

# 50+ LifeStyles

May 2015

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60 is the new  
**50**

Rule of My Mother

An Added Twist

Summer Cocktail Recipes

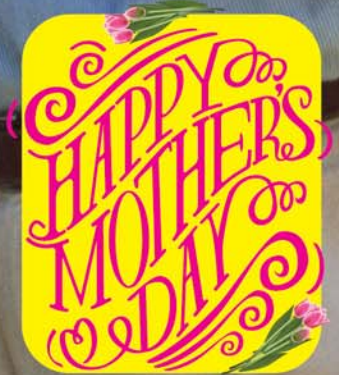
The Year of M-Crime

## SPRING ALLERGIES?

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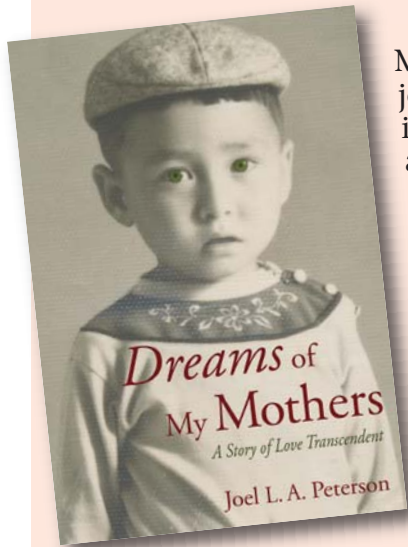
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# Mom's Rules and Manhood

By Joel L. A. Peterson



Our house was Mom's pride and joy, and she kept it immaculate and seasonally coordinated to her strict rules. A clash between Mom's rules and my ever spinning teenage roulette wheel of insecurities as a biracial

adoptee from Korea would trigger events this day that would change me forever. After grace, my mother fixed her shockingly bright blue eyes on me.

"Noah, isn't that the same shirt that you wore yesterday? You need to go back upstairs and change your shirt."

"But it's *not* dirty!"

"That's not the point, young man. You know the rules, no son of mine is going to leave this house wearing the same shirt two days in a row." Something about her words seemed to spin that roulette wheel inside me.

"That's a stupid rule and since I'm *not* your *real* son, I am not changing my shirt!"

I didn't know what had come over me. I shouted these words at my mother. There was something about the words "no son of mine" that wildly spun that emotional roulette wheel of my teenage insecurities inside me. And the wheel landed on irrational racial non-identity. I was shocked and enraged at the same time.

There was always a trickle of blood inside my soul from a wound that could never fully heal, having been adopted at age six. And in the mirror, my Asian features screamed, "No son of mine."

I ran up the stairs and into my room, slamming the door behind me. A few minutes later, Dad stepped through the door into my small bedroom.

Elmore Lindquist was not a man for elegant words and, though my dad would later completely forget this episode and this conversation, I would remember every word.

Most of the men that I had met were through my birth mother, and there was always something not right. I could feel that the men were there for a purpose not linked to me. I grew up watching my mother as she prostituted herself to feed and care for me. And my birth mother was a world apart from Ellen Lindquist.

Mom was a trim, attractive woman of thirty-eight. She had the classic blonde-haired, dancing blue-eyed combination of her Swedish blood and an air of energy and efficiency that hinted at her nursing school training. She smiled easily and often and had a musical laugh. She was Doris Day, but slighter and far more intelligent.

Dad cleared his throat. "Son, there are two people in this world that a man shouldn't argue with. One is his wife. The other is his mother. Just because. A man just doesn't argue with either. And your mom is truly your mother in every way that is meaningful.

Son ... because ... being a man is *not* about how loud you can yell or how hard you can hit something or someone. You're going to learn that the hardest fights that a man will have in his life will be inside himself, with himself. Being a man is about winning against the pettiness of your own ego.

Because ... most things just don't really matter. Of course, if it *does* matter, if you *truly* believe in your soul that the world will be a better place, that the course of history and your corner of mankind will

truly be better off, then of course, stand up and be a man. But if you *know* in your heart, deep down inside you, that it doesn't really matter, except to you and your ego, then be a *real* man. Say you are sorry, even when you're not. Say you were wrong, even though you are right. Because a man should only stand up for things that truly matter.

Son, if you *truly* believe the world will be a better place because you wear that shirt, then wear the shirt. But it doesn't matter to the world, only to you, then wear something else and tell your mother that you're sorry"

Dad stopped talking. "Well, I have to get going to work now. I know you'll do the right thing, son."

With those words, Dad turned and went out my bedroom door. I knew what I had to do — be the man that my father was. I came down to the kitchen with my book bag, my mother looked up from her cup of instant coffee. I was wearing a different shirt.

"Mom? I'm sorry for the things I said."

"Thank you, Noah. You'd better hurry."

I could sense she wanted to say so much more, maybe to say how sorry she was about my bleeding soul, to let me know that she loved me and worried for me. But she didn't need to say anything.

I knew.

