



JOHN KNOX VILLAGE

Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

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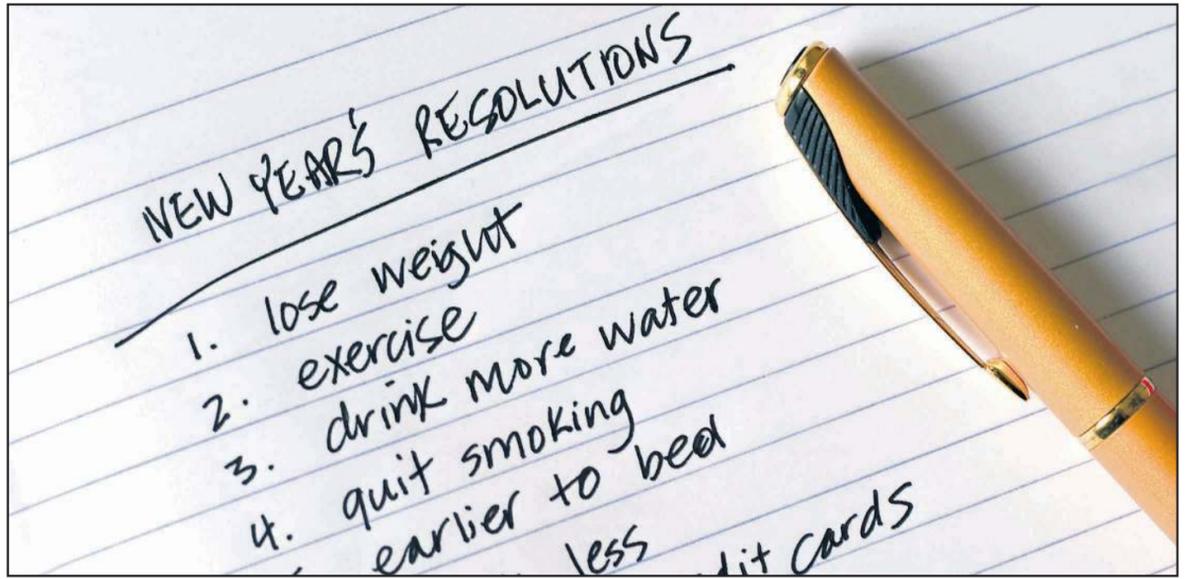
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New Year's Resolutions Go In One Year And Out The Other



January 1 is often the day we resolve to mend our ways, eliminate vices and take a new positive approach to life.

Nona Smith & Marty Lee
Gazette Contributors

It's a new year and maybe a time for a new you. Many people are indulging in retrospection and reevaluation of some of their life choices and desires for improvement. New Year's resolutions are the perfect opportunity for all those who want to start making changes. Now's your chance to sit down and prepare a list of essential lifestyle improvements. Are you planning to lose weight, eat healthier, save money or get out of debt? Or perhaps finally give up cigarettes or declutter and become more organized? If these or any other New Year's resolutions are on your list, you're in good company because you are taking part in a self-improvement tradition that has been practiced throughout history.

Millenia Of Resolutions

The ancient Babylonians are said to have been the first people to make New Year's resolutions more than 4,000 years ago. During a 12-day religious

festival known as Atiku, Babylonian men and women promised the gods to pay their debts and return any objects they had borrowed. If the Babylonians kept their promises, their various gods would favor them for the coming year. Perhaps these commitments could be considered the precursor of today's New Year's resolutions.

People hoping to slim down or move up the corporate ladder may not realize it, but they are continuing traditions practiced in ancient Rome. When Emperor Julius Caesar changed the calendar in 46 B.C., he established January 1 as the beginning of the new year. The month was named after Janus, the two-faced god. Believing that Janus symbolically looked backward into the past year and ahead into the new year, the Romans offered sacrifices to the gods and made promises of good conduct for the coming year.

For early Christians, the first day of the new year became the traditional occasion for reflection about one's past mistakes and resolving to do better in

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For 60 Years, NASA Has Been Out Of This World

"A single lifetime, even though devoted entirely to the sky, would not be enough for the investigation of so vast a subject."
— Seneca 1st Century A.D

July 1958: NASA Is Born

After the shock of Russia's successful Sputnik program, President Dwight D. Eisenhower pushed to establish a civilian space agency and gain technological superiority in space. The new agency

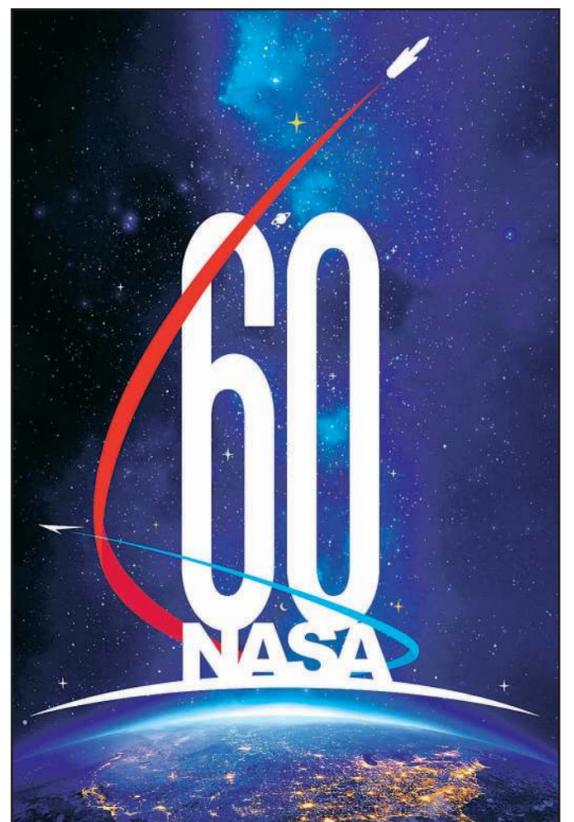
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Nona Smith
Gazette Contributor

Like every major historical event, the birth of the National Aeronautics and Space Agency (NASA) evolved from the international events of its time. Following World War II, former allies, the United States and the Soviet Union, became uneasily competitive over power and recognition as world leaders, resulting in a period of conflict known as the "Cold War." The two superpowers struggled to gain dominance for two very different ideologies and systems of government: Democracy and communism.

The Race For Space

Advanced technology became the measure of success, and nothing exemplified power like the development of ballistic missiles with the ability to carry warheads great distances. The powerful missiles also helped bring humanity to the brink of the Space Age as mankind took small steps into the vast sky with the Soviet Union's launch of Sputnik in 1957, followed by the larger Sputnik II carrying space dog Laika. The United States met the Soviet challenges with its own successful launches of Explorer I and Vanguard I. And so, the race to space began.



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Resolutely Resolve To Follow Resolutions In 2019

From “Resolutions” On Page 1

the future. In 1740, John Wesley, English founder of Methodism, created the Covenant Renewal Service, usually held on New Year’s Eve. The services included self-reflection, readings from Scriptures and making resolutions for the coming year.

Despite the New Year’s resolution tradition in pagan and religious roots, today’s resolutions are mostly a secular practice. Instead of making promises to the gods, people generally make promises to themselves, which focus purely on improvement. According to recent research, while as many as 45 percent of Americans say they usually make New Year’s resolutions, only eight percent are successful in achieving their goals. I know this is true; for many years I’ve made resolutions to lose weight, unfortunately, no weight was lost, but I did manage to add a pound or two every year.

We asked the members of the John Knox Village Silver Scribes Club, the monthly gathering of South Florida senior authors who are writing their autobiographies, about their past successful and not so successful resolutions, and their plans for 2019. Some goals may be familiar to you, yet others may inspire your own resolutions.

Tony Janik: “I’m Gonna”

Silver Scribe Tony Janik enjoyed a career as a record producer and audio engineer in New York City from 1964-1972. He produced recordings for some of the top names in opera including Maria Callas, Beverly Sills and Montserrat Caballé. After retiring and moving to Florida, Tony wrote the following about his resolutions from the last decade:

“On Dec. 31, 2002 – I’m gonna take advantage of the gym and work out every day.

“Jan. 31, 2003 – I’m gonna definitely go to the gym tomorrow. Oops. Major fail.

“Dec. 31, 2003 – I’m gonna take off these 30 pounds, I’ve put on since I retired.

“Dec. 31, 2004 – You know, I took off 35 pounds. Major success.”

