



JOHN KNOX VILLAGE

Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

Published Monthly by John Knox Village • 651 S.W. Sixth Street, Pompano Beach, Florida 33060

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Street Art Paints The Senses

Delightful Tour Of Pompano Beach's Art In Public Places



The 'Painted Pompano Schools of Art' collection is on display at the Pompano Beach Cultural Center.

Marty Lee
Gazette Contributor

There are exciting new artistic developments in the Pompano Beach community, as the city moves forth with its Public Arts initiative. Last year's opening of the Pompano Beach Cultural Center (PBCC) introduced the community to a new multi-arts and performance venue. A number of Cultural Alliance companies now call the PBCC home for varied programs in music, theatre and dance, including John Knox Village (JKV). Just across Atlantic Blvd. from the PBCC, is the heart of Pompano Beach's new Creative Arts District, known as Bailey Contemporary Arts (BaCA), located in the historic Bailey Hotel building on NE 1st Street. At one point, this was the center of a thriving downtown in Pompano Beach. Built in 1932, the historic Bailey Hotel is the second oldest

remaining building (right behind the old Farmer's Bank building next door), and is part of the longest contiguous collection of historic buildings in Broward County. In 2012, the Pompano Beach Community Redevelopment Agency (CRA) purchased the building for \$1 million and in 2014 completed over \$1.2 million in renovations to the building. A large group of art aficionados from JKV recently toured the growing local public arts efforts both at PBCC and BaCA. Accompanied by Laura Atria, Public Art Program Manager for the City of Pompano Beach, plus three South Florida artists: Beth Dubow, Missy Pierce and Carlos Inocente Gonzalez, the first stop was the collection of 'Painted Pompano' on display outside the PBCC. Each of the three artists, showcased her or his own 'Fish' creation and explained the creative influences which contributed to the designs.

See "Pompano Art" On Page 2

Elon Musk's Quantum Leap Into A Fantastic Future

"That's one small step for a man, one giant leap for mankind."
— Neil Armstrong stepping on the Moon

Nona Smith
Gazette Contributor

On February 6, 2018, on Kennedy Space Center's historic Pad 39A – the launch pad that sent the Apollo 11 astronauts to the moon in 1969 – another historic event took place with the launch of the SpaceX Falcon Heavy rocket. The Falcon Heavy is billed as the most powerful operational rocket in the world with the ability to lift into orbit a payload of 64 metric tons, opening possibilities of space travel with large payloads. The Falcon Heavy marks an important milestone in space flight, not only for its powerful launch ability, but also the cost-effective benefits of reusable rocket boosters which return to land back on Earth. This effort is the brainchild of Elon Musk, the brilliant founder of SpaceX (Space Exploration Technologies) and Tesla Motors, who has been described as the modern-day version of the scientist Nikola Tesla and the Henry Ford of rockets. The perfect launch of Falcon Heavy on its elliptical Mars orbit, included the playful cargo of a cherry red Tesla Roadster on board. Strapped inside the car, a mannequin is wearing one of SpaceX's spacesuits, while David Bowie's "Space Oddity" plays on a loop.

See "Musk" On Page 4



SpaceX Falcon Heavy on launch Pad 39A.

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Pompano's Public Arts Are Strokes Of Genius

From "Pompano Art" On Page 1

Laura Atria explained the city's interest in public art began in 2012. "The City Commission adopted a public art ordinance to enhance the aesthetic and cultural value of the city by including works of art on public properties within the city," Laura told *The Gazette*. "The City Commission next created the Public Art Committee to guide the implementation of this program. The Public Art Committee strives to create artworks and a public art program that is inventive, unexpected and surprising, and to collaborate with the community through its festivals and cultural facilities."

Painted Pompano

One of the public art implementations was the Painted Pompano competition. "The goal of the project is to bring art to the citizens and visitors of the City of Pompano Beach," Laura said. "This is the second round of Painted Pompano and entitled 'Schools of Art.' Each fish represents a different period of art history, from the Renaissance period to Art Deco to Pop Art and many other periods."

"The city hired a vendor to fabricate the fiberglass fish mold," Laura continued. "The artists had the option of completing the artwork at their own studio/home or at a space provided by the city at Pompano Beach Citi Centre. They had 35 days to complete the fabrication."



Beth Dubow showcases her Pompano creation.

An Homage To Joan Miro

Beth Dubow is one of the artists who was selected to create a Painted Pompano. "I was working full-time as the City's Recycling Coordinator, and I heard about the call to artists for another round of Painted Pompano," Beth said. "I knew I had to submit a design."

"Because the Painted Pompano, Round 2, focused on the various schools of art, I wanted to choose the movement which spoke to me and moved me the most. Cubism and Abstract Expressionism have always been my favorites. I gravitated toward the works of Joan Miró because his paintings have a whimsical simplicity and his use of primary colors is striking. He was influenced by nature, especially



Dadaism influenced Missy Pierce's Pompano.

the celestial night sky, yet simplified the forms with just a few brilliantly placed strokes. I used some of his iconic imagery in my design. For this reason, I named my Painted Pompano 'An Homage to Joan Miró.'"

The Dada Art Movement

Artist Missy Pierce primarily works with acrylic paints, but also enjoys working with found objects and wood. Recently Missy collaborated with John Knox Village resident Dr. Andrea MacVicar as the illustrator for a new book. "Andrea asked me to create art inspired by her beautiful writing," Missy said. "It was exciting to work with such a gifted author and a true collaboration."

A prolific artist, Missy knew she had to enter the Painted Pompano competition as well.

"My fish was inspired by the Dada art movement," Missy said. "Dadaism rejected the idea that art must be beautiful and focused instead on the artist's choice of interpretation of everyday objects. This is why my fish design is comprised of fish guts, down to the microorganisms that inhabit our interiors as living creatures. I chose to paint what the fish is really about, rather than how it appears superficially."

Art Nouveau Painted Pompano

Also joining our group was Venezuelan born artist Carlos Inocente Gonzalez, now a resident of LaBelle, FL. Carlos is a well-known mural artist but also works in many other media. He was also one of the artists selected to create a Painted Pompano.

"I wanted to create something beautiful," Carlos said. "A piece that the community would feel a connection to. For the past 20 years, I have witnessed how Pompano has flourished into the beautiful community that we see today. To me, Art Nouveau was the movement that best interpreted this new community."

Carlos' Painted Pompano incorporates: "Nature forms and shapes embellished in gold tones delivers a sophisticated composition inspired by Austrian master Gustav Klimt and his portrait of Adele Bloch Bauer 1.

This project was a complete challenge, I had to do a lot of material research. Mr. [Gustav] Klimt used real gold pigment and gold leaf on his works. To emulate this finish, I had to use industrial materials, not only for the budget, but to make it Florida weather resistant."

Each of the 12 creations from the Painted Pompano collection stand on display outside the PBCC, but will travel to other destinations as permanent installations. Laura said, "The locations include: City Commission Chambers, Civic Plaza, 1600-1698 NW 3rd Terr., Community Park, Pompano Citi Centre, Fire Station 11, Alsdorf Park, Sandspur Park, George Brummer Park, the Beach, Herb Skolnick Community Centre and the Dog Park."

As the group left the PBCC and headed for BaCA, we were again accompanied by Laura and Carlos.

BaCA showcases art exhibitions on the first floor. Upstairs there are artists' lofts where you can meet and converse with the artists as they create their paintings, sculptures and ceramics. After a short time meandering the art offerings inside BaCA, artist Carlos called us out to the alleyway just north of the building.



Carlos Inocente Gonzalez and his Painted Pompano.

Here, Carlos presented to us his massive mural entitled "Old Town." The building-wide mural depicts a timeline of images inspired by archive photographs, existing landmarks and historic sites of the community.