In his new book, *Dreams of My Mothers*, author Joel L.A. Peterson brings his unique personal background as a biracial international adoptee and combines it with his penetrating insights into multiple cultures to create an exceptionally enthralling and inspirational story. Learn more at [www.dreamsofmyothers.com](http://www.dreamsofmyothers.com).



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## Hidin' Harry Winners from April... and Rules for Playing

Congratulations to the Find Hidin' Harry winners from our March issue! **Francie Scanlon** of **Flushing** will receive two tickets to the **Broadhollow Theatre** in **Elmont** and **Kathleen Vought** will get two tick-

ets to **Theatre Three** in **Port Jefferson**.

Once again, here're the rules. We take all the responses received by the 15th of the month — both regular mail and e-mail — and pick two winners of a

pair of theater tickets each. Send your entries to [editor@50plusny.com](mailto:editor@50plusny.com), or Hidin' Harry, 146 So. Country Rd., Bellport, NY 11713. Be sure to INCLUDE YOUR MAILING ADDRESS!

Please, folks, no call ins, and only one entry per month.

Well ...don't wait! Harry's in these pages somewhere!



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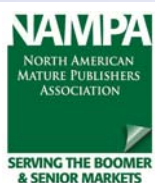
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# 60 = 50

## New Study Reveals Increases in Life Expectancy Reflect Slower Population Aging

Everyone knows that 60 is the new 50. But now, Warren Sanderson, a Professor of Economics at Stony Brook University, and Sergei Scherbov, a project leader at an Austrian research institute, have written an article about future population projections for Europe up to the year 2050 published in PLOS ONE, which shows that, counterintuitively, population aging is slower when life expectancy increases faster – 60 really is the new 50.

Their ground-breaking work calls into question societal understandings of age. Professor Sanderson argues that we've got it all wrong.

"If the point for being considered 'old' is changed to reflect the fact that we live longer, we get a completely different picture of future population aging," said Professor Sanderson.

Thus, Professor Sanderson explains, the conventional view

that faster increases in human life expectancy lead to faster population aging is actually wrong. In fact, a more accurate understanding of age would be to view it not from time of birth but instead as time left to death, because this is more closely related to the infirmities and frailties that are associated with old age.

Over time, as life expectancy increases and people become healthier, older people can do things which were previously the domain of those who were younger. Consider that people older and older are doing things such as having children, achieving extraordinary feats of physical strength, and working much further into what is traditionally considered as 'old age.'

This 'formulation of policies' is

where the true importance of the study lies, say the authors. Currently, the United Nations, World Health Organization and every major country measure age and create policy based on antiquated notions of 'old age.' This kind of thinking leads to frivolous spending, ineffective laws, and slows societal progress.

"The views of aging that are built into policies and into public discussions are almost entirely based on a set of numbers where age 65 has an almost mystical interpretation," said Professor Sanderson. "That is the age at which people become classified as 'old' regardless of where and when they lived. Population aging does produce challenges, but designing policies to overcome those challenges would become easier if those policies were based on a more realistic assessment of what those challenges really were."



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**LifeStyles Puzzle Solution**  
from page 9

D	O	D	O	L	O	B	A	W	E	S	
O	V	E	R	H	A	U	L	L	O	P	E
C	A	N	B	E	R	R	A	K	N	I	T
		I	N	K		T	H	A	T	C	H
S	T	A	T	S		F	A	I	L		
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A	R	A	B		C	A	N	N	I	B	A
M	I	N	I		U	N	S	T	A	B	L
E	D	G	E		T	A	T		S	C	A

**LifeStyles Sudoku Solution**  
from page 9

8	6	7	1	5	4	9	2	3
9	5	3	8	2	6	1	4	7
4	1	2	9	7	3	6	5	8
7	4	8	3	9	2	5	6	1
5	3	9	6	1	7	4	8	2
1	2	6	5	4	8	3	7	9
6	9	1	7	8	5	2	3	4
2	8	5	4	3	1	7	9	6
3	7	4	2	6	9	8	1	5



# Cocktail Recipes Give Whiskey An Added Twist



With whiskey sales on the rise, more people are discovering there are plenty of ways to drink the distilled spirit than just straight on the rocks. Drink mixologists enjoy finding more and more ways to complement the whiskey flavor with a plethora of other ingredients, whether its syrups, fruit juices, vermouth or even tea.

A growing willingness to experiment with whiskey and bourbon as the primary ingredient in a variety of cocktails is just one of several ways consumer habits have been changing, says Steven Earles, CEO of Portland-based Eastside Distilling ([www.EastsideDistilling.com](http://www.EastsideDistilling.com)).

"People are drinking less wine and more whiskey, and women have become more inclined to give whiskey a try," says Earles, whose company already experiments with a variety of flavors in its drinks, such as Cherry Bomb Whiskey and Oregon Marionberry Whiskey.

