



welcome to the
City of Clifton
 established 1917

Clifton Senior Advisory Committee

Issue No. 8 Fall 2019

Clifton Quarterly News

A Brief History of Computers Part 2

In our last issue we discussed how IBM and its chairman, Tom Watson, came to dominate the computer world in the 1960s and 1970s and how they quite literally created a leasing monopoly surrounding computerization that locked out any real competition. Many court cases during that period would slowly but inexorably chop away at that monopoly, allowing for much more competition. As with all litigation, however, these cases took a long time to settle. Meanwhile, other factors were at play.

Way back in 1913 the Bell Telephone Company (American Telephone and Telegraph or AT & T) agreed to become a "regulated monopoly." Its monopoly would be allowed, but they had to connect competing local companies and let the Federal Communication Commission (FCC) approve their prices and policies. We rented our phones from AT&T, and no other equipment could be attached to the network for fear of "breaking" it. Over the years AT&T created many different business and entities under their "monopoly" umbrella: Western Electric Co., which was primarily a manufacturing company; AT&T Long Lines, which handled long-distance telephone calls, and the seven Bell Regional Operating Companies or RBOCs (New Jersey Bell, New York Telephone, Southern Bell, Chesapeake and Potomac Telephone, etc.). Bell Laboratories and others were all part of this huge corporation. One of the conditions of this "legal monopoly," however dictated that any patents developed by Bell Labs were allowed to be used by anyone without paying a patent licensing fee. This one factor would prove crucial to the establishment of the small business and home computing environment we enjoy today.

Until the use of the cell phone in the mid 1990s, you may recall that all home phones were wired to your house or apartment. Each phone number required two wires, red and green (or "tip and ring" as they were called). As telephones proliferated (see picture), especially in the cities, this became a huge problem. One tenement building might have 50 to 70 apartments, each needing a separate set of wires. The phone poles soon filled up; a solution needed to be found. A partial early solution was "party lines," where several families shared a single wire pair. Many of us seniors remember those party lines. Many a nosy neighbor intruded on the privacy of the parties that shared the lines. Another problem was with the operator having to handle all those calls and make the physical wired connection. In rural American a crank telephone could alert "Mabel," the operator, to make a connection for you, but in cities where tens of thousands of calls were needed, this soon became impossible. The solution by Bell Labs was the dial telephone with its rotating 10 alpha and numeric positions, combined with a mechanical switch which could "interpret" these dialed switch-hook clicks. These solutions worked well until the mid-1950s, when again the proliferation of telephones along with customer demand for private lines and unlisted numbers overwhelmed the mechanical devices. The updated solution, again by Bell Labs, was the development of the DTMF (Dual Tone Multi-Frequency), better known as the "touch-tone" telephone, and the computerized central office telephone switch. The computers then being built by IBM were not designed for this type of work, so the Bell Labs scientists and engineers created their own computer specifically for the central telephone office. Like all computers, it required an operating system, a "master program" that would interpret what people wanted done into the electronics the computer understood. The telephone computer operating system was called UNIX, and UNIX would eventually change the world. (To be continued.)



INSIDE THIS ISSUE

Computer History.....1
 Events Calendar1
 Dental Crowns in a Single Visit...2
 Living Alone.....2
 World Is Mine..... 2
 Sr. Ctr. Staff Profile3
 Home Schooled.....3
 House In Order.....3
 Verry Punny.....3
 Medicare Seminar3
 Senior Humor.....4
 Puzzles.....4

Events at Senior Center

"CarFit" - Sept. 19, noon-2 p.m.

(Individual 30 min.; Appts. Only)

AARP Safe Driver course - October 26th 9:30am - 3:00pm

(\$15 AARP Mem. \$20 non-AARP; bring lunch)

Dental Crowns in a Single Visit

Technology...it's changing all around us faster than we can keep track. In some areas, such as cellular phones, there are changes almost daily. Yet in some areas, it appears as though there isn't anything new, such as in dentistry. Or is there?

Many people dread visits to the dentist. They care about their teeth, and want to do the recommended treatment, but they think about what's involved and they, well, procrastinate. But technology may make those visits better.

Let's take that tooth that has a big old silver filling that is leaking. The dentist recommends that a crown, also known as a "cap," be done to restore the tooth. Multiple appointments were needed, which were often difficult to accommodate due to work schedules or making arrangements for transportation. The first visit was long, and began with the dentist shaping the tooth and removing the old filling and decay. Then the fun started. The prepared tooth was cleaned, and then your mouth was filled with horrible tasting goop that had to stay there for a few minutes while it set. Once it was removed, more awful stuff was placed in your mouth that smelled even worse so that a temporary crown could be made and cemented over the tooth. You then scheduled a second visit two weeks or more away, and during that time the tooth was often sensitive because the temporary didn't insulate well, and sometimes it even made the gums sore. Finally, during the second visit, the temporary was removed and the crown was cemented in place, and this process was often very sensitive because no anesthetic was used.