"Each section of the composition reflects a time period," Carlos said. "Founded in the late 1800's, the town evolved into an agricultural community. By the late '50s, it was modernized, as hotels and condominiums started to dominate the landscape. Historical sites like the Hillsboro Lighthouse, the Ocean Side Tower and the Pompano Beach Pier, are some of the archive pictures I used for reference on the 98-foot-wide by 16-foot-tall mural."

For more information on BaCA, please visit www.baileyarts.org. For information on the Pompano Beach Cultural Center, visit its website at www.ccpompano.org.



Mural artist Carlos Inocente Gonzalez is surrounded by a group of John Knox Village art aficionados outside Bailey Contemporary Arts.

In Good Taste: Chef Mark's Recipe Will Have You Grillin' & Chillin'

Rob Seitz

Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

With summer now in full furnace mode, we are all looking for ways to lower our temps. John Knox Village's Executive Chef Mark Gullusci offers a liquid and solid solution to filling up, and cooling down, with

his July Recipe of the Month.

Chef Mark starts off his chillin' ways with a blender full of frozen margaritas, which keeps you cool while heating up your grill.

His grilled salmon with nectarine salsa provides the solid-food portion of July's recipe. The sweet and tangy nectarine salsa perfectly complements the quick-grilled salmon.

Plus, between the salmon, nectarines, bell peppers, mint leaves, olive oil and lime juice, the meal provides a mouthful of nutrient-rich superfoods along with its delicious flavor.

If you are looking for a decidedly delicious substitute for the nectarines, grab a handful of sweet, ripe peaches, preferably from Georgia.

Chef Mark's Recipe Serves 4: Nectarine Salsa:

- 2 nectarines, cut into a small dice
- ½ cup diced red bell peppers, about a half of a pepper
 - ¼ cup diced red onion
 - ¼ cup chopped cilantro
- 1 jalapeno pepper, deseeded and chopped fine. (Wash hands after you handle this hot pepper and before you touch your eyes or face)
- 2 tbsp. chopped mint leaves
 - 1 tbsp. honey
 - 1 tbsp. lime juice
- Pinch of crushed red pepper
 - ¼ tsp. kosher salt

Mix all ingredients together, refrigerate. Sip your margarita.

Quick-Grilled Salmon:

- 4 salmon filets (with skin) about 1-inch thick and weighing 6 to 8 ounces each
 - ½ tsp. kosher salt
 - 1 tbsp. extra-virgin olive oil or the equivalent in non-stick spray
 - 2 tbsp. lime juice
 - ¼ tsp. crushed red pepper flakes

Method Of Preparation:

Prepare your grill: Light and get it to 450 degrees, brush and clean.

Season the salmon with kosher salt and pepper on both sides. Sip your margarita.



Spray or brush the grill and the salmon flesh side with olive oil or non-stick spray.

Place salmon down flesh side first and grill for 3 minutes or until the salmon can be lifted from the grill in one piece, turn salmon over and cook 3 more minutes or until it reaches your desired doneness.

Sip your margarita.

Slip a spatula between the skin and the flesh and place on serving plates, leaving the skin behind, serve warm with the salsa.

Serve the salmon warm alongside the chilled salsa. Have another margarita.

Book Review

A Gentleman in Moscow

By: Amor Towles

Donna DeLeo Bruno

Gazette Contributor

A superb work in every way, "A Gentleman in Moscow" is not for the faint of heart. It is a tome of exquisite prose well worth the reader's time.

At first glance, it may appear a somewhat prodigious undertaking, but in Amor Towles' hands, the book is a graceful and gorgeous story steeped in history. At its heart is Count Alexander Rostov, a 31-year-old aristocrat – urbane, intelligent, witty, erudite, suave, sophisticated and well-bred. His only crime in 1922 is being of the upper-class during the revolution in Russia. A Bolshevik court sentences him to house arrest in the finest hotel, the Metropol, a grand edifice across from the Kremlin. It is to the Metropol that wealthy and influential cosmopolitans come when visiting Moscow. The Count takes what appears to be a daunting sentence of life-imprisonment, and according to his late father's instruction, attempts to take control of this proscribed existence and rise above it.

Adapting To New Circumstances

First, he must abandon his elegant and commodious suite to be housed in a cramped attic in which fit only a few of his treasured heirlooms, one a fine antique grandfather clock that came from his family's former mansion in the countryside and becomes a symbol of how one's life is spent. Philosophizing that "a thing is just a thing," the Count does not allow himself to indulge in self-pity or resentment, but instead sets about to make the best of his reduced circumstances. He continues to dine in the hotel's opulent dining room, reads his newspaper in the comfort of the marble lobby among the potted palms where he encounters many interesting guests with whom he strikes up conversations. When ensconced in his small

quarters, he reads great literature, particularly "The Essays of Montaigne." His circumscribed life takes on a new dimension when, in the dining room, he encounters Nina, a blond, precocious and inquisitive nine-year-old, who approaches his table to ask where his freshly shaven mustache has gone.

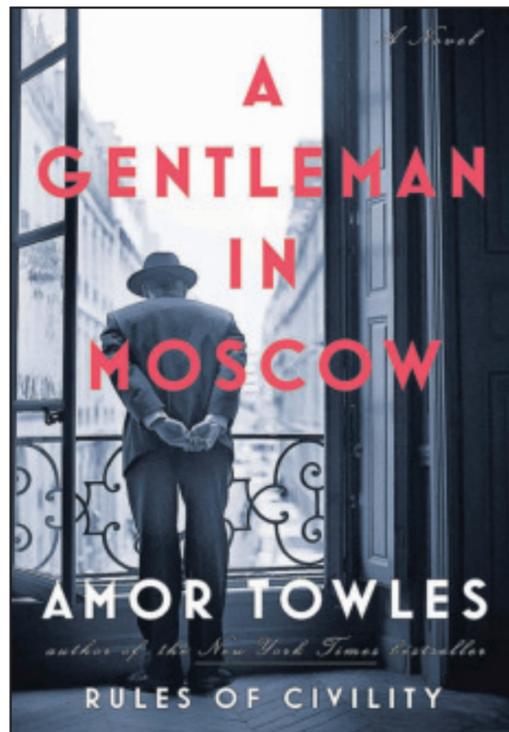
From Count To Parent

Thus begins a close and endearing relationship of long duration. Their engaging conversations are one of the best features of this book, as Rostov attempts to educate the child in manners, etiquette, civility, history, literary masterpieces, etc. Since this clever girl has somehow secured the master key to all rooms in the Metropol, they share many adventures together roaming its innards from top to bottom: From the guests' rooms, corridors, to the deepest recesses of the basement with its cache of wines. When dining, they discuss the merits of train travel, the quality of the meals they share, and literary classics. They play chess and make up clever word games. Some years later as an adult, she will seek out the Count once again, imploring him to look after her five-year-old child Sofia while Nina goes in search of her husband who has been arrested as a political prisoner. This time, the Count has the full responsibility for this child since Nina never returns. His guardianship of Sofia and the close relationship that evolves will be his most treasured and gratifying experience – truly heart-warming as he becomes her parent.

At some point he becomes one of the waiters in the dining room, and even this demotion to that of a lowly servant to the comrades of the proletariat, does not dismay him. Again, he rises to the occasion and is determined to exercise control over his fate.

Great Summer Reading

This is a truly "great" book. Not only is it an intriguing story that wonderfully evokes a time and place in Russian history, but also has very amusing passages and endearing exploits he shares with both little girls. There are also the Count's many thought-provoking observations about human nature and newly wrought power. In one scene, for example, he requests a particular fine wine to complement his dinner. His waiter is unable to locate it, because the comrade who is in charge of the wine cellar, has ordered all bottles stripped of their labels



so that all comrades drink the same wine – a misguided socialist effort to impose equality on all. Noble and cultured, Rostov is a fine fellow, a gentleman in every sense, and an unforgettable character. His welcoming and nonjudgmental personality allows him to form lasting friendships which "cross class, age, and political boundaries." All who encounter him respect him because he respects them. The Count is able to find a meaningful life, even as a political prisoner confined to a single place. The novel grows suspenseful until a remarkably surprising, as well as satisfying twist. There is satire, irony, and intrigue; but best of all is Towles' magnificent writing style – ultimately charming and graceful. Although a bit lengthy, this novel is a magnificent read.