Well done Tony, as is often said, “if you at first don’t succeed, try, try again.”



Perhaps the new year will bring a resolution to improve your fitness. John Knox Village has a Fitness Studio and professional staff that will encourage you to meet your short and long-term goals.

Tony has a resolution for the new year as a member of the Silver Scribes. “In 2019, I’m gonna finish and publish my autobiography... and that will be a true major success.”

Kathleen Dempsey: Driving Ambitions

Silver Scribe and Pompano Beach resident Kathleen Dempsey accomplished her resolution for 2018: Publishing her 454-page color autobiography replete with hundreds of photos from her travels around the world. Kathleen has experienced fruition in many of her endeavors.

“A resolution resulted in two husbands – many years apart,” Kathleen said. “I loved speed and was competitive, so as a teenager I resolved to race. My first racing experience was driving sports cars on a track in New Jersey. I met my first husband there. Although the union eventually ended, it resulted in two wonderful children.

“Several decades later, my spirit of adventure was still strong, so I began exercising race horses at the local harness track in Florida. While driving a sulky, I met the owner of a weekly horse racing newspaper. I began

writing for him, and we eventually married. That was more than 29 years ago. So that resolution turned out very well.

“As I fast forward to 2019. My resolution is to live each day to its fullest and enjoy it.”

Jim Connolly: Resolve In 2019

Ft. Lauderdale resident Jim Connolly has been attending Silver Scribe gatherings since the popular book publishing classes began four years ago. He is determined to publish his autobiography in the coming year.

Jim recalls some of his New Year’s resolutions from his days at the University of Miami. “I had just been elected Commander of Sigma Nu, the largest fraternity on campus with a combined membership role of over 100, 30 pledgers and at least 40 hangers on, consisting of ex-pledgers and a bunch of professionals, including a dentist and those who missed their college Animal House days.” The details of his resolutions will remain subject for his autobiography, but suffice it to say they were truly Animal House inspired.

Jim said, “My 2019 New Year’s resolution is to correct old family errors, where because of various slights and preserved insults, family members were deleted from my annual monetary Christmas gift lists. I now know that no gift will go unnoticed. Happy New Year to all.”

Sondra St. Martin: A Trip In Time

For John Knox Village resident and seasoned traveler, Sondra St. Martin, resolutions have been a part of life. She recalls a resolution that was never achieved. “After working for Eastern Airlines for two years, I had the opportunity to go to North Africa for a 10-day tour, Sondra wrote. “We stayed at a camp at the foot of Mt. Kilimanjaro and I resolved that, someday, I would climb that gorgeous mountain. On my return home I started making inquiries. I really

wanted to just spend a day or two on a climb, but when calling the tour operators, I was told that ‘only wimps don’t go all the way.’ He laughed, I cried and gave up on that idea. I’m still sorry I never did it.”

However, Sondra has accomplished much in her travels through the years. “I’m going on another extended trip in 2019,” she said. “I’ll be visiting Phuket and, since I have never ridden



Common resolutions for many of us will be to eat right, lose weight and drop some inches off our waists.

an elephant, I have signed up for a tour to do so. I’m not sure that it is the most intelligent resolution that I have ever made, but I’m going for it.”

Hib Casselberry: Much To Be Done

John Knox Village resident and archivist for the Hillsboro Lighthouse Preservation Society, Hib Casselberry has accomplished much. “In 1945, when I got out of the service, I set as my resolution, that I will go to college and earn a BS degree. It took me 10 years to get it done,” Hib writes. However, he was not done with his aspirations. “I also said I would tour all 50 states and I have.”

Hib has been a long-time participant in the Silver Scribe authors classes. He is working on an extensive autobiography tracing his family’s roots for generations. His resolutions for 2019? “Finish and publish at least one book. Do more physical exercise and lose some weight.”

Betty Triliegi: Resolve To Change

Betty Triliegi spends her summers in the Minneapolis, MN area and winters here in Pompano Beach. She made a life changing resolution in November 1970.

“I resolved to quit using chemicals (I was in treatment at the time),” Betty wrote. “It has now been 48 years and I’m still sober.” While working in real estate both in Minnesota and Florida, she also writes, “my career has been in chemical dependency and still is.”

As a first-time visitor to the Silver Scribes authoring class, Betty has resolved, “I will begin to work on my autobiography this year.”

Nicoletta Sorice: A Degree At 81

“Each year resolutions are made, and many times never kept,” Silver Scribe Nicoletta Sorice said. “I don’t recall ever making one or if I did, it was never followed through. Yes, I did have a personal resolution and I would consider it weird. I was 72 years old when I decided that I wanted a degree from an accredited University, and this finally became a reality when I received my BA in 2018 from FAU at age 81.

“Now that I am 82 years old, my resolution for 2019 will be to write my autobiography and have it printed by the year’s end. I feel that it is achievable. I have seen all my other accomplishments become reality and the satisfaction of being able to bring them to fruition is rewarding.”

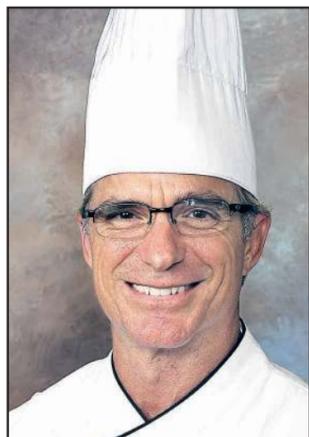
The top resolution among the group of aspiring authors in the monthly Silver Scribes gatherings, is to finally publish a book this year. Generally, it is an autobiography or collection of personal memoirs. Our authors wish to leave a legacy of their lives to their children and grandchildren. If you have ever considered writing your autobiography, join us.

Here Is A New Year’s Resolution For You

Plan to attend the next Silver Scribes class on Thursday, Jan. 24 at 10 a.m. in the Village Towers Party Room on the campus of John Knox Village. Meet fellow seniors who are striving to make a difference in 2019. The camaraderie is incredible and the inspiration we share with each other is contagious. You’ll meet new friends who will encourage you in your writing. See the listing on page 5 to find out how to reserve your place for the Silver Scribes class.

Chef Mark's Fish Recipe Will Leave You Deliciously Crabby

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

As a follow-up to December's year-end-closer recipe, John Knox Village Executive Chef Mark Gullusci, is sticking to the sea.

His first-of-the-new-year Recipe of the Month is a fish offering that will leave you absolutely crabby.

Crab-encrusted Mahi

Mahi is a beautiful way to serve the popular, delicious tasty mild fish found off our Atlantic shore and in most moderate to upscale seafood restaurants in town.

Mahi is ideal for a variety of preparations, however Chef Mark's recipe calls for sautéing the crab meat with the fish and then baking until it reaches an internal temperature of 140-degrees Fahrenheit. Take care not to overcook the Mahi—remove from the oven after it just begins to flake—and no longer.

Mahi Mahi is rich in niacin, vitamin B12, phosphorus and selenium, making this fine fish feast not only guilt-free but also a delectable way to start off 2019. Enjoy!



Crab Encrusted Mahi Filets Yields 2 Servings

- 12 pieces 5-6 oz. Mahi Mahi filet
- 3 oz. Maryland blue crabmeat
 - 1 egg
 - Kosher salt
 - Black pepper
- ½ tsp. lemon zest
- 1 tsp. chopped chives or scallion
- 1 tbsp. vegetable oil

Method Of Preparation:

Preheat oven to 350 degrees. Season the Mahi with kosher salt and black pepper. In a bowl, place the crabmeat, chives, lemon zest and egg, and gently incorporate until all ingredients are combined.

Heat oil in non-stick skillet, place half the crab mixture in pan, flatten out with a rubber spatula about the size of your fish and place the Mahi upside down onto the crab mix, cook 2 minutes on medium-high heat until browning on edges can be seen.

Carefully turn over and cook another 2 minutes, transfer to a baking dish and cook in 350-degree oven until you have reached an internal temperature of 140 degrees in the middle of the fish. Serve with your choice of sauce or none at all. Hollandaise is the recommended sauce.

If you do not feel like trying this recipe at home, just call one of our Sales Consultants and they can coordinate an on-campus tour of John Knox Village, which will include a delightful meal from our culinary staff. Call (954) 783-4040 to book your day.

