



# 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

November, 2007

### 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**

Digital Television is Coming Soon -  
Will You Be Ready?  
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 schedules,  
Click the “This Month” or “Next Month” button  
at the top of the page.

### Digital Television is Coming Soon

Until recently, all television was broadcast via “analog” technology, the same way sound had always been stored and transmitted from one place to another. But as digital technology developed, it revolutionized the storage and transmission of information, including sound (which is one kind of information). The music on CDs, now carried by record stores that used to sell vinyl disks (remember the “lp”?) is in digital form, and so is the movie that you rent on DVD.

Most recently, digital technology has been extended to television, making it practical to achieve unprecedented clarity in the television picture.

There are several versions of digital television; the one chosen in the United States is “HDTV”, High Definition Television. Several years ago, congress passed a law requiring *all* television stations to switch to digital broadcasting by no later than the end of 2008. After that date (if it is not extended\*), all broadcast television will be digital and in HDTV format although not all broadcasts will have to be at full HDTV picture quality.

If you already have one of the HDTV sets, you are prepared. However, if you have an analog TV, you cannot yet receive digital signals. If your set is “HDTV Ready”, it can display at least the minimum required HD-quality picture, but the set lacks an HD tuner. You will either have to rent an appropriate electronic device from your cable, satellite or telecommunications provider, or buy an HD tuner when analog broadcasts become unavailable.

If you would rather keep your old analog TV when analog broadcasting ends, you will be able to buy a signal converter, which as of this writing is predicted to cost \$50 to \$75. It will convert the digital signal to an analog signal, which your old set can deal with. (It is also possible that, if you have cable or satellite or telecommunication-line TV service, your provider might make some converted signals available directly through their system).

Of course, your analog television will still not be capable of producing the full, crystal clarity of a high-definition picture, so don’t expect anything special from the converted result. For the quality of an HDTV picture, you have to have an HDTV set.

\* The deadline has been extended several times, so the current date may not be final.

# Advertisement

For Active  
People  
Ages 60+



Inside This  
Issue

Search Engine  
Caveat 5

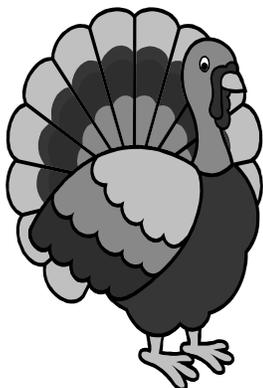
Exercise Is  
Not A Dirty  
Word 6

Smokers  
More Likely  
To Get  
Dementia 6

It's Flu  
Vaccine  
Time 7

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# Cyberspace News

## Search Engine Caveat

When you use a search engine, such as Google or Yahoo, the results include items identified as “sponsored”. The term indicates that an advertiser is *paying* the search engine to list it prominently in the search results.

The problem is that the search engine companies are not diligent in ensuring that all the advertised products are legitimate. For example, at least three of the major search engines provide sponsored results that feature *fraudulent* anti-spyware programs. They offer to scan your computer free of charge, then report problems that don't exist, and encourage you to buy their product in order to remove the fictitious problems. This is a nice set-up for the sponsor, and yields the search engine a nice profit, but it's a scam to the innocent buyer.

The major search engines all have fancy-sounding policies regarding fraudulent or dangerous products, but the policies are not enforced.

Some of the advertisers even feature links to purportedly inde-

pendent review sites that are actually run by the advertiser.

So what can you do? At the present time, your best recourse is to consult a trusted, knowledgeable friend for advice before buying any software product. And, as always, buyer beware!



Source:  
Based on an article by Scott Dunn, a contributing editor of PC World Magazine

*Note: Special thanks to Bill Shapiro for this article.*

## 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 environment that is informal and friendly.

Computer Fun Meetings are held the second and fourth Mondays of each month



### 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

## Exercise Is Not A Dirty Word

We all know that exercising reaps tons of benefits to our physical as well as mental health. You may benefit from a combination of aerobic, strength, balance, and flexibility exercises. But what do those terms mean?