The trend of finding more ways to include whiskey in cocktails also may be just one of several factors helping to add to the bump in whiskey sales. As of November 2014, Whiskey sales

were near \$4 billion, in contrast to \$3.5 billion in 2013, according Nielsen research.

For distilleries, those numbers may mean a toast is in order. For consumers, that toast may involve a mix of flavors made just to their liking – but definitely is still on the rocks.

## Recipes For Mixing It Up Yourself

Perhaps the classic whiskey cocktail is the Old-Fashioned, around since the late 19th Century. But for those looking to add even more variety to their whiskey and bourbon selections, Eastside Distilling offers these cocktail recipes:

### Earl's Demise

25 oz. Cherry Bomb Whiskey  
(one 750ML bottle)  
12.5 oz. Burnside Bourbon  
75 oz. Smith Teamaker Earl Grey Tea (chilled)  
25 oz. Orange juice  
25 oz. Simple syrup  
12.5 oz. Sweet vermouth  
5 tablespoons Peychaud's Bitters  
Mix all the ingredients in a large punch bowl, then add ice or ice ring. Serve in small punch glasses.  
The mixture serves 10-12 people.

### The Sideburn

1 ½ oz. Burnside Whiskey  
¾ oz. Aperol  
½ oz. Solerno Blood Orange Liqueur  
1 oz. Fresh lemon juice  
½ oz. lavender simple syrup  
13 oz. Old Fashioned glass over ice  
Fill a 14 oz. rocks glass with ice,  
add all the other ingredients and stir.

### Eastside Civil War

1 ½ oz. Burnside Bourbon  
½ oz. Cocchi Torino Sweet Vermouth  
½ oz. Cynar  
2 dashes Fee Brothers Old Fashion Bitters  
Amarena cherry  
Add all the ingredients, except the cherry, to a 16 oz. mixing glass (pint glass). Fill to within 1 inch of the top with ice. Stir until chilled and strain into a martini glass. Garnish with an Amarena cherry.

### Marionberry Beret

1.5 oz. Marionberry Whiskey  
.5 oz. Dry Curacao  
2 oz. Fresh  
Grapefruit juice  
Served on the rocks  
Fill glass with ice, add Burnside Bourbon and recipe ingredients.



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# No Gardening Space – No Problem

By Melinda Myers

Brighten up your patio, deck or front entrance with containers. They're an excellent way to add color, fragrance and beauty where plantable space is limited or non-existent.

Set a few containers on the front or back steps, in the corner of your deck or other location where they can be enjoyed. Try stacking and planting several containers to create a display with greater vertical interest. Check the views when looking from inside the house out as well as when enjoying the space outdoors. Strategically place containers for the greatest viewing pleasure.

Save even more space by using railing planters. You can dress up the porch or deck by filling these planters with colorful flowers and edibles. Make sure they are sturdy and easy to install. Reduce time spent installing and maintaining with easy-to-install self-watering rail planters, like Viva balcony rail planters ([gardeners.com](http://gardeners.com)).

Don't limit yourself to flowers. Mix in a few edibles and bring some homegrown flavor to your outdoor entertaining. You and your guests will enjoy plucking a few mint leaves to flavor beverages, basil to top a slice of pizza or sprig of dill to top grilled fish.

Herbs not only add flavor to your meals, but texture and fragrance to container gardens. And the many new dwarf vegetable varieties are suited to containers. Their small size makes them easy to include and many have colorful fruit that is not only

pretty, but delicious.

Add a few edible flowers like nasturtium and pansies. Dress up a plate of greens with edible flowers for a gourmet touch. Or freeze a few pansy flowers in ice cubes and add them to a glass of lemonade or sparkling water.

Include flowers like globe amaranth (*Gomphrena*), Lisianthus, and daisies that are great for cutting. You'll enjoy your garden inside and out throughout the season.

And don't forget to plant some flowers for the butterflies to enjoy. Zinnias, cosmos, and marigolds are just a few that are sure to brighten any space, while attracting butterflies to your landscape. Salvia, penstemon and flowering tobacco will help bring hummingbirds in close, so you'll have a better view.

So make this the year you select a container or two that best fits your space and gardening style. Fill it with a well-drained potting mix and combination of beautiful ornamental and edible plants to enjoy all season long. The additions are sure to enhance your landscape and keep your guests coming back for more.

*Gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books. Myers' website, [www.melindamyers.com](http://www.melindamyers.com), offers gardening videos and tips.*



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# 2015: The Year of mCrime

## Cybercrime Goes Mobile *By Mark Laich*

Millions of consumers no longer visit a bank to deposit checks or conduct financial transactions. Instead they rely on the convenience of using their mobile devices to send money, view account balances and bank online.

The same is true for how they spend their money – the shift from brick and mortar to e-commerce to m-commerce is already well underway. Think about it – how many times do you use your smartphone to research a product or purchase one?

Maybe you're going out to dinner tonight and you've already filled your Apple Pay, Google Wallet or other wallet technology with all of your credit-card information. Ever wonder if you could be pickpocketed wirelessly? Could an app you trust already be stealing your personally identifiable information (PII)? Sadly, the answer is yes.

