



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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John Knox Village of Florida, Inc.  
651 S.W. Sixth Street  
Pompano Beach, FL 33060

## Village's 3rd Annual ArtSage Fine Arts & Fun Celebration



From classical, jazz and pop music, to theatre, dance and much more, ArtSage features arts for every taste and interest.

### Artistry From All Genres Will Be Showcased

**Rob Seitz**  
Gazette Contributor

In a whimsical play on words, ArtSage—a “Fine Arts & Fun Celebration”—is coming to John Knox Village from March 18 to 23.

Is it Arts for the Ages? Or Art for the Sages (our profoundly wise people)? Or both?

Come to one, some, or all of the ArtSage events to decide for yourself.

Fashioned after the 40-year-old Charleston, SC “Spoleto Festival USA,”

John Knox Village’s Third Annual ArtSage has its sights set on becoming one of the area’s premier performing and fine arts festivals.

“This is our third ArtSage,” said Monica McAfee, John Knox Village’s Chief Marketing & Innovation Officer, whose vision brought ArtSage to the Pompano Beach life plan retirement community.

“We promise to bring an impressive array of artists working within all the genres—from music, dance and theater to even culinary arts—with our Executive Chef whipping up creations during a cooking demonstration.”

The idea of JKV’s ArtSage has blossomed from a series of similar events

Monica created at another life plan community in North Carolina.

### A Celebration Of The Arts

“John Knox Village—and our destination-city location of Pompano Beach—are the perfect fit for providing intimate, yet captivating, events to enthusiastic audiences young and not quite so young,” Monica told *The Gazette*. “We hope our *Gazette* readers will take this opportunity to join us for some of our ArtSage offerings. It will be a Fine—and Fun—Arts Celebration.”

Combine on-campus events with performances from community partners such as the Venetian Arts Society, the

See “ArtSage” On Page 2

## 'Mr. Watson, Come Here, I Want To See You' Bell's Groundbreaking Invention Changed Way We Communicate

**Nona Cree Smith**  
Gazette Contributor

In the 1870s, Elisha Gray and Alexander Graham Bell independently designed devices that could transmit speech electrically. Both men presented their designs for prototype telephones to the patent office within hours of each other. Bell patented his telephone first and later emerged the winner after a flurry of legal disputes. Thus, began one of the most significant communications inventions that became the most widely used telecommunications device in the world. Billions of telephones are in use today.

### Born in Scotland, Lived In The USA

Alexander Graham Bell was born on March 3, 1847 in Edinburgh, Scotland into a family of educators who specialized in elocution and speech therapy for the deaf. He was fascinated by the study of sound from a very young age. He was expected to follow in his family’s footsteps after he matriculated from University College in London. But a family tragedy, the loss of two of his brothers to tuberculosis, caused the Bells to move to Canada in 1870.

After a short time of making their home in Ontario, the Bells moved again to Boston, where they set up a practice specializing in teaching deaf children to speak. One of Alexander Graham Bell’s young pupils was Helen Keller, who was not only deaf and blind but was unable to speak. He eventually taught at the Boston School for Deaf Mutes and at the Clarke School for the Deaf where one of his pupils was Mabel Hubbard, who had been deaf since early childhood. In spite of a 10-year difference in their ages, they fell in love and married.

Although working with the deaf would remain Bell’s principal area of interest and source of income, he continued with his studies of sound. His continuing curiosity led to the invention of the

See “Phone” On Page 4



We’ve come a long way from switchboard operators and party lines, station-to-station long distance calls, rotary phones, touch-tone phones and phone booths. The evolution to the smartphone began when Alexander Graham Bell invented the telephone in 1876.

# Join Us For The ArtSage Performance Festival Of The Arts

From "ArtSage" On Page 1

Society of the Four Arts in Palm Beach, Miami City Ballet, Norton Museum of Art, the Shakespeare Troupe of South Florida, NSU Art Museum of Fort Lauderdale and Gold Coast Jazz Society, and the stage is set for a good time.

Call the John Knox Village Marketing Department to request a brochure of all events or RSVP for any of the ones listed below. The Marketing Department's number is (954) 783-4040. You can also view the complete brochure at [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)

## Here Is A Partial Listing Of The John Knox Village ArtSage Calendar Of Events:



JKV resident Sally Harper meets author Ashley Davis.

### • March 18 & 19: The Art Of Letter Writing

In today's techno-filled, fast-paced world the art of the handwritten letter has nearly disappeared, but author and TEDx presenter Ashley Davis hopes to change that. Hear how at 2 p.m. both days in the JKV Lakeside Dining Room.

### • March 18: Shakespeare Staged Readings

The Shakespeare Troupe of South Florida makes an encore appearance at ArtSage. Enjoy a formal reading of William Shakespeare as heard in the Elizabethan Age of the early 1600s. 11 p.m. in the JKV Lakeside Dining Room.

### • March 19: Cooking Demonstration

Join one of JKV's All Star Chefs for an entertaining and appetizing cooking demonstration. 4 p.m. in the JKV Lakeside Dining Room.

### • March 19: Venetian Arts Society Salon Featuring The Borisevich Duo

Begin with a 6 p.m. wine reception and at 7 enjoy Russian violinist Nikita Borisevich and his pianist wife Margarita Loukachkina. The Salon will be held at the *Pompano Beach Cultural Center, 50 W. Atlantic Blvd., Pompano Beach, 33060.*

## Save The Date: Annual JKV Antique & Classic Car Show Saturday, March 30 10 A.M. – Noon

If you are an antique auto enthusiast or if you want to relive the nostalgia of your first car; take a stroll around the lakes of John Knox Village and see the display of antique and classic automobiles on Saturday, March 30. This celebration will showcase Detroit's finest from the '20s, '30s, '40s and '50s to more recent classics.