**Aerobic activities** use your large muscle groups and increase your heart rate. They may cause you to breathe harder. You should be able to speak several words in a row while doing aerobic activities, but should not be able to carry on an entire conversation. Examples of moderate-intensity aerobic activities include:

- water aerobics
- tennis
- housework or gardening
- active play with children or grandchildren (or, perhaps, your spouse)
- dancing

**Strengthening** requires your muscles to use force against a resistance, such as gravity, weights, or exercise bands. Examples include:

- lifting weights
- household or garden tasks that make you lift or dig
- pushing a lawnmower

**Balance activities** typically focus on the muscles of your abdomen, lower back, hips, and legs. They require you to control your body as you move

through the exercise, to avoid falls. Examples include:

- walking heel to toe in a straight line
- standing on one foot
- standing up from a chair and sitting down again without using your hands
- Tai Chi
- rising up and down on your toes while standing and holding onto a stable chair or countertop

**Flexibility activities** help increase the length of your muscles and improve your range of motion. Examples are:

- yoga
- Pilates
- Stretching

**Weight-bearing activities** require your bones and muscles to work against gravity. They include any activities in which your feet and legs are bearing your total body weight, such as:

- walking
- tennis
- climbing stairs

An added benefit of varying the combinations: it staves off boredom. So let's get moving!

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

*<http://win.niddk.nih.gov>*



## Smokers More Likely To Get Dementia

A study that followed 7,000 people age 55 and older for seven years has determined that people who smoke are more likely to develop Alzheimer's disease or other forms of dementia than nonsmokers or those who smoked only in the past.

Over the seven years of the study, 706 of the participants developed dementia. People who were current smokers at the time of the study were 50 percent more likely to develop dementia than people who had never smoked or were only past smokers. The study was published in the September 4, 2007, issue of *Neurology*, the medical journal of the American Academy of Neurology.

Smoking increases the risk of cerebrovascular disease, which is also tied to dementia. Another factor could be oxidative stress, which can damage cells in the

blood vessels and lead to hardening of the arteries. Smokers experience greater oxidative stress than nonsmokers, and increased oxidative stress is also seen in Alzheimer's disease.

Oxidative stress occurs when the body has too many free radicals, which are waste products produced by chemical reactions in the body.

Antioxidants in the diet combat free radicals, and studies have shown that smokers have fewer antioxidants in their diets than nonsmokers.

Just another reason why *you*, if you do smoke, should stop NOW!



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

## It's Flu Vaccine Time

With time passing so quickly, as it always does, it's time to think about getting the flu vaccine or at least asking your doctor about it.

According to the CDC (Centers For Disease Control), in an average year, approximately 36,000 people will die from influenza. Most of these deaths occur in people 65 and over.

The flu season in the U.S. is usually between November and April and it takes two weeks after receiving the vaccine for it to become effective.

So talk to your doctor about getting the flue shot as soon as possible. It could save your life.

Source: [www.cdc.gov](http://www.cdc.gov)

## Just In Time For The Holidays

While we all *try* to be nice at family gatherings, sometimes it's nice to have a witty comeback to a relative's offensive remark. So, as an early holiday present, here are a few amusing retorts:

**"I don't take what you said personally. Every time you open your mouth, you offend somebody."**

**"Well, you probably said that without thinking, the way you say most things."**

**"Don't worry about it. I've never listened to a thing you've said since the day I met you."**

**"Nothing you say could offend me. I only get offended by things that make sense."**

...continued on  
Page 8...

**Just In Time**

(...continued from Page 7)

**“You may not have many faults, but you sure make the best of the ones you have.”**

**“The only skill you’ve ever developed is the art of being obnoxious.”**

**“Your voice is even louder than your dress.”**

**“Don’t let your mind wander. It’s far too small to be let out on its own.”**

**“I don’t think you’re a fool. But what’s my opinion compared to that of thousands of others.”**

**“I don’t know what makes you so ignorant, but it really works.”**

**“A sharp tongue does not mean you have a keen mind.”**

Source:  
www.insults.net

## Gray Market Products

You buy a product online. Then later, when you have a problem with the product, you call the manufacturer, who tells you the item is a gray market product. A what?

