



Wayne Adult Community Center, Inc.
For New Jersey's Active People 60 and Over*
 1502 Hamburg Turnpike // (Bus #197, Squad Place stop)

Newsletter and Cyberspace News

Editors: William Shapiro and Linda Klonsky

October, 2008

ACTIVITIES

Big Band Dances
 Contract Bridge
 Lending Library
 Pinochle
 Tennis

Canasta
 Discussion Group
 Mah Jongg
 Pizza Parties

Computer Classes*
 Duplicate Bridge
 Speaker Series
 Shuffleboard

Computer Fun Meetings
 Jigsaw Puzzles
 Painting Group
 Sunday Social

* 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

**The Wars Inside Our Bodies -
 What We've Been Doing Wrong**

See Page 3

Officers of the Wayne Adult Community Center, Inc.

President: Barbara Vigorito
Treasurer: Bill Pharo
Secretary: Rosalie van Dam

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.

Where We've Been

Since the time of Pasteur, medical science has been fighting bacteria. But Pasteur, who was the first to show that bacteria could cause disease, also recognized something that physicians then gradually forgot for many years: There are bad germs and good germs. We've been trying to kill *all* of them through the use of broad-spectrum antibiotics and, most recently, through the everyday use of antibacterial soaps. That is proving a bad, and sometimes fatal, mistake.

Antibacterial soaps are appropriate in hospitals and doctors' offices, but in everyday use, they are detrimental to overall health, as we'll explain below. Furthermore, some recent studies have shown that antibacterial soaps don't even prevent the spread of illness any better than ordinary soap.

The body of a healthy person is suffused with bacteria, inside *and outside*. Even many of the areas of our bodies that were once thought to be sterile have been discovered recently to harbor bacteria. In fact, there are *ten times* as many bacterial cells as human cells in us. But that's not bad news, because the overwhelming majority of the bacteria (about 99% in a healthy person) are not harmful. Many are benign, and some are highly beneficial. Not only do they battle invading, *maleficent* organisms, but some help us to digest our food (in fact without them, we could not digest food at all), and some even produce vitamins.

In addition, we actually *need* some "bad" germs in our environment, to keep our immune systems working well (remember the saying "use it or lose it"). A sterile environment would be the worst possible condition for us. One of the reasons that newborn babies are so vulnerable to diseases, is that their bodies have not yet been colonized with the bacteria they need.

Unintended Consequences

In recent decades, antibiotics were prescribed liberally by physicians. In some cases, the doctor believes that (s)he is heading off a possible problem. In other cases, the patients insist that their visit result in at least one prescription.

Continued on Page 10

Advertisement

For Active
People
Ages 60+



Cyberspace News

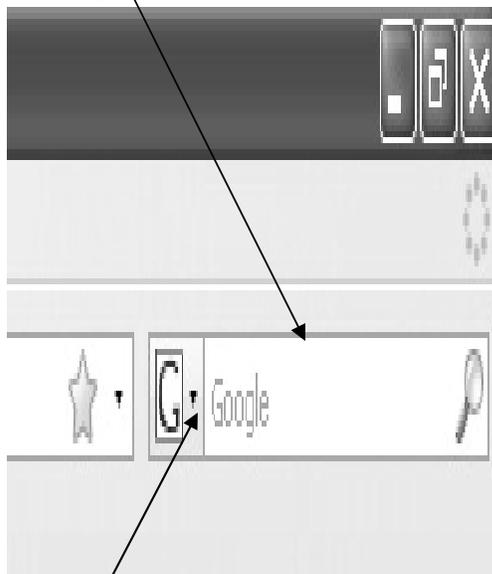
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Beyond Google