Members of various antique and classic car clubs will be participating in JKV's Annual Antique and Classic Car Show. Some 50 enthusiasts are expected to bring their polished and beautiful vehicles onto the campus – some of which are nearly 100 years old. The stage is set for a good time.

Bring your family and meet friends. Car owners will be present, so you can stop, chat and get answers to your questions about antique car collecting. This annual show has been one of the most popular events on the John Knox Village calendar. Call (954) 783-4040 to let us know you plan to join us.



### • March 21: Matisse And The Fauves, aka "The Wild Beasts"

Enjoy a lively and informative NSU Art Museum docent-led art history program. In 1905 a French art critic dubbed a group of artists, including Matisse, as Fauves or "Wild Beasts" for their use of outrageous color. Learn whether that was a fair assessment. The program will be at 11 a.m. in the JKV Village Towers Party Room.



Chef Mark Gullusci showcases his culinary art.

### • March 21: Cooking With Chef Mark

Join John Knox Village's Executive Chef Mark Gullusci for a lesson on his techniques and creativity in concocting delicious dishes and foods. The demonstration will be held at 2 p.m. in JKV's The Woodlands' Life Enrichment Center.

### • March 21: ArtSage Happy Hour

After participating in a variety of ArtSage events, this would be a good time to stop, wet your whistle, enjoy an appetizer and dance to the delightful tunes of The Happy Hour Duo. Join us at 4 p.m. in the JKV Lakeside Dining Room.

### • March 21: Tango Lessons

Stick around after Happy Hour for a lesson in one of the world's most fascinating of all dances. Bring your dancing shoes along with you to Happy Hour and stay for the 7 p.m. lessons in the JKV Lakeside Dining Room.



### • March 22: Gold Coast Jazz Society Concert

Gold Coast Jazz Society is comprised of South Florida resident musicians, many with international reputations and credits. These talented musicians will have you tapping your feet after the first note. The concert is planned for 7:30 p.m. in the JKV Lakeside Dining Room.

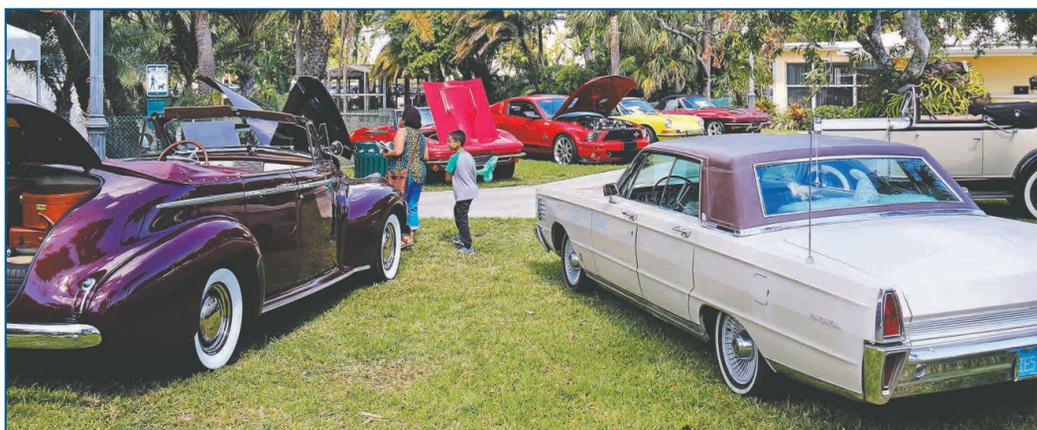
### • March 23: Silver Scribes Authors Panel

JKV welcomes Silver Scribes instructor Marty Lee and authors Donna DeLeo Bruno, Burn Loeffke, Andrea MacVicar and Nicoletta Sorice to talk about writing in their silver years. JKV's monthly Silver Scribes group has inspired many to write their own story. If you have ever thought about writing and publishing your own book, join us at 1 p.m. in JKV's The Woodlands' Life Enrichment Center.

### • March 23: Cricklewood In Concert

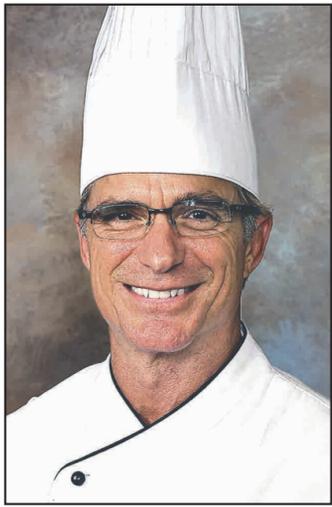
Cricklewood is one of the hottest groups in the area. Their music ranges from Oldies and Country to Rock 'N Roll and Blues. 7:30 p.m. in the JKV Lakeside Dining Room.

*Call John Knox Village's Marketing Department for more information (954) 783-4040 or visit the John Knox Village website at ([www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)) for the complete brochure.*



# In Good Taste: Chef Mark's Four-Leaf Clover Of A St. Paddy's Day Soup Recipe

**Rob Seitz**  
Gazette Contributor



*John Knox Village  
Executive Chef Mark Gullucci*

For many reasons, St. Patrick's Day is an enchanting time when those of us in the northern half of the world begin transforming from winter's dreams into summer's magic. As the saying goes, on St. Paddy's Day we are all Irish.

For such a magical day, John Knox Village Executive Chef Mark Gullucci has a four-leaf clover of a recipe.

The beauty of Chef Mark's dish is in its ease. So,

while you're breaking out the Leprechaun hats, hanging the plastic shamrocks, and throwing back a green beer or two, you're going to have a great time whipping up this marvelous cheesy potato soup with slivers of corned beef.

It's incredibly quick to prepare and the ingredients are easily accessible. Once you put it all together, this potato soup will fill you up with its rich flavors and hearty texture. Top it off with generous amounts of corned beef and sprinkle some cheese.