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 Scribers group, guiding authors in publishing their books as part of the Senior Connection Club.

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Apollo 11 Landed On The Moon 49 Years Ago, On July 20, 1969

From "Musk" On Page 1

The SpaceX Falcon Heavy (named after the Millennium Falcon of the movie "Star Wars") is a vital part of Musk's ambitious masterplan to create habitats for humanity on other planets and moons, starting with journeys to Mars and making the planet livable!

While the drama of the SpaceX Falcon Heavy launch cannot be denied, it was the graceful, tandem reentry of the booster rockets onto targets, that was the most awe-inspiring. This proved that the reusability of rockets on a continuing basis would greatly reduce the costs of space exploration.

Humble Beginnings In South Africa

Elon was born in 1971 in Pretoria, South Africa at a time of apartheid and racial unrest. Bullied by his peers, he was a brilliant child, who found an escape in books. After school he would go to libraries and local bookstores, staying there reading until closing time. He was rarely seen without a book in his hand, claiming "The Moon Is a Harsh Mistress" by Robert A. Heinlein and Douglas Adam's "The Hitchhiker's Guide to the Galaxy" among his favorites. He had a photographic memory and even read encyclopedias when he ran out of interesting books!

By the time he was 12 years old, he wrote code for a video game called "Blaster" which he sold. In his middle teens he came to realize that guarding mankind's fate in the universe was his path in life. He thought about how he could help sustain the world by producing clean energy and building space ships, so man could colonize Mars and beyond.

Elon Musk said, "We should aim to be a space-faring civilization, and for humanity to be out there among the stars and to be a multi-planetary species."

He immigrated to Canada and attended Queen's University, one of Ontario's top schools, and later transferred the University of Pennsylvania, where he earned a bachelor's degree in economics and a degree in physics. From there, he won admission to the prestigious doctoral program at Stanford University in California, where he planned to concentrate on a Ph.D. in energy physics. He dropped out of Stanford and started the Zip2 Company which was a forerunner of Yelp. Compaq Computer Corporation bought Zip2 and Musk's share of the sale was \$22 million. He was a multi-millionaire by the time he reached 31, thanks to his creation of the company that



SpaceX founder Elon Musk with the Dragon Capsule after its safe return to earth.

became PayPal, the popular money-transfer service for Web consumers. He received \$165 million from the sale of stock in that company. The sale gave him the foundation to follow his childhood fantasies of helping mankind and the world by producing sustainable solar energy, an electric sports car, which he named after one of his heroes Nikola Tesla, and allowed him to venture into space when he founded Space Exploration Technologies, or SpaceX.

He became one of a new breed of what the *New York Times* called "trillionaires," or a class of former high-tech entrepreneurs who are using their enormous wealth to help turn science-fiction dreams into reality.

Innovative Space Flights

For Musk, the dreams of conquering space became reality in 2002 when he founded Space Exploration Technologies in California. The company designed and manufactured innovative rocket engines starting with Falcon 9, a two-stage rocket for the reliable and safe transportation of satellites and the Dragon spacecraft into orbit. Falcon 9 made history in 2012 when it delivered Dragon into correct orbit to rendezvous with the ISS (International Space Station) to deliver cargo and return to Earth with cargo for NASA. In the near future, Musk hopes the combination of Falcon 9 and Dragon will deliver humans into space.

But the most remarkable fact about SpaceX

is that right from the start, before the first rocket lifted off the ground, it was the first step intended to achieve a more grandiose and idealistic goal: Colonizing Mars. As Elon Musk had stated many times, it would be an inspiring adventure and assure the long-term survival of humanity if a calamity would make life on Earth unsustainable. But that's just one of his many ambitions. Others include converting automobiles, households and as much of industry as possible from fossil fuels to sustainable energy; implementing a new form of high-speed city-to-city transportation system; relieving traffic congestion with a honeycomb of underground tunnels fitted with electric skates for cars and commuters; creating a mind-computer interface to enhance human health and brainpower; and saving humanity from the future threat of an artificial intelligence, as warned about by Stephen Hawking, that may one day run amok and decide, quite rationally, to eliminate the irrational human species.

Making People's Lives Better

Finally, in his own words, this brilliant entrepreneur and ultimately altruistic man said about his vision for the future: "I'm interested in things that change the world or that affect the future and wondrous, new technology where you see it, and you're like, 'Wow, how did that even happen? How is that possible?'"

The Aging Of Aquarius – Here Come The Boomers

"Then peace will guide the planets and love will steer the stars."

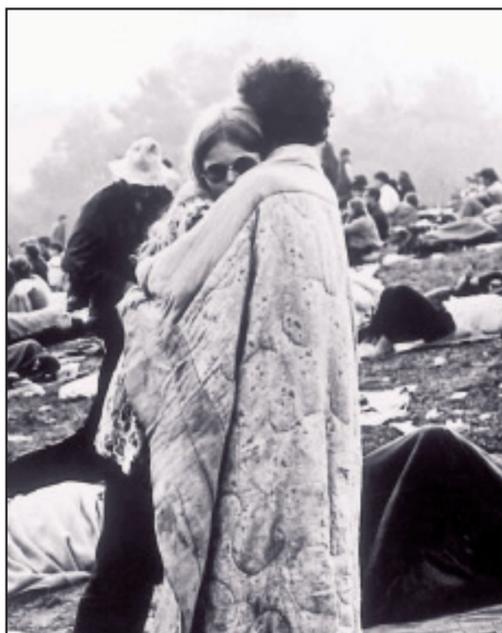
– Gerome Ragni and James Rado

Nona Smith
Gazette Contributor

In the "youthquake" of the 1960s, America witnessed the early skirmishes of a culture war that's still with us today. Together with the dawning of an age of new consciousness, the Boomer generation, who didn't trust anyone over 30, wished they had gone to Woodstock and listened to the Beatle's "Rubber Soul," are now in their 70's and getting older.

The anthem of the hippies: "Aquarius/Let the Sunshine In," became a rallying cry and badge of honor for the youth-led revolution that touted a new age of peace, love and enlightenment. We cared about people and planet Earth. We had grand visions of changing the world. Yet, at some point, that sense of purpose got buried under mortgages and diapers, as we exchanged our love beads for corporate ties. Still, for many of us, our enthusiasm remains alive. Now, with the prospect of a long life ahead of us, we can still be activists for change and make this stage of our lives count as the most powerful yet.

Boomers can succeed in shattering ageism by working towards a culture that values its elders. We will bring peace and understanding to the world. After all, we were the generation of change. We invented rock 'n' roll, watched Neil



Shown above is the iconic Woodstock album cover photo of Bobbi and Nick Ercoline. They married two years after Woodstock and raised a family.

Armstrong walk on the moon, made strides in woman's liberation and embraced Civil Rights. We have never taken it easy. Ask any Baby Boomer and they'll tell you they're just as get-up-and-go now, as they were in the '60s and aren't ready to slow down any time soon.

As the Baby Boomer generation heads into its Golden Years, whether we will admit it or not, some of us are already encountering some of the symptoms of aging. The aches and pains

make us realize we must get serious about the future: How will we live as we continue to age? Will we adapt our homes to accommodate disabilities or look for a senior living community that caters to our tastes and unique expectations?

We may want a community that pleases our love of nature. We want a home that has open floor plans with amenities that make life easy. Most of all, we want to be involved in intellectual, artistic and entertainment pursuits. We want wellness and exercise to be a priority too, and most of all, we don't want to be bored.