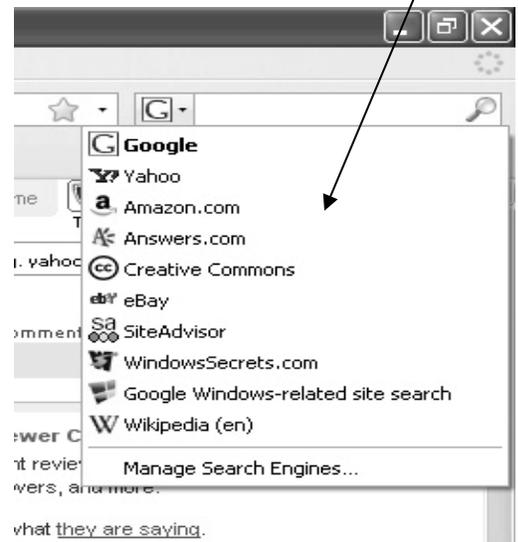
Judging by the dominance of Google in the field of Internet searches, most people automatically think of Google when they want to find something on the World Wide Web. Google is indeed an excellent search tool, but there are others, and your Web browser (Internet Explorer or the superior Firefox) probably knows about them.

At the right side of the Browser's toolbar is a Search window,



and if you click this little arrow-head, you'll see a menu of search engines that your browser

knows about, as shown here.



Select any of the names, and that engine will be used in your search. You'll find that some give results that others haven't included, and that they usually put results in a different order.

(In Internet Explorer the menu might not be there by default. In that case, right-clicking the arrow-head will produce a menu that includes a "Find additional providers" item. Click it and follow the instructions to populate the menu.)

Thanks to Bill Shapiro for submitting this story!

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 on the left.

Lack Of Energy May Foretell Illness

When older patients complain that they lack energy, doctors should not dismiss it as a part of aging. That's what researchers at Columbia University Medical Center are saying. They found that a lack of energy (anergia) is associated with several health problems and higher rates of hospitalization and death.

The study of more than 2,100 New York City residents, ages 65 to 104, found that almost one in five reported so little energy, they spent most of the day sitting on the couch. Researchers found that a lack of energy is widespread in the elderly, but it is *not* normal. There are reasons people are tired.

The study indicated that the eighteen percent of participants classified as anergic reported more arthritis, sleep disorders, cardiovascular symptoms and other health issues. They also reported twice as many overnight hospitalizations, emergency room visits and home care services. In addition, anergia was associated with a 60 percent greater rate of death in the six years after participants were surveyed.

Heart and kidney dysfunction, arthritis, lung disease, anemia, and depression are among the many conditions that can cause anergia.

One researcher suggested that

anergia may be the universal language used by older individuals to talk about their health problems. Patients feel more comfortable telling their doctors that they're tired than noting symptoms of pain or saying they've been feeling depressed. The authors of the study wrote in the *Journal of Gerontology* that anergia needs to be regarded as a geriatric condition similar to common age-related syndromes such as impaired memory and risk of falling.

In an extension of the initial study, the Columbia researchers found that anergia occurred in 39 percent of older adults with heart failure. They also found demonstrable differences in physical activity levels and circadian rhythm between those with anergia and those without anergia.

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

Editor's Note: Although doctors certainly need to be more aware of how older patients communicate, perhaps there's also a lesson here for patients. We, as patients, are responsible for describing our symptoms in as much detail as possible when we see our physicians. The more accurately we describe what's wrong, the better they can identify illness and treat it.

Finding The Lowest Gas Prices

Want to find out the lowest gas prices in your area? Then go to (note the absence of the www in this web address):

<http://newjerseygasprices.com/>

You'll be able to plug in your zip code and find out the lowest prices for gas in your area.

Of course it's up to you to decide whether it's worth driving

whatever distance it is to save money on gas. But it is interesting to see how gas prices vary from area to area and by how much.



Understanding Your Teen Grandchild

Have you ever heard the words "requection" or "emo"? Perhaps you think you know what "hardcore," "tool," and "bounce" mean. Well, all of these words are part of the new slang vocabulary of teenagers.

To find out whether you can decipher the lingo of today's teens, log onto the website:

www.goodhousekeeping.com and

take their Teen Slang Quiz.

You may not have the courage to use this, um, interesting language, but it's always good to know what your grandchildren are trying to say.

Special thanks to George Morris for sending us this website. You're certainly fly.