Stir, slurp and celebrate the patron saint of Eire. Erin go bragh!

## Hearty Potato Soup With Irish Cheddar & Corned Beef Yields 4 Servings

- ¼ cup unsalted butter
- 2 small leeks, trim, split lengthwise, wash, and dice
- 1 large Spanish onion, diced



- 1 carrot, peeled and cubed
- 1 clove of garlic, minced
- ½ cup all-purpose flour
- 6 cups chicken broth
- 2 chicken bouillon cubes
- 3 pounds baking potatoes, peeled and cubed
- 1 pound Irish cheddar, or Vermont white cheddar, shredded
- ¼ tsp. ground black pepper
- 1 cup heavy cream or half and half

### For Garnish:

- ¼ pound sliced and cut to strips corned beef
- 3 tbsp. finely chopped scallions

### Method Of Preparation:

In large saucepan, melt the butter over medium heat, add leeks, onions, carrot and garlic and sauté for 6 to 7 minutes.

Add flour and mix well, slowly add chicken broth and potatoes, bring to a boil and cook until potatoes are soft. About 15 minutes.

Add a cup at a time the shredded cheese and mix well before adding more, continue stirring and add the heavy cream.

Ladle the soup into warmed bowls and garnish with the corned beef and scallions.

Enjoy with a green beer or a Guinness stout.

Buon appetito!



## Book Review

# Beneath A Scarlet Sky: A Novel By: Mark Sullivan

**Donna DeLeo Bruno**  
Gazette Contributor

Fascinating! Thrilling! Inspiring! Suspenseful! Such is the true story of teenage resistance fighter Pino Lella and his daring adventures in Northern Italy during WWII.

During intense bombing of Milan in the summer of 1943, Pino Lella's father insists that his son seek refuge in an isolated mountain camp run by Father Re. The priest begins to train the boy in the arduous climbing of the southern Alps, scaling cliffs such as the Groppera. As the youngster becomes adept and familiar with the alpine heights, Father Re begins to have him lead small groups of Italian Jews seeking escape from the Nazis intent on capturing them. Their destination is the Swiss border and the precipitous trek to get there is fraught with life-threatening danger, not only from below-zero temperatures and dizzying heights, but also from capture by their German enemy.

### The Challenges Of Each Mission

These chapters are terrifying in the author's description of the challenges that Pino and his charges face, especially when one is a pregnant young woman. As she becomes more and more exhausted, Pino will carry her on his back as he skis frantically from slope to slope. The young man performs this mission 16 times and each expedition is just as risky and intense as the first. One misstep on the icy crags and

he would plummet to his death.

When the Gestapo seeks Pino at his parents' house for military enlistment, his parents convince him that the only way he will be safe is to join the German army. Of course, he is appalled and protests; but when he is chosen to become the personal driver for high-ranking Nazi officer General Leys, with powerful connections to both dictators Hitler and Mussolini, Pino recognizes an opportunity to be of service to his country. Thus begins his covert activities as a spy. As he zigzags across northern Italy driving Leys for 18 hours a day, he observes the details of the German construction of roads, railroad tracks, ammunition depots, and also becomes aware of the wholesale deportation of Jews, even women and children.

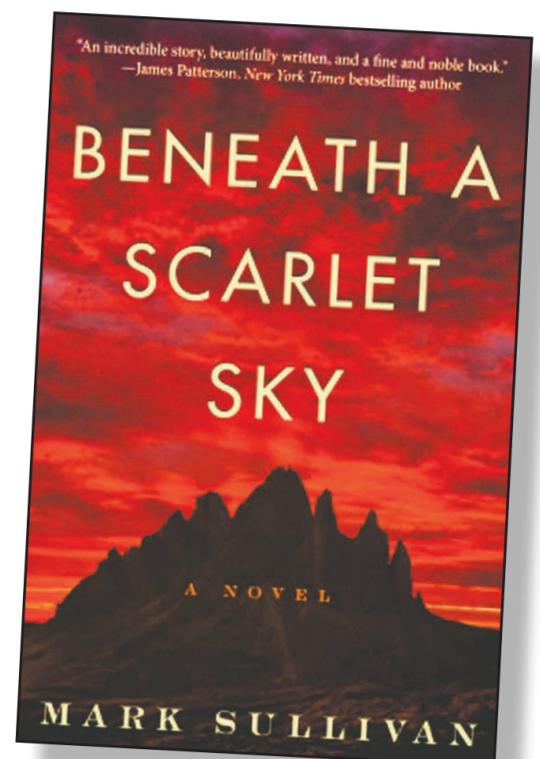
As the war continues, Pino is witness to chilling examples of inhumanity on a gargantuan scale – stifling, crowded train cars with women crying out for mercy; little fingers grasping between the slats of the cars; emaciated, ghostlike figures being beaten and shot for being too slow in following orders. With each new detestable onslaught to his senses and moral code, Pino is sickened but determined to do all in his will to thwart the German invaders who seem to hold Mussolini in their grasp.

### James Bond-like Thriller

There are so many gripping scenes that cause the reader's heart to race – those where he accompanies the General to meetings where they are face to face with the "Führer" and "Il Duce;" more later when Pino attempts to secure the key to the General's briefcase although the key is always kept on a chain around Leys' neck. At the end is a car race so enthralling as to rival the best in a James Bond movie. And most amazing of all is that it is entirely true.

This is a tale of incredible courage and cunning, in addition to astounding feats of strength and agility in scaling treacherous mountains. Pino Lella did indeed exist and succeeded in all the hair-raising missions narrated in the book. His is a remarkable story, unknown until recent years. The author, Mark Sullivan, just happened to hear about this amazing patriot who had never spoken of his death-defying heroic exploits.