With the technology available, the entire process can be simplified. In a single appointment that is slightly longer than in the first scenario, the tooth is prepared the same way. However, instead of a mouth full of goop, a special camera shaped like a wand takes a stream of photos of your teeth to create a three dimensional model on a computer. Then, while you relax and read a magazine, the doctor designs a custom crown just for you. A few minutes later, with the click of a mouse the design is transmitted to a milling unit in the office laboratory, and your crown is carved from a ceramic block in about 15 minutes. The crown is tried on to check the fit and then is placed in an oven for another 15 minutes to make the crown shiny and strong. Your new crown is cemented into place and you're finished. No goop, no temporary crown, no second appointment!

These digitally designed crowns are just as good as the ones you have to wait for, and are often made exactly the same way but without the delay. They are strong and beautiful, with no metal inside to show a dark line around the edge like some of the older crowns.

So, yes, technology is even helping to improve dentistry!

THE WORLD IS MINE

Author Unknown

Today, upon a bus, I saw a very beautiful woman and wished I were as beautiful.
When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and used a crutch.
But as she passed, she passed a smile.
Oh God, forgive me when I whine.
I have two legs; the world is mine.

I stopped to buy some candy. The lad who sold it had such charm. I talked with him, he seemed so glad. If I were late, it'd do no harm. And as I left, he said to me, "I thank you, you've been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind."
Oh God, forgive me when I whine.
I have two eyes; the world is mine.



3D printer for dental crowns



Crown-making computer display

Just for Seniors

Living Alone

Many seniors today live alone, sometimes by choice, more often by circumstance. Being totally independent, while desirable in the elderly, often isn't practicable, as illness and accidents often occur more frequently and have more severe consequences. Falls from which as children we recovered quickly with a scraped knee now often result in broken bones or, if we're lucky, just several weeks of joint pain. The common cold, which we used to bear through while working, now often results in bronchitis or even pneumonia. Living alone under these conditions can have devastating consequences. Here are some ideas to consider: Purchase a medical alert necklace and wear it always. Get an inexpensive cell phone, carry it with you always, and have a friend or relative call you daily. Get a real estate lock box for your front door key; contact the police and give them a key to the lock box. In the event of an emergency they won't need to break down your door or a window. Ask a friendly neighbor to look in on you every day at a specific time.

We Were “Home” Schooled

- 1. My mother taught me TO APPRECIATE A JOB WELL DONE.**
"If you're going to kill each other, do it outside. I just finished cleaning."
- 2. My mother taught me RELIGION.**
"You better pray that will come out of the carpet."
- 3. My father taught me about TIME TRAVEL.**
"If you don't straighten up, I'm going to knock you into the middle of next week!"
- 4. My father taught me LOGIC.**
"Because I said so, that's why."
- 5. My mother taught me MORE LOGIC.**
"If you fall out of that swing and break your neck, you're not going to the store with me."
- 6. My mother taught me FORESIGHT.**
"Make sure you wear clean underwear, in case you're in an accident."
- 7. My father taught me IRONY.**
"Keep crying and I'll give you something to cry about."
- 8. My mother taught me about the science of OSMOSIS.**
"Shut your mouth and eat your supper."
- 9. My mother taught me about CONTORTIONISM.**
"Just you look at that dirt on the back of your neck!"
- 10. My mother taught me about STAMINA.**
"You'll sit there until all that spinach is gone."
- 11. My mother taught me about WEATHER.**
"This room of yours looks as if a tornado went through it."
- 12. My mother taught me about HYPOCRISY.**
"If I told you once, I've told you a million times, don't exaggerate!"

Getting Our House in Order

As seniors, unfortunately our social calendars too often contain wakes and funerals. On these sad occasions, we all say to call us if there's anything we can do. Although occasionally we may be called upon to act on these words, generally they're just words of consolation and support. If you've ever been responsible for the estate of a deceased relative, you know that while there is a ton of work to be done, generally it can't really be shared. Starting within the first few hours after death, the questions and decisions come; Is there a will, is there a burial location, what funeral home, which religious minister, where do we get the death certificates, when do things have to be done, etc.? The list goes on and on. I recently attended the wake of a fairly recent elderly friend whose death was a surprise to almost everyone except herself. When I expressed my condolences to her family using the normal "if there's anything..." phrase, I heard from her children, "No, there's nothing, she prepared everything including the wake, funeral, church, priest, music, plot, etc." She even had organized all her remaining possessions and designated to whom they should be given. As her daughter said to me, "There's really very little for us to do." What a wonderful legacy! Every senior I talk to says they don't want to be a burden to their children, but yet most of us expire leaving our houses in disarray so that we are a burden to the already busy lives of our children. Think about this for a minute; we can all do this if we truly don't want to be a burden.