Book Review

Ruth Bader Ginsburg

By: Jane Sherron De Hart

Donna DeLeo Bruno
Gazette Contributor

This biography of Ruth Bader Ginsburg, our 107th Supreme Court

Justice, is a tome that took the author, Jane De Hart, 15 years to write. The contents are based on interviews with Ruth's husband, children, friends, associates and Ginsburg herself. The book is most revealing in conveying the self-discipline, rigor, tenacity, intelligence, focus and stamina characteristic of this diminutive, five-foot tall, woman.

Of Jewish descent, Ruth had a passion for the law from an early age, drilled as she was by her parents with the Hebrew concept of "tikkun olam," the ancestral injunction to repair the world. They wanted their daughter to "love learning, care about people, and work hard." After losing her mother, this high school valedictorian at age 17 entered Cornell University, where she encountered anti-Semitism with segregated dorms and sororities. It was here that she met her future husband Marty who was, throughout their marriage, her greatest supporter, never threatened by Ruth's accomplishments.

Later at Harvard Law School, she again faced discrimination, but this time sexist. However, the love and encouragement of her husband, a top tax lawyer specializing in mergers, acquisitions, and buy-outs, allowed her to cope.

Struggling To Find A Job

Following graduation, despite peerless credentials, she was crestfallen to be rejected when applying to more than a dozen law firms. "White-shoe firms didn't hire Jews; clients would be uncomfortable with a female; she would be ill at ease in a masculine, testosterone-driven environment; a woman with a small child could be unproductive or unreliable." In the end, Gerald Gunther, himself a Holocaust survivor and federal judge, got Ruth a clerkship. Juggling motherhood and career was a challenge; a high-wire balancing act with two children. Since she was so well aware of the difficulty women faced being recognized, she focused on finding cases that demonstrated unfairness against females. Sex biased discrimina-

tion became her specialty. First, when Columbia dismissed 25 maids but not one janitor, she represented the women at no charge. Later she took the case of military female Capt. Susan Struck, a nurse and manager in Vietnam who was discharged for unmarried pregnancy. In a remarkable brief, Ginsburg argued that such automatic discharge was not only a "Draconian" regulation and sex-based discrimination, but also deprived Struck of her career, benefits and the right to work to support herself. No such burden was placed upon her sexual partner. As a result, Struck was granted a waiver.

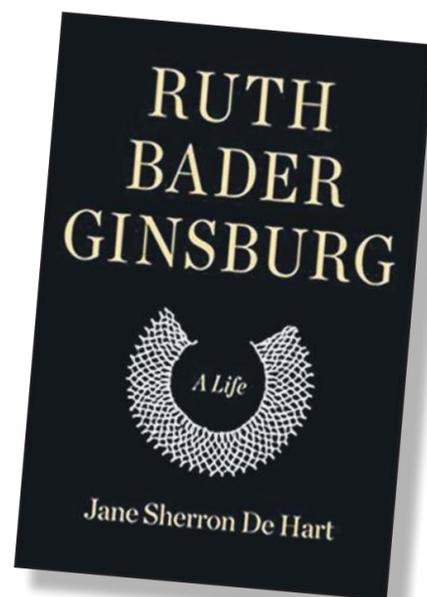
Ginsburg's next case involved Sharon Frontiero of the U.S. Air Force who was denied increased housing allowance upon marriage, when this was customarily granted to her male colleagues. Ginsburg spoke eloquently in what was considered an "incredible presentation" for change of this outdated regulation. Leading Justice Thurgood Marshall was impressed and in 1973 it was determined that sex-based military laws were unconstitutional. It was a great leap forward. One justice, however, Harry H. Blackmun remained unmoved and in his notes beside her name was found "J" (abbreviation for Jew). Was he judging her ethnic background rather than her argument? She continued to work on such cases until her appointment to the Supreme Court by President Bill Clinton.

Supreme Court Justice Ginsburg

In his appointment of Ginsburg, President Clinton said she is: "One of our nation's best judges, progressive in outlook, wise in judgment, balanced and fair in her opinions, a respected scholar, pioneer for women's equality, a forceful mind dedicated to the law, a paragon of judicial restraint."

Ruth quickly made friends with the only other female justice, Sandra Day O'Connor who became her mentor, and later with Antonin Scalia, with whom she shared a love of opera and travel. Although often on opposite sides of an issue, they had the greatest respect for each other.

Another legal case that garnered Ginsburg's attention involved the Virginia Military Academy, the all-male institution that identified with Stonewall Jackson, Gen. George Patton, George Marshall, etc. A lower court judge had ruled that admitting women would distract male students, dilute requirements, water down physical fitness, and require modification of barracks – in short: "Better dead than co-ed." After winning this round, Ginsburg tackled a case against Goodyear Tires where, upon her retirement, a black female manager learned that for years her salary had been below the minimum wage given the lowest workers. True to



her own principles, in a college speech in 2013, where students were wearing T-shirts printed with "The Ruth Will Set You Free," (an admiring reference to her), Ruth told the students to "fight for the things you care about; to do it in a way that will lead others to join you: and to maintain a sense of humor... Progress is seldom linear. There are always new battles to fight and old ones to refight."

Tireless In Her Work Ethic

An indefatigable worker, throughout serious illness, death of family members, or her own surgeries, Ginsburg is back at her post allowing herself very little time for grieving or recovery. Now at age 85, and weighing less than 100 pounds, she leaves voice mails at 2 and 3 a.m. and, as always, works throughout the night until the wee hours of morning.

When she had a stent inserted into a coronary artery in 2014, she was on the bench for oral arguments five days later. Her legendary efforts have resulted in significant progress for women. Not only has she made her chosen profession more accessible to women at a time when it was overwhelmingly white and male, but even more importantly, she has shown that women's rights are human rights and that gender bias should not go unexamined.

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.

NASA Celebrates 60 Years Of Space Technology And Exploration

From "NASA" On Page 1

was charged with designing booster rockets, inventing spacecraft, selecting and training "astronauts," who would fly the spaceships. He approved the first "man-in-space" Project Mercury, tasked to put a man into Earth orbit and return him safely home. The program had two aims: To see if humans could function effectively in space and to put a man in the cosmos before the Soviet Union. While Mercury failed in the second aim, it did provide the technological basis for missions in the Gemini and Apollo programs. It also turned the seven selected astronauts: Walter H. Schirra, Jr., Donald K. Slayton, John H. Glenn, Jr., Scott Carpenter, Alan B. Shepard, Jr., Virgil I. "Gus" Grissom and L. Gordon Cooper, into space-age superstars.

Russia Reaches For The Moon

On September 13, 1959, The Russians managed a bulls-eye when they landed Lunik 2, an unmanned spacecraft, on the Moon's surface east of Mare Imbrium. The Russian probe beamed back data showing the Moon had a magnetic field which was a new discovery. NASA officials were not happy to be beaten by their rivals. While President Eisenhower founded the space agency, it was President John F. Kennedy who defined NASA's mission for the next decade, by instructing the space agency to put an American on the Moon.

In the meantime, the Mercury program sent unmanned craft and then a chimpanzee, named Ham, became America's first hominid in space. Ham orbited the Earth and landed safely.

NASA took a logical next step and selected Alan Shepard, a World War II veteran and Navy test pilot, for the next flight. However, the Soviets beat the Americans once again, sending Yuri Gagarin into space on April 12, 1961. Three weeks later, on May 5, Alan Shepard lifted off for a 15-minute suborbital flight. Shepard's Freedom 7 flight was a success, but he was upset that the Russians had made it into space first and used a rather salty phrase to vent his frustration.

On May 25, 1961, in an historic speech before a joint session of Congress, President Kennedy committed the U.S to landing on the Moon by the end of the decade.

At that time, America had launched just one astronaut into space, on one mission that lasted 15 minutes. President Kennedy had every confidence that NASA could accomplish a Moon

landing. During that speech to Congress and the American people, President Kennedy said, "I believe that this nation should commit itself to achieving the goal, before the decade is out, of landing a man on the Moon and returning him safely to the earth."

On Feb. 20, 1962, another American touched space when John Glenn orbited Earth in a brilliant three-orbit mission, putting NASA firmly on the cosmic map.

Gemini: Bridge To The Moon

The two-man Gemini missions offered opportunities for innovation, with Ed White performing the first American spacewalk from Gemini 4. The Gemini program tested the skills needed to go to the Moon in the 1960s and 1970s. Gemini had several goals: To test an astronaut's ability to fly long-duration missions; to understand how spacecraft could rendezvous and dock in orbit around the Earth and the Moon, and to perfect reentry and landing.