A good place to start looking for a senior community that fulfills high expectations is John Knox Village in the coastal town of Pompano Beach. It's beautiful, with 70-acres of mature and exotic trees, tropical flowers, swan-filled lakes, winding walking and jogging paths. Many scheduled programs are based on the Seven Dimensions of Wellness, an integration of physical, mental and spiritual well-being. In cooperation with its partner The Venetian Arts Society (VAS), John Knox Village has a regular schedule of performance concerts including classical, opera, jazz, pop and dance. In addition, the popular Silver Scribes class offers assistance to budding authors interested in writing autobiographies, poetry or fiction. Many authors have seen their books published, some are even for sale on Amazon.

"By becoming curious and spending time with those who are older, we can disrupt our preconceptions and develop attitudes about aging that are both informed and appreciative."

– Dr. Bill Thomas, Gerontologist, Activist, and Founder of The Green House Project.

Join Us At John Knox Village For These July Events

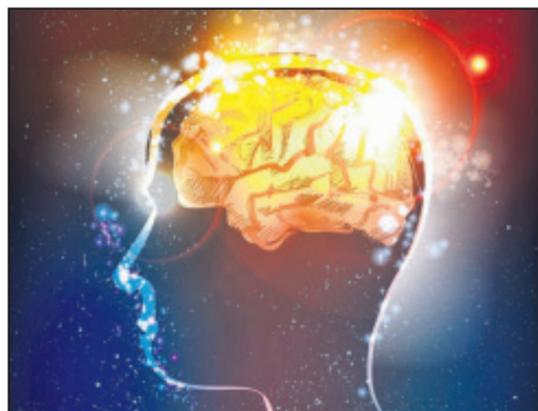
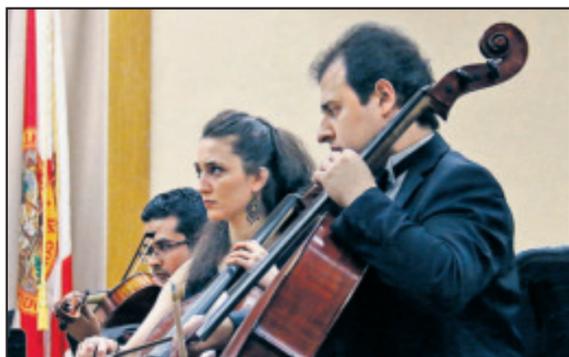


One Is Not The Loneliest Number, Sometimes One Is Just Enough! Join Us Tuesday, July 10 at 10:30 a.m.

You are invited to attend the John Knox Village *One Bedroom Apartment Home Tour* – with music and deliciously prepared gourmet treats, on Tuesday, July 10 at 10:30 a.m. The Tour kicks off at The Woodlands, Florida’s only Life Plan Community that offers THE GREEN HOUSE® model of care: Meaningful life, a real home and an empowered staff. Tour apartments with contemporary finishes. Ask about significant savings on Entrance Fees. *Join the Parade by calling (954) 783-4040.*

Symphony of the Americas Summerfest 2018: Saturday, July 14 at 2 p.m. in the John Knox Village Centre Auditorium

For more than a decade, Symphony of the Americas has made a regular appearance at John Knox Village during its Summerfest schedule. Join us for this season’s “*Shape of Music*” concert featuring acclaimed European Artists, joined by Symphony of the Americas Chamber Orchestra musicians. Seating is limited and by reservations only. *For reservations, call the Marketing Department at (954) 783-4040 today.*



Join Us For a “Train Your Brain” Workshop Thursday, July 19 at 10:30 a.m. in the John Knox Village Centre Auditorium

The first “*Train Your Brain*” session in May was an overwhelming success. The response was so great, we had to limit the number of attendees. Here is your opportunity to join us on July 19 for the next “*Train Your Brain*” workshop. The brain is our most valuable asset and is the center of our wellness and quality of life. Neuroscientists say the brain is built to improve with age, but we must “use it or lose it.” Read more about this workshop on page 12 of *The Gazette*. *To reserve your spot, please contact the Marketing Department at (954) 783-4040.*

Learn How To Write Your Memoirs on Thursday, July 19

- Silver Scribes Book Class at 11 a.m.
- Digital Photo Class at 1 p.m.

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

**New Time:
11 a.m.**



Venetian Arts Society Presents “Heaven And Earth” Thursday, July 26 at 6 p.m. at Ft. Lauderdale’s Marble of the World

On July 26 from 6 - 9 p.m., Venetian Arts Society presents the “*Heaven and Earth Salon*,” featuring Esther and AnnaLisa Underhay, one of the few harp duos in the world. The duo will appear at the Ft. Lauderdale showroom of Marble of the World, 6001 Powerline Rd., Ft. Lauderdale 33309. A limited number of tickets are available. *To RSVP call (954) 783-4040.*

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Crossword Puzzle Of The Month



ACROSS

- Voice of America (abbr.)
- Shake
- Yorkshire river
- Tire
- Adopted son of Mohammed
- Madam
- Building (abbr.)
- Feud
- But (Lat.)
- Let
- Eur. Economic Community (abbr.)
- Italic (abbr.)
- Tip
- Imitation
- Health (Fr.)
- Maple genus
- Compass direction

DOWN

- Nipple
- Jewish month
- Native
- Laughter sounds
- Priest (Sp.)
- Marsh
- In the matter of (2 words)
- Atomic physicists
- Limited (abbr.)
- Huntress
- River into the Yellow Sea
- Leek
- Hebrew letter
- In the matter of (2 words)
- Absolute (abbr.)
- Carbohydrate (suf.)
- Gamble

DOWN

- Valley
- Eld (2 words)
- School course (abbr.)
- Spear
- Title of Athena
- Wash
- Uncle (Scot.)
- Glut
- Shak. shrew
- Public Broadcasting Service (abbr.)
- Son of (Scot.)
- Tooth
- Sp. Article
- Father of Abraham
- Stamping machine
- Fortify
- Here (Fr.)
- Compass direction
- Threadlike
- Indo-Chin. people
- List-ending abbreviation
- Encircled area
- Calif. wine country
- Drunk driving (abbr.)
- Saint (Sp.)
- Exclamation
- Great Barrier island
- Dress
- Eight days after feast
- Pastry
- Female deer
- Pounds (abbr.)
- Freedom, briefly

Answers On Page 11.

THIS SUMMER, ENJOY UP TO

\$80,000

IN SIZZLING

Savings!



CALL TODAY & LEARN HOW YOU CAN ENJOY UP TO \$80,000 IN SUMMER SAVINGS*

3 WAYS TO SAVE!

Reserve your *John Knox Village* apartment home or villa with platinum package upgrades. Save **BIG** on your entrance fee, monthly service fee, **PLUS** your moving expenses. The sooner you act, the bigger your summertime savings! Not only will you be saving beach buckets of cash, you will enjoy an unsurpassed lifestyle that includes the peace of mind that comes with *John Knox Village's* unmatched all-inclusive lifetime of life care.

1 **SAVE** up to **\$60K** on your entrance fee!

Save	Settle By
\$60K	July 31st
\$50K	August 31st
\$40K	September 30th
\$30K	October 31st



Variety of Designer Finishes



Unmatched Life Care Services

2 **SAVE** up to **\$15K** on your monthly fees!*
*Calculated up to 120 days!



24/7 Gated Security

3 **SAVE \$5K** on the cost of your moving expenses.

We will connect you with a personal move manager, a trusted downsizer, a real estate agent referral or reimburse you up to \$5K in moving expenses with our "Ready Set Go!" package.



Maintenance-Free Living



Amenities

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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided in the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.