Many financial institutions and retailers have launched mobile apps in the past 18 months to respond to demands from their customers who want the convenience of 24-hour, anytime/anywhere banking and shopping. Mobile banking apps help build customer loyalty, and mobile-banking transactions are significantly cheaper for banks compared with transactions that require employee interaction.

Mobile-retail apps capture consumers' buying impulse at the moment they occur, and allow for easy comparison shopping – the potential for finding an item cheaper is a quick tap away. Because more and more banks and retailers are making the investment to develop a mobile app, having one has gone from being a competitive differentiator to a "must have" to compete for consumers' business.

And once a bank has made that investment, there is a concerted effort to encourage customers to use their mobile-banking platform. The same holds true for retail. Amazon and others will do anything to get you to shop online from your smartphone or your tablet.

But the growth of mobile banking and retail apps also means that more people are at risk for identity theft and the hacking of sensitive personal and transaction data by cyber criminals who plan to commit fraud. These apps are used on devices that often aren't safeguarded from security holes. Most people have between 30 and 75 apps on their mobile device, and of course, when apps are installed on a device, users must grant multiple permissions for accessing a device's location, SMS capabilities, Wi-Fi, Bluetooth, camera and other device resources.

Some of these resources are used for the apps to do their intended task, but often apps demand resources that can open up a device to security vulnerabilities. Unfortunately,

when consumers install an app on their mobile devices, few of them read all the permissions the app requests to make sure it isn't asking to use device resources that might be suspicious.

This issue is highlighted by a report from Gartner Inc., the technology research company, which concluded 75 percent of apps in the major app stores fail basic security tests.

This has given cyber criminals a rather large attack vector to commit ID fraud by using malware that looks like trustworthy apps to steal PII and financial transaction data from mobile banking apps, or to steal your credit-card information from your retail apps that reside on the same mobile device. This type



of malware disguised as "trusted" apps has hundreds of millions of downloads from the major app stores.

Worse yet, this new form of malware is undetected by anti-virus and able to circumvent encryption, biometrics, tokenization, sandboxes and authentication. The result is that using mobile-banking apps to conduct transactions is similar to using an ATM to withdraw cash in a dangerous area with criminals lurking around, or handing your credit card to a stranger, in public, who is using the old-fashioned carbon copy credit card imprinter to take your order.

Another popular technique for cyber criminals is spear-phishing attacks – which take the form of e-mail and text messages that appear to be from an official source or someone you know, usually garnered via a social-networking site. These messages can then install monitoring software covertly on the mobile device. Monitoring software can access most mobile device activity and resources, thereby stealing consumer data just like the malware downloaded from an app store.

Most consumers are unaware of these types of threats, and even when they are aware, they don't take actions to protect their security and privacy until it is too late. On the other hand, financial institutions carry the liability associated with the fraud that results from

data stolen from mobile banking and retail apps. In a U.S. landscape where almost 1 billion PII records have been compromised and there is identity fraud totaling \$24.7 billion in losses – according to statistics from Privacyrights.org and the Department of Justice. Greater safeguards are needed to protect consumers' financial data.

At the same time, it is important not to intrude or detract from consumers' mobile banking or retail experiences. Financial institutions and retailers can't solely depend on consumer awareness and training, nor can they make it complicated for consumers to protect themselves.

For better or worse, the modern-day consumer has become enamored with using their mobile devices for apps such as social networks, location-based services, and games on the same device on which they want to do mobile banking and mobile commerce, thereby compromising their security and privacy. What financial institutions and retailers need is new, innovative security technologies that deliver an optimal balance between protecting consumer data and being un-intrusive to consumers' total mobile-device experience.

In this way, their mobile banking and mCommerce apps can operate in a safe and trusted environment even when multiple applications are running concurrently. By working with companies that specialize in these types of new security technologies designed to thwart zero-day threats and malicious eavesdropping apps, financial institutions and retailers will not only protect themselves from liabilities, they will also be successful at convincing more of their customers to use mobile banking and mobile commerce, thereby increasing the ROI of their mobile-app investment and their operating efficiency.

Finally, as we look forward to what many believe will be the rapid adoption of mWallets in 2015, you must understand that they are inherently insecure because they operate on already infected devices. It's time to take a completely radical, proactive approach to securing consumers' data as the financial, transaction-based world shifts onto our smartphones and tablets.

This year marks the beginning of a new wave of enablement, opportunity and mCrime. Where there is mobile banking, mCommerce and mWallet there will be mCrime. Assume it comes in the apps as innocent as that flashlight app you recently installed, because if you don't, you'll be left in the dark missing your identity and your wallet.

