on the computer is not important in diagnosing an addiction to the Internet. The question, they say, is whether Internet use is *causing serious problems*, including the loss of a job, marital difficulties, depression, isolation and anxiety, and still the user cannot stop.

Some therapists report seeing a growing number of teenagers and young adults as patients, who grew up spending hours on the computer, playing games and sending instant messages. These patients appear to have significant developmental problems, including attention deficit disorder and a lack of social skills.

A number of professionals acknowledge that IAD is not a true addiction and may, in fact, be no more than a symptom of other existing disorders. An overbroad description of

addiction leaves open the possibility of *every* compensatory behavior being declared an addiction. For example, a person who has lengthy telephone conversations with a friend to avoid an unpleasant situation could be declared "addicted to the telephone" with as equal validity as a person who chats on the Web with the same underlying goal.

It is also widely recognized, even by its supporters, that most if not all "Internet addicts" already fall under existing, diagnostic labels generally agreed to be legitimate. For many patients, overuse or inappropriate use of the Internet is merely a manifestation of their depression, anxiety, impulse-control disorders, or pathological gambling. In this criticism, IAD is compared to food addiction in which patients overeat as a form of self-medication for depression, anxiety, etc., without actually being truly addicted to eating.

In many cases, though not all, Internet overuse corrects itself, and some consider IAD just another fad diagnosis. In that case, one has to wonder, why are institutions spending millions of dollars investigating it?

Source (note the absence of the www in this address): <http://en.wikipedia.org>

What Is “The Registry”?

You’ve probably heard references to “The Windows Registry”. You might even know that it’s very important, but what is it?

To partly quote and partly paraphrase one user: The Registry is a huge file whose contents are best described as a hideously complex ball of string, rubber bands, duct tape and bailing wire. It’s supposed to keep track of Windows system settings, your hardware configuration, user preferences, file associations, system policies, and installed software. It was supposed to be an improvement on the collection of simple text files that previously stored Windows configuration

settings, but the “improvement” is a ridiculously complicated mess that makes Windows much more prone to disruption and harder to maintain.

Even the smallest change to an item in the Registry can cripple or kill Windows. Therefore, although The Registry can be edited to change a characteristic of a program or of the computer, or to correct a corrupted entry, that should be done only by an expert, and only after a backup copy has been made.

Thanks to Bill Shapiro for another fascinating article.

Good News For Tetris Players

Researchers at Oxford University have some good news about the game Tetris. The BBC reported that the researchers asked volunteers who previously suffered traumatic experiences to play Tetris half an hour after recalling those experiences.

The group who played Tetris suffered fewer “flashbacks” (i.e. vivid, involuntary recollections of unpleasant experiences) than the control group.

Flashbacks are common symptoms of anxiety conditions like post-traumatic stress disorder (PTSD).

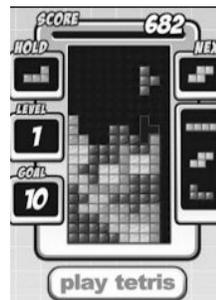
The researchers wanted to find a

way to “dampen down” flashbacks. It was theorized that Tetris may work by competing for the brain’s resources to process sensory information.

It is hoped that this research may be used to as a part of therapy in helping sufferers of anxiety conditions.

Source (note the absence of the www in this web address):

<http://video-games.yahoo.com>.



Life Expectancy

It’s a fact that most of us don’t know at what age we’ll die. But if you want to get a sense of how long you have left, try the Life Expectancy Calculator found on (note the absence of the www in this web address)

http://moneycentral.msn.com/investor/calcs/n_expect/main.asp

By entering some information about yourself, you can get the magic number that you may live to.

If you take the test and it’s a high number, then the experience is fun. If the number is low, well, you’ve got some thinking to do and some changes to make.

Time

To realize the value of one year: Ask a student who failed a final exam.

To realize the value of one month: Ask a mother who has given birth to a premature baby.

To realize the value of one week: Ask an editor of a weekly newspaper.

To realize the value of one hour: Ask the lovers who are waiting to meet.

To realize the value of one minute: Ask the person who has missed the plane.

To realize the value of one second: Ask a person who has just avoided an accident.

To realize the value of one milli-second: Ask the person who has just won a silver medal in the Olympics.

Source:
www.cyberparent.com

Paper Or Plastic—When To Choose

You're at the grocery checkout when the cashier asks that inevitable question: paper or plastic? Experts disagree on which is better. On the one hand, it takes more energy plus a lot of trees and water to make paper bags. But they're recyclable. On the other hand, plastic bags are re-usable and recyclable. But they clog up our waterways and litter our streets. What's a consumer to do?