It takes a lot of propulsion to get to the Moon, and that, in turn, takes a big rocket, The Saturn V delivered, a masterpiece of engineering by Wernher von Braun, stood about 26 stories tall and generated more than 7.5 million pounds of thrust. The beauty of the rocket's design was, as it burned fuel, it became lighter and therefore flew much faster. The first test flight proved it was the perfect vehicle for the Moon landing. The Saturn V could lift a payload to an altitude of 11,000 miles, which was necessary for the first stages of a long journey to the Moon.

The Apollo Program: Chariots To The Moon

Designed to land humans on the Moon and bring them safely back to Earth, the early missions of the Apollo program achieved NASA's testing goals. Apollos 7 and 9 were Earth orbit-



In one of mankind's greatest achievements, Apollo 11 landed on the Moon on July 20, 1969.

ing missions to test the Command and Lunar Modules only. Apollos 8 and 10 tested various components while orbiting the Moon and returned photography of the lunar surface.

On July 20, 1969, Americans become the first humans to step onto the moon. Apollo 11 carrying Neil Armstrong, Mike Collins and Buzz Aldrin deployed the Command module "Columbia" into orbit and onto the surface of the moon. The historic words spoken by Neil Armstrong at lunar touchdown were simply said, "Houston the Eagle has landed."

Armstrong's boots stepped upon the ground, and with his famous quote, "One small step for man, one giant leap for Mankind," the space race to the Moon was won.

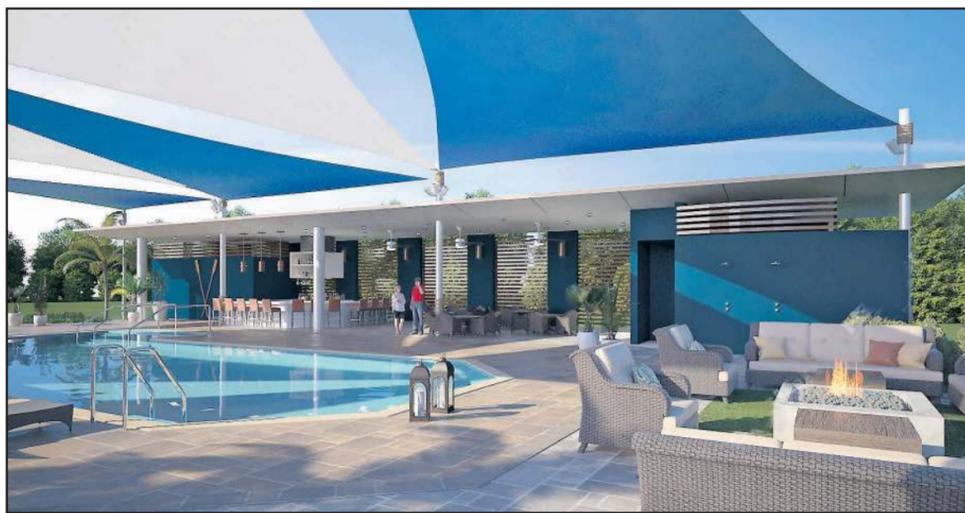
The six missions that landed on the Moon returned a wealth of scientific data and almost 400 kilograms of lunar samples. Research included soil mechanics, meteoroids, seismic activity, heat flow, lunar ranging, magnetic fields, and solar wind experiments.

Next month we will continue the NASA series in *The Gazette*, highlighting space accomplishments after the Moon landing in 1969.

In the July issue, we will celebrate the 50th anniversary of the moon landing and will look more closely at the technology and personal stories of this amazing journey.

For a beautiful video tribute to NASA go to: <https://www.youtube.com/watch?v=ZWF61uenz60&feature=share>

Building On Last Year's Work, Millions In New Construction, Renovations Slated For 2019 At JKV



Shade sails will be an important feature included in the design for John Knox Village's pool areas.

Rob Seitz
Gazette Contributor

The end of 2018 and start of the new year are looking wonderfully similar at John Knox Village. South Florida's premier Life-Plan Retirement Community successfully opened its newly renovated Seaside Cove last year, a project dubbed by Thom Price, JKV's Facilities & Operations Director as, "the most complicated construction project ever built at John Knox Village."

Thom and his crew completely gutted and renovated JKV's 40-plus-year-old Health Center into a 50-bed skilled nursing center with all the amenities of JKV's award-winning The Woodlands. The \$5.2 million project now offers residents, as well as outside short-term rehab guests, a GREEN HOUSE Project®-like model of care with private rooms, private baths, full kitchens and hearth rooms.

But As The Saying Goes: "That Was So Last Year"

Two projects on tap to begin in the First Quarter of 2019 are a new Welcome and Innovation Center and renovation to the Village's main cultural, spiritual and meeting area—The Village Centre.

Once final permitting from the city of Pompano Beach has been secured, work will begin on the Welcome Center, to be located on the northeast corner of the Village's 70-acre campus (the corner of Southwest 3rd Street and Dixie Highway).

The New Welcome Center

The 7,200-square-foot, \$2.7 million building will include a Design Center, Discovery Rooms, office space, a Video Center, conference room, several fountains and an outdoor patio meeting space.

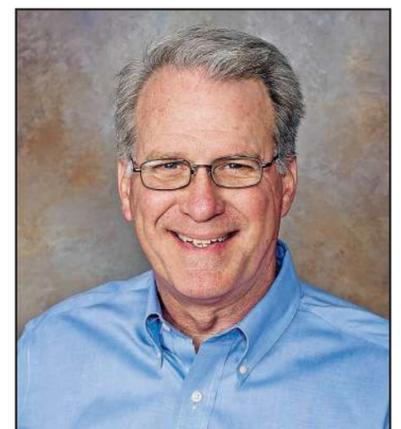
Concurrently, Thom and his team, will be renovating several portions of the Village Centre in the first quarter, including the Auditorium, lobby area, Hibiscus Room meeting location and restrooms.

New ceilings, flooring, lighting and sound systems will be installed in the 250-seat Auditorium. Restrooms will be enlarged, impact windows will be installed and sprinklers and alarm systems will also

be upgraded as part of the \$1.3 million project.

Design work is taking place for a new Aquatic Center in the center of the campus. Among the design elements the JKV Board of Directors will need to approve include: A resort and lap pool, bocce and pickle ball courts, an outdoor bar and grilling area and shade sails above the areas.

"These are ambitious plans," Price told *The Gazette*. "However, they are part of the larger Master Vision Plan that will make John Knox Village even more appealing for our current and future residents."

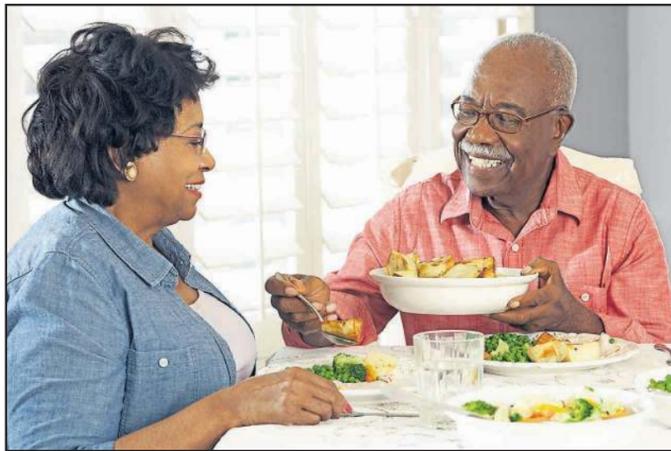


Thom Price, John Knox Village Facilities & Operations Director.