*Mark Laich is the VP of Security Solutions for Snoopwall ([www.snoopwall.com](http://www.snoopwall.com)).*



# Spring Allergies Abound 6 tips to Stop the Sneezing



The arrival of spring may bring warmer weather, but that warm, dry breeze also carries pollen. And for the more than 50 million American allergy sufferers, that means it is time to stock up on tissues and allergy medicine – it is spring allergy season. Unfortunately this spring it is not just pollen that has us sneezing. “We are already seeing more intense mold-related allergy symptoms this spring, especially itchy, watery eyes,” says Bela B. Faltay, MD, Chief of Service, Allergy, Akron General Health System (akrongeneral.org). “This is likely due to the volume of snow that has made the ground very moist.” “The late onset of warm weather causes the different species of trees to pollinate at the same time rather than in a gradual sequence,” explains Dr. Faltay. “Much like last year, it will also increase the overlap between the tree and grass seasons. For patients allergic to both tree and grass, this can be much more intense.”

“Typically grass allergy season occurs later in the spring and into early summer,” says Dr. Faltay. “But if the weather remains cool and wet, it may extend the grass season.”

If you are an allergy sufferer, and all too familiar with the symptoms of sneezing, runny nose and watery eyes, Dr. Faltay offers these 6 quick tips to help find relief:

- 1. Be prepared.** Start over-the-counter and prescription preventative allergy medicines early to reduce or even prevent allergy symptoms.
- 2. Break out your shades.** Wear sunglasses when outdoors to minimize the amount of pollen getting in your eyes.
- 3. Turn on the air.** Close your windows and turn on the air conditioner (or heater, depending on weather conditions) at home and in the car.
- 4. Know the pollen count.** Limit time outdoors on high pollen days.
- 5. Scrub up.** Wash your hair after spend-

ing time outdoors.

**6. Get electric.** Use your clothes dryer – don’t hang clothes outdoors to dry. What’s up doc? Dr. Faltay recommends that you visit your physician if over-the-counter allergy medicine is not relieving your symptoms, or if you have to take them on a prolonged basis for relief.

*Akron General Health System, an affiliate of Cleveland Clinic, is a not-for-profit health care organization that has been improving the health and lives of the people and communities it serves since 1914. Visit akrongeneral.org.*

## LIFESTYLES CROSSWORD

### ACROSS

1. Extinct bird
5. Tennis stroke
8. Dumbfounds
12. Complete redo
14. Easy bounding gait
15. Australia’s capital
16. Wield needles
17. Squid fluid
18. Hut roof material
20. Numerical info
23. Require a retest, maybe
24. Cronies
25. 1970 Dawn hit
28. Priestly garment
29. Wonderland visitor
30. Hostel
32. Food-packaging factory
34. Apportion (out)
35. Greek vowels
36. In the cards
37. Evolution proponent
40. Charged particle
41. Bedouin
42. Man-eater?
47. Revealing skirt
48. Rickety
49. Advantage
50. Tit for -
51. Con game

1	2	3	4	5	6	7	8	9	10	11
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	32		33					34		
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47				48						
49				50				51		

- |                              |                             |                         |
|------------------------------|-----------------------------|-------------------------|
| 3. Lair                      | 20. Hot tub                 | 37. Knighted            |
| 4. Trips around the world?   | 21. Body powder             | woman                   |
| 5. Brownish                  | 22. Actress Jessica         | 38. Saharan             |
| 6. “- Town”                  | 23. Expositions             | 39. Pealed              |
| 7. Conspicuousness           | 25. Of wholesome appearance | 40. “Meet Me - Louis”   |
| 8. Acid neutralizer          | 26. Regimen                 | 43. Literary collection |
| 9. Refuses to                | 27. Initial stake           | 44. English channel?    |
| 10. Grand-scale tale         | 29. Opposed                 | 45. Chicken-king link   |
| 11. Brother of Cain and Abel | 31. Homer’s neighbor        | 46. Moon vehicle        |
| 13. Coop group               | 33. Raw recruit             |                         |
| 19. Stash                    | 34. Crazes                  |                         |
|                              | 36. Typeface                |                         |

Solution on page 5

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\*National average annual savings based on data from customers who reported savings by switching to Esurance between 12/1/11 and 4/30/12. © 2012 Esurance Insurance Services, Inc. All rights reserved. CA License #0G87829

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an Allstate company

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		2	9				5	8
	4			9		5		
	3			1			8	
		6		4			7	
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	8						9	6
3			2			8		

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Solution on page 5





## Deal Me In by Mark Pilarski I'll Be Back



Dear Mark: Recently, someone who wrote you was frustrated with never winning at slots. Your answer was excellent but you left something out that is probably also adding to his frustration: gamblers, especially slot players in my opinion, are notorious liars about their gambling outcomes. Although the examples of winners he gave sound legit, he doesn't know how much those people put into those machines to get those jackpots. Many more people that tell you how much they "won" tend to leave out a lot of facts about that win, like how many hundreds they put in that machine to get the \$100 jackpot. Or, they just outright lie to save face about blowing all their money, aka "Oh, I broke about even." This can frustrate a person who hears all these (at best) half-truths about other people's experiences, making a person think there is something wrong with him or her when, in reality, almost everyone else is in the same boat. Tom D.