I highly recommend this tribute to an ultimately



courageous and noble man who despite personal danger, tragedy, heartbreak, and loss somehow overcame all these assaults to his humanity and focused on righting the evil being perpetrated on his homeland.

*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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# For More Than 140 Years, The Phone's Had An Ear For Listening

From "Phone" On Page 1

photophone, to significant commercial improvements in Thomas Edison's phonograph, and to development of a flying machine just six years after the Wright Brothers flew their plane at Kitty Hawk.

## The Telegraph Gave Birth To The Telephone

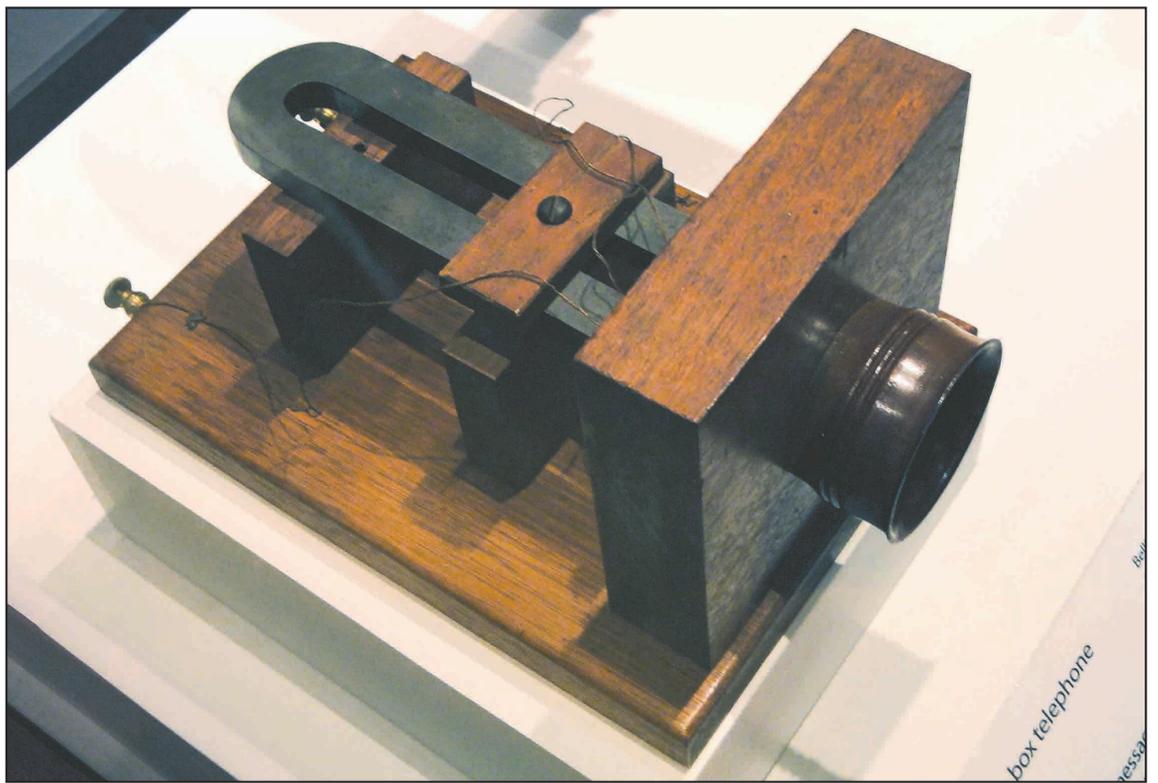
The telegraph and telephone are both wire-based electrical systems, and Alexander Graham Bell's success with the telephone came as a direct result of his attempts to improve telegraph service. When he began experimenting with electrical signals, the telegraph had been an established communication medium for decades. It was a highly successful system but with the limitation of only sending and receiving one message at a time. Bell's extensive knowledge of the nature of sound and his understanding of music enabled him to transmit multiple signals over the same wire at the same time. Although the concept of a "multiple telegraph" had been a possibility for years, Bell was the first inventor to fabricate such a device. His "harmonic telegraph" was based on the principle that several notes could be sent simultaneously along the same wire if the notes or signals differed slightly in pitch.

## Talking With Electricity

Bell proceeded with his work on the multiple telegraphs, at the same time enlisting Thomas Watson, a young electrician, to help develop a device that would transmit speech electrically. While Bell worked on the harmonic telegraph at the persistent urging of his financial backers, Bell explained his idea for electrical transmission of sound to Joseph Henry, the respected director of the Smithsonian Institution, who listened to Bell's plans for a telephone and offered great encouragement. Spurred on by Henry's favorable opinion, Bell and Watson continued their work.



While it all began with Alexander Graham Bell, Steve Jobs reinvented how we communicate when he introduced the Apple iPhone in 2007.



Alexander Graham Bell's big box telephone from 1876, was one of the first commercially available telephones. Photo source: National Museum of American History.

By June 1875, the goal of creating a device that would transmit speech electrically was about to be realized. They had proven that different tones would vary the strength of an electric current in a wire. To achieve success, they, therefore, needed only to build a working transmitter with a membrane capable of varying electric currents and a receiver that would reproduce the variations in audible frequencies: A daunting task.

## "Mr. Watson, Come Here"

While experimenting with the harmonic telegraph, the men discovered that sound could be transmitted over a wire. It was a completely accidental discovery. Watson was trying to loosen a musical reed when he accidentally strummed it. The vibration traveled along the wire into a second device in the other room where Bell was working. The "twang" Bell heard was all the inspiration that he and Watson needed to accelerate their work. They continued to work into the next year. Bell recounted the critical moment in his journal: "I then shouted into the mouthpiece the following sentence: 'Mr. Watson, come here—I want to see you.' To my delight, he came and declared that he had heard and understood what I said." The first telephone call had just been made.