From July 4th Celebrations To Music: Check Out This Month's Events



July 4
Independence Day Celebration:
Fort Lauderdale Beach
 Intersection of Las Olas
 Boulevard and A1A
 Ft. Lauderdale, FL 33304
 (954) 828-5363
 www.fortlauderdale.gov
 Noon to 9:30 p.m.
 Free event

July 4
Fireworks Extravaganza:
Pompano Beach
Music at 5 p.m.
Fireworks at 9 p.m.
 At the beach: Corner of Atlantic
 and Pompano Beach Blvd.
 Pompano Beach, FL 33062
 (954) 786-4111
 www.pompanobeachfl.gov
 5 - 9 p.m. Free event

July 21
Symphony of the Americas
Summerfest 2018
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 p.m. Tickets from \$20

July 26 - 29
The Capitol Steps
Amaturo Theater at The
Broward Center
for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 Eves. & Mat. Times vary
 Tickets from \$39

Friday Nights In July
Soundwaves
Where the Beach Meets the
Boulevard at Las Olas and A1A
 Ft. Lauderdale, FL 33304
 www.fridaynightsoundwaves.com
 6 - 9 p.m. Free Admission

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

Sudoku

Answers On Page 11.

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

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

5 Easy Ways To Protect Yourself And Your Money

Take The Steps To Safeguard Your Assets In Our Litigious Society

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



Kaley N. Barbera

There are a number of ways that we can protect our hard-earned assets from that unsavory creditor lurking around the corner and the best part about it is – it's free. The following are a number of simple ways to protect assets under Florida law:

Florida Homestead

Under Article X, Section 4 of the Constitution of the State of Florida, a Florida resident's homestead is protected from any forced sale and liens resulting from judgments, decrees or executions if the homestead is owned by a natural person and is the permanent residence of the owner or a legal or natural dependent of the owner. If the homestead is located outside of a municipality, the homestead

is up to 160 acres of contiguous land, but if the homestead is within a municipality, homestead is limited to one-half acre of contiguous land.

Life Insurance

Florida Statute Section 222.13 provides that whenever any person residing in this State shall die leaving insurance on his or her life, the said insurance shall inure exclusively to the benefit of the person for whose use and benefit such insurance is designated in the policy, and the insurance proceeds thereof shall be exempt from the claims of creditors of the insured unless the insurance policy or valid assignment thereof provides otherwise. However, no asset protection is provided from claims of the insured if the insurance proceeds are made payable to the insured or his estate or to his administrators or assigns.

Cash Surrender Values And Annuities

Pursuant to Florida Statute Section 222.14, the cash surrender values of life insurance policies issued on the lives of citizens or residents of this State and the proceeds of annuity contracts issued to citizens or residents of this State, shall not, in any case, be liable to attachment, garnishment or legal process in favor of any creditor of the person whose life is so insured or of any creditor of the person who is the beneficiary of such annuity contract.

Tenancy By The Entirety ("TBE")

Tenancy by the entirety is a special form of ownership recognized in the State of Florida (and a handful of other states) that exists only between spouses. Tenancy by the entirety treats a married couple as a unit of ownership. The practical effect of tenancy by the entirety ownership is to essentially grant each spouse an undivided right to the whole asset. Each spouse owns 100 percent of the same asset. As peculiar as that sounds, it actually provides a significant layer of asset protection. The result is that a creditor of one spouse cannot reach the assets owned 100 percent by the other spouse, leaving the asset(s) unreachable by the creditor. There are a few exceptions to this rule, the most notable being a joint creditor. Tenancy by the entirety designation can be utilized on financial accounts, business interests and real estate.



Retirement Assets

Per Florida Statute, Section 222.21(2)(a), any money or other assets payable to an owner, a participant, or a beneficiary from, or any interest of any owner, participant, or beneficiary in, a fund or account in a retirement or profit sharing plan that is qualified under IRC Sections, 401(a), 403(a), 403(b), 408, 408A, 409, 414, 457(b), or 501(a) are exempt from all claims of creditors of the beneficiary or participant. However, some plans such as traditional IRA's and Roth IRA's may have some limitations.

These are just a few simple ways that we can all protect ourselves in an oftentimes litigious society.

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. You can email your questions for Kaley to Kaley@snyderlawpa.com.

The Doctor Is In

Get Physical With This Wellness Dimension

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Of the seven “leaves” of Wellness – Social, Physical, Intellectual, Environmental, Emotional, Occupational, and Spiritual, we now get to Physical Wellness.

I believe that God has put in place several laws of the universe. If we don’t follow them, things don’t work out very well.

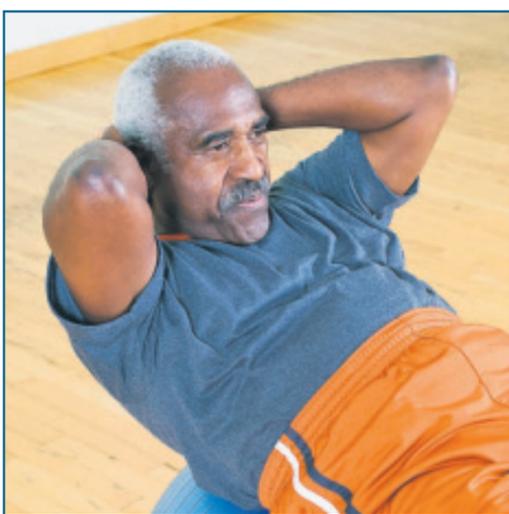
Some of these, I believe, concern Physical Wellness.

Some of those laws for Physical Wellness are: Exercise, Diet, Sleep, Cleanliness, Happy Hormones and Relationships.

Let’s consider the first three this month, and then the last three in next month’s column.

Exercise: Use It Or Lose It

If I had to choose two as most important, I’d take exercise and relationships. So one heads the list and one ends it, next time, for emphasis. Exercise heads the list because it is the hardest to work in, remember and get done, at least, for me. I must make it a priority, and sometimes even write it on my calendar. But I find I feel so much better and accomplish a great deal more if I move around daily.



Russell Blaylock, MD, one of the world’s foremost experts in nutrition, (a former neurosurgeon) has concluded, after many years of study, that mild exercise, over several periods in the day is best. I believe, too, that mild is probably best for us seniors. By not thinking we can do the intense stuff we used to, we may prevent a lot of strains, aches and even breaks we sometimes invite. But if we keep moving around, we probably prevent a lot of illness. Getting up from our chairs, desks and computers every few minutes to do a little housework, or walk around the block works wonders.

Back in the day, when I was in medical

school, we used to see one of our professors jogging (not running) around our neighborhood. He, a cardiologist, from his studies, had come to believe that exercise was the best preventer of heart disease. He was one of the first to know the relationship between heart health and exercise and he lived what he taught. Since then, more and more studies have shown him to be correct.

For me, getting my exercise on a nearly daily basis means a better, more productive, more energetic, happier day. We are lucky here at John Knox Village. We have trained professionals ready and waiting to evaluate our exercise needs and wants – for no extra cost – and help us custom-design a program, updating it from time to time. We also have a beautiful new Fitness Studio, with state-of-the-art equipment to implement our exercise regimen. It is big and shiny enough for all of us to have no excuse.

For those who don’t like to sweat, go to the pool. It is truly an oasis of joy. Exercise there can be as mild or as intense as you want. Go there no matter how you feel. We come home feeling wonderful.

Diet: We Are What We Eat

Diet is so personal. It depends on likes, dislikes, allergies, etc. But for each of us, when we become a little more intentional about diet, we do better. When we start thinking about it, instead of just going with old habits, we do much better. Helping me in that thinking process in what I eat, are reading, talking with the doctor, and other health providers.

Many of us take a lot of vitamins and supplements. I do, but not everyone agrees, this is the way to go. I do think we could all benefit from a daily multi-vitamin. Research shows that our soil is depleted from vitamins and minerals to the degree that we may need supplements.