Join Us At John Knox Village For These January Events

Be Our Guest for a Lunch And Learn on Tuesday, Jan. 8 at 10:30 a.m. Meet in the Lakeside Dining Room

Begin your new year with an enlightening insight into the concept of a Life-Plan Continuing Care Retirement Community. Discover the benefits of resort-like, stress-free living, while enjoying the peace of mind of an exceptional plan for future health care needs should they arise. Enjoy a complimentary lunch and guided tour of our tropically landscaped campus and newly renovated designer-inspired model apartment homes. Meet Village residents who will be happy to answer all your questions. **Call John Knox Village at (954) 783-4040 to RSVP.**



Join Us And Learn How to "Train Your Brain" on Monday, Jan. 21 at 10:30 a.m. in the Lakeside Dining Room

Just as the body needs exercise, brains need a workout too. Join John Knox Village Brain Training Coach Phyllis Strupp on Jan. 21 for a mini "Train Your Brain" workshop, followed by a delicious lunch. Learn the simple story of why "use it or lose it" is good advice for brain health. Read Phyllis's tips for brain health in this issue of *The Gazette* on page 12. **To reserve your spot for this informative session, please contact the Marketing Department at (954) 783-4040.**

Learn How to Publish Your Memoirs: Silver Scribes Book Class Thursday, Jan. 24 at 10 a.m. in the Village Towers Party Room

Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story. There's a new time and location for this month: Meet in the Village Towers Party Room at John Knox Village at 10 a.m. **Call to reserve your place for the class (954) 783-4040.**

**NEW TIME
NEW PLACE**



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John Knox Village And The Venetian Arts Society Present Katreese Barnes Friday, Feb. 1 at 6 p.m. at the NSU Don Taft University Center

John Knox Village, The Venetian Arts Society and Nova Southeastern University present Katreese Barnes in concert. You might not know Katreese Barnes by name, but you certainly know her music. Two-time Emmy award winner, a Grammy nominated pianist, producer and composer, Katreese has been a hidden hand at orchestrating some of our cherished cultural sounds.

Join us at 6 p.m. at NSU's Don Taft University Center Performance Theater for wine and cheese. The concert begins at 7 p.m. Then stay to meet the artist, enjoy dessert and a champagne reception. A limited number of complimentary tickets are available for this performance. Read about Katreese, the Venetian Arts Society's ArtSage Alliance and concert details on page 9 of this issue of *The Gazette*. **Call John Knox Village at (954) 783-4040 for reservations.**

Crossword Puzzle Of The Month

1	2	3	4	5	6	7	8	9	10	11	
12			13					14			
15			16					17			
18			19			20	21				
			22		23	24	25		26	27	
28	29	30			31	32			33		
34				35					36		
37				38				39			
40			41			42	43				
		44			45		46		47	48	49
50	51				52	53	54		55		
56					57				58		
59					60				61		

ACROSS

- 1. Luzon people
- 4. Fastener
- 8. Inspire
- 12. Eat
- 13. Vivacity
- 14. Bad (pref.)
- 15. According to (2 words)
- 16. Pallid
- 17. Biblical giants
- 18. Ankles
- 20. Site of Hannibal's defeat
- 22. N. Caucasian language
- 25. Glacial pinnacle
- 28. Tube
- 31. Gambol
- 33. Bantu language
- 34. Commotion

DOWN

- 35. Son-in-law
- 36. Standard (abbr.)
- 37. Self (Scot.)
- 38. Nutmeg husk
- 39. Migratory worker
- 40. Siberian antelope
- 42. High definition television (abbr.)
- 44. Yemen capital
- 46. Rockies peak
- 50. Yahi tribe survivor
- 52. "Cantique de Noel" composer
- 55. Age
- 56. Sign
- 57. Inclined way
- 58. Turk. title
- 59. Defy
- 60. Revise
- 61. The (Ger.)

DOWN

- 1. Anti-satellite (abbr.)
- 2. Non-ferrous alloy
- 3. Three-banded armadillo
- 4. Mild
- 5. Axilia
- 6. Rom. first day of the month
- 7. Slavic prince
- 8. Environment
- 9. Atle
- 10. Here (Fr.)
- 11. Read-only memory (abbr.)
- 19. Fr. author
- 21. Heb. zitherlike instrument
- 23. Fancy
- 24. Easy job
- 26. High (pref.)
- 27. Pet lamb
- 28. Approve
- 29. Design
- 30. Emery
- 32. Act
- 35. Federal agent
- 39. Egg (pref.)
- 41. Pedestal for a bust
- 43. Allure
- 45. Berne's river
- 47. Conduct
- 48. Goad
- 49. Moselle tributary
- 50. Iodine (pref.)
- 51. Small (Scot.)
- 53. Family member
- 54. Male friend (Fr.)

Answers On Page 11.



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*Must take full financial possession by 1/31/19.

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[JohnKnoxVillage](#)

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 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 Theatre To Jazz To Classics And Motown: Check Out This Month's Events

January 1 - January 20
Hamilton

Au-Rene Theatre at The Broward Center for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
Eves. & Mat. Tickets from \$78

January 9

Gold Coast Jazz
Amaturo Theatre 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 \$55

January 19

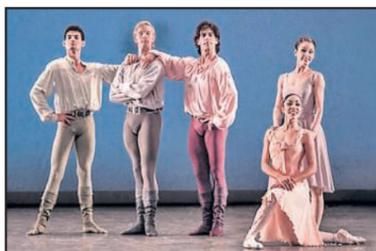
Arlo Guthrie
Parker Playhouse
707 NE 8th St.
Ft. Lauderdale, FL 33304
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from \$37

January 22

Symphony of the Americas
Amaturo Theatre 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 \$50

January 23

South Florida Symphony
Au-Rene Theatre 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 \$40



January 26 & 27

Miami City Ballet
Au-Rene Theatre 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. Tickets from \$29

January 31

The Temptations & The Four Tops
Au-Rene Theatre at The Broward Center for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from \$26.55

Sudoku

Answers On Page 11.

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

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



The Temptations



The Four Tops

When Loved Ones Break Our Trust

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



Kaley N. Barbera

Happy 2019. The start of the year is filled with New Year's resolutions, hope, excitement and often-times, some trepidation on what is to come. On the estate planning side, this new year brings with it some important estate planning advice regarding financial security.

Estate planners often tell their clients to heed a very important warning: Be wary of financial exploitation. We have all heard of the increase in scamming with our loved ones. One example being the panicked call from a grandchild to a grandparent with the need for money immediately. The result is that the panicked grandchild is nothing more than a scammer attempting to take advantage of a grandparent's concern and love for their grandchild. These scams happen outside of the family and can unfortunately happen inside the family as well. Florida is one of

the most common states for elder abuse and exploitation. It is our job, as estate planning attorneys, advocates, and advisors to protect this abuse to the extent possible, and make sure that our clients are being taken care of by the right individuals.

A Man Who Walked The Moon

Let's begin with the sad tale of an American Hero who fell prey to financial exploitation with those he trusted the most. This man is an 88-year-old astronaut legend (being the second man to walk on the Moon), who we all know as the legendary Buzz Aldrin. This heart-breaking saga began when Buzz claimed that his two children were conspiring with his former manager to take control of his estate planning by claiming that he had lack of capacity or dementia. Buzz filed a lawsuit in Florida and his children and manager denied any wrongdoing and claimed that this lawsuit was based on Buzz's loss of memory and increased confusion.

The *AARP Bulletin* reported that 90 percent of perpetrators are those closest to the victim such as family members, caretakers, neighbors and friends. These cases are often underreported since the victim does not want to press charges against their loved ones, meaning that this has become a hidden crime in America. The only thing that we, as attorneys, can do is to provide advice on how to prevent it. Here are a few recommended steps to protect ourselves and our loved ones from future abuses:

1. While an individual still has capacity and is mentally competent, make sure that the individual executes both estate planning documents, naming someone that they trust to be in charge, as well as lifetime documents such as a Durable Power of Attorney and Health

Care Surrogate. In this way, the individual chooses who they trust and believe can handle these decisions while they still have complete mental capacity.

2. Do not lose touch with older loved ones and stay connected with them by checking in from time to time via email, phone or visits. In this way, you are aware of anything out of the ordinary happening to them.

3. All individuals should be wary of signing any documents that they do not understand. Consult with your advisor or attorney prior to signing any sort of legal or financial document that you do not comprehend.

4. Sign up for services that can track financial activity and send you notifications of any unusual withdrawals or spending.

Let's start the year with this knowledge so that we can prevent the spread of financial exploitation and keep both ourselves and those closest to us financially secure.



Start the new year with an evaluation of your estate plans.

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

What Family Theory Tells Us About Motivation

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

In the 1950's, Dr. Murray Bowen began looking at psychiatry differently than most did. He believed that we can't understand anyone unless we try for as complete an understanding as possible of his or her family. This included both nuclear and extended families.