## One Ringy, Dingy

Bell patented his device on March 7, 1876, and it quickly began to be in demand. Bell founded the Bell Telephone Company in 1877 and the construction of the first regular telephone line from Boston to Somerville, Massachusetts. By the end of 1880, there were 47,900 telephones in the United States. The following year, telephone service between Boston and Providence, RI, had been established. Service

between New York and Chicago started in 1892, and between New York and Boston in 1894. Transcontinental service began in 1915.

## Are Smartphones The Be All And End All?

The earliest mobile phones were radio-controlled units designed for vehicles. They were expensive and cumbersome and had minimal range. First launched by AT&T in 1946, the network would slowly expand and become more sophisticated, but it never was widely adopted. By 1980, it had been replaced by the first cellular networks. Research on what would become the cellular phone network used today began in 1947 at Bell Labs, the research wing of AT&T. Although the radio frequencies needed were not yet commercially available, the concept of connecting phones wirelessly through a network of "cells" or transmitters was a viable one. Motorola introduced the first hand-held cellular phone in 1973.

And so, a communication phenomenon started by Alexander Graham Bell nearly 150 years ago culminates today with Steve Job's wildly popular iPhone and with the iWatch, a multi-communications device worn on the wrist, like something from the best science fiction.

*"I had made up my mind to find that for which I was searching even if it required the remainder of my life. After many failures I finally uncovered the principle for which I was searching, and I was astounded at its simplicity. I was still more astounded to discover the principle I had revealed not only beneficial in the construction of a mechanical hearing aid, but it served as well as means of sending the sound of the voice over a wire."*

— Alexander Graham Bell

# Beware The Ides Of March

## The Story Behind One Of History's Iconic Warnings

Nona Cree Smith  
Gazette Contributor

The Ides of March is a day on the traditional Roman calendar that corresponds to March 15 on

today's calendar. It's a date associated with bad luck, a reputation earned at the end of the reign of the Roman Julius Caesar and immortalized by William Shakespeare's play Julius Caesar.

Spurinna, the haruspex (soothsayer) gave Julius Caesar the famous warning "Beware the Ides of March!" According to the Roman historian Suetonius, Spurinna warned Caesar in mid-February that the following 30 days would be precarious, but the danger would end on the Ides of March. Caesar saw Spurinna on March 15 and said, "You are aware, surely, that the Ides of March have passed." The soothsayer responded, "Surely you realize that they have not yet passed." Caesar was assassinated later in the day.

## The Conspiracy Against Julius Caesar

There were several conspiracies and plots to kill Caesar and for many good reasons. Suetonius, the historian, whose writings include "About the Life of the Caesars," wrote that the "Sibylline Oracles" had prophesized that Parthia (northeastern Iran) could only be conquered by a Roman king, and that the Ro-

man consul Marcus Aurelius Cotta was planning to call for Caesar to be crowned Roman king in mid-March.

The senators feared Caesar's growing power and believed he might overthrow the Senate in favor of general tyranny. Brutus and Cassius, the main conspirators in the plot to kill Caesar, were magistrates of the Senate, and as they would not be allowed to either oppose the crowning of Caesar nor remain silent, they felt they had to kill him.

## The Plot Thickens

Before Caesar went to the Theater of Pompey to attend the Senate meeting, he had been given advice not to go, by the soothsayer, by his doctors for medical reasons and by his wife, Calpurnia, who had dreamt of holding a bleeding Caesar in her arms, but he did not listen to their warnings. On the Ides of March, 44 BCE, Caesar was murdered, stabbed to death by the conspirators near the Theatre of Pompey. There was a large crowd in the theater who witnessed the attack including: 200 senators, 10 tribunes, plus several slaves and secretaries in attendance.



Bronze statue of Roman Emperor Julius Caesar on the Roman Forum.

The main leaders of the conspiracy were an unusual mix of both friends and enemies. The first two men believed they had not been rewarded enough for their service to Caesar: Gaius Trebonius served as a praetor and consul and had fought with him in Spain; Decimus Junius Brutus Albinus was governor of Gaul and had been victorious against the Gauls. Gaius Cassius Linginus had served as a naval commander and who might have developed the plot. Lastly, there was the arrogant Marcus Junius Brutus.

"Et tu, Brute! Then fall, Caesar."

# Join Us In March For These John Knox Village Events



## Meet Father Ubald Rugirangoga on Wednesday, March 13 at 1 p.m. in the Lakeside Dining Room

John Knox Village is honored to present Father Ubald Rugirangoga, a Rwandan Roman Catholic priest, who will share his inspirational story. During the 1994 genocide, Fr. Ubald lost over 80 members of his family and more than 45,000 of his parishioners were exterminated. After a trip to Lourdes, France, where he heard Jesus tell him "Ubald, carry your cross," he felt a release from the burden of his sorrows and knew he was called to preach healing, forgiveness and reconciliation. Plan to hear his remarkable story. You will be truly inspired!

Call John Knox Village at (954) 783-4040 to RSVP.



## Be Our Guest for a Lunch And Learn on Thursday, March 14 at 10:30 a.m. in the Lakeside Dining Room

Join us for lunch and an enlightening discussion on 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.

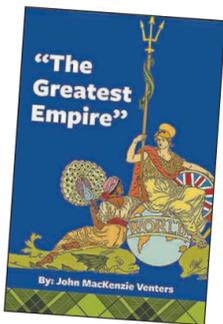
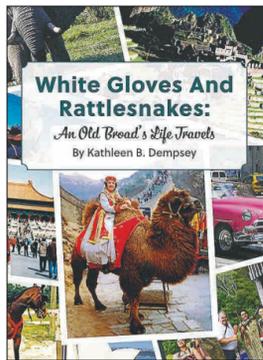
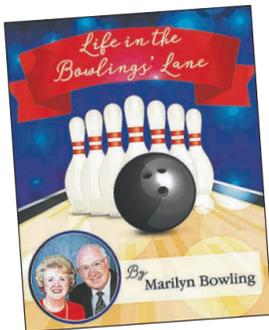
## ArtSage Festival Of The Arts March 18 - 23



Come join us, as we celebrate the Third Annual John Knox Village *ArtSage*. This year, *ArtSage* will focus on several media of art and creativity including classical, jazz and pop music; theatrical presentations, art appreciation, dance, writing and more. The week will highlight *ArtSage* events inside John Knox Village, as well as venues throughout the surrounding community. The weeklong *ArtSage* schedule is listed on page 2 of *The Gazette*. Plan your week's calendar from March 18 to 23 and join us for one or more of these events.