Fads in diet come and go. For a while we were avoiding fat like the plague. Now the government has come out with new guidelines saying we don’t have enough fats in our diets. The best ones, apparently, are olive oil, coconut oil, avocado and Omega-3 from fish oils. (There is also a vegetarian omega available.) Now the fad is to avoid sugar. We probably all have way too much in our diet, but I wonder, will we swing in the direction of not getting enough, as we did with fats?

One can’t go wrong with “all things in moderation.” Most of us are trying to lose weight. I have three hints, but certainly am not the world’s expert on this subject.

Hint #1: I try to think more of my stomach than my mouth. Is my tummy already full? Then, don’t eat. Eat only when the stomach is empty. This may involve saving food for later.

Hint #2: Eat half as much as I usually do. I can have anything I want if I observe portion control. All things in moderation.

Hint #3: Cut way back on sweets and starches. Most of us never met a carb we didn’t like, so we don’t have to worry about cutting back on them too much.

Hydration is vital to good health. If we are



losing weight, we must get 6 to 8 glasses of liquids a day (non-alcoholic) or we can damage the kidneys. Often, when we reach for something to eat, we merely need a glass of water. Sip all day long, especially after exercise.

On the subject of alcohol, probably less is better. Save it for celebrations, or not at all. We are, after all, talking about an addictive drug. Elder brains are more vulnerable than they used to be to the insults of harsh chemicals like alcohol.

Sleep For Beauty And Wellness

From teenage years on, many of us have no concept of how important this law of the universe is. If we don’t get enough sleep, we are subject to depression and physical illnesses of many kinds. I personally believe seniors need as much as anyone else, despite the myth that they don’t. I think that certain impediments, like worry, may be the problem.

Worry may be the biggest enemy of good sleep. A great remedy is to learn to be an expert and intentional relaxer. Interestingly, muscular relaxation is incompatible with worry or anxiety. Take some biofeedback lessons. Put on a soothing musical station. Do whatever it takes, but sleep in adequate amounts, I believe adequate sleep to be one of the universal laws of physical wellness. Much research supports this.

In my practice, I taught mentally ill patients to pay close attention to sleep. None of them ever relapsed who took this seriously. In most cases, I believe that all the psychoactive drugs do is to improve sleep. We can also learn to do it without drugs.

The recent research on sleep is interesting. First, some research correlates sleep with dementia. Secondly, we haven’t known what sleep was really for. Now it appears that our brain gets cluttered and messy during the day. Sleep is a cleaning up operation. Who knew? Is that the dementia connection? Time will tell.

We’ll take up more physical aspects of wellness next time.

If you have a question for this column, email rgilbert09@gmail.com

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.

Symphony Of The Americas Returns To John Knox Village



Saturday, July 14 At 2 p.m. In The John Knox Village Centre Auditorium

The Symphony of the Americas 30th Anniversary season continues its acclaimed summer music festival presenting one month of performances throughout Florida and the Americas. Refreshing cool waters and the Oscar-winning movie “*Shape of Water*,” are all inspirations for Ft. Lauderdale’s own Symphony of the Americas annual Summerfest – “*The Shape of Music*.”

Nourish your artistic soul under the baton of Artistic Director, Maestro James Brooks-Bruzzese, in the music of Bach, Handel, Saint-Saens, Mozart, Delibes, Ginastera and the legendary Argentinian, Carlos Gardel. Included also is a commissioned composition by Italian composer in residence, Lorenzo Turchi-Floris. Soloists are the festival’s Concertmaster, Orlando Forte of Cuba, the Symphony of the Americas Principal Oboe, Marco Key-Navarrete and acclaimed organist Tim Brumfield, among others.

Be our guest for the concert, and experience the arts and lifestyle that our residents regularly enjoy. Seating is by reservation only. Call JKV’s Marketing at (954) 783-4040 today for reservations.

Living Well With Carmel

The Twisted History of Pasta

Carmel Baronoff
Gazette Contributor



Carmel Baronoff

to trace. Many credit Marco Polo for bringing it back from the Orient, but actually pasta was already in use in Italy when the famous explorer returned from his journey in 1296. Historians point to pasta's beginnings in countries in the Middle East, even Africa, which enjoyed a pasta like noodle called Fregola.



When you think of Italian cuisine, you think of pasta. In fact, pasta is to Italy, what rice is to Asia. Pasta is so ingrained in the cuisine of Italy that most people believe it was being consumed before Roman times. Not so.

The twisted history of pasta is hard to trace. Many credit Marco Polo for bringing it back from the Orient, but actually pasta was already in use in Italy when the famous explorer returned from his journey in 1296. Historians point to pasta's beginnings in countries in the Middle East, even Africa, which enjoyed a pasta like noodle called Fregola.

The paste, or dough-like noodle, was then brought northward by those who were carrying back delicacies from faraway lands.

So how did Italy make pasta their own? When pasta finally made it to Italy during the Middle Ages, it came through Sicily. Today many Sicilian pasta recipes still include Middle Eastern ingredients, including raisins and cinnamon, proof of pasta's Arabic roots. As the use of pasta traveled to the mainland, each region put its own flavor to the recipes that used pasta as a base.

Pasta Today

Here is how much the Italians love their pasta. It is estimated that the average Italian eats over 60 pounds of pasta a year. Just as a basis for comparison, Americans eat only 20 pounds per person a year. The beauty of eating that much pasta is the variety available. There is fresh pasta, dried pasta, wheat pasta, spinach pasta, gluten-free pasta and of course pasta of every size, flavor and shape. The list is endless.

Speaking of shape, did you know that there are roughly 300 different varieties and shapes of dried pasta. There is linguini, farfalle, racchette, etc., the list is too numerous to mention. Each region of Italy has its signature pasta, which many times is dictated by the sauce. The shapes, in many cases, are not only for decoration but for holding on to the sauce. Dried tube pasta, for instance, has ridges so it grabs or cups the sauce. Form follows function. You gotta love those Italians. Not only is the style of pasta beautiful, but the design also helps hold in the flavor.

Buon appetito.

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.

Are You In The Club Or Do You Have A Diamond? Exercise Will Merit Your Heart Health In Spades

Burn Loeffke
Gazette Contributor



Burn Loeffke

in the body. One of them is in the nails of our fingertips.

Look For The Diamond

To see if we qualify for this club, look at the



How do we join? Some clubs are expensive. So, it is with this one. To qualify we must have pulmonary, cardiac, and/or gastrointestinal problems. Lungs are important players in our health challenges. Pulmonary problems may show up in many places

fingerprints. Last month, we took a picture of an associate's middle fingernails touching each other. As you can see in the picture there is a little space between the fingernails that looks like a diamond. That is good news. If there is no space, we have clubbing, and we have to work hard to regain our health.

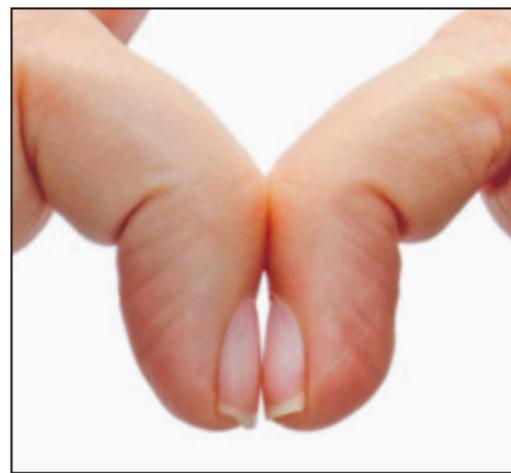
The Sickest Club

When I was studying in China, I was introduced to "The Sickest Club in Hong Kong." The members were all heart attack survivors. They trained everyday with the goal of completing a 26-mile marathon within a year of the heart attack.