He became the foremost theoretician of family psychiatry, and was my mentor. Family theory came to include a study of evolution and brain science. In fact, any science of the human became a part of family theory.

Family Theory Defined

Family theory teaches that the human is motivated primarily by either the emotional, or the intellectual parts of the brain. Emotions include any automatic biological responses in us—even digestion and the workings of cells of which we are not even aware. Emotionally, the human is also subject to strong, sometimes controlling feelings (emotions become aware) and patterns. The feelings are sometimes powerful automatics that account for loving relationships and family bonds. They can, as well,

get behind horrible events like mass shootings and suicide.

Bowen saw that psychiatric counseling for far too long had been dominated by an exploration of feelings. The intellect was, for the most part, neglected. He began to bring out logic, planning and reason in his sessions. He got better outcomes when people brought their thinking to be in charge of emotions for certain tasks. This would include problem-solving and planning ahead. They began to oversee feelings themselves when called for: Marriage partners, parents, leaders of organizations—all did better when they emphasized the intellect. It amounted to a new definition of adulthood. He called it differentiation of self. People were called upon to have a choice in whether they wanted to be in their automatic patterns, rather than being constantly dominated by them.

A study of evolution seems to indicate that our brains developed to the size they are in humans (larger than any other primate) when we began to live as families. We realized that the brain is a social brain. Much of the new psychotherapy was devoted to understanding and improving relationships in families, the workplace and friendships.

What Do We Do?

How do we get to emotional wellness then? None of us is perfect emotionally, but for starters, the laws of the universe seem to indicate that we all need the basics—good nutrition, hydration, aeration, physical activity and the right amount and quality of sleep. But there is one more thing. Family relationships turn out to be extremely important in the new psychotherapy. Bowen found in the beginning that the young medical residents who took this seriously and began to work on their family relationships did better at emotional maturity and other measures than those who did not.

At the present time, therapists around the world are replicating in their consult-

ing rooms, the same phenomenon. In my own life, when I began to connect in a better way with my family of origin, the quality of my life emotionally improved exponentially. I can say the same for those in my practice. Some people with emotional illnesses dramatically recovered. These included all diagnoses, even addictions.

Calm And Connected

Among other directives, people tried to be emotionally calmer than usual—not perfectly calm, just the calmest one in the room. Some took lessons to relax their tension, like biofeedback or neurofeedback when it was developed.

In addition, they stepped up their number and frequency of contacts with important relationships a bit.

What if I have outlived my family?

Many have. Or maybe the family has shrunk greatly. We find that in that case, friendships can stand in for family. We can substitute our friends for family members we may no longer have around to work with. Many families are geographically distant. No one wants to be a project, though. They don't need to know we are working in this way, for improved relationships to get us to better emotional health. We just live the principles of good relationships.

Family Psychotherapy

All this led to new ways of working with people. It does not mean that a family has to be in the room. Simply, those in the room—therapists and people—are thinking about the family. The actual work of changing patterns is done outside the consulting room, in the family itself. The results have been stunning, though many insurance companies may not have caught up to this good news.

Learning to relax, by biofeedback or neurofeedback, ramps down the amount of anxiety in the relationships. Anxiety in relationships can damage the relationship. So, with a lower level of anxiety, they begin to work better.

Bottom line? Probably the most important thing we can learn about emotional wellness—when our important relationships are smoother, our emotional health improves greatly.

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.



Loving family relationships are key to emotional wellness.

Two-Time Emmy Award Winning Katreese Barnes In Concert Feb. 1

process and to interact with master international artists of all disciplines and genres in an intimate atmosphere. The relaxed, yet focused, setting creates for everyone, whether novice or connoisseur, a nurturing and all-encompassing artistic, educational and social experience: Showing us a new way to dream.

You Will Recognize Her Music

Not many people can say in one lifetime that they sang background for Sting, played saxophone for D'Angelo, and was the pianist and music director for "Saturday Night Live" and "The Rosie O'Donnell Show." If you don't know Katreese Barnes by name, you certainly know her music. Two-time Emmy award winner, a Grammy nominated pianist, producer and composer, Katreese has been a hidden hand at orchestrating some of our cherished cultural sounds.

She started playing piano at the age of 10 and landed her first record deal in her teens. In her early 20s she wrote songs for Chaka Khan and Roberta Flack. After years of background work, Barnes took center stage with her EP, "Something to Consider," and marshaled an ensemble into a land where jazz, classical and soul roam together. "Something to Consider," is a five-track effort that showcases Barnes' arranging as well as song writing. With a non-traditional rhythm section, Barnes uses a string quartet instead of

guitar layers creating a signature sound that is acoustic and modern. Usually strings play Mozart, but not James Brown.

In her personal life, Barnes is a cancer survivor who has overcome adversity by undertaking her usual unorthodox approach—embracing what's natural with alternative therapies and treatments. "Something to Consider," brings together her stalwart spirit and the styles she loves in a way that is unique and organic.

"As the repertoire expands," Katreese said, "I hope people will hear a little bit of all the soulful influences I love in R&B, pop, classical and jazz. Why not bring them together?"

Enjoy The Show On Feb. 1

The Feb. 1 performance will begin with a reception at 6 p.m. followed by the Salon Concert at 7 p.m.

Tickets for VAS members are \$35, general admission is \$50. **JKV has a number of complimentary tickets for outside guests.**

Stay after the performance to enjoy champagne and dessert and to meet Katreese.

The concert will take place at the: **Performance Theater Don Taft University Center, 3301 College Avenue, Ft. Lauderdale, 33314**

Complimentary valet parking will be available. Call the JKV Marketing Department at (954) 783-4040 for your complimentary ticket.



Katreese Barnes

Special To
The Gazette

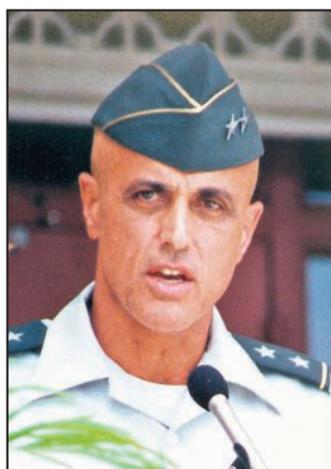
The ArtSage Alliance: Venetian Arts Society, Nova Southeastern University and John Knox Village present Katreese Barnes and *Chamberfusic*. The ArtSage Alliance "experience" begins at 6 p.m., Friday, Feb. 1, at NSU's Don Taft Student Center Performance Theater with wine, hors d'oeuvres, and fun, stimulating conversation with one of the most diverse and sophisticated groups of people one will find anywhere.

At 7 p.m. attendees will move into the theater for the "Salon Concert" and the rare opportunity for our multi-generational and multi-cultural guests to be a part of the artistic

What Is More Precious Than Life?

'Pity The Man Who Falls And Has No One To Help Him Up.' Ecclesiastes 4:10

Burn Loeffke
Gazette Contributor



Last month we buried a classmate, friend and role model. Col. Dana Mead was a West Point graduate Class of '57, with many accomplishments. What stands out to me in his vast resume, is the sentence in our yearbook: "Dana always made time for friends."

What Has Real Worth?

I recall the story of two soldiers as an example of selfless friendship. During WWII, a U.S. Army group was ambushed. A seriously wounded soldier laid under the enemy's fire, unable to move. The officer in charge determined the risk was too great for a rescue, but the wounded man's friend disregarded the order and ran to rescue his buddy.

The soldier who had disregarded the order returned, carrying his friend who had died on the field of combat. The rescuing soldier, too, would soon succumb to his wounds. The commanding officer, crying yelled, "I told you not to go. Now I have lost two good men. It wasn't worth it."

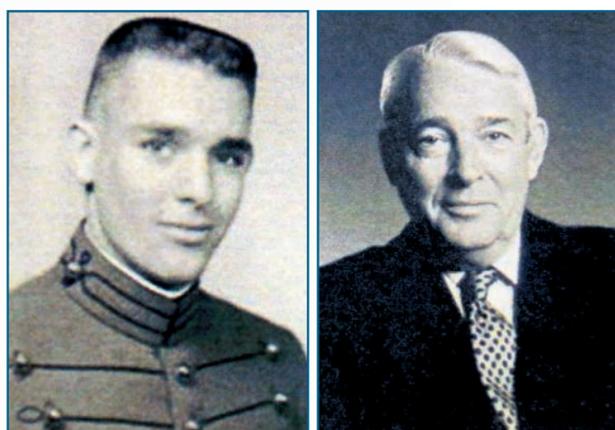
The dying soldier looked up and gasped, "Sir, it was worth it, because when I got to him, he whispered 'Jim, I knew you'd come.'"