Call John Knox Village at (954) 783-4040 for more information and to RSVP.

NEW TIME  
NEW PLACE



## Learn How to Publish Your Life Story Thursday, March 28 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.

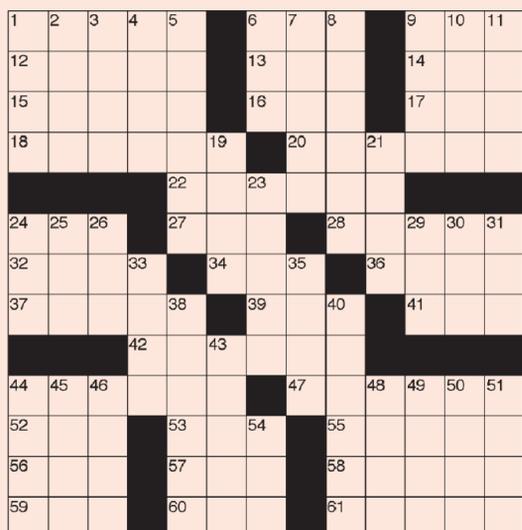


## Antique & Classic Car Show Saturday, March 30: 10 a.m. to Noon on the John Knox Village Campus

Nearly 50 cars, dating back to the early 1900s, are expected to be displayed around the community's Furman Square, Rex Foster Lake and surrounding villas. Take a step back in time and enjoy the nostalgia of Detroit's automotive heritage. Participate in the "People's Choice Awards" and vote for your favorite automobile. After viewing the display, stay and enjoy the parade of cars: All passing along the streets of John Knox Village at approximately 1:30 p.m.

Call John Knox Village at (954) 783-4040 to RSVP.

## Crossword Puzzle Of The Month



### ACROSS

1. Silver (Sp.)
6. List-ending abbreviation
9. Health resort
12. King of Judea
13. Rhine tributary
14. Stripling
15. P. I. ancestral spirit
16. Compass direction
17. Diminutive (suf.)
18. Lead ore
20. Bombastic
22. Foist
24. Dutch commune
27. You (Ger.)
28. Proverb
32. Numerous (pref.)
34. Mountain peak
36. Two-man fight

### DOWN

37. Music sign
39. Evil (Fr.)
41. As written in music
42. Gr. author
43. Her Royal Highness (abbr.)
44. Nearsightedness
47. Land of King Arthur
52. Narrower than AA
53. Naut. rope
55. Fallacies
56. Amyotrophic lateral sclerosis (abbr.)
57. Son of Apollo
58. Opposite of zenith
59. Encountered
60. Snow (Scot.)
61. Yellow

### DOWN

1. Destroying (pref.)
2. Fugard heroine
3. Seed coat
4. Carry
5. Youth loved by Venus
6. Belonging to (suf.)
7. So much: music
8. Second wife of Jason
9. Small drink
10. Buddhist liturgical calendar
11. Irish exclamation
19. Mudfish
21. Spawning ground
23. Sole
24. Prussian spa site
25. Change color
26. Unit of work
29. Out (Ger.)
30. Gain
31. Guido's note (2 words)
33. Inspector (abbr.)
35. Para-aminobenzoic acid
38. Ear inflammation
40. Fond
43. Fabric
44. Lady's title
45. Rockies peak
46. Kiln
48. Jewish month
49. Mineral deposit
50. Few (pref.)
51. Son of Loki
54. Last Queen of Spain

Answers On Page 11.



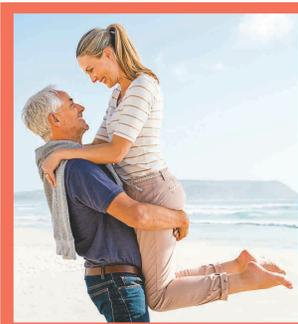
Let us handle all your home staging, packing & unpacking. We'll do the heaving lifting!

At John Knox Village, you make the call. You have the freedom to choose where you want to live. Whether it is in the private, quiet Garden Villas, the scenic Heritage Tower, the picturesque Village Towers, East Lake, or Cassels Tower. Choose from our spacious one and two bedroom apartment and villa homes.

# Variety of residences

All-Inclusive Resort Living

Secure your new apartment or villa home and automatically receive a senior move management package valued up to \$5,000 & Customize your new closets (worth \$2,500!)



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Get artsy in wood, paint or stained glass.

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web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  



[JohnKnoxVillage](http://JohnKnoxVillage.com)



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 Pop To Ballet To Classics And Jazz: Check Out This Month's Events

**March 3**  
**Symphony of the Americas:**  
**A Musical Bond**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 3 p.m. Tickets from \$20

**March 9 & 10**  
**Arts Ballet Theatre:**  
**Le Papillon: The Butterfly**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 3/9 at 7 p.m., 3/10 at 3 p.m. From \$35

**March 9 & 10**  
**Miami City Ballet: Heatscape**  
**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  
 3/9 at 8 p.m., 3/10 at 2 p.m. From \$29

**March 12**  
**South Florida Symphony**  
**Amaturo Theatre at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7:30 p.m. Tickets from \$40



**March 13**  
**Gold Coast Jazz: Five Play**  
**Swinging Into Spring**  
**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

**March 18 - 23 ArtSage: John Knox Village Festival of the Arts**  
 See Pages 1 and 2 for complete listing of events.

*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.