Your e-mail, Tom, is totally on target. Most players are notorious for overestimating their winnings and playing down their loses.

It's uncountable how many times a player will enthusiastically tell me, "Look, Mark, I'm winning," as they point to their credit meter. OK, but showing me 250 credits on a quarter machine is nothing more than \$62.50 worth of credits that they will probably end up burning through. What always slips their mind is disclosing that they are into said machine a few Benjamins.

That is not to say that there are not a handful of winners. A winning customer is the most important asset to any casino. Casinos cannot afford to have all of their clientele leave in a huff. That small percentage that does walk out winners tells friends and family, and then those future players are caught in a trap by the idea that a jackpot for them just might be one pull away.

Accept as true, Tom, the mathematics of the gambling business. The house is going to hold a certain percentage of every dollar wagered on a slot machine, and then grind additional monies out of either Joe or Josephine as those players cycle through their remaining bankroll.

What I believe is happening is that most players confuse winning with what they are experiencing the "possibility" of winning. What keeps the slot player tied to a machine is the prospect, no matter how remote, of that pot of gold at the end of the rainbow jackpot. Reality only sets in when they finally total out and find themselves lighter in the wallet than when they started. Then, of course, out comes the proverbial, "Oh, I broke about even."

Likewise, the most favored words the casino loves to hear from that same losing player is, "I'll be back!"

Dear Mark: Of the 50 or so blackjack games where I play, there are still a half-dozen hand-shuffled games. I much prefer them to the shuffle machines that are just about everywhere. I have always been curious as to how many times the dealer has to shuffle the cards to get them random. Danny F.

Randomizing a deck of playing cards provides the element of chance at blackjack. The most common shuffling technique used in the casino is called the "riffle" shuffle. Here the dealer separates two halves of a deck; then thumbs inward and upward to make a bridge such that when the cards are released they fall to the felt interwoven.

According to the Gilbert Shannon Reeds model, which provides a probability distribution on shuffle permutations, the recommended number of times that a deck of cards should be riffled in order to be thoroughly randomized is seven. Shuffling seven times, Danny, is the number I had been told since day one in the pit, and what I have passed along to countless dealers. Seven hundred is the number of times I've been told to "Shut up and shuffle."

**Gambling Wisdom of the Week:**  
*"In life we must make all due allowance for chance.  
Chance, in the last resort, is God."  
- Anatole France, The Garden of Epicurus (1926).*

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## Age of Elegance

By Ethel Bennett

# "10"

This is the time of year that I am very busy rehearsing for the annual show that I produce at La Posada here in Palm Beach Gardens, Florida. This is my 10th production, and the title is appropriately "10."

I am told that we are the only facility of this kind to have a performance from 80 to 96 years of age ...singing, dancing and acting. It has been quite an accomplishment for these residents and I am very proud of them.

A very special added attraction to the show this year will be the appearance of two guest dancers. Marleen Schuss, Ms. New York Senior America State Director, and Bob Geltman, New York State Coordinator, who will be accompanying Ms. New York Senior America 2014, Jane Rubinstein and C. J. Marie, first runner-up in the 2012 pageant. It will be exciting to exhibit the talent of our New York women.

I hope that by now the weather has improved in New York and you are enjoying the spring. In my article next month I will have the results of the 2015 Ms. New York Senior America Pageant held on May 3, 2015.

In anticipation of the New York State 2016 Pageant to be held at Hofstra University in the spring of 2016, we are seeking possible participants. If you are 60+ years and have a zest for life and a tal-



ent you can display on stage, charm and a positive attitude, we want you. Call Marleen Schuss for your interview and audition date. Her telephone number is 516-678-3242.

Complete and return the coupon below or e-mail Marleen Schuss at marleenschuss@aol.com if you are interested.

A special thank you to Ed Mangano, Nassau County Executive and Victoria Meyerhoffer of the Office of the Aging for their unparalleled support.

*Until next month:*

*Ethel*

### COUPON

Women Must Be 60 Years or Over

I would like to compete in the 2015 Ms. New York Senior America Pageant.

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail Address \_\_\_\_\_

Return to: Marleen Schuss, State Director

80 Banks Avenue - Apt. 2113, Rockville Centre, NY 11570

Or e-mail: [marleenschuss@aol.com](mailto:marleenschuss@aol.com) Phone: 516-678-3242

## Tech Talk with SeniorNet

### Where All Your Technology Questions Are Answered *By Nick Radesca*

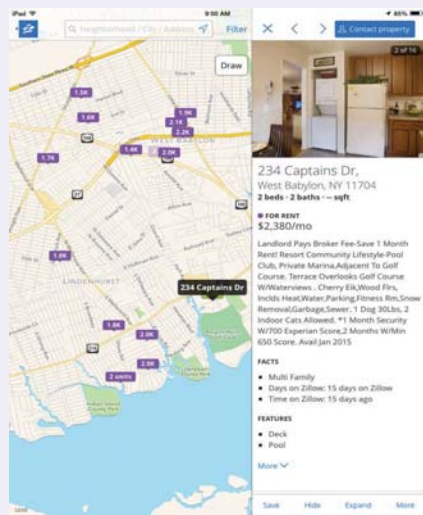
**QUESTION:** My husband and I would like to move near our daughter but don't want to tell her until we're sure there are acceptable rentals in her area. How would you begin such a search?