You can buy your own reusable bags—just remember to use them in place of the throwaway bags. And you can follow the advice found on (note the absence of the www in this web address) <http://green.yahoo.com>:

When to pick plastic:

- The paper-bag is made from timber (bad) instead of post-consumer recycled fiber (g00d). Look for a label on the bag or ask your store.
- You are more likely to reuse a plastic bag than one made of paper.

When to choose paper:

- The bag is made from post-consumer recycled fiber.
- You live in a place where there is a risk that a plastic bag might end up in a large body of water.
- You can reuse or recycle a paper bag more easily than one made of plastic.

Streaking For Money

Two old men were sitting on a park bench outside the local town hall where a flower show was in progress. One leaned over to the other and said, "Crimony sakes! Life is boring. We never have any fun these days. For five dollars, I'd take my clothes off and streak through the darned flower show!"

"You're on!" said the other old fellow, holding up five dollars.

As fast as he could, the first old man fumbled his way out of his clothes, and while completely naked, he streaked through the front door of the town hall. His friend

heard a huge commotion inside the hall, followed by a loud roar of applause. The streaker burst back out through the door surrounded by a cheering crowd.

Hurriedly, he ran over to his eager buddy. "Wow, what happened?" asked his friend. "It was great!" he said, "I won first prize for best dried arrangement!"



Source:
www.suddenlysenior.com

Bridge Scores

Date	Position	first	second
Mon. 3/2		(cancelled due to snow)	
Tues. 3/3	North/South	Chisholm - DeLuca	Leise - J. Donadio
	East/West	Cori - Scotti	Jespersen - Pharo
Thurs. 3/5	North/South	Heartel - Gala	Korman - Lombardi
	East/West	Cori - Scotti	Stein - Pressberger
Friday 3/6	North/South	Pharo - Basoglu	Heartel - Jespersen
	East/West	Cori - Sharkey	J. Donadio - Senaldi
Mon. 3/9		Heartel - Walsh	Kwiecinski - DeLucia
Tues. 3/10	North/South	Walsh - Satra	Wickham - Basoglu
	East/West	Cori - Scotti	Chisholm - DeLuca
Thurs. 3/12	North/South	Vigorito - Schneider	Jespersen - Pharo
	East/West	Gala - Heartel	Scotti - van Dam
Friday 3/13	North/South	Jespersen - Heartel	VanVooren - Schneider
	East/West	J. Donadio - Senaldi	Canning - Joseph
Mon. 3/16		Pomposelli - Pomposelli	Heartel - Walsh
Tues. 3/17	North/South	Wickham - Basoglu	Hogan - Carlson
	East/West	Gala - Jespersen	Baum - McNamara
Thurs. 3/19	North/South	Walsh - Satra	Korman - Lombardi
	East/West	S. Menchenfreund - M. Donadio	Gala - Heartel
Friday 3/20	North/South	Farese - Morro	Perrini - Belding
	East/West	Briete - Cirilis	Heartel - Schneider
Mon. 3/23		Heartel - Walsh	Kwiecinski - DeLucia
Tues. 3/24	North/South	Hogan - Carlson	Heartel - Vigorito
	East/West	Wickham - Basoglu	Cori - Scotti
Thurs. 3/26	North/South	Gala - Heartel	Jespersen - Pharo
	East/West	Lampert - Lampert	Lichtenberg - Lichtenberg
Friday 3/27	North/South	Not available at press time	
	East/West		
Mon. 3/30			
Tues. 3/31	North/South		
	East/West		

Do You Know About New Jersey 2-1-1?

We all know about 9-1-1, the general emergency number, but in New Jersey there is another 3-digit number you should know about.

Calling 2-1-1 will get you to resource specialists who can guide you to agencies where you can get help in dealing with urgent needs or everyday concerns. They can direct you to state and local health and human services agencies, food banks, and more. It is free, confidential, and available from anywhere in New Jersey, 24 hours a day, all days. There is also a Web site, www.nj211.org, that is among things, supposed to provide access to their resource database* as well as to Web pages that contain facts, contact numbers, and addresses of other helpful Web sites.

Continued on Page 10

Great Moments ... Continued from Page 3

ATTORNEY: She had three children, right?

WITNESS: Yes

ATTORNEY: How many were boys?

