



JOHN KNOX VILLAGE

Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

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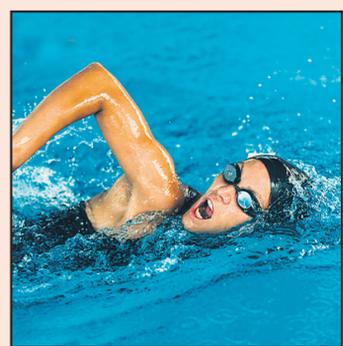
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Golden Anniversary Couples

15 Couples – Each Married 50 Or More Years Renew Wedding Vows



Ron and Dee Davis were among the 15 couples who renewed their vows celebrating more than 50 years of marriage.

Elizabeth Roberts
Gazette Contributor

White pillars bedecked with baby-blue bows formed an aisle winding through banquet tables crowded with friends on Feb. 6, as John Knox Village marked its 50 years by recognizing 15 couples from JKV and surrounding communities who also celebrated 50 years – of marriage. The wedding vow renewal ceremony is part of John Knox Village's year-long 50th Anniversary Golden Jubilee.

As their names were announced, along with a warm memory from their Big Day, each couple entered to a piano accompaniment, carrying a wedding photo. Some were dressed in wedding regalia, others a bit more casually. All wore self-conscious smiles.

Jim and Barbara Meyer, celebrating 60 years of

marriage, recalled that they were at Florida Southern College when, as the moon rose over the lake, Jim proposed.

David Thomson, in a dapper suit, pushed elegantly dressed Janet, in her wheelchair up the aisle, and their daughter helped Janet to her feet and lovingly work her way into David's arms for the first dance.

The Thomsons celebrated their 61 years of marriage. With four children and nine grandchildren, the Thomsons moved to John Knox Village about five years ago. "We didn't want to have any of our kids have to care for us if one, or both, of us became sick," David said. "In retrospect, it has turned out to be the right move."

Janet is a resident of the Ibis Home in The Woodlands, while David still lives independently in their South Garden Villa. He takes care to be with Janet

See "Wedding Vows" On Page 2

Spring Has Sprung And Time To Grow Some Green

"To plant a garden is to believe in tomorrow."
– Audrey Hepburn

Nona Smith
Gazette Contributor

Many of you are probably empty nesters thinking about downsizing, moving to less house and no garden, or you have already made your move. But your green thumb keeps itching to dig in dirt again. You can salve that itch with container gardens on your patio, balcony or porch. Containers are a fun way to still get your hands dirty and satisfy your urge to grow something. You'll be amazed at the variety of plants that will thrive in containers if you take the time to follow a few simple rules.

If you're a beginner to container gardening, it's worth a trip to the library to research the subject. Make sure the books are for Florida growing, as most of South Florida is Zone 10 on the USDA Plant Hardiness Zone Map, which means we are tropical or sub-tropical. Our warm temperatures can limit the flowering plants we can grow, however, most vegetables and herbs thrive here and can be cultivated in pots and planters.

Planning A Small Paradise

As you start researching plants for your container gardens think about their eventual height, shape and growth habits. Most plants are either upright, broad or trailing. For a single container or urn, the most attractive combination usually includes at least one plant of each form. All plants in the container should have matching soil and climate needs. Follow the instruction on the nursery labels or look up the best growth habitat. Start with a tall, upright plant like a kentia palm that should be about twice the height of the container, add one or two broad, mid-height plants such as variegated coleus or colorful dwarf dahlias. Select some trailing plants, such as ivy geranium or bacopa with exquisite tiny flowers. Plant them together and as they thrive you'll have a gorgeous display in a tiny space.

See "Growing" On Page 4



You do not need to have a large outdoor space to enjoy container gardening on your balcony or patio.

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'May Your Worries Be Few, Your Joys Be Many And Your Love Grow More Abundant'

From "Wedding Vows" On Page 1

as often as possible, taking her to frequent activities in the Village Centre Auditorium.

Rose Pugh, age 90, and Frank Pugh, age 93, celebrated 70 years of marriage and did the honors of cutting the wedding cake.

But first, there was the ceremony.

"We pray that your love continues to grow and grow deeper," began JKV's Spiritual Life Director, Rev. Darryl Powell, when the couples were assembled. "Hold hands and turn and face each other."

They smiled like teenagers on a first date and David Thomson wiped his eyes.

"May your worries be few, your joys be many and your love grow more abundant with each passing day," Rev. Powell then concluded. "Gentlemen, you may kiss your brides, and ladies, you may kiss your grooms."

As the longest married couple, Rose and Frank Pugh, cut the cake then took turns answering the secret to their long and happy marriage.

"You pick a good girl in the first place," Frank said.

"You stay even-tempered and work things out," Rose added.

"She's strong. She raised four kids when I travelled the world," explained Frank, formerly an electrical engineer in aviation for Bendex Corporation.



Married 58 years, Nancy and Jim Tilbrook share the first dance.



Three of the 15 couples married 50 years and more kiss and embrace as they renew their vows.

"You take each day as it comes," Rose said.

Among the couples celebrating were Woodlands Elders Edwin and Lori Crump married 62 years. The couple met in Ft. Lauderdale and were introduced by Edwin's brother George. "I knew that I wanted to spend the rest of my life with her," Edwin said.

Married in a picture "perfect" ceremony at Coral Ridge Presbyterian Church, Edwin says he still looks at that wedding photo and recalls being in love. "I still am," he said. When asked about the best times in their long-married life, Lori said: "We haven't reached that part yet."

Dee and Ron Davis moved to John Knox Village 13 years ago and celebrated 63 years of marriage. Ron was the founder and director of the Villagers Men's Chorus, and Dee is a Sage at the Seagrave Home at The Woodlands. The Davises' secret to a long and successful marriage? "Respect and support of each person's pursuit of his or her interests and activities," Ron said.

Dave Norcross is as pragmatic as wife Lynn is idealistic and their 50th anniversary, July 4, 2017, passed unheralded. So when their neighbor read the open invitation in the John Knox Village monthly newspaper *The Gazette's* Jan. 2018 issue, she made sure the Coconut Creek couple came. Lynn Norcross, especially, was happy she did.

"I don't think I would have gotten him to do it, individually," she said. "And it was beautiful."

Congratulations to all couples celebrating 50 or more years of marriage, and many more years of happy wedded bliss to come.



Married 70 years, Rose and Frank Pugh cut the cake, as the longest married couple, at the Wedding Vow Renewal ceremony.

Charlie Albright: A Rising Star Among Piano Virtuosos

Willie Riddle

Executive Director,
Venetian Arts Society

Venetian Arts Society (VAS), John Knox Village (JKV), and Nova Southeastern

University (NSU) have collaborated to present *ArtSage Alliance*: An intergenerational/multi-cultural fine arts program to "unify" our diverse community. The ArtSage experience synthesizes the artistic, social and educational experience in an intergenerational and multicultural atmosphere to enrich the lives of all in our community through meaningful and purposeful artistic presentations for people of all ages. The mission is to present programs of the highest artistic caliber while maintaining a dedication to young artists in all forms of the performing arts.

Celebration ArtSage is one of the many innovative fine arts presentations of The *ArtSage Alliance* in the greater South Florida community. To debut this new concert series in February, The ArtSage Council, comprised of NSU students and faculty, and residents from John Knox Village, chose one of the most celebrated virtuoso pianists on the international concert circuit, Charlie Albright.

A Rising Young Star

Albright possesses titanic technical skill and a depth of emotional sensitivity not found in far more mature artists. He introduced every piece from a nearby microphone with a welcoming sense of informality ("Don't be afraid to cough!") and the artistic willingness and musical chops to include improvisation in the program, a still-rare skill that is mercifully being resuscitated by our best artists.

This young piano sensation gave an impassioned and masterful performance of a varied and challenging program. It was gripping,



Charlie Albright performed on the keyboard, while providing audience-pleasing affable commentary.

frankly, both spellbinding and spellbound, quite unlike most such solo recitals that one has heard over the decades.