The completion of the marathon gave the patients confidence that there was life after a heart attack. These patients gave me the push to run my first marathon in China. For five months I trained, at times with Captain Walker, another student training for the marathon.

Running Improves Learning

On my 15-mile practice runs, I would carry a dozen index cards with Chinese ideograms, I had to know for the next day. It was surprising that I learned faster and was not as tired while studying and running. The distraction of learning on the run made time pass quicker. "No exercise? Then you must pay." When I visited China in the '70s and lived there in the '80s, I was impressed with the thousands of Chinese on the streets doing exercise;



It's good news if you can form a diamond as your middle fingers touch.

even in the cold and in the heat. Attendance was mandatory. Health care at that time in China was free. But if you were absent for the morning exercises and got sick, you had to pay for treatment and medicine.

Bottom line: Exercise and earn a diamond.

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.

Get Those Smartphone Photos Into Action

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Photos seem to now reside exclusively on our cell phones. And yet, today, most people do not print a picture.

So how do we see the photos on our phone directly on our computer and how can we get them sent out for printing?

Step one is to make sure your brand of phone is doing its back up. And then separately install other

backup programs.

On an iPhone make sure iCloud back up is selected in settings. Then go to your computer and on the Internet go to www.icloud.com. Log in with your username and password that is listed in settings. On the next page click the button: Photos. From here you can download to your computer, even though your phone took the pictures.

Often you get the notice that your phone has not backed up in X number of weeks. To solve this problem, plug the phone into electricity, attach it to your Wi-Fi at home, as it will not work on cellular.

Go into settings, touch your name at the top of the list. One inch down touch iCloud. Toward the bottom make sure iCloud back up is on. Touch it. On the next page touch back up now.

If you want to send a photo from your iPhone: While looking at the picture, you will notice in the lower left a box with an up arrow in it. Touch it. On the next screen touch if you want to send email or text. Now enter the person's name and then press send if it's an email, or the up blue arrow if it's a text.

On Android phones go to the play store and download an application called Google Photos. Log in with the Gmail account attached to your phone. Select unlimited when it asks about photo quality. After a few hours your photos will be uploaded. Go to www.gmail.com, log in with the same credentials. In the upper right corner, you will see 9 little dots. Click on the dots, at the bottom select the photo icon. All your photos are there.

Select the photos you want to download to the computer or email by clicking the circle on each picture. Afterwards in the upper right corner notice three vertical dots, click on them and select download.

On Android phones look at the photo you want to text or email. At the bottom you will see the share logo. Click it, select the person from your address book and then send it.

To ensure you never lose photos on phones, I suggest the following backup programs.

Go to the respective applications stores, on both iPhone and Android, and download: Microsoft One Drive or Google Photos.

If you're an Amazon Prime member, use the Amazon photos application. This means your photos are now backed up and available on all of these sites. Be careful of your data settings if you have a low data rate plan.

Unique to Gmail and unlike Apple and Microsoft, Gmail stores unlimited photos at no charge.

If you like Walgreens, Walmart, CVS, etc. pick the store of your choice in the application store of your phone. Each allows you to upload a photo(s) to the company and then they will mail the prints to your home or you can pick them up in each store in an hour.



Would you like to download every photo hiding in your Apple iCloud account? Go to <https://www.copytrans.net/copytranscloudly/> and follow the prompts. Every photo you ever uploaded will download to your computer. Be warned this can take a few hours. DO NOT delete them as you will empty out your iCloud account.

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.

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

V	O	A	J	A	R	E	S	K
P	A	L	A	L	I	M	A	A
B	L	D	V	E	N	D	E	T
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I	I	A	L	E	N	D		
M	I	M	E	S	I	S	S	A
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1	2	4	6	5	9	8	7	3
5	3	7	2	8	1	6	9	4
3	9	6	5	2	4	7	1	8
7	1	8	3	9	6	5	4	2
4	5	2	7	1	8	3	6	9

NSU Art Museum's Starry Thursday Nights Are Free For All



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

One of the great benefits of being a John Knox Village resident is complimentary admission to NSU Art Museum Fort Lauderdale. But did you know that on the first Thursday of every month, from 4 to 8 p.m., members of the greater community can also visit to the museum free of charge?

During Free First Thursdays Starry Nights, presented by PNC Arts Alive, you can see all the current exhibitions, take part in art activities and relax with friends in the Museum Cafe, which offers 2-for-1 specials on wine and beer.

The museum's enthusiastic, and talented, education staff creates enjoyable and educational art projects for all ages.

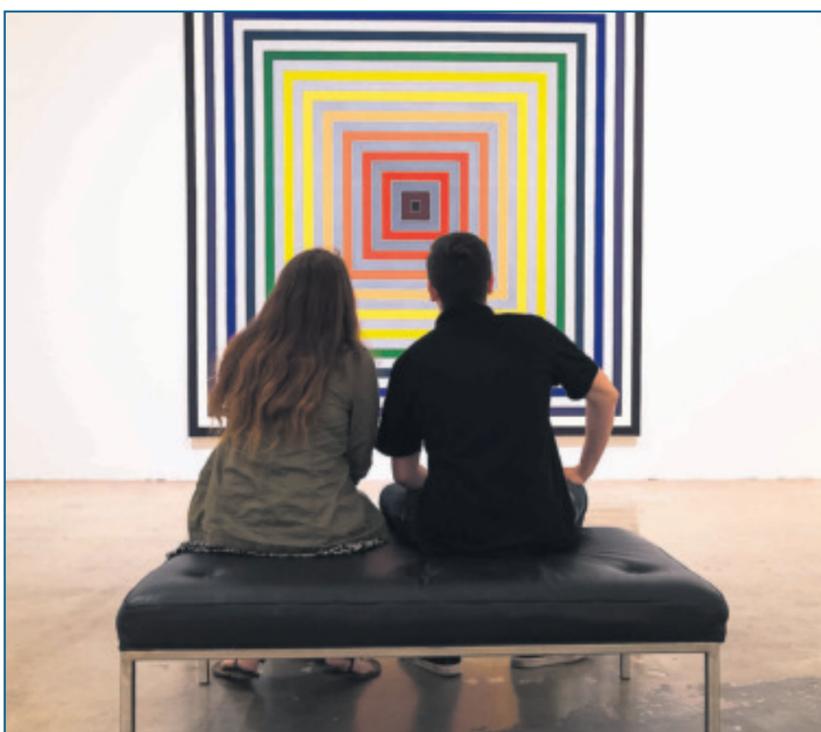
On Thursday, July 5 from 5:30 to 7:30 p.m.,

Drop-in Arts for adults will feature a hands-on project inspired by the exhibition *Midnight in Paris & New York: Scenes from the 1890s – 1930s*. This is a great chance to spark your creativity while learning about the art and artists of the turn of the century.

For children (grandchildren?), the Mini Muse (ages five to 10) and Micro Mini Muse (ages three to five) art activities will introduce the wonders of line, light and shadow. Micro Mini Muse and Mini Muse is supported by Funding Arts Broward, Inc.

Please also join us for more exciting Free First Thursdays activities on Aug. 2, Sept. 6 and Oct. 4.

NSU Art Museum Fort Lauderdale is located at One East Las Olas Boulevard, Fort Lau-



derdale. For more information, please visit www.nsuartmuseum.org or call (954) 525-5500. If you wish to attend as a guest of John Knox Village, please call (954) 783-4040.

web JohnKnoxVillage.com
JohnKnoxVillage

Be Sure To Attend The Next "Train Your Brain" Workshop On July 19 At John Knox Village

Verna Chisman
JKV Life Enrichment Director



Verna Chisman

John Knox Village recently began an exciting new program open to readers of *The Gazette*. In May the first "Train Your Brain" workshop introduced attendees to the multiple benefits of engaging the brain in various activities for greater quality of life. The response to that first workshop was so well received, that JKV reached its attendance limit quickly. To accommodate all those interested, we are hosting another "Train Your Brain" workshop on July 19 at 10:30 a.m. in the Village Centre Auditorium.