Free Kids' Music

For the not-yet-a-teen set, and especially for toddlers, there's a cool website that allows you to listen to and download free kids' music. It's called www.Freekidsmusic.com.

Now, you won't find the Wiggles, Choo-Choo Soul, High-5 or any of the more well-known kids' artists here. This site caters to newer musicians who want to get the word out

about their music. But if the kid in question isn't fussy about who they're listening to, it's a fun place to listen to some nifty tunes and you can save the music so you can burn your own CDs.

Actually, a home-made compilation from this site would make a great gift for someone. So log on and listen!

Especially Important Info On The WACC Website

On our website (www.wacci.net), the More Information page contains an article on keeping Windows XP running for the foreseeable future.

Experts continue to agree that Vista should be avoided for as long as possible.

Basically, Vista is designed to restrict what you can and cannot do with your computer. For more information, log onto (note the absence of the www in this web address):

<http://badvista.fsf.org/what-s-wrong-with-microsoft-windows-vista>

Thanks to Bill Shapiro for the first two paragraphs of this article.

LOL

“Do you believe in life after death?” the boss asks one of his younger employees.

“Yes, sir.”

“Well then, that makes everything just fine,” the boss says.

“Why is that, sir?” the young man asks.

“Well,” says the boss, “yesterday morning when you took off to go to your grandfather’s funeral, he stopped in to see you.”



Source:
www.thirdage.com

FYI About The Adobe Reader

As we’ve mentioned in prior issues of Cyberspace News, most federal government forms, including tax forms, are now available from US government websites as “pdf” files, which can be read and printed using the free Adobe Reader. You can make certain changes to pdf documents and can print the result, but when you save the modified document, the Reader will not save the changes. An exception is that when a document has been created as a special form with modifiable areas, the changes are saved.

Look at the example in the next column. The message just above the form tells you that you can fill

in the required fields and save the modified form as a new document, with the changes. In the case of check-boxes, just clicking on them inserts a checkmark.

Thanks to Bill Shapiro for this article.

Lest You Think We Forgot Halloween

As a family that counts young children among its members, we think about Halloween *long* before decorations appear in the stores. Obviously part of the fun is deciding what each child’s costume will be and how we’ll make it (we buy costumes only as a last resort).

Another part of the fun is finding non-scary Halloween websites to enhance the spirit (pun intended) of the holiday. Here are some we’ve found:

in this web address) <http://pumpkinnook.com> — for all things pumpkin-related

- www.meddybemps.com/halloween/ghostwalk.html — for some cool Halloween games
- <http://www.alphabet-soup.net/hall/halloween.html> — for Halloween activities and costume ideas

Happy Haunting!