Technically Varied Program

The program opened, after a brief and casual introduction at the mic, with a pair of Schubert Impromptus from Op. 90, #3 and #2. Albright crafted the work with intricate and heartfelt pianistic artistry, often leaning in toward the keys, not in a rehearsed histrionic, but an honest gesture of intimate communion with his instrument.

At this point Albright did something that, frustratingly, is still considered wildly out of the ordinary – he improvised on the spot. It is in a sense, a quintessential musical skill requiring a deep, instinctual knowledge of the structures of music and how to bend them to one's wishes.

Albright asked concertgoers not for a tune upon which to improvise, but rather for a set of individual notes – a much more challenging proposition, but one executed with skill and ease.

The concert continued with Strauss' Blue Danube Waltz and Variations Op. 41 by Russian composer/pianist Nikolai Kapustin performed with elegant virtuosity and old-world charm.

After intermission, Albright selected Chopin's complete Op. 25 Etudes, which were each formed with virtuosity and sensitivity. After explaining how each etude was centered on a particular technical skill, he launched into the 12-piece set, forming it with the coherency of a piano symphony.

As encores, Albright offered the firework-laden Volodos transcription of Mozart's Rondo alla Turca, and with another of his signature improvisations: This time a medley as the perfect nightcap.

An Engaging Performance

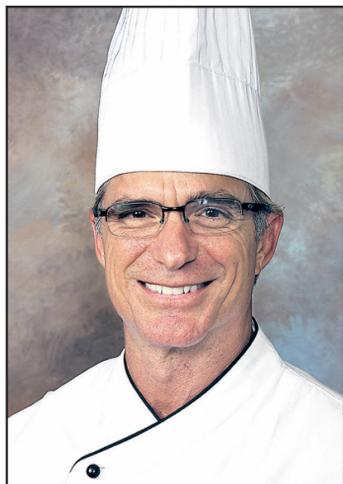
Overall, the atmosphere was engaging, warm, jovial and intimate – everything a recital experience should be. As for Albright himself, he did well to engage and share insights into the works he was bringing to life, with a lightness that included phrases like, "When I was much younger." The informality never undermined the deep music being made, and the flash was always employed for fun rather than self-aggrandizement. It was nice to see concert elements like improvising and engaging with one's audience – Albright did both, and the riotous applause is all the proof needed of their efficacy. The concert was a "getting to know you" session, which worked perfectly for this rising star.

For information on upcoming *ArtSage Alliance Salons* visit www.JohnKnoxVillage.com

In Good Taste: Don't Be Chicken To Try This Delicious & Easy Recipe

Rob Seitz

Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

This flavor packed, super easy to make chicken Milanese entrée is a favorite of Mark Gullusci's, Executive Chef at John Knox Village, a life plan retirement community

in Pompano Beach, FL. His called-for and delicious panko breadcrumbs can be found in the Asian food sections of most markets.

Chef Mark has found that many JKV residents find it hard to believe that five basic ingredients can create such a pleasant dish. Milanese – the crusty crumb coating on the chicken breasts – is one of the simplest Italian preparations and he assures it will wow your guests every time.

"This is a dish that I love," Chef Mark told *The Gazette*. "The hot-cold contrast of the chicken and the arugula salad, the peppery

arugula matched with the mild crispy chicken breast is wonderful. It is also a very beautiful dish, because as we all know, we also eat with our eyes."

Ingredients (Yields 4):

- 4 5-6 oz. boneless skinless chicken breasts
 - 4 cups fresh baby arugula
- 1 cup cherry, heirloom or grape tomatoes (Slice or cut into halves)
 - 1 ounce fresh lemon juice
 - 2 ounces extra virgin olive oil
- Kosher salt and ground black pepper to taste
 - 1 cup sliced red onion
 - 2 cups panko breadcrumbs
 - 1 cup AP flour
 - ½ cup shredded Parmesan cheese
- ½ cup shaved pecorino cheese or Parmesan
 - 2 tbsp. chopped parsley (This can be dried parsley)
 - 4 whole eggs

Method Of Preparation:

Lightly pound chicken breasts to even thickness by laying chicken breasts on a cutting board and placing plastic wrap on top of the chicken. (This will prevent tearing of the chicken.) Pound with a meat mallet. Be careful not to tear up the breasts. Thin is good but keep in one piece.

Place the flour in a bowl, crack the eggs into a bowl and lightly beat, place the bread-



crumbs, salt and pepper, shaved Parmesan cheese, and chopped parsley into another bowl. These bowls should be wide enough to coat the chicken breasts.

Dip the chicken into the flour first, shake off the excess, dip into the eggs, allow extra to drip off, place into breadcrumb and cheese mixture and coat well. Press the crumbs into the chicken.

Heat ½ cup vegetable oil in skillet and brown chicken on each side. Remove from skillet and set on paper towels to absorb oil.

In a larger bowl, place the arugula, red onion, tomatoes, salt and pepper, olive oil and lemon juice together and toss.

Place chicken on plates and place a small handful of arugula salad on top of the chicken. Garnish with some shaved pecorino and enjoy.

Book Review

Scalia: A Court of One

By: Bruce Allen Murphy

Donna DeLeo Bruno
Gazette Contributor

A most comprehensive tome, "*Scalia: A Court of One*," traces in extensive detail the career of one of our country's most renowned Supreme Court justices, Antonin Scalia. Born to immigrant parents, the only child in his extended family of aunt and uncles, "Nino," as he was lovingly called, was the center of attention. An ardent Catholic, he attended Manhattan's Xavier High School whose mission stressed leadership: "The place where boys were made men and where men were made leaders." There he excelled, receiving the Gold Medal for class excellence each year. He displayed his acute argumentative skills in debate, an exercise perfect for the position he would later hold.

He continued his education at Georgetown University – steeped in the Jesuit tradition of "intellectualism, scholarship and activism." Upon graduation, he considered the priesthood, but decided "God was not calling me."

As a law student at Harvard University, he honed his skills and remained conservative. In the following years, as an appellate court judge, he produced an "impressive body of academic writings, reasoned and written with great insight and flair...probably the most important opinions...without a single mistake."

Nominated To The Supreme Court

Even though he could be personable and gregarious, he was "prone to an occasional outburst of temper...and might rub some of his colleagues the wrong way." Nevertheless, President Ronald Reagan appointed Antonin to the Supreme Court in the presence of Scalia's wife and nine children. There had been some concern about his strict religious beliefs and it was feared that he might intend to overturn *Roe vs. Wade*. But before the Senate, Scalia said: "I assure you, I have no agenda. My only agenda is to be a good judge and decide the cases brought to me according to the law."

It was expected that with such a powerful mind, well-formed judicial philosophy, patience, personal skills and warm personality, he would become a consensus builder. Fellow justice Sandra Day O'Connor seemed to be most ideologically like Scalia when he was first appointed. On the liberal side were William Brennan, Harry Blackman, John Paul Stevens and Thurgood Marshall. As the junior justice in the group, Scalia spoke and voted last; "meaning that by the time he voiced his views, the outcome had almost always already been decided," which irked him.

The Legal Decisions Facing Scalia

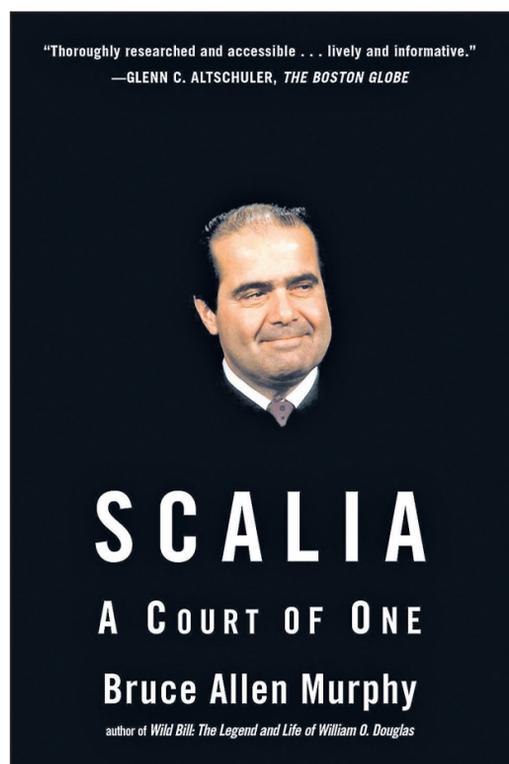
Among the cases before the Supreme Court was deciding restitution to Native Americans regarding their tribal lands; issues of separation between church and state; evolving standards of decency; the extent of executive power; gay rights; the death penalty; interpreting the "original" intentions of the founding fathers who wrote the Constitution; etc. From the beginning, Scalia often made himself and his opinions the center of attention, not deferring to the older jurists. Eventually he became a kind of combative maverick, even widening the gap between himself and the more centrist justices, O'Connor and Kennedy.