WITNESS: None.

ATTORNEY: Were there any girls?

WITNESS : Your Honor, I think I need a different attorney. Can I get a new attorney?

ATTORNEY: Doctor, before you performed the autopsy, did you check for a pulse?

WITNESS: No.

ATTORNEY: Did you check for blood pressure?

WITNESS: No.

ATTORNEY: Did you check for breathing?

WITNESS: No.

ATTORNEY: So, then it is possible that the patient was a live when you began the autopsy?

WITNESS: No.

ATTORNEY: How can you be so sure, Doctor?

WITNESS: Because his brain was sitting on my desk in a jar.

ATTORNEY: I see, but could the patient have still been alive, nevertheless?

WITNESS: Yes, it is possible that he could have been alive and practicing law.

Thanks to Rosalie van Dam for sending the quotes.

2-1-1 :: Continued from page 9

The 2-1-1 “Call Specialists” can provide comprehensive information and referral services available in your community, for a variety of issues including:

- Resources that fill basic human needs (food banks, clothing closets, shelters, rental assistance, utility assistance, and more);
- Support for Seniors and people with disabilities (adult day care, congregate meals, Meals on Wheels, respite care, home health care, transportation, homemaker services, etc.);
- Physical and mental health resources (health insurance programs, Medicaid and Medicare, maternal health, Children’s Health Insurance Program, medical information lines, crisis intervention services, support groups, counseling, drug and alcohol intervention and rehabilitation, etc.)

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Special Events in May

Monday, May 11

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

Wednesday, May 20

1:00 PM—PIZZA PARTY

Monday, May 25

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

*May
Birthdays*

Ruth Baum	May 1	Marion English	May 17
Vincent Cerbone	May 2	Elizabeth Post	May 17
Reva Kamens	May 3	Margaret Shaw	May 18
Rosalind Desrosiers	May 4	Marion Monzo	May 19
Tina Continanza	May 6	Bernadette Hourihan	May 20
Robert Desrosiers	May 10	Arthur Leise	May 21
Nancy Hoffman	May 10	Marcia La Mothe	May 24
Kenneth Moore	May 10	Linda Walsh	May 25
Evelyn Senaldi	May 13	Marcia Berkowitz	May 28
Barbara Tatleman	May 16	Tery Cori	May 30

2-1-1 :: Continued from page 9

- Employment supports (financial assistance, job training, transportation assistance, education programs, etc.).

There are other services too, but we have not mentioned them here because they are not of consequence to seniors.

We don't yet know anyone who has used the 2-1-1 service, which has been in place for several years, but it's definitely worth a try if circumstances should warrant.

Our thanks to Charlie McNally for reminding us of the 2-1-1 service.

* Unfortunately, when we tried several times to use the database link on the web site, either it produced a message that the page was unavailable, or nothing happened.

Times and Contacts for Regular Activities
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<u>ACTIVITY</u>	<u>DAY & TIME</u>	<u>COORDINATOR(S)</u>
Canasta ^{cc}	Wed 1:00 PM—4:00 PM ^{¶¶¶}	Elizabeth Farace
Computer Classes ^{cc}	(various —see coordinator)	Vince Barilla
Computer Fun Meeting ^{¶¶¶ cc}	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 1:00 PM—5:00 PM	Myrna Korman
“	Thu 1:00 PM—5:00 PM	Fred Weston
	Fri 7:00 PM	Myrna Korman
Executive Committee	Second Wed 10 AM	Barbara Vigorito
General Meeting ^{¶¶¶}	Quarterly, third Wed 1:00 PM	Barbara Vigorito
Intermediate Bridge ^{cc}	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime [¥]	June Morris
Lending Library	Anytime [¥]	Julia Bidden and Reva Kamens
Line Dancing ^{cc,§}	Tuesday, 1:30 PM—2:30 PM ^{§§}	Joyce Cimera
Mah Jongg ^{cc}	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Speaker/Performer Series	(At the General Meeting)	Barbara Vigorito
Newsletter	Monthly	William Shapiro, Editor
Painting Group	Friday, 9:00 AM	Anil Mathur
Pinochle ^{cc}	Tue 9:30 AM	Elizabeth Farace
“	Wed 9:30 AM	Henry Gates
Shuffleboard (outdoor) ^{c,¥¥¥}	Sat 11:00 AM—1 PM	Henry Hartmann
Tennis ^{¥¥}	Mon, Wed, Fri 9:00 AM***	Vic Scillieri

** 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