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

## 2019 Tax Law Updates: What You Need To Know

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



*Kaley N. Barbera*

As President Richard M. Nixon so cleverly stated, "Make sure you pay your taxes; otherwise you can get in a lot of trouble." We should heed this particular advice from our 37th President.

As we begin to approach the glory of tax season, it is important to note the changes and updates in our tax regulations that will be a part

of our 2019 tax year. Each year the IRS provides us with inflation adjustments for the coming year. For the 2019 tax year, the IRS has provided the following adjustments to our taxes:

### Estate Tax Exemption (Unified Credit)

The estate tax is still in existence, but the exemption has increased from \$11.18 million to \$11.4 million. Therefore, provided an individual has less than \$11.4 million in their estate when they pass away, they will not owe any estate tax. This exemption amount can be doubled for spouses if they elect portability upon the death of the first spouse, thereby allowing for around \$22.8 million to be estate tax free.

### Gift Tax Annual Exclusion

Remains the same at \$15,000 per individual, per year. As an example, an individual may give \$15,000 to 10 grandchildren and not have it count as a reportable gift. An informational return is required for gifts over \$15,000 and any amounts over \$15,000 will reduce an individual's unified lifetime credit of \$11.4 million.

### Gift Tax Exemption (Lifetime Unified Credit)

The unified estate and gift tax exemption is \$11.4 million per person.

### Generation Skipping Transfer Tax Exemption

The generation skipping transfer tax exemption (which comes into play when providing gifts to a "skip generation," otherwise known as a grandchild or more remote skip descendant) is also \$11.4 million per person.



*As you finalize your 2018 tax return, begin your tax plan for 2019 with some handy tips for this year.*

### Standard Deduction Increases

The standard deduction has increased for the taxpayer:

- **From \$24,000 to \$24,400 for married couples, filing jointly,**
- **From \$18,000 to \$18,350 for heads of households; and**
- **From \$12,000 to \$12,200 for single unmarried individuals and married individuals filing separately.**

### Personal Exemption

The personal exemption was eliminated in 2018.

### Miscellaneous Itemized Deductions Not Deductible

This is still in effect for 2019 which eliminates many itemized deductions for taxable years 2018 through 2025.

### Notice Of Gifts From Foreign Persons

Increases from \$16,111 to \$16,388.

### Annual Exclusion Gift To A Non-Citizen Spouse

Increases from \$152,000 to \$155,000.

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

### Plan For Flexibility In Your Estate Planning

The best way to handle these changes in the tax laws, as well as be prepared for the potential reversion back to prior tax laws in 2025, is to make sure to have estate plans that are flexible. Most estate plans

will be simplified since there is not as much estate, gift and generation skipping tax planning involved, however, these plans must be prepared to withstand the potential reversion at the end of 2025. In addition, some of the more complex plans for estates that were at one time over the exemption amount will need added flexibility to take advantage of some of the income tax strategies that may be utilized, including step up in basis planning. My advice would be to meet with your estate planning attorney to discuss how you can best plan for your estate in a flexible and tax efficient manner.

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

*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](mailto:Kaley@snyderlawpa.com).*

# The Doctor Is In

## Time Is Now For Occupational Wellness

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

The next leaf in our series of wellness leaves—Occupational Wellness—has to do with, in my opinion, a series of questions about how we are going to spend our time, and how we waste our precious time. For me, Occupational Wellness gets us to thinking in terms of more questions than we can probably answer briefly. What are they? A beginning list might look like this:

1. How do we invest and organize our time?
2. How do we start organizing this investment?
3. In the time we have left, what would we like to accomplish? What are our dreams?
4. Start now.
5. How do our dreams fit in with our gifts?
6. How do we then fit in the basics? Like exercise?
7. Back to the beginning then, how do we organize to fit it all in?

### Investing And Organizing Our Time

If we are retired, one might say: “If we haven’t learned this by now, isn’t it a little late?” No, it’s never too late to learn something new, and in my experience, many have not learned to organize time yet. Sometimes, getting the occupational, or time, question right involves painful decisions, clipping and moving about. Often, we just don’t take the time to think this part of life – organizing time. It’s important, though if we want a meaningful, rich life, one with satisfying “Aahs” along the way and at the end.

### How Do We Start Organizing Time?

For me, there are so many things I’d like to do that I run into clashes. This is where the hard thinking comes in. I might like to see that latest movie, but I have writing (or photography, art, or whatever one wants to accomplish) planned for that time. Now I get into prioritizing. Do I really want to accomplish something in this time slot, or do I really need to have a bit of fun? Maybe I’m too stressed to do anything important just now and the movie is a great way to relax. Or maybe the stress is just an excuse to avoid doing the important. People I have talked to may be afraid of that blank canvas, or just the idea of doing something different. Some mention “writers’ block. But great writers I have heard interviewed say that they don’t get it. When it threatens, they just push on through and it goes away. All of this involves growing up and making decisions. After all, no one can do it for us.

### What Are Our Dreams?

With many interests and opportunities vying for the same time slot, how do we prioritize? What do we want to accomplish before it is too late? What do we dream about doing? Among those dreams might be: Getting in touch with family more often, learning to paint beautiful pictures, learning to swim, writing a book about our lives.

This last one, writing, is easily facilitated by a group that meets here at John Knox Village, the Silver Scribes led by Marty Lee. He makes it fun and all participants get to present when they’re ready, learning about writing all the while. Writer’s block? Not here.

Other groups about art, photography, and computers, even cell phones are available. These groups have a tendency to remove all the fears, blocks and excuses. They also inspire and help us to prioritize.