The book is replete with intriguing court cases and the conflict they created among the justices – liberal, centrist, and conservative – whose task it was to rule on them with "one voice." The author asserts that at times Scalia felt that voice should be *HIS*. There is tension here, intense disagreement, opposing points of view. One major disappointment was, upon the death of William Rehnquist, President George W. Bush named John Roberts the new Chief Justice, rather than Scalia.

Although lengthy and intellectually challenging, this biography of one of the leading thinkers of our time, is well worth the effort. It not only provides insight into a profound individual and his thought process, but also acquaints the lay person with a better understanding of how significant legal cases are decided. What most appealed to me, as a writer and avid reader, were the passages that revealed Scalia's clever use of literature since he was not only well-read, but also had acted in student dramatic productions.

A Man For All Seasons

When asked which historic character most resonated with him, Scalia named Sir Thomas More, in the play "*A Man For All Seasons*." More was Lord Chancellor under Henry VIII



and was considered the most accomplished legal mind at that time, a principled lawyer and Catholic whom Scalia said, "loved the law, saw the importance of the law," even gave his life for his beliefs.

I also enjoyed his frequent quotes from Shakespeare. Scalia was not admired by all, however. In his later years, when he went on tour to promote a book he wrote or when he was highly paid for TV interviews where he made some controversial comments, he was harshly criticized by *The New York Times* for his "antiquated view of women's rights," which it called "outlandish, jarring and constricted." Such quotes, although negative, are all the more interesting in revealing the dichotomy of components that characterized a most compelling, powerful and intriguing figure of our time.

Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scribes group, guiding authors in publishing their books as part of the Senior Connection Club.

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To Plant A Garden Is To Believe In Tomorrow

From "Growing" On Page 1

Before you get started, make a game plan of where to place and what to plant in your mini-garden.

Consider The Growing Conditions

If you fill a balcony box with shade-loving begonia and then put it in a location with too much sun, the pretty plant will struggle to survive. Think about where your containers will be located and then select plants that will thrive living there. Plant labels usually list sun/shade requirements, so follow their suggestions for greater success.

Sun-loving plants are best oriented to the south for maximum sunlight. But beware, in South Florida even the most heat and sun tolerant plants might wilt in the heat of the day, be sure to give them plenty of water.

The Dirt On Growing Medium And Fish Dinners

Instead of garden soil, use soilless potting mixes. They are free of disease and other contaminants, are lighter, absorb more water and drain better. You can add ingredients to make it more fertile and some gardeners recommend adding a cup or so of horticultural charcoal to keep the soil "sweet" and aerated. Potting soils are made mostly of peat moss and vermiculite and are usually sold in small bags, making it easier to transport to your small garden.

About three weeks after planting start using an organic water-soluble fertilizer. Fish oil emulsion is a broad-based, organic fertilizer which provides instant food for your plants without the contamination of chemical fertilizer. Dilute it with water according to the label instructions. The fishy smell fades quickly. If your plants look a bit wilted, add a tablespoon of Epsom salts to the mix for a boost.

A container full of herbs is easy to accomplish if you follow the "good neighbor" rules.

Dig In And Start Planting

You don't need a big plot of land or even live near a farmers' market to enjoy the lively flavors of a summer garden. With just a pot or two, fresh herbs, vegetables and edible flowers are just a snip away.

While you might be tempted to start with seeds, it can be a frustrating proposition. The seed packets always have many more seeds than you'll need and seedlings can be too delicate to flourish. It's much better to buy small plants from a nursery or a garden store. The plants are established, "hardened off," and come with detailed instructions for their well-being.

Virtually any form of flowering or foliage plant, compact vegetable or edible herb will feel at home in a container if you provide the proper conditions for growth. Drainage is the



In a small patio space, the author has a mini-garden with garlic, parsley, two types of tomatoes and bush beans. The raised cedar planter sits up about 30 inches and is excellent for those with achy knees.

most important. Most store-bought containers have one or more holes in the bottom for good drainage. Make holes, if possible, in containers you've made or found. Layer shards of terra-cotta pots or pebbles on the bottom so roots won't clog the holes. Place a tray or saucer under the container to collect any overflow moisture. Let your creativity show with your selections of gorgeous pots, unusual containers and urns, even an old coffee tin can be home to a beautiful plant.

You Say Herbs And I Say "Erbs"

To me, one of the most satisfying container gardens are for herbs. They grow well, have a delightful aroma and add a dash of flavor to your culinary efforts. A container full of herbs is easy to accomplish if you follow the "good neighbor" rules. Herbs grow best when sharing a home with others of similar requirements. A terra-cotta bowl filled with several kinds of basil, green parsley and nasturtiums enjoy each other's company and offer a lovely display. Other perfect combinations include rosemary plus sage, oregano, marjoram and thyme. But why not experiment? After all, you can always add the failures to your next meal!

One Last Word On Containers, Maybe Two

For those of you with knees that don't like to bend without a twitch of pain, there are wonderful waist-high wooden containers. They take a bit of work to assemble and fill with soil, but are well worth the effort. You have all the joys of digging in dirt, plus the pleasures of eating the fruits of your labors. No one in my family likes tomatoes unless they make pizza or spaghetti sauce. I love them and have two tomato plants growing

in my big raised container. One of the plants grows jewel-like, delicious little red fruits. I pop several in my mouth every day and savor the true tomato smell and taste, no store-bought tomato can give you.

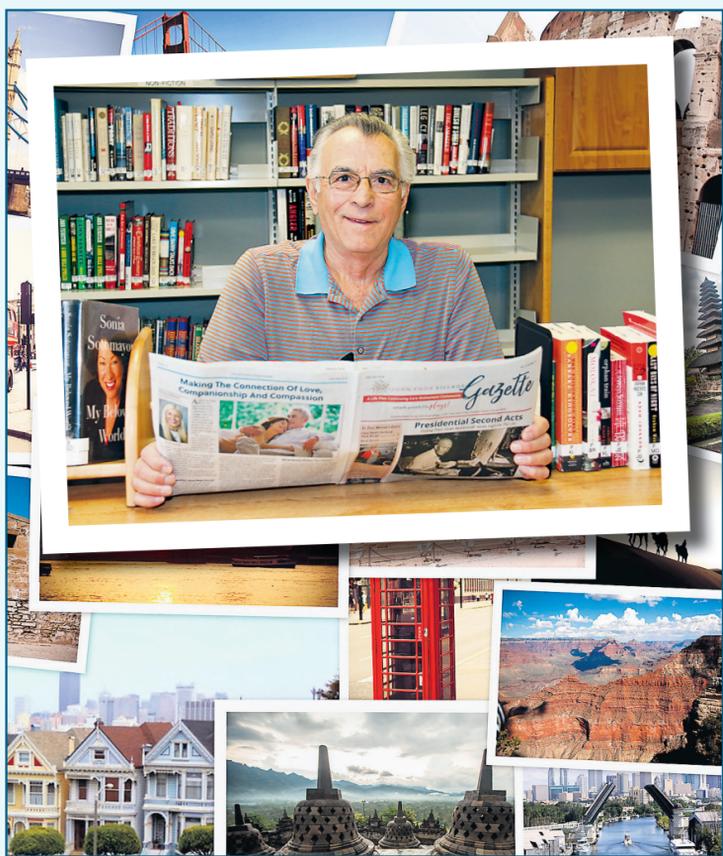
Herb Tower – A Great Display

Here your creativity can flourish. Create a vertical herb tower from an old step ladder. Give it a fresh coat of paint, maybe in hues to go with your décor, secure different-sized containers up the steps, starting with the tallest growth on the top step, on down to varieties of thyme cascading from little pots.