- (Note the absence of the www

August Bridge Scores

Date	Position	first	second	Date	Position	first	second
Mon. 7/21		Gates - Troast	Heartel - Walsh	Tues. 8/12	North/South	Gala - Jespersen	Heartel - Vigorito
Tues. 7/22	North/South	Chisholm - DeLuca	Leise - Pharo	East/West	Sakal - Schneider	Baum - McNamara	
Tues. 7/22	East/West	Desrosiers - Desrosiers	Kaey - Kaey	Thurs. 8/14	North/South	Cori - Ryan	Korman - Lombardi
Tues. 7/24	Game 2	Heartel - Vigorito	Farese - Morro	East/West	Briete - Cirilis	Gala - Satra	
Thurs. 7/24	North/South	Pignata - Corn	Hogan - Sakal	Fri. 8/15	North/South	Beiding - Shaw	Farese - Morro
East/West	Jespersen - Pharo	Allen - van Dam		East/West	Desrosiers - Desrosiers	Carlson - Sakal	
Mon. 7/28		Heartel - Walsh	DeLucia - Kwiecinski	Mon. 8/18		Basoglu - Heartel	DeLucia - Kwiecinski
Tues. 7/29	North/South	Chisholm - DeLuca	Leise - Pharo	Tues. 8/19	North/South	Heartel - Vigorito	Chisholm - DeLuca
East/West	Pignata - Corn	Heartel - Zimmerer		East/West	Pignata - Sakal	Lichtenberg - Lichtenberg	
Tues. 7/29	North/South	Gala - Jespersen	Coleman - Pinto	Thurs.8/21	North/South	Cori - Ryan	R. Desrosiers - Wickham
East/West	Lichtenberg - Lichtenberg	Desrosiers - Desrosiers			van Dam - Vigorito		
Game 2		Gala - Heartel	Allan - Basoglu	East/West	Gala - Heartel	Sakal - Shapiro	
Thurs.7/31	North/South	J. Donadio - Sinaldi	A. kaey - Scotti	North/South	Desrosiers - Desrosiers	Carlson - Sakal	
East/West		Meunchenfreund - Meunchenfreund	Heartel - Walsh	Fri. 8/22			
Mon. 8/4		Hogan - Carlson	Pignata - Corn	East/West	Morro - Vigorito	Farese Bidden	
Tues. 8/5	North/South	Ryan - Ryan	Jespersen - Walsh	Heartel - Pharo	Heartel - Pharo	Cori- Scotti	
East/West		Chisholm - DeLuca	Farese - Morro	Mon. 8/25		Gates - Vigorito	
Tues. 8/5	North/South	Allen - Schneider	Kaey - Kaey	Tues. 8/26	North/South	Hogan - Carlson	Leise - Pharo
Game 2	East/West	van Dam - Vigorito	Leise - VanVooren	East/West	Desrosiers - Desrosiers	Gala - Jespersen	
Thurs.8/7	North/South	Allan - Basoglu	Cori - Ryan	Tues. 8/26	North/South	Mazujian - Perrini	Heartel - Vigorito
East/West		Weston - Weston	Allen - van Dam	Game 2	East/West	Baum - McNamara	Burlant - DeLucia
Friday 8/8	North/South	Heartel - Perrini	McNamara - Cirilis	Thurs. 8/28	North/South	Leise - VanVooren	Scotti - Kaey
East/West		Satra - Zimmerer	DeLucia - Kwiecinski	East/West	Forman - van Dam	Breite - Cirilis	
Mon. 8/11							

A New Look For WACC

Our center has been looking a little better lately thanks to our Executive Committee's decision to clean up, fix up, paint, replace our old furniture and in general make our building more comfortable. In the past month, four of our talented members have elevated the renovation of our back room to a new level. We now have four original paintings donated by WACC artists on our walls. Sara Menchenfreund, Ruth Carlson, and Anil Mathur have generously shared one of their original works with us. The fourth was donated by a former member, Grace Profeta, who now lives in North Carolina. If you haven't been in the center recently, I urge you to stop by to admire the works of these gifted people. I also urge all of our members to thank Sara, Ruth, and Anil for the ongoing pleasure of enjoying their work.

Barbara Vigorito

What We've Been Doing Wrong—Continued from Page 3

The widespread dispensing of antibiotics is having disastrous results. The problem is that no antibiotic can kill *all* of its target bacteria. The ones that survive, the strongest ones, continue to reproduce. What then develops is a strain of bacteria that is resistant to the antibiotic, and because antibiotics have been used with abandon, bacteria have developed that are resistant to more and more antibiotics. Now, there are some that are immune to *all* existing antibiotics – infection with those can be fatal. And there is a dawning suspicion that even some autoimmune diseases and allergic conditions may be due to the over-sanitizing of our environment.

Slowly, the orthodox medical community is beginning to recognize that antibiotics need to be used far more cautiously, and that countermeasures need to be taken after, and sometimes during, their use. The more progressive doctors are now advising patients that after a course of antibiotic therapy they should take a concentrated “probiotic” product, or at least eat yogurt containing active cultures, in order to repopulate their digestive systems with beneficial microorganisms. The most progressive physicians are also advising their patients on additional immune-system-boosting measures.