Resolutions In 2019

As the new year begins, I will remember those who were kind to us. I will remember the simple things: A smile, a hug, a kind word. I will also remember, soldiers who fought and died with us – and for us. To be remembered is to live.

My New Year's resolution is to remember. In February, I will be joining a South Florida charitable group, Food for the Poor, traveling to El Salvador in Central America to establish a community for the homeless. As part of our community building, we will plant fruit trees in honor of friends and soldiers who died in combat. In front of each fruit tree will be a stone with the name of the person we want to remember.

Among those we will remember will be Marjorie Stoneman Douglas High School student Peter Wang,



Left photo: Dana Mead as a West Point cadet. Right: Col. Dana Mead (U.S. Army Retired) later in life.

who was killed in the horrific shooting on Valentine's Day 2018. As a Junior Reserve Officers' Training Corps cadet, Peter had the lifetime goal of attending the U.S. Military Academy in New York. According to news reports, Wang died in his JROTC uniform while helping others escape from the shooter. West Point posthumously admitted Wang to the Class of 2025 for his heroic actions.

Join in our mission and contribute a donation to provide fruit trees to the poor and plant trees of hope.

You can read about the Latin American mission of **Food For The Poor** at the charity's website: www.foodforthe poor.org/remember

Burn Loeffke, 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 stomach crunches, 10 minutes of stretching, and 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.



John Knox Village Residents Celebrate NSU Art Museum's 60th Anniversary

Tina Koenig

Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

Make it a New Year's resolution to visit the NSU Art Museum monthly for en-

riching exhibitions and programs and to make new friends at the Museum's events. Here are some upcoming highlights:

Free First Thursday Starry Nights: Thursday, Jan. 3, 4 - 8 p.m. FREE

View the Museum's 60-year timeline and film, tour the exhibition "Remember to React: 60 Years of Collecting." Drop in for free art workshops, and learn about the history of art and Hip Hop in South Florida from local artists and performers.

Cafe Society Book Group: Thursday, Jan. 10, 3 - 5 p.m. FREE

NSU Art Museum's Café Society Book Group will discuss the book "Meet Me at the Museum," by Anne Youngston, about a farmer's wife and a museum curator's life-changing correspondence. Free Admission. The group meets in the Museum Café. The book may be purchased at the Museum Store: \$23.99; members \$21.60. Call (954) 262-0258 to RSVP.

Second Sunday Film Series: Sunday, Jan. 13, 2:30 p.m.

Join NSU Art Museum and the David Posnack JCC for an afternoon of art and film. The Museum and café open at noon. Enjoy a docent-led highlight tour of "Remember to React" at 1:30 p.m., followed by a screening of "The Cakemaker" in the Museum's Norma and William Horvitz Auditorium. RSVP for the film and tour here: <https://www.dpjcc.org/cultural-arts/cultural-arts-programs/>



NSU Art Museum celebrated its 60th Anniversary with a ribbon cutting and debut of a documentary film about the Museum's founders and history. Among the guests were John Knox Village residents (left to right) Mary-Lou Siefker, Mary-Jane Bowen Graff, Jean-Faye Friedt, Ana Marie Rua, Lois Fry, Dorothy Porges, and Connie Costigan pictured above.

Learn to Paint Like an Impressionist: Friday, Jan. 25, 2 - 4 p.m.

NSU Art Museum's art instructors will guide participants through an en plein air (outdoor painting) experience at the historic Stranahan House Museum in downtown Ft. Lauderdale and introduce them to the technical and practical aspects of the works by French Impressionist painter Pierre-Auguste Renoir and American painter William J. Glackens in our current exhibition, "William J. Glackens and Pierre-Auguste Renoir: Affinities and Distinctions." The cost to attend is \$15 for members; \$25 for non-members. Fee includes supplies. Space is limited and an RSVP is required. Please call (954) 262-0258; 20 participants maximum.

The Annual Stanley and Pearl Goodman Lecture on Latin American Art: Earth, Water and Fire in the Ceramics of Wifredo Lam and Cobra: Saturday, Jan. 26, 2 p.m.

In 1938, Afro-Cuban artist Wifredo Lam arrived in Paris where he quickly gained the support of Pablo Picasso and was inspired by

the dreamlike work of the Surrealists. When he returned to Cuba (1941-1951), he created some of his most expressive works of art, fusing surrealism and magic realism to create a hybrid style that would signal a new direction for modern art in Latin America.

In the 1950s, he joined his friend, the Danish painter Asger Jorn, a founder of the post-World War II avant-garde art movement Cobra, in the Italian coastal town of Albissola, where they and other Cobra artists worked in the historic ceramic workshops. Lam became so consumed by this medium that he returned to Albissola multiple times, eventually buying a house there in 1961. Join Boston College Hispanic Studies professor Elizabeth Thompson as she discusses Wifredo Lam's fascination with the ceramic medium and his inspiration from Pablo Picasso and Cobra artists. FREE for museum members, \$10 for non-members. Call (954) 262-0258 to RSVP.

For more information about attending these events as a John Knox Village guest, please call (954) 783-4040.

It's A New Year, But Back It Up

Keep Tech Information Secure, Passwords And Files Safe

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

The new year is full of resolutions and maybe we should take inventory of what needs to be saved on our computers and smartphones before that information is lost.

Over time both Apple Mac and Windows computers get cluttered with files. The first step should be to make certain you have backup copies of your data.

The question I always ask is: If your computer or phone never turns on again, is there a set of photos, documents or files that matters to you?

Back Up Your Important Files

You should invest in an external hard drive to copy your files locally (meaning right at home attached to your computer via a USB connection), but you should also invest in some kind of Internet off-site storage as well. Get in the habit of copying a file to various free services.

All of these off-site services will provide an automatic upload tool for both smartphones and computers. Google offers free Google drive with unlimited storage of photo files. If you are an Amazon Prime customer, you also get unlimited photo storage free as part of your membership. Apple has iCloud. The first five gigabytes are free and then more space costs from \$2 to \$10 a month.

Microsoft gives five gigabytes of free storage and more space can be purchased. If you happen to have an Office 365 subscription, included is a terabyte of space on what they call the One Drive. This is a great value, as this can cost \$10 a month with other companies. Dropbox is also a popular service. It does not matter which you use, just test and make sure you can access the data in case of trouble.

All of these offer integration into your computer, phone or tablet to upload files to the Cloud. Start using them as part of your daily routine. Consider also emailing yourself copies of important documents. Data privacy should not be overlooked. Don't email Social Security numbers, tax returns or sensitive data to any of these services unless you have encrypted them.

Since a hard drive will fail sooner or later, I also recommend some automatic backup Cloud service. Carbonite.com is an American-based

company that will automatically back up an unlimited amount of your computer's data for about \$74 per year.

This route solves the data privacy issue, as Carbonite encrypts your data all the time. As soon as you save a picture or write a new letter it is saved online to the Carbonite Cloud. They also offer versioning, which means if you deleted data from a spreadsheet or word processor, they can bring back a previous version. This is how you can protect yourself from ransomware.

Should your computer be overtaken by hackers, all your files can be destroyed. If you have a local external drive connected to your computer when this happens, your local backup is destroyed as well. A service, such as Carbonite, is of essential value. You can find other online companies that can offer Cloud backup, but make sure they are financially stable. An offer that sounds too good to be true is of no value if disaster hits.

Now let's move on to other items.