Some words of caution, however: Before you start container gardening, check with your condominium association, homeowners' association or landlord to be sure you are allowed to grow potted plants, flowers, herbs or even veggies in containers on your balcony or patio. If you are on the ground floor and own your own home...enjoy your green thumb. Happy containering.



A sunny spot in the corner of your balcony or screened patio is a great place to grow a variety of potted herbs. The plants will add a touch of greenery to your home, while providing fresh savory flavors for your home-cooked cuisine.



The Gazette Travels Where You Are

Every month, *The Gazette* is published and mailed to readers across the country. The newspaper is geared to inform and inspire adult readers who believe that being involved and engaged is an essential part of life.

We want to travel with you and we offer you a challenge with a reward.

- Take a photo of yourself (a selfie) or of a friend reading *The Gazette* in front of a landmark. It can be here in South Florida or anywhere you live or travel across the world.
- Post your photo to our Facebook page (Facebook.com/JohnKnoxVillage). Make sure your photo is large enough in resolution to print in *The Gazette*.
- Invite your friends to the Facebook page and see if they can identify the location of your photo.
- *The Gazette* staff will choose photos submitted to the Facebook page and publish them in future editions of *The Gazette*.
- If your photo is published, you will receive a gift certificate for four to the Palm Bistro, a great casual dining experience located in The Woodlands at John Knox Village, Pompano Beach, FL.
- Good luck! Happy photo taking and posting your submissions. If you do not know how to post to Facebook, simply email your photo to rseitj@jknvfl.com
- You will be notified by email if your photo is selected, so make sure you let us know who you are and how best to contact you.

Join Us At John Knox Village For These April Events

Hear JKV's Lovely "Voices" Friday, April 6 at 7:30 p.m. in The John Knox Village Centre Auditorium

Please join John Knox Village residents to hear a musical presentation from their "Voices," a musical ensemble of members of the all-female Note-Ables and all-male Villagers singing groups. This complimentary event will be held Friday, April 6 in the Village Centre Auditorium, beginning at 7:30 p.m.

To reserve your spot please contact the Marketing Department at (954) 783-4040.



You Are Invited to a Lunch and Learn on Tuesday, April 10 at 10:30 a.m. in The Woodlands' Life Enrichment Center

Plan to attend the April gathering to learn about John Knox Village and to enjoy a delightful lunch. Hear about the benefits of a life plan continuing care retirement community and get all the details of life at John Knox Village. Take a tour of the lush, tropically landscaped campus and visit several newly renovated one and two-bedroom model homes. Call the Marketing Department (954) 783-4040 for reservations.

Be Our Guest for a Great Variety Show The Rotary Club of John Knox Village Presents: "Birds of Magic, Myth and Mystery" April 12 & 13 at 7:30 p.m.

A variety show benefitting the Village's Wings On The Water Fund is scheduled for two nights Thursday, April 12 and Friday, April 13. The show is planned by the Rotary Club of John Knox Village and will be presented at the John Knox Village Centre Auditorium.

See page 12 of this month's Gazette for more details about the show. Call the Marketing Department (954) 783-4040 for information and to make reservations.



NSU Museum Docents Discuss Jewish Artists Thursday, April 19 at 11 a.m. in The Woodlands' Life Enrichment Center

Docents from the NSU Art Museum Fort Lauderdale will be making a presentation titled: "Jewish Artists in the School of Paris." From 1905 to 1939, Paris attracted artists from around the globe and became known as the capital of the art world. Within this time one group set itself apart: Jewish artists from Russia, Poland and Central Europe who were fleeing anti-Semitic persecution in their home countries.

Join us and hear more about this exciting topic. To RSVP call (954) 783-4040.

You Are Invited on Thursday, April 26

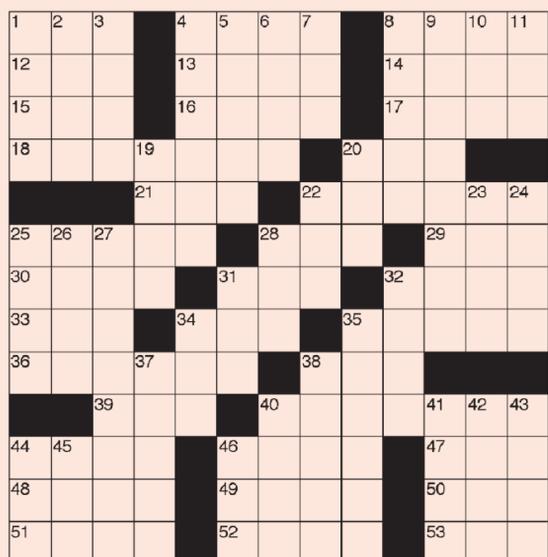
- Silver Scribes Book Class at 10 a.m.
- Digital Photo Class at Noon

Have you ever wanted to publish your autobiography or collection of short stories but have no idea how? Join our Silver Scribes and we'll take over the technical publishing of your life story. Want to learn more about your digital camera? Bring your camera with you to the photo class. Meet in the Cassels Tower Party Room at John Knox Village. Call to reserve your place for the classes: (954) 783-4040.



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Crossword Puzzle Of The Month



ACROSS

- Ruler of Tunis
- Today (Ital.)
- Part of QED
- Soft drink
- Stir up
- Geophagy
- Nat'l Endowment for the Arts (abbr.)
- Togs
- Org. of Petroleum Exporting Countries (abbr.)
- Net
- Genetic letters
- Like (suf.)
- Turk. inn
- Friend of Pythias
- Hebrew letter
- I (Ger.)
- Frenzied

DOWN

- Wolframite
- Jackfruit
- Illness
- Grab
- Germanic gods
- Goal
- Old-Eng. jurisdiction
- Beak
- Ram
- Cushitic lang.
- Breathe rapidly
- Proportional shoe width
- Danube tributary
- Pueblo Indian
- Possessed
- Dutch painter
- Afghan title
- Environmental Protection Agency (abbr.)

DOWN

- Nemesis
- Earthly paradise
- Votes
- Decree
- Squash
- Fr. author
- Fr. pronoun
- Goddess of horses
- Growing by a riverbank
- Unit
- Tactical Air Command (abbr.)
- Cozy retreat
- Dept. of Motor Vehicles (abbr.)
- Adjective-forming (suf.)
- Geological epoch
- Asian desert
- Foolish
- E. Indian tanning tree
- Sad
- Flap
- Grimalkin
- Male person
- Pen point
- Physician
- Scand. people
- Branch of Muslim
- Heddles of a loom
- US dam
- Eucalyptus secretion
- French art group
- Kilometers per hour (abbr.)
- Military macaw
- School organization (abbr.)

Answers On Page 10.

From Music To Ballet: Check Out These April Events

April 10
Symphony of the Americas:
Conrad Tao
Amaturo Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:45 p.m. Tickets from \$62



April 11
Gold Coast Jazz:
The Four Freshmen
Amaturo Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:45 p.m. Tickets from \$27.50

April 17
South Florida Symphony:
Israel's 70th Anniversary
Amaturo Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$35

April 18
Dan Rather
Amaturo Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$25.42

April 28 & 29
Miami City Ballet
Au-Rene Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 Sat. 8 p.m., Sun. 2 p.m. From \$20

Events listed were current at press time, however are subject to change. Please contact each venue for the latest information.

Sudoku

Answers On Page 10.

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

'The Tides, They Are A 'Changin'

The New Tax Act Will Impact Your Income Starting This Year

Kaley N. Barbera, J.D., LL.M.
 Gazette Contributor



Kaley N. Barbera

"The hardest thing in the world to understand is the income tax," said the very wise and ever so clever, Albert Einstein. The start of 2018 brought about some new changes in our tax code with the 2017

can elect portability, thereby allowing for around \$22.4 million to be estate tax free.