**ANSWER:** Apartment hunting used to be a time-consuming, exhausting ordeal — but not anymore. With Zillow's website or free app, you can visit hundreds of properties in your pajamas.

With "For Rent" selected in the settings, you simply change the map to the neighborhood you want to explore and Zillow displays available rentals as interactive map pinpoints that provide property details and pictures when selected.

Changing the map location is easy. You simply type the neighborhood, city, or address in the

search bar. Once there, you'd want to resize the map — zooming it in/out and moving it in any direction — until it shows the specific area you want. For illustration purposes, I changed the map location on my iPad to show a



section of West Babylon, which Zillow then automatically dotted with boxes that contain the monthly rent for each available

rental. From this bird's eye view, I could tap on any box for more information.

Often a neighborhood map has lots of rentals, many of which do not meet your criteria. To narrow the search results Zillow uses filters that are accessed by tapping the word "Filter" in the upper part the screen. I selected the following for my chosen section of West Babylon: Maximum monthly rent \$2,500; 2+ bedrooms; 1+ baths; Home type: Apartment (versus a house); I chose "Pets Allowed" by tapping on those words; and then I closed the Filter menu.

As I selected each filter, rentals that did not qualify disappeared from the map. When finished, my Zillow map went from initially showing 53 rentals to just 13. Upon tapping one of the boxes on my map, details for a rental at 234 Captain's Drive

popped up my screen along with 16 available pictures. Here're some highlights. The monthly rent was \$2,380 and included heat; the first month rent was free and the landlord paid the broker fees. It was a two-bedroom, two-bathroom apartment in a multi-family, all-age community with a pool, marina, fitness room, etc.

If you generally have trouble using or understanding today's technology, then Zillow will be an exception. Because of its straightforward design, Zillow is now a mainstay for apartment and house hunting.

*Nick Radesca is a volunteer at SeniorNet at FSL L.I. For more information, visit SeniorNet websites at [www.seniornetli.org](http://www.seniornetli.org) and [www.facebook.com/seniornetli](http://www.facebook.com/seniornetli), call 631-427-3700 Ext. 268 or 235 or send e-mails to [svero@fsl-li.org](mailto:svero@fsl-li.org) or [nick2p@yahoo.com](mailto:nick2p@yahoo.com).*



# Baby Boomers May Avoid Knee Surgery With Modern Arthritis Treatments

Doctors say these two factors are the keys to knee arthritis treatment success and relieving pain without surgery

By Matt Edgar  
America's Health Writer

**Long Island, NY** - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

"We all know that countless lives are being saved every year because of early detection and better treatment of cancer," said one of the physicians at OsteoRelief Institute in Smithtown, NY. "The same holds true for treating knee arthritis pain. I believe we are having so much success at OsteoRelief Institute because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results.

The key to avoiding knee replacement surgery is doing the correct treatments as soon as possible.

**What is the "correct treatment?"**

"That depends, there is no one answer when it comes to medical conditions and knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," stated the clinic's director of services.

For many knee arthritis pain sufferers the right treatment is viscosupplementation. In this treatment, a preparation of Hyaluronic acid (such as Hyalgan) is injected directly into the knee joint.

Hyaluronic acid is a natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car low or without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early visco-

supplementation gets the best results and is so important for avoiding surgery.

And the Doctors believe one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space. That's why the doctors at OsteoRelief Institute use advanced imaging technology called a "C-Arm."

A C-Arm allows the doctor to see into the joint and actually watch the injection go where it is supposed to. Research shows that performing injections without digital imaging can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without advanced imaging and did not get good results - this may be why.

"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The

keys are to not wait, get a good evaluation from an expert and make sure advanced digital imaging (C-Arm) is used to make sure you have the best chance for success." was the advice of the doctors at the Osteo Relief Institute.



**Can This Be Avoided?** Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.

## Free Knee Pain Screenings Offered To Help Determine If Long Island Area Residents Qualify For Popular Treatment

Long Island knee pain sufferers have limited time to claim knee pain screening to see if all-natural knee arthritis treatment might work for them

If you qualify for this treatment, it might be one of the happiest days of your life.

That's because, this year, hundreds of knee pain sufferers have flocked to Osteo Relief Institute located in Smithtown, New York.

That's when their specially trained doctors added Hyalgan treatments to their already successful and comprehensive knee pain relief program.

Hyalgan is unique because - even though it is manufactured by a pharmaceutical company, it is in NOT considered a drug because it is a natural substance with an incredible story.