Keep Track Of Logon Passwords

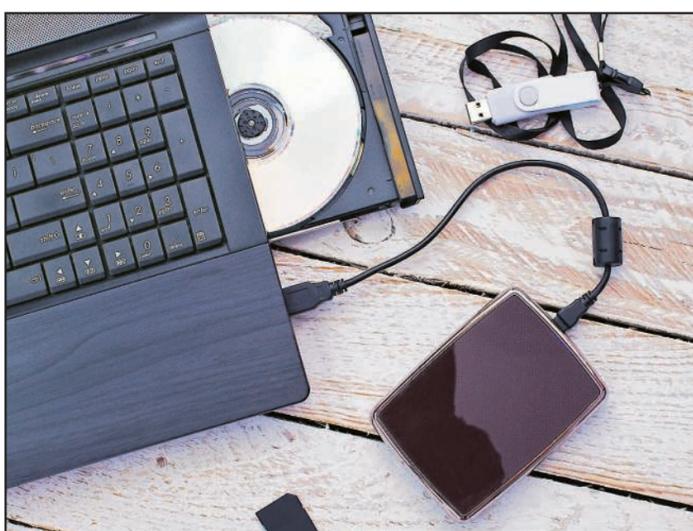
Who has your online passwords, if you get sick or you forget them? Are they written in a book? Does a trusted person know where you keep those passwords? Although a notebook is a good idea, an online password manager such as LastPass.com is even better. LastPass stores all your passwords, can help you create new passwords easily and offers the ability to let you sign in on your smartphone, tablet or computer.

Does anybody know the PIN number to your phone? Is it written somewhere? How about the password to your computer when it turns on?

Make sure all your bills, financial documents and monthly invoices are sent to you via U.S. Mail. A paper trail helps you and your family track down and resolve problems. If everything goes to your email address and you forget the password, how can you handle the invoices and payments?

Make sure you have added a phone number for texts or phone calls to recover your email address. Also make sure that phone number is current.

To help you remember, use the video camera on your smartphone and record how to open the safe. When you change a password or add security questions, record yourself with the



From DVDs, to USB flash drives to portable hard drives, there are backup devices to copy your files.

video camera or the voice recorder with the instructions. Then save the recording and title it: "Password reset for Yahoo," etc. You then have an audio/video library to help you and friends remember.

Ancestry and genealogy seem to be of great interest these days. Many companies offer software to help discover your family tree. Getting started can be as simple as setting up a monthly meeting with family members. If distance is a problem, make phone calls and have someone scribe for you or just use a notebook.

Once again, the smartphone voice recorder or video recorder can help with this. You can save each person's memories and title them for future generations to look at.

Login into iCloud.com if you have an iPhone and Gmail.com if you have an android phone and confirm that all your contacts and details are there for recovery.

Organize those digital photographs into folders. Apple offers iPhoto and Microsoft offers Photos software to help share them as well.

Start small, keep track of the goals that are important to you and take it a little bit at a time. Don't try to do everything at once, as the sheer task might be overwhelming. You will succeed if you keep a list and calendar at the ready.

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.

What's In A Technological Name?

Bluetooth Inspired By King Harald Blåtand Gormsson

Marty Lee
Gazette Contributor

In the world of technology, I often wonder how some devices, companies and services get their names? Twitter,

Facebook, Instagram, Amazon: The corporate service names are endless, and their origin is not often obvious.

X Marks The Spot

When it comes to high tech, biotech and pharmaceutical names, it often seems necessary to add an "X" to a syllable followed by a vowel to form a "ZI," or "ZEE" sound in the creation of a name. Making that first syllable start with an "X" is just so high tech, so edgy, so ground-breaking that any name with an "X" is nearly guaranteed to be a winner: Think Xerox, Xanax or even the word that has been around since 1895, when German physicist Wilhelm Conrad Rontgen became the first person to observe X-rays.

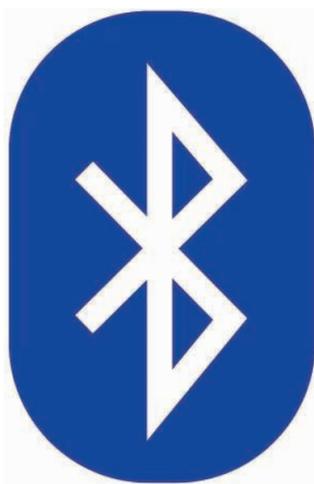
My "X" theory works on so many levels, but when I think of the meaning of a very popular, even ubiquitous tech word, I am just confounded. Where in the world did the term "Bluetooth" come from? There's not an "X" to be found.

Blame It On The Scandinavians

The name "Bluetooth" was chosen by a group of Scandinavian engineers, who created

the wireless communications technology in the 1990s. While looking for a name for the new invention's ability to connect electronic devices wirelessly, they thought of Danish King Harald Blåtand Gormsson, known as the uniter of regions of Norway and Denmark. Apparently "Bluetooth" is an anglicized version of Harald Blåtand. The iconic logo includes the king's initials written in Norse alphabetic runes.

Huh? Say that again? Oh well, it sounds like as good an explanation as any. After all, the word Xylophone was already taken.



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

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

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

Boost Your Brain Game In 2019

...But Make Sure You Avoid The Biggest Mistake

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

ter with age, with the right training. Get started with these three easy tips to train your brain to get better now:

1. READY: Make sure you have a growth mindset. Expect your brain to change and grow at any age.

2. SET: Figure out which part of your brain is most dominant and pick an activity to engage a less dominant area.

3. GO: Build social connection and repetition into your activity to get quick results.

John Knox Village gives you many opportunities to succeed with boosting your brain game. First and foremost, many members of the community—both staff and residents—have a growth mindset about their brains.

JKV residents also have access to innovative tools to assess which part of the brain needs to work. The “Train Your Brain Workshop,” the individual “Brain Portfolio Review” appointment, and the “Crown Jewels Program” booklet all help you determine which brain asset has the most cash (stored energy) to work with, and the particular activities that would challenge that brain asset.

Most importantly, JKV gives you the opportunity to avoid making the biggest mistake.

When it comes to brain training, the key factor standing between success and failure is social connection, the third tip in the tip list offered earlier in this article. All too often, people think brain training is something they do alone: Completing a crossword puzzle, reading a book, or sitting in front of a computer. None of these activities are likely to make your brain perform better.

Socialization Boosts Brain Power

The brain’s power center, the temporal lobe, is charged up when you interact with others, and powered down when you are alone. This is why loneliness is considered the number one threat to public health in the United States.

At JKV, there are two major ways to build social connection into your brain training. The first is by initiating a new activity, where you will be participating with other people. The second is a brand-new offering: Gem Clubs. These groups, led by JKV staff and members of their Board of Directors, bring together people who are trying to work the same particular brain asset.

Which club is right for you, the Ruby Club, the Pink Diamond Club, the Sapphire Club, or the Topaz Club? It all depends on the type of brain wealth you want to build. Go ahead, attend one and see what it is all about. You owe it to yourself—and your brain.

Here is something to put on your 2019 brain training to-do list: Attend a Gem Club meeting. Contact the Life Enrichment staff at (954) 784-4716 to find out when and where the upcoming Gem Club meetings take place.

Take this poem to heart—it will help you and your brain get better with age in 2019!

*A new year brings hopes and dreams,
But achieving goals requires clever schemes.*

*Getting what you want requires no money,
The trick to this can be quite funny.*

*When dreams come true first in the brain,
Nothing can stop your path toward gain.*



Dr. H. Murray Todd, King of the Ruby Club, and Wendy Bednarcik, Queen of the Sapphire Club, at the Active Aging Week kickoff for the Crown Jewels Program and Gem Clubs.

*Failure and guilt must be dead,
Let visions of success dance in your head.*

*Go and join a group of beginners
Soon enough you'll all feel like winners!*

*Your brain is full of wisdom and wit,
At any time you can shine fully lit*

*Hope springs eternal deep within,
With a smile and a laugh let the new year begin.*

John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. To learn more about an upcoming two-hour workshop that will identify your brain's strengths and opportunities call (954) 783-4040.

Brain Wealth founder **Phyllis T. Strupp, MBA**, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, “Better with Age: The Ultimate Guide to Brain Training,” introduces a pioneering approach to “use it or lose it” based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: www.brainwealth.org

If You Prefer Single-Story Home Living: The Juniper Garden Villa Is A Perfect Choice

Many prospective John Knox Village residents are moving from a single-family house, and prefer the convenience of single-story living. If that is your preference, then the Juniper is for you. Choose a location in a garden setting or in proximity to Lake Maggie. Plan to tour this Juniper Garden Villa, experience the special ambiance of the Village and enjoy a complimentary meal in JKV's Palm Bistro.

Juniper Garden Villa Features:

- 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 much more.

Call (954) 783-4040 to speak with a Life Plan Consultant today.

web JohnKnoxVillage.com

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Villa homes are available in a choice of lakefront or garden settings.

The Juniper Garden Villa
2 Bedroom / 1 1/2 Bath – 1,296 Sq. Ft.