Gift Tax Exemption (Unified Credit). The unified estate and gift tax exemption is \$11.18 million dollars per person.

Annual Gift Tax Exclusion. The annual exclusion amount for lifetime gifts has been increased from \$14,000 per year to \$15,000 per year. As an example, an individual may give \$15,000 to 10 grandchildren and not have it count toward their unified credit of \$11.18 million dollars.

Generation Skipping Transfer Tax. The generation skipping transfer tax exemption is also \$11.18 million dollars per person.

Take Away. The result of this increase in exemption amounts means that only 1,800 of decedents dying in 2018 will pay an estate tax in 2018 (this is down from about 5,000 decedents in 2017). See Heather Long, "3,200 Wealthy Individuals Wouldn't Pay Estate Tax Next Year Under GOP Plan," *Washington Post* (November 5, 2017).

Be Wary. It is unclear what the tax landscape will look like in 2025 as some of these changes are set to expire (sunset) on Dec. 31, 2025.

Plan For Flexibility In Your Estate Planning. The best way to handle these changes in the tax laws, as well as be prepared for the potential reversion back to prior tax laws in 2025, is to make sure to have estate plans that are flexible. Most estate plans starting in 2018 will be simplified as there is not as much estate, gift and generation skipping tax planning involved, however, these plans must be prepared to withstand the potential reversion at the end of 2025. In addition, some of the more complex plans for estates that were at one time over the exemption amount will need added flexibility to take advantage of some of the income tax strategies that may be utilized. My advice would be to meet with your estate planning attorney to discuss how you can best plan for your estate in a flexible and tax efficient manner.

Rule Of Thumb. Revisit your estate planning with your estate planning attorney whenever there are substantial changes in the law or in your life.

As Benjamin Franklin told us, "Our new Constitution is now established, everything seems to promise it will be durable; but, in this world, nothing is certain except death and taxes."

Tax Act and what better time to touch on some of these pertinent updates than during the heat of tax season. Below are some of the relevant changes in the tax law:

Education

529 Plans. For distributions after 2017, "qualified higher education expenses" will now include tuition at public, private, or religious elementary or secondary schools limited to \$15,000 per student during any taxable year.

Income Tax

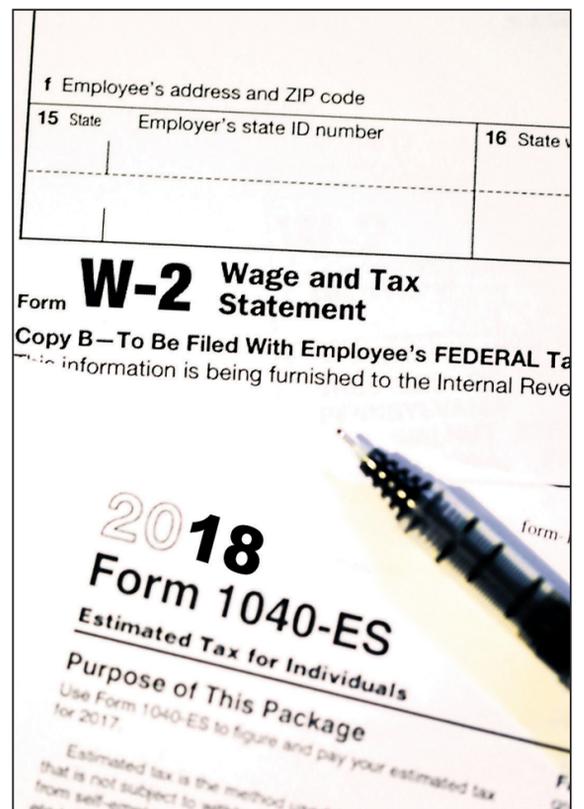
Standard Deduction Increases. The standard deduction has increased for the taxpayer. For married couples, filing jointly, the standard deduction has increased from \$13,000 to \$24,000 and for single filers from \$6,500 to \$12,000.

Personal Exemption. The personal exemption has been eliminated.

Miscellaneous Itemized Deductions Not Deductible. The effect of this change is that it eliminates many itemized deductions for taxable years beginning in 2018 through 2025.

Estate/Gift/Generation Skipping Tax

Estate Tax Exemption (Unified Credit). The estate tax was not repealed, but was instead doubled, thereby allowing for individuals to have around \$11.18 million in their gross estate and not owe an estate tax. This amount can be doubled for spouses as they



This article is intended to provide the readers with a general idea of some of the new tax changes from the 2017 Tax Act. For further information or advice, please contact your estate planning attorney or accountant for details on your particular situation.

For additional information regarding this article or to ask future questions to this writer to be addressed in future articles in the Gazette, please submit all questions to Kaley Barbera, Esq. at kaley@snyderlawpa.com.

The above information was provided solely for information purposes. An estate and tax plan for an individual may or may not contain the documents or ideas discussed, above. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.

Kaley N. Barbera is a senior associate at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner; estate administration and trust administration. She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School.

The Doctor Is In

What It Takes To Make A Champion

Dr. Roberta Gilbert
Gazette Contributor



Having been engrossed in the fabulous athleticism at the recent Winter Olympic Games, I thought of an interview I conducted with an Olympic coach. It revealed much about what the athletes live out before they ever get to the games.

On a short winter vacation in Florida, I had the good fortune to stay in an apartment next to the head Canadian Olympic swimming coach, Benoit Lebrun. He asked us to call him Ben. He often comes to the Pompano Beach area with his athletes, for the wonderful pools and biking opportunities it affords.

Meeting him, I remembered a question a coach had asked early in my Family Systems training. "Are Olympic athletes more motivated from their families or from within self?"

Every four years when the Olympic games roll around, the same question would bother me. I had never resolved it to my satisfaction. On the one hand, I understood how very influential the togethernessⁱ pull of the family relationship system is. It plays a strong part in who we finally become, what we like, and what we end up doing in life. On the other hand, the individuality forceⁱⁱ is strong, too – the factor within that is determined solely by what we have thought through for ourselves. Perhaps it is just as strong as the togetherness force. Every year, I would wish to resolve the dilemma,

and then, four years later at Olympic time, it would arise again. It wasn't surprising that the question popped up for me, fully formed, on first making Ben's acquaintance.

I found the right time to ask Ben if he would be available for an interview. He agreed and here is my remembrance of how it went.

The Motivation Of An Olympian

RG: Ben, do you have any thoughts on whether family motivation or self-motivation is more important in the making of an Olympian?

Ben: Absolutely I do. Without question, the most important motivation for the top athletes comes from within self.

For example, I had a young teenager apply for training only last week. I always bring the family along with the applicant for the first interview. So, I asked her, "Why do you want me to coach you?" I was trying to get at exactly what you have brought up – what and/or who was/were motivating her.

She and her family were prepared to move to Montreal, where I work, if she was accepted by me. She explained that from the time she was a small child, she had wanted to compete in the Olympic games. Her local coach recently told her that he had gone as far as he could with her. If she was serious about becoming an Olympic athlete, she needed to train with me. "So, that is why I am here," she said.

Next, I turned to her family and asked them a similar question. "What do you think about this – it would be a big move for you." They answered, "Well, if that is what she wants to do, we are in support of her. We will do whatever we can to assist her." It was a perfect interview. Exactly what I wanted to hear.

Had they said, "We have always hoped for an Olympic athlete in the family," or "We have Olympic athletes in our family and we hoped she would continue the tradition," or any number of other responses, the interview would not have been exactly what I was looking for in a top athlete. But since the applicant and the family both agreed that the athletic motivation for her was coming solely from her, I was very pleased. She was accepted for training. She is only 9 years old.

In fact, I coach the parents of the young athletes, not to get overly involved emotionally in the training or competitions. I do want them to

show up for all the competitions, but only to show up. I don't want them to be overly invested in how the athletes are doing. It is, after all, their kids' show, not that of the parents. The parents need to keep themselves under control and somewhat in the background.

RG: That is very interesting, because, we in Bowen family systems theory, coach parents in a similar way on life issues. We believe that emotional over-involvement in their children's lives, not only athletically, but in general, can lead to sub-optimal outcomes for the children. Being there, and having a solid connection, though, we also see as important.