**Why So Many Want It**

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

**Like "Joint Oil"**

Hyalgan works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the rooster's head. It is extracted from the rooster's comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Hyalgan allows your joints to glide more smoothly eliminating a lot of the rubbing,

grinding and pain.

**Can Supplements Do The Same Thing?**

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

**Why You Should Try This Even If You've Already Had Similar Treatments Without results...**

"We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced advanced low-dose video fluoroscopy imaging called "Hologic Digital Imaging" so we can see right into the joint. This allows us to put the Hyalgan exactly where it needs to be. Studies show doctors doing joint injections without fluoroscopy miss the joint up to 30% of the time." said the head of Arthritis Treatment at OsteoRelief Institute.

OsteoRelief Institute is a state of the art medical facility offering only the best technology.

**And that's not all** - OsteoRelief Institute has a complete knee relief program called "P.A.C.E." to make sure you get the most pain relief and the best possible results from treatment.

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy and the results usually last for at least 6 months. Patients who were

suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replacement surgeries." added one doctor.

**How To Get It**

If you have knee pain, Dr. K. Rich M.D. and staff would like to invite you for a risk free screening to see if you are a candidate for Hyalgan treatments and the P.A.C.E program.

All you have to do is call 631-593-4333 right now and when the scheduling specialist answers the phone tell her you would like your risk free "Knee Pain Screening." The specialists at OsteoRelief Institute can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your risk free screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

And here's something really important - Hyalgan treatments and the P.A.C.E program are covered by most insurance and Medicare. To schedule your screening today call 631-593-4333.

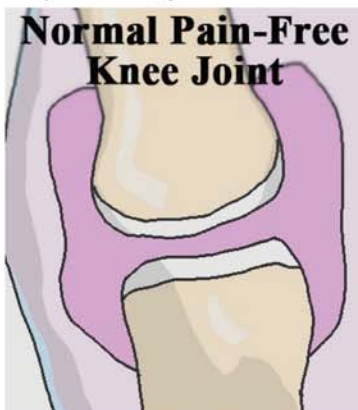


**Advanced Medical Technology Can Make All The Difference:** This advanced digital imaging called a C-arm allows doctors to see directly into the knee joint so treatments are precise and the Hyalgan actually goes where it is supposed to. Studies show that injections done without digital imaging can miss the joint up to 30% of the time. This is one reason Hyalgan or other Viscosupplementation may not have worked for you. Osteo Relief Institute uses this C-arm for every Hyalgan treatment.

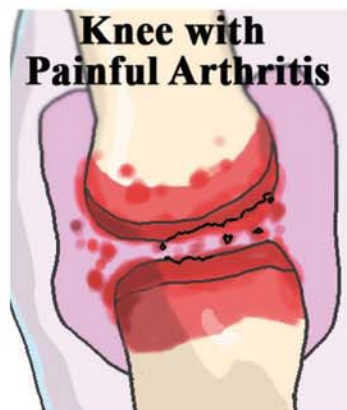
**If You Can Answer Yes - You Are Eligible For A Knee Arthritis Screening With The Experts At Osteo Relief Institute**

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDs and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

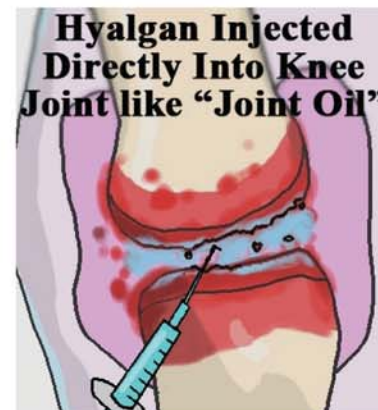
If you answered yes to any of these questions - give OsteoRelief Institute a call and schedule your risk free knee pain screening 631-593-4333



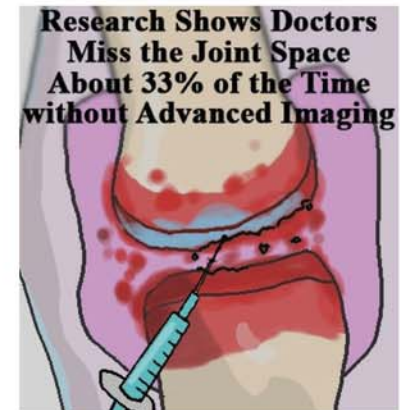
**Normal Pain-Free Knee Joint**



**Knee with Painful Arthritis**



**Hyalgan Injected Directly Into Knee Joint like "Joint Oil"**



**Research Shows Doctors Miss the Joint Space About 33% of the Time without Advanced Imaging**

**Everyone Wants Proof:** In the artist simulated drawings above, picture #1 is a normal, pain-free knee. There is no to arthritis and the knee can move and bend freely without pain

**Pain** - this is a knee joint with painful osteo-arthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.

**Successful Treatment** - Hyalgan being precisely injected directly into the knee joint using holographic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

**Failed Treatment** - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of holistic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.