Why You Should Limit Your Hospital Stay

Understandably, the places where antibiotics and antibacterial cleaners are most extensively used are hospitals. Partly for that reason, fatal hospital infection is epidemic (19,000 in the US during 2007, a higher toll than from AIDS), and that is only an estimate because hospitals are not yet required to identify deaths due to infection. New Jersey is among the states that are now putting laws into effect requiring reports of such deaths.

Unfortunately, hospital infection rates are being made worse because some staff are, to be blunt, sloppy when it comes to measures as simple as washing their hands between patients. This situation, too, is finally beginning to receive attention.

Enjoying Your Steak, Are You?

The various colonies of bacteria in our bodies actually communicate with each other. That can have some *very* undesirable consequences:

Concluded on Page 11

What We've Been Doing Wrong—Continued from Page 11

Due to the heavy dosing of factory-farm livestock with antibiotics, to prevent epidemics among the tightly-penned animals, many develop highly drug-resistant bacteria. When we consume the meat from those animals, the resistant bacteria can communicate their drug-resistance genes to bacteria that are already inside *us* and were being held at bay by our good bacteria. American meat is banned in some European countries because of American livestock-raising practices.

Alternative Measures

Some vaccines “disarm” bacteria, rather than killing them, by cleaning up the toxins the bacteria produce. Therefore they don't engender resistant strains. One area of research is in the development of vaccines against bacteria that produce infections, and there are publicity campaigns encouraging more people to take advantage of existing vaccines. (Be aware, however, that there is some controversy at present about the routine use of vaccines because substances used in the manufacture of some vaccines, and the media in which some vaccines are carried, are under suspicion as possible causes of autism and other disorders.

Alcohol gels are antiseptic rather than antibiotic or antibacterial: They kill germs in a way that can be thought of as direct poisoning rather than antibiotic “counterattack”, and they do not engender resistant strains. Antiseptics cannot be used inside the body, but they are an excellent choice for use by health care professionals to clean the hands between patients.

This article is based on a January 4, 2008 interview of science writer Jessica Snyder Sachs by Leonard Lopate of public radio station WNYC.
Some information was added by your newsletter editor.

Special Events in October

Monday, October 13

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

Tuesday, October 21

12:30 AM—Big Band Dance (open to the public)

Wednesday, October 22

1:00 PM—PIZZA PARTY

Monday, October 27

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

Times and Contacts for Regular Activities

ACTIVITY	DAY & TIME	COORDINATOR(S)
Big Band Dance ¶	Third Tue 12:30 PM*	Bill English
Canasta ¶¶	Wed 1:00 PM—3:00 PM ¶¶¶	Elizabeth Farace
Computer Classes ¶¶	(various —see coordinator)	Vince Barilla
Computer Fun Meeting ¶ ¶¶	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
	Thu 7:00 PM—11:00 PM	Myrna Korman
Executive Committee	Second Wed 10 AM	Barbara Vigorito
General Meeting ¶¶	Quarterly, third Wed 1:00 PM	Barbara Vigorito
Intermediate Bridge ¶¶	Friday 1:00 PM—3:00 PM	Myrna Korman
Jigsaw Puzzle	Anytime ¥	June Morris
Lending Library	Anytime ¥	Julia Bidden and Reva Kamens
Line Dancing ¶¶.§	Tuesday, 1:30 PM—2:30 PM §§	Joyce Cimera
Mah Jongg ¶¶	Thursday 9:30 AM—11:30 AM	Barbara Taitleman
Speaker Series ¶¶	Approximately quarterly	Barbara Vigorito
Newsletter	Monthly	William Shapiro, Editor
Painting Group	Friday, 9:00 AM	Anil Mathur
Pinochle ¶¶	Tue 9:30 AM	Elizabeth Farace
“	Wed 9:30 AM	Henry Gates
Shuffleboard (outdoor) ¶.¥¥¥	Sat 10:00 AM—Noon	Henry Hartmann
Sunday Social	Sun 1:00 PM—5:00 PM	Myrna Korman
Tennis ¥¥	Mon, Wed, Fri 9:00 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

Computer Fun Meeting Topics

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