Ben: Interestingly, there are some pretty good athletes where the motivation clearly is coming from the family. But as I have observed the two groups of athletes over the years, the more family-motivated ones never do as well as those who are motivated from within.

10,000 Hours

RG: What, then do you think it takes to make a champion swimmer?

Ben: 10,000 hours.

RG: Like the book says, in "The Outliers," by Malcolm Gladwell?

Ben: Yes, just like the book says – 10,000 hours in the pool.

RG: So, how long does that take?

Ben: It takes 10 years to make a champion.

RG: Whoa! And what does that break down to on a daily basis?

Ben: It breaks down to 4 hours a day, 6 days a week.

RG: That is dedication.

Ben: It is, and that is what it takes – that kind of dedication.

ⁱ *Togetherness, one of the basic ideas in Bowen family systems theory, posits that we are all pulled, to different degrees of balance, by two forces, the togetherness and the individuality forces. Togetherness is synonymous with the family fusions, where self is sacrificed or taken on in the family relationship system, to different degrees in different families and individuals.*

ⁱⁱ *Individuality is the force that balances against the togetherness force. It is the force to become who/what we want to be, independent of the family pull on us to be there for it/them. The balance of the two forces is different in different individuals and accounts for differing levels of emotional maturity in different people.*

Dr. Roberta Gilbert is a psychiatrist and Distinguished Retired faculty member of the Bowen Center for the Study of the Family, (formerly Georgetown University Family Center). The John Knox Village resident is a published author of several books on the Bowen Theory, therapy and leadership, and continues to teach master classes for leaders and therapists nationally. Dr. Gilbert engages in writing, music, travel, friends and community activities.



And The Band Played On

The Titanic Tragedy Occurred 106 Years Ago This Month

"I cannot conceive of any vital disaster happening to this vessel."

- Capt. Edward J. Smith,
Commander of RMS Titanic

Nona Smith
Gazette Contributor

As the RMS *Titanic* pulled away from the shipyard in Belfast, Ireland, she was the largest man-made object to ever set in motion. Her maiden voyage began on the fateful day of April 12, 1912, as she sailed into history as the most luxurious and "unsinkable" ship filled with more than 2,200 people. Many famous people were on board, including John Jacob Astor, a scion of one of America's richest families. Stories abound of the *Titanic's* sinking on April 15 after hitting an iceberg. Many reasons were given for the now 106-year old disaster and many stories of heroism and cowardice became legend.

The Captain's Story

After the disaster many people blamed Capt. Edward J. Smith for causing the accident. They said the ship was traveling too fast in an area where icebergs had been sighted. Many survivors however, thought that Capt. Smith was a hero. He helped passengers to escape and did not try to save himself. He was a seasoned seaman and had served as master of numerous White Star Line ships including the *Baltic*,

Adriatic and *Olympic* before he was given the honor of commanding the RMS *Titanic* on her maiden voyage. He followed the age-old tradition and went down with the ship.

And The Band Played On

One of the most famous stories from the *Titanic* disaster is about the Wallace Hartley Band and the eight musicians who lost their lives.

The band usually entertained the first-class passengers, but while the lifeboats were being lowered, with everything in turmoil and very scared passengers running around, the band went up on deck and played music to calm them down. They started by playing jolly rag-time tunes, but once the scope of the disaster became clear, they played hymns. They played as long as possible and sank with the ship.

The Unsinkable Mrs. Brown

According to a passenger J. Witters, "The morale of the people in the lifeboat was excellent at all times and was greatly assisted by the endeavors of a Mrs. Brown, who sang, laughed and joked with everyone. She had brought with her a little toy pig which played a little melody when its tail turned, this amused the passengers immensely." Mrs. Brown was later rescued by the *Carpathia* where she, as battered and tired as she was, did whatever she could to help the other survivors, including raising money from the wealthy to help poor passengers who had



lost everything. Her acts of heroism, which made the news, earned her the nickname "The Unsinkable Mrs. Brown."

Joseph Laroche, Titanic's Black Hero

Although Laroche was an educated man with a degree in engineering, he struggled to find work in France and decided to take his pregnant wife and two daughters home to Haiti. When the iceberg struck, his engineering experience told him something was terribly wrong. He quickly woke his wife, gathered all their portable valuables into pockets and carried their two girls on deck. He safely stowed his family into lifeboat 8, but refused to follow them. His wife and children survived the disaster. Joseph's daughter, Louise became one of the oldest survivors of the *Titanic*, living until 1990.

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Living Well With Carmel

When In Doubt: Choose Kindness

Carmel Baronoff
Gazette Contributor



Today we seem to be bombarded with the word “bully.” We hear about it on the news. We read about it on the web. And of course, there is the bully scene portrayed in films. In fact, bullying has been addressed in movies for years. Remember “Carrie,” “Karate Kid” and “Pretty in Pink?” Recently the topic of bullying was featured in a sensitive and uplifting film called “Wonder” where a child is mocked for being different. The word bully has been around for about a hundred years, but mean people who taunt have existed since the beginning of time. Think of the story of Adam and Eve.

Choosing Kindness

Yet, rather than focusing on the negative, I’d like to concentrate on the positive. What ever happened to kindness? Yes, good old-fashioned kindness. The act of being kind and compassionate brings so much to the one who receives the gesture, but also, to the one who gives. The gift of kindness is a smile in return, a reciprocal kind gesture or the ability to see the fruits of your kindness in action: Like righting a wrong or even feeding someone who is hungry. It feels good knowing you have the power to create happiness.

The movie “Wonder,” which was adapted from R. J. Palacio’s book, centers on the lesson of kindness. The main character, Auggie, strives to show his classmates that his facial difference shouldn’t be a cause for bullying.

He uses the harsh moments from those who torment him to teach the valuable lesson of compassion and consideration. Certainly, the strength of this teaching is even more poignant when you realize these wise lessons come from a child. As the Dalai Lama once said, “Be kind whenever possible. It is always possible.”

I would like to believe none of us were born bullies. It’s a behavior that is taught or evolves over time. Kindness is more instinctual, yet to be kind all the time takes some practice, especially to someone who is being a bully. Let me offer some incentives to choose kindness all the time. As I mentioned, kindness benefits the recipient, but there are a multitude of scientifically proven benefits for the giver.

Kindness Increases

Energy – One study at U.C. Berkeley reported that at least half the participants felt stronger and more energetic after being kind. Others reported feeling less depressed and calmer.

Happiness – A survey conducted in 136 countries by the Harvard Business School found that people who were generous financially were happier than people who were not charitable with their money. One good reason to open your wallet.

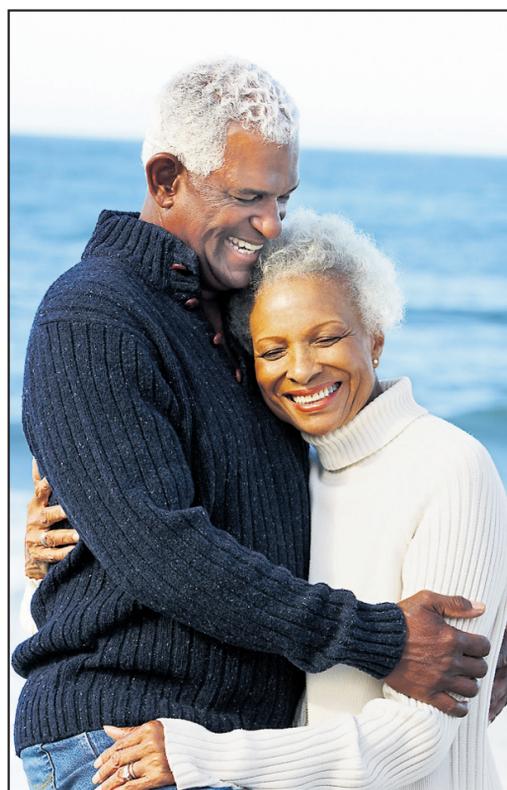
Pleasure – A study at Emory University proved that when you are kind to another person, your brain’s pleasure and reward centers light up as if you were the recipient of the kind act. This is called a “helper’s high.” It makes me recall the saying, “It’s better to give than to receive.”