At this workshop, you will learn that the brain is our most valuable asset and is the center of our wellness and quality of life. Neuroscientists say the brain is built to improve with age, but we must: "Use it or lose it."

For the same reasons as we have a plan for our financial assets, we all need a plan for our brain assets: Personal Neuroplasticity Plan.

The John Knox Village Life Enrichment team has introduced The Crown Jewels Program to help you take charge of your brain assets within the Seven Dimensions of Wellness.

We have worked with Phyllis Strupp, MBA, Brain Coach and award-winning author of *Better with Age: The Ultimate Guide to Brain Training* to develop The Crown Jewels Program that is customized for the John Knox Village community and readers of *The Gazette*.

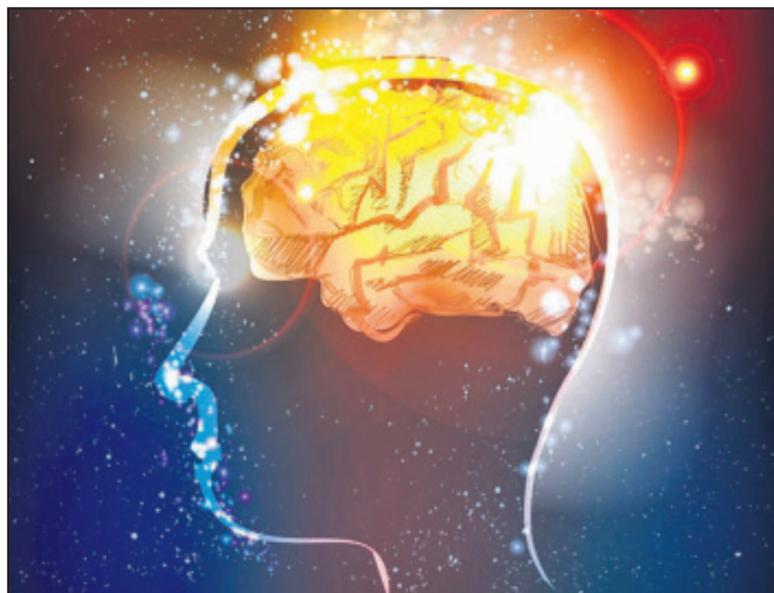
The Crown Jewels Program uses the Brain Portfolio Tool™ to show how different educational, inspirational, physical and cultural programs in the greater community can help you engage all five brain assets and enjoy the profits of increased brain wealth (synaptic connections). Challenge your least active brain assets and have fun, as you enhance your well-being, by participating in this new program.

Show Me The Science

The brain has 86 billion cells (neurons) that have specific functions, depending on where they are located. These cells communicate with each other through chemical signals at junctures called "synapses." The average adult has trillions of synaptic connections, with room for many more.

The brain's ability to adapt to life's demands by learning and forming new synaptic connections is referred to as neural plasticity, brain plasticity, or neuroplasticity. The hallmark of a healthy brain at any age is the ability to build new synaptic connections in the cerebral cortex (the large, wrinkled outer layer of the brain), which has four major areas (lobes):

- **Parietal lobe:** Taste, touch, body awareness, use of hands, working memory.



- **Occipital lobe:** Vision, color, extrinsic motivation, focused attention, images.
- **Temporal lobe:** Smell, sound, language, memory, music, social activity, spirituality.
- **Frontal lobe:** Decisions, emotional management, focus, goals, humor, learning, logic, math, movement, planning, problem solving, working memory.

After age 40, the brain's focus is to integrate the different areas of the brain, so they work together more cohesively. This integration activity enables the brain to improve with age to support the development of wisdom.

The brain's default network oversees the integration process. This team of neurons has other important job duties, including autobiography, identity, meaning, motivation, memory, reflection on self, and self-expression. Brain areas that are sufficiently underutilized are more difficult to integrate and can undermine brain health. The default network is the brain area attacked by Alzheimer's disease.

In The Crown Jewels Program, things are categorized by the primary brain area, or brain asset, involved in initiating the activity. Other parts of the brain are involved in supporting roles. The program's goal is to exercise the cerebral cortex area that performs the role of "team leader" for a given activity.

There are still many mysteries about the brain, including how to prevent or treat Alzheimer's disease. But researchers unanimously agree on this bit of wisdom: "Use it or lose it!" The Crown Jewels Program makes it easy for you to follow through on this expert advice.

Plan to attend the next "Train Your Brain" workshop on July 19. Call the John Knox Village Marketing Department at (954) 783-4040 to make your reservation.

The Jasmine Home Offers The Opportunity Of A Lifetime

The small, numerous blossoms on a Jasmine plant are often intense enough to fill a room and if our Jasmine model apartment homes were a fragrance, we feel you would find it just as intoxicating. We feel so strongly you will enjoy touring our Jasmine model apartment that a three-course dinner in our Palm Bistro awaits you afterwards.

The Heritage Tower Jasmine is one of JKV's most popular one-bedroom apartment homes. With 1,033 square feet of living space, this home features: Stainless steel appliances, luxury upgrades and everything the campus has to offer.

Designer Kitchen

- Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave
- LED kitchen lighting
- Under-mount stainless steel sink w/spray faucet and disposal
- Quartz/granite kitchen countertops
- Choice of upgraded backsplashes
- Choice of kitchen hardware
- Generous cabinet selections

Master Suite

- Spacious walk-in closet
- Baseboard molding
- Walk-in shower

Bright, Spacious Interior

- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

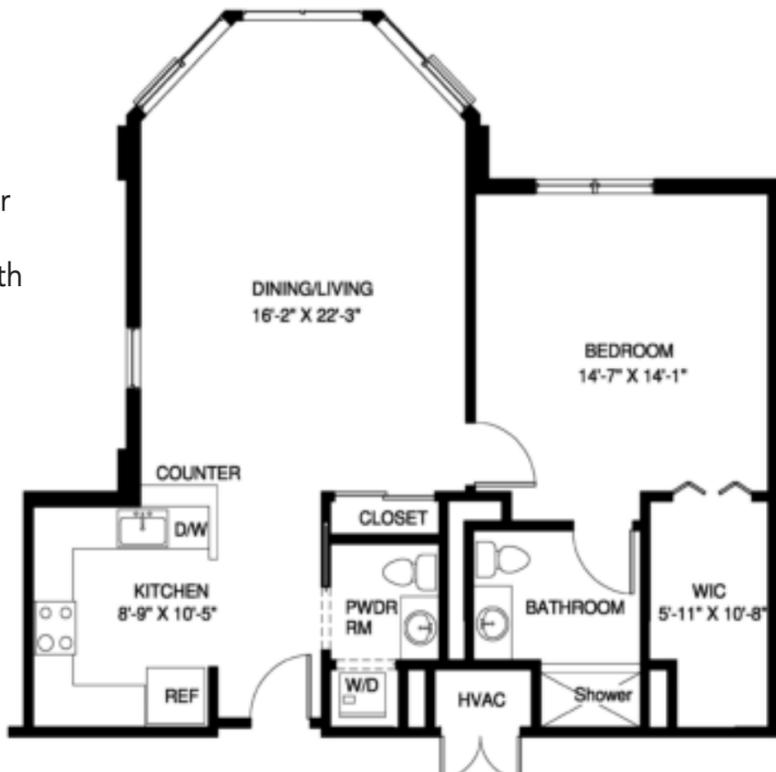
As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and more.

For additional information call (954) 783-4040 to speak with a Life Plan Counselor.



Enjoy exceptional entertainment possibilities in the featured Heritage Tower Jasmine apartment.

The Heritage Tower Jasmine:
1 Bedroom / 1.5 Bath
1,033 Sq. Ft.



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