Senior Center Staff Profile

Margaret Nysk



Clifton resident Margaret Nysk graduated from Clifton High School & Bergen Community College. Margaret, married in 2000, has two children, Emma and Olivia, both in Clifton public schools. Margaret is very active in the community: She's a member of the Passaic County Democratic Committee, an REP Teacher at her church, St. John Kanty in Clifton, she is the vice president of School #13 PTA, and is the secretary to our Clifton Senior Advisory Committee. Margaret is also a Certified S.H.I.P Counselor thru the state as well as a Notary Public. Margaret worked with Assemblyman Peter Eagler at his Clifton office and then went to work for many years as an I&A Specialist at the Department of Senior Services of Passaic County. In 2017 she became the supervisor of the Clifton Senior Center. If you need any help with Medicare or any other programs, please give her a call at 973-470-2234 or visit her at the Senior Barn, located at 900 Clifton Avenue C-5, right next to the Animal Shelter, and she will give you her undivided attention to see if you qualify for any programs. In her spare time (when she has some) she loves to play tennis and spend time with her family. Margaret loves to be back in Clifton and help the Clifton residents as she is a Cliftonite.

Very Punny

Do you have weight loss mantras; fat chants!
My tailor is happy to make a new pair of pants for me; or sew it seams.
What is a thesaurus's favorite dessert? Synonym buns.
A relief map shows where the restrooms are.
There was a big paddle sale at the boat store. It was quite an oar deal.
How do they figure out the price of hammers? Per pound, of course

When Grandma Goes To Court

Lawyers should never ask a Mississippi grandma a question if they aren't prepared for the answer.

In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?' She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defense attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defense attorney nearly died.

The judge asked both counselors to approach the bench and, in a very quiet voice, said, 'If either of you idiots asks her if she knows me, I'll send you both to the electric chair.'



Autumn Leaves

(some combined words)

1. AENWOLEHL _____
2. MSUYCOABDUL _____
3. ALAORBDY _____
4. IKPNMSUP _____
5. OSGHST _____
6. BNLISGO _____
7. BLATOLOF _____
8. ETRKUY _____
9. AVESNAREDTY _____
10. SRTEAVH _____
11. LHTOBSKOKACO _____
12. VAALENSLLFIGE _____

- | | |
|----------------------------------|--|
| 1. AENWOLEHL Halloween | |
| 2. MSUYCOABDUL Columbus day | |
| 3. ALAORBDY labor day | |
| 4. IKPNMSUP pumpkins | |
| 5. OSGHST ghosts | |
| 6. BNLISGO goblins | |
| 7. BLATOLOF football | |
| 8. ETRKUY turkey | |
| 9. AVESNAREDTY veterans day | |
| 10. SRTEAVH harvest | |
| 11. LHTOBSKOKACO back to school | |
| 12. VAALENSLLFIGE falling leaves | |

2020 Medicare Educational Forum

Once again this fall Mike Cervine, one of the volunteer SHIP counselors in Passaic County and a Senior Medicare Patrol (SMP) volunteer, will be hosting a series of classes to better educate individuals on their choices in the Medicare program. The program has been updated to reflect many of the changes incorporated in Medicare for 2020. This program is ideally suited for those who will soon be receiving Medicare, those already on Medicare, Medicare beneficiary caregivers, and anyone interested in Medicare for any reason. The seminar is open to everyone and you need not be a resident of Clifton or Passaic County.

Dates are: October 2, 9 and 16, 2:00 to 3:30p.m.

repeated from 7:00 to 8:30p.m.

Location: 900 Clifton Avenue, Barn C5 (Senior Center).

Each session is different and builds on the preceding session

The agenda for the upcoming series is as follows:

Session 1 – What is Medicare and the basics of Parts 'A' and 'B'

Session 2 – Medigap plans and the basics of Part 'D'

Session 3 – Medicare Advantage Plans and fraud and abuse prevention

These seminars are FREE, however, pre-registration is requested in order to ensure that sufficient materials are available for all attendees.

You may choose to attend one, two, or all three sessions. However, materials will be distributed during the first sessions, both in the afternoon and in the evening, with only leftover materials available at the other sessions. It is suggested that attendees bring a note pad and pencil or pen.

To pre-register, please contact the Clifton Senior Center at 973-470-2234.