Serotonin – Feeling depressed? There is no better natural anti-depressant than kindness. The act of giving kindness stimulates the production of serotonin. Need to calm down and get happy? Go out and be kind to someone.

Lifespan – Want to live longer? Choose to be kind. People who volunteer tend to experience less aches and pains. Those over 55 years of age and are active in charity have a 44 percent lower likelihood of dying early. That’s an impressive incentive.

What Does Kindness Decrease?

Pain – Kindness is a natural painkiller because it produces endorphins.



Anxiety – Take your mind off your stress and get in the act of kindness. Who is thinking about their problems when they are thinking of others?

Blood Pressure – Kindness releases oxytocin which creates emotional warmth. This hormone, in turn, releases a chemical called nitric oxide which dilates the blood vessels thereby protecting the heart. If you think with your heart, you protect your heart.

Practice Kindness. It will do you and others good. As Mark Twain once said, “Kindness is the language which the deaf can hear and the blind can see.” It truly transcends all our senses as it speaks from the soul!

Live your dreams...Carmel

An author, chef, TV personality, nutritionist, wellness coach and trainer, **Carmel Baronoff** is hostess of a locally produced health and fitness show titled “Living Well With Carmel.”

John Knox Village is an underwriter of the show airing nationally, as well as on local PBS stations WPBT and WLRN. It is a natural extension of John Knox Village’s commitment to expanding the Seven Dimensions of Wellness for its residents. A partnership has been forged with JKV and Carmel that includes motivational columns for The Gazette.

I Need A Fix: Assisting Others While Remembering The Heroes Among Us

Burn Loeffke
Gazette Contributor



Every day I look for a “fix.” For me getting a fix is defined as helping someone. Assistance and volunteerism is something we all should put into our daily routine.

Helping Others Keeps Us Healthy

Harvard Medical School conducted a research project on an immune marker, SigA (Salivary Immunoglobulin Antibody). They placed an instrument in the mouth of 50 participants, of all ages and nationalities, that measured SigA that is produced in our body.

The participants were asked to watch a video of Mother Teresa comforting the sick. All the participants had a rise of their SigA just by watching the film.

SigA enhances the immune system that keeps us healthy and helps ward off disease. The SigA increases even more and stays longer if we are actively participating in helping others. For many of us just thinking of heroes enhances our immune system.

In November, I will be part of a medical and community assistance mission to El Salvador with the charitable organization, **Food For The Poor** (www.foodforthe poor.org).

The charity provides food, housing, emergency relief and much more to those in desperate need in 17 Latin American and Caribbean countries.

Heroes Among Us

During our visit, we will honor Peter Wang, and all the victims of the Marjory Stoneman Douglas High School tragedy by dedicating a “Remember Me Garden” in their names. Peter was a 15-year old Junior ROTC member who was killed while saving classmates from a shooter in his school in Parkland, FL. Peter’s dream was to enter West Point Military Academy, my alma mater. West Point posthumously admitted Wang to the Class of 2025 for his heroic actions.

Join us in remembering the victims of this tragedy. During our Latin American mission, each of us will plant a tree in the memory of one life that has been lost.

Take the first step to a stronger immune system and help others in need. Offer a kind word or a friendly gesture to a stranger, or volunteer your time and talents with a charitable organization. Your efforts will return health benefits to you as well.

Burn Loeffke is a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat.

As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President’s Council on Physical Fitness.

As a senior, he starts each day at Hollywood Beach, FL with 200 crunches, 10 minutes of stretching and then, with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10-20 second dashes with 10 squats in between.

Answers to Crossword Puzzle on Page 5 and Sudoku on Page 8.

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

Minimize Those Fraudulent Cell Phone Calls

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Does your cell phone ring with fake phone calls? On any given day the IRS robot calls me to say I owe money. Or the fake Microsoft Windows solicitor tells me I have a network problem.

The list of scams is extensive. Just confirm your bank account number, your Social Security number and the refund is on its way! Then you

get the phone call with dead quiet air and then someone finally responds.

These spam phone calls want one thing from you: Your money. Always be cautious of these unsolicited phone calls.

A new common fraud is fake caller ID. Let's say your phone number is 954-555-xxxx, all of a sudden you start getting phone calls from the same 954 exchange. You may think it's someone you know and you should answer. Often you answer to dead air. This tells the "calling" computers that your number is active and then they can sell your number to fraudsters.

Those of you who have faith in the "federal do not call list" should remember that all bets are off. Criminals don't bother to follow those rules. The computers just dial every phone number in sequence, basically for free, using internet telephone dialers that cost no money. Don't press any number to opt out of future calls. That also confirms to the computer that you are a live active phone number that can be sold.

So what to do on a cell phone? First, you

should err on the side of caution, by not answering phone calls from numbers you don't recognize. When your cell phone rings, simply press the power button and that will silence the call. Let it go to voicemail. If it's valid and you get a message from a doctor or someone you know, just call them back.

If instead, you got dead air or a robot telling you that jail is waiting for you, it's time to start blocking calls.

There are two routes you can go, the first is the "Do Not Disturb" feature and the second is the "Block this Caller" feature. The most extreme is to put your cell phone in "Do Not Disturb" mode. *YOUR PHONE WILL NEVER RING!* This is available as an option on iPhone. Drag from the bottom and select what looks like a half-moon. At this point, basically no phone calls will come through.

On Android phones, depending on your brand, you enter settings and then turn on "Do Not Disturb" mode. I use this feature so my phone does not ring from midnight to 8 a.m.

Program Your Phone For Favorites

To manage this effectively you need to edit your existing contacts and mark people you do want to receive phone calls from as Favorites. Look up a person in your phone book that you want to receive calls from. The third option is "Add to Favorites." Press that and select the number that they use most often. This means that, although do not disturb is on and the vast majority of calls will be blocked, calls from family and friends (i.e. those you have listed as a favorite) will come through. In addition, if a call is received from the same number inside of 15 minutes it will ring through.

Start to block calls as you receive the fake phone call. If you are diligent and block the calls, you will find shortly that you get fewer and fewer calls that are fake. I warn you this will never end. Your cell phone carrier, for a

monthly charge, will alert you to fraud and spam calls. They have caller ID that says spam or robo dialer.

Block Future Nuisance Calls

After you hang up or don't answer a robot call on a iPhone: Click the phone icon, look at the list of calls you received by pressing "Recent." At the far right is an i in a circle. Touch that i. Scroll to the bottom of the page and click, "Block this Caller." Select "Block Contact" on the next page that pops up. If you do this for the many fake calls you get shortly, your aggravation level will decrease.

On an Android phone, go to your recent calls, click on the phone number that just called you. Press "Details," look in the upper right corner and click on the three dots. Select "Block Caller."



Maurice Scaglione is a 25-year veteran of the computer industry. He runs Stupid Computers, LLC (954-302-3011) offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smart phones and tablets such as iPhone, Android, iPad etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and will attempt to include answers in future articles.

NSU Art Museum Fort Lauderdale Launches New Creativity Exploration Workshops For Health And Wellness



Convenient Schedule Of Saturday Afternoon Programs Promote Benefits Of Creative Activity

Emily McCrater
Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

Studies have proven that just 45 minutes of creative activity a day can reduce stress,

encourage relaxation and improve mental clarity, regardless of artistic experience or talent. With that in mind, NSU Art Museum Fort Lauderdale is launching Creativity Exploration, a new series of workshops that promote the benefits of creative exploration and the mind-to-body experience. Sessions are designed to expand participants' sense of well-being, as well as develop their perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation.

Simple projects with modest materials, paper, modeling clay, crayons and watercolors are effective tools in exercising the brain, which enhances problem-solving skills. Contrary to popular belief, creative thinking does not solely involve the right hemisphere of the brain: Rather, it involves a communication between both the right and left hemispheres.