Gray market products are not intended for sale in the United States. Rather, certain sellers are buying these products, especially electronics, overseas and then re-selling them in America. That doesn’t mean they’re bad. Usually, the quality won’t be any less. The product may just have a different name or badge.

But some companies won’t honor warranties for non-U.S. products. If the product fails, you could be out of luck. Also, menus could be in a different language. And units of measurement may differ from American products.

And that’s where unscrupulous websites enter the pictures. These sellers aren’t clear about gray market products. A disclaimer hidden on the site may say some products are “imported” but you’re left to guess which ones were really intended for sale in the U.S.

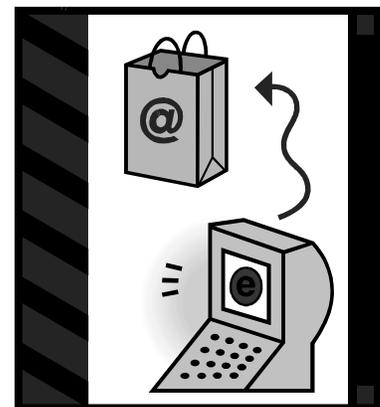
So how can you avoid unscrupulous sellers?

- Be skeptical of prices that seem too good to be true.
- Look at accessories: Overpriced memory cards, cables or lenses are warning signs.

Do your research. Shopping

sites usually rate sellers. Check negative reviews for mention of bait-and-switch tactics. But don’t base your judgment solely on these reviews because sellers sometimes game the system with fake reviews.

- If a seller has very few reviews, move on. Unscrupulous sellers often change names to get a clean slate.
- Do a Google search on the seller. You’ll find other buyers’ experiences. This is particularly true if the merchant offers cameras. Photo buffs are not shy about sharing their stories in forums.
- Ask your friends and other online shoppers you know, about the seller. Trading experiences with people you trust is a good, comforting way to find out if a seller is legitimate.



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

Digital Television— Continued from Page 3

Choosing an HDTV can be a daunting problem: There are CRT, LCD, plasma, and rear-projection HDTVs. Each has advantages and disadvantages. To make things even more difficult, the situation has been changing. For instance, screen sizes above about 42 inches used to be available only in plasma and rear-projection sets, but now LCD sets are available with screens larger than 50 inches..

There are CRT (cathode ray tube) sets that can display HDTV. Like your old analog TV, they use a heavy, bulky “picture tube”. Since there are so few HDTVs that use CRT’s, and since they have not been attracting large numbers of buyers, we will not discuss them here. We will restrict ourselves to the three popular types of HDTV: LCD, Plasma, and Rear Projection.

LCD sets use liquid crystal display panels containing many “pixels”, as do digital wristwatches, cell phones and some other common electronic devices.

Plasma sets use a confined cloud of electrically-charged gas molecules to form a picture.

Rear projection sets use either a trio of special CRTs, or a beam of light shining through a small electronic panel, to illuminate the back of a translucent screen.

The relative pros and cons of those three major types, as of this writing, are shown on Page 10.

Concluded on Page 10

## New Mergers

Polygram Records, Warner Brothers, and Keebler Cookies merged  
and became Polly Warner Cracker.

3M achieved a hostile takeover of Goodyear,  
and named the new company MMM Good.

John Deere and John Abell Corporation merged to form Deere John.

Hale Business Systems, Mary Kay Cosmetics, Fuller Brush, and W.R. Grace Com-  
pany merged to form Hale Mary Fuller Grace.

And lastly,

Knott’s Berry Farm joined with the National Organization of Women  
to form the entity Knott NOW.

## Digital Television — Continued from Page 9

	LCD	Plasma	Rear Projection
Pros	Best in brightly-lighted rooms; Available in a wide variety of sizes from very small to very large.	Largest available screen sizes; Most vivid colors; Still best for fast motion.	Rear projection TVs are less costly than plasma or LCD sets of comparable screen size. There are several varieties of projection TV, each with its advantages and disadvantages.
Cons	More expensive than comparable screen size plasma sets or rear projection units; In some models, there is a falloff in picture brightness and color definition when viewed at steep angles.	Consumes the most power; Prone to image “burn-in”.	Much larger cabinet than plasma and LCD sets; Some varieties have degraded picture quality if the precise factory alignment is disturbed in transit.