Registration is now open for spring workshops, which will take place on Saturdays April 14, May 12 and June 9 at NSU Art Museum Fort Lauderdale (One East Las Olas Blvd.) from Noon – 1:30 p.m. Each workshop is led by art educator Lark Keeler, a special-



ist in mindfulness education who currently serves as President of the Florida Arts Education Association. The workshops are \$10 each for Museum members; \$15 for non-members. To register visit www.nsuartmuseum.org or call (954) 262-0258.

Creativity Exploration Spring Schedule

April 14: Guided Visualization and Exploration of Ideas

Inspired by Dada artist Marcel Duchamp's "La Boîte-en-valise" (Box in a suitcase), 1935-1941, participants will take part in a guided meditative exploration of visual thinking, order and narrative using collage and upcycled boxes.

May 12: Repetition and Relaxation

Artist Wassily Kandinsky's explosive colorful forms and gestures suggest a synesthetic quality in his paintings. Sparked by Kandinsky's concentric circles, and influenced by

contemporary observations of pattern and rhythms, participants will explore unseen patterns in breathing, thinking and biochemistry while working with repetition in art and rhythms.

June 9: Connections and Creations

What purpose does a "lobster-phone" have? To Surrealist artist Salvador Dali, "Lobster Telephone," 1936, had great conceptual meaning. Participants will explore the characteristics of the Surrealist movement and their experimentations with objects, while pairing concepts and objects to spark innovative thinking and creative connections.

Creativity Exploration is presented by the Charles P. Ferro Foundation.

These are just a few of the many exciting programs offered at NSU Art Museum Fort Lauderdale. For additional information, call 954-525-5500 or visit www.nsuartmuseum.org.

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JKV's Rotary Club Presents "Birds Of Magic, Myth And Mystery" April 12 & 13

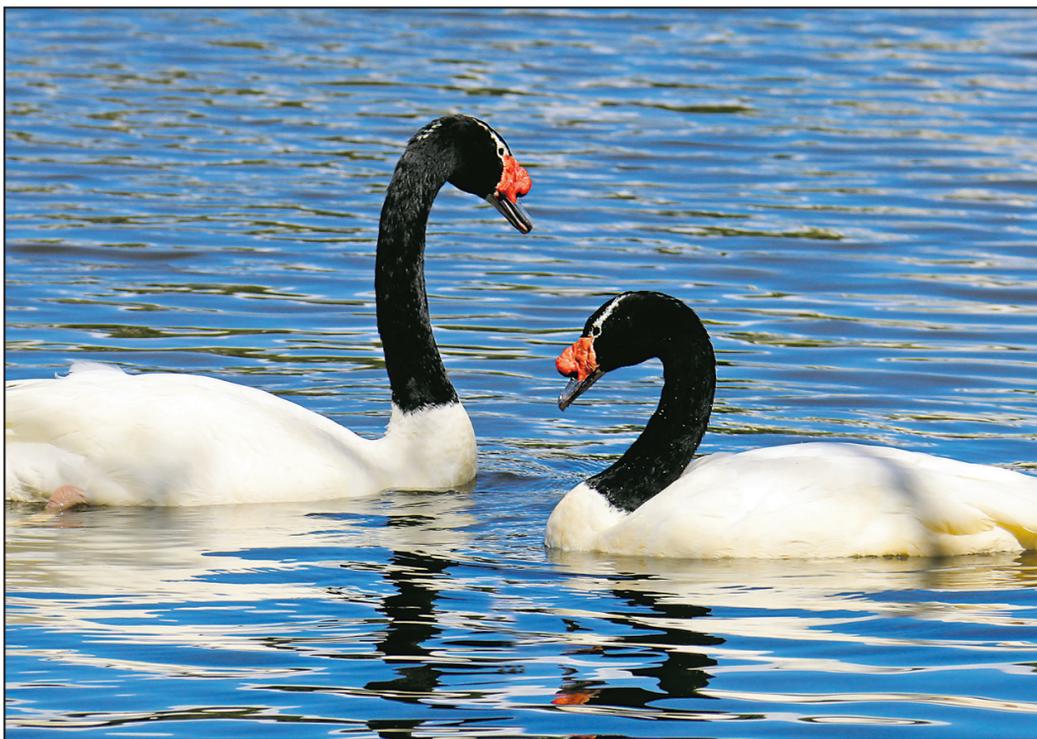
Marty Lee
Gazette Contributor

If you have visited John Knox Village and walked the lush tropical

campus, you will immediately recognize the signature swans and waterfowl that populate Lake Maggie and Rex Foster Lake. A variety show benefitting the Village's Wings On The Water Fund is scheduled for two nights Thursday, April 12 and Friday, April 13. The show is planned by the Rotary Club of John Knox Village and will be presented at the John Knox Village Centre Auditorium. "Birds of Magic, Myth and Mystery," will reprise last year's successful avian-themed show, which focused attention on the swans and migratory waterfowl.

The show is being produced and directed by JKV resident and Rotary Club member Margo Lewis. "The show will be presented in six acts," Margo said. "It will have the theme of magic, mystery and mythology."

Among the birds slated to appear are the sunbird, bird of paradise, quetzal, firebird,



Two of John Knox Village's signature black-necked swans swim in the community's Lake Maggie.

phoenix, peacock and raven – all will be played by members of the Rotary Club of John Knox Village. The yellow bird (sing-along), white swan and Mother Goose will also make a visit.

To reinforce the magical appeal of birds in mythology, professional magician, illusionist and mind reader Gary Goodman will be joining the cast of the show. JKV's President/CEO, Gerry Stryker, will be the evening's Master of Ceremonies.

Margo said that during the club's 10-year history, the Rotary has raised over \$80,000 for a variety of Village funds.

For the past decade, Betsy Bousfield, a resident volunteer, has been monitoring the health and well-being of the ever-changing bird population. She works with a veterinarian and the breeder and does a feeding and monitoring of the flock every afternoon.

Betsy said the current waterfowl population consists of one mute swan, 11 black-necked swans, one Chinese goose, and one red-breasted goose. But swans and geese are not the only waterfowl found on the Village's lakes.

"The duck population consists of mottled ducks, redheads, red-crested pochards, Bahama pintails, ruddy shelducks, European shelducks, Mandarin and wood ducks and blue-winged teal," Betsy said. "Gallinules, cormorants, and aningas are usually visible. John Knox is blessed with lots of fly-ins including ibis, great blue herons, American egrets, coots, green and tricolored herons and a yellow-crowned night heron. Whether our residents are walking around the lakes or viewing the waterfowl from their homes, the birds are a constant source of delight."

The shows will begin at 7:30 p.m. on both Thursday, April 12 and Friday, April 13. Tickets are \$25 and tax deductible. A limited number of complimentary tickets are available through the John Knox Village Marketing Department. Call (954) 783-4040 for information and reservations.

Refreshments, featuring strawberries and champagne, will follow the show. Mark your calendar and plan to enjoy the "Birds of Magic, Myth and Mystery," at John Knox Village.



The "Bird Is The Word" at this year's show.

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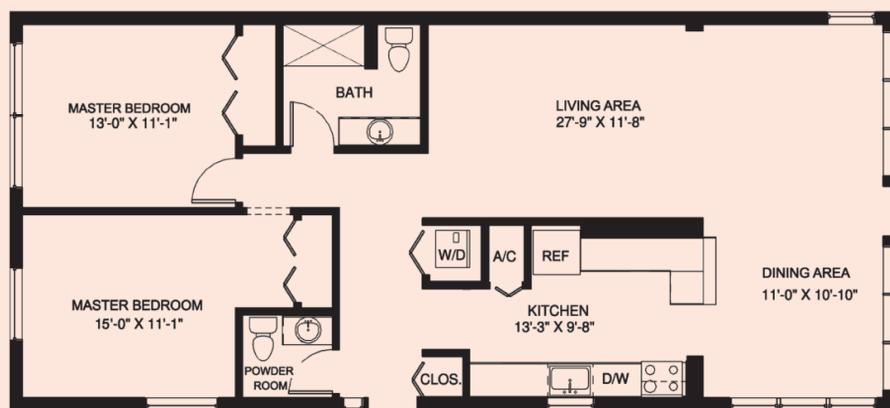
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