Your newsletter editor recently bought a 52-inch HDTV, and he chose an LCD set because LCD TVs are not power hogs like Plasma TVs, and unlike rear projection sets they are very slim. Your choice might be different, depending on what characteristics are most important to you.

W. A. Shapiro

## Special Events in November

Monday, November 12

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

Tuesday, November 20

12:30 PM—Big Band Dance (Open to the public)

Monday, November 26

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

## New Terms for Old

The advertising industry has long been a rich source of euphemisms and of adjectives that soften or reverse the meanings of product shortcomings and disadvantages (e.g. “pre-owned” car for used car, and “encore presentation” for rerun). Similarly, political spin doctors have taken the science of obfuscation to new depths (or heights, depending on your point of view) e.g. “revenue enhancement” for a new or increased tax, and “regime change” for the violent overthrow of another nation's government.

In the spirit of the foregoing, we humbly suggest the following new entries:

<u>Old Term</u>	<u>New Term</u>
Homelessness	Alternative living conditions
Starvation	Extreme diet
Poverty	Nonstandard income level
Armed robbery	Acquisition through enhanced influence
Embezzlement	Unilateral bonus attainment
Death	Modified state of health

W. A. Shapiro

## Three Miscellany

### Things most of us believe, that are not true

“Blind as a bat” – Bats are not blind. Some bats’ vision even extends into the ultraviolet, and others extend into the infrared, both ranges invisible to humans. Bats also have an impressive complement of other senses, including their well-known echo-location capability, but their senses also include the ability to use the Earth’s magnetic field for long-distance navigation.

“An ostrich responds to danger by burying its head in the sand”. There is no such behavior on record.

### Anomaly

The leaves of most northeastern deciduous trees are green all summer, and turn shades of yellow, orange and red in the autumn. The leaves of the Black Oak tree, however, are dark maroon during the summer and turn green in the autumn.

## Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Big Band Dance ¶	Third Tue 12:30 PM*	<b>Bill English</b>
Canasta ¢¢	Wed 1:00 PM—3:00 PM ¶¶¶	<b>Elizabeth Farace</b>
Computer Classes ¢¢	(various —see coordinator)	<b>Vince Barilla</b>
Computer Fun Meeting ¶ ¢¢	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 12:45 PM—4:15 PM	<b>Geri Hogan</b>
“	Thu 12:45 PM—4:15 PM	<b>David Ryan and Fred Weston</b>
Executive Committee	Second Wed 9 AM	<b>William Shapiro</b>
General Meeting ¶¶	Quarterly, third Wed 1:00 PM	<b>William Shapiro</b>
Hospitality Hostesses	General Meeting, Big Band Dance	<b>Camille Balletto and Marion English</b>
Intermediate Bridge ¢¢	Friday 1:00 PM—3:00 PM	<b>Myrna Korman</b>
Jigsaw Puzzle	Anytime ¥	<b>June Morris</b>
Lending Library	Anytime ¥	<b>June Morris</b>
Line Dancing ¢¢.§	Tuesday, 1:30 PM—3:00 PM §§	<b>Joyce Cimera</b>
Mah Jongg ¢¢	Thursday 9:30 AM—11:30 AM	<b>Barbara Taitleman</b>
Music Group	Friday, 9:00 AM—Noon	<b>Lorraine Dienno</b>
Monthly Speaker Series ¶¶	(At the General Meeting)	<b>Elizabeth Farace</b>
Newsletter	Monthly	<b>William Shapiro, Editor</b>
Painting Group	Friday, 9:00 AM	<b>Anil Mathur</b>
Pinochle ¢¢	Tue 9:30 AM	<b>Elizabeth Farace</b>
“	Wed 9:30 AM	<b>Henry Gates</b>
Shuffleboard (outdoor) ¢.¥¥¥	Sat 10:00 AM—Noon	<b>Henry Hartmann</b>
Tennis ¥¥	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

¢ Kilroy Park, Concord Place, Wayne.

¢¢ Instruction included or available.

¢¢¢ 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](mailto:charliewacci@hotmail.com)