If we actually prioritized a list of what is important to each of us, from the top to the bottom, could we say that we are living life according to the list? Most of us get tied up in fears of blank canvasses or doing something new, or of rearranging the schedule, to the point that we don’t accomplish what we’d really like to.

### Start Now

Maybe we should just start by starting. Make a list of what is important and see how it fits with what is on our schedule book. Most of us will find a great difference there. The schedule book may be filled with trivia instead of what we’d really like to do. Do we even have an appointment, or schedule book? If not, that will be a great help.

Remember that what is helpful to others is important and full of meaning. Volunteering is a great way to help. My father, once he was no longer mobile, started thinking he was useless. A little thoughtful talk reminded him that prayer ministry can be not only meaningful, but useful to others, and can connect us with them. We can also connect through those little phones that are everywhere now. He became excited about some new uses of time he had not thought of before. No more thoughts of uselessness.

### Do Our Dreams Fit Our Talents?

I have heard great teachers lament students that came to them with no talent. I can see how that would be a difficult situation. But on the other hand, I have

never heard a family member who was not thankful for someone who sang with them, or drew some pictures, showing them how. It may not have been the greatest art of the century, but it was much loved. So, even if your dreams don’t take you to Carnegie Hall, maybe they will take you into your family. The family, especially the littlest ones, doesn’t really care if I am the greatest singer, or artist of all time. They just want to spend time with me. That is a most meaningful place to take dreams, in my experience. Then too, I have seen some wonderful art turn out when dreams and talent come together.

### Are We Careful To Fit In The Basics?

The basics are as important as the dreams. Are we getting them in – things like exercise, drinking enough water? How about enough sleep? Are we balancing basics with want-tos into our schedule? I believe that the great ones of all time, were masters at wisely organizing their time. I believe that family can appreciate our accomplishments when no one else can – especially that book about the story of our lives that is a whole lot more interesting than anyone had ever dreamed.

### How Do We Organize To Fit It All In?

Let’s start with a list of our dream accomplishments, a list of the basics and a schedule book. Now, we are each on our own. Maybe we’re wasting a lot of time. Maybe we should pay someone to do things we don’t want to do or are not talented for. Do your best to blend it all together in a life that is meaningful, healthy and balanced.



*Volunteering is a great way to maintain and enhance your Occupational Wellness.*

*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.*

## John Knox Village And The Venetian Arts Society Present An Intimate Salon Concert With The Borisevich Duo On March 19



**Special To**  
The Gazette

As part of John Knox Village’s Third Annual ArtSage, the Venetian Arts Society (VAS) welcomes The Borisevich Duo to the Pompano Beach Cultural Center on Tuesday, March 19.

VAS’s Grand Salon begins with a wine reception at 6 p.m. to give the opportunity for guests to socialize and enjoy an artistic and educational experience creating an atmosphere of “art complementing art.”

At 7 p.m., guests will move into the theater for the Salon Concert with our artists. The goal is to offer

everyone in our community, whether novice or connoisseur, the rare and extraordinary chance to observe and interact with major international artists.

### Violin & Piano Duo

The Borisevich Duo has entertained discriminating audiences worldwide. Award-winning Russian violinist Nikita Borisevich is known for the precocious depth and sensitivity in his playing and utterly finessed technique.

Nikita was born into a musical family and started playing the violin at the age of five, with his father being his first teacher. He received his Bachelor’s and Master’s degrees from the legendary Moscow Conservatory, with Maya Glezarova and Marina Keselman, and completed graduate diplomas as well as a second Master of Music Degree at the Peabody Conservatory of Music in Baltimore with renown violinists and pedagogues Victor Danchenko and Herbert Greenberg.

Since his debut with the Perm Opera Symphony Orchestra at the age of 12, he has performed internationally in Germany, Czech Republic, Austria,

Latvia, Russia, Spain and across the United States on renowned stages such as the Kennedy Center (Washington D.C.), the Great Hall of the Moscow Conservatory (Russia), Manuel de Falla Auditorium (Granada, Spain) and Shriver Hall (Baltimore).

Known for her dazzling virtuosity and lush tone, award-winning pianist, Margarita Loukachkina, made her debut at the age of 15. Ms. Loukachkina is a frequent guest for international music festivals such as El Paso Pro Musica and Sitka Summer Music Festival, having her recording broadcasted on national television and radio stations.

Today, this dynamic husband and wife duo, Nikita and Margarita travel internationally performing for audiences from the world’s great stages with their unique and extraordinary collaboration of violin and piano duo concerts.

### Enjoy The Concert On March 19

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 the artists.

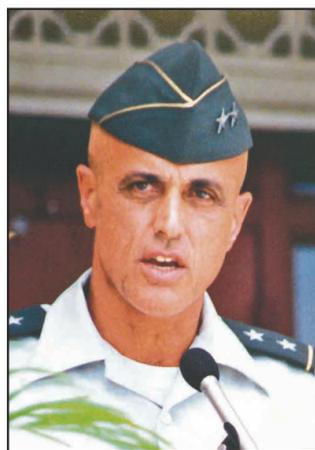
The concert will take place at the: **Pompano Beach Cultural Center, 50 W. Atlantic Blvd., Pompano Beach, 33060.**

Call the John Knox Village Marketing Department at (954) 783-4040 for information about your complimentary ticket.

# 'If He Dies, I'll Send You Another One'

## Mutual Respect And Trust Are Important Ingredients In Any Relationship

**Burn Loeffke**  
Gazette Contributor



*Mutual respect and trust are important ingredients in any relationship. Do something with a friend that is outside your comfort zone and strengthen the relationship.*



It was China in the early 1980s. For months I had been trying to jump with Chinese paratroopers. The answer was always the same: "No."

I was always told, "You are the first U.S. Army General to be assigned to China. We cannot afford to have you injured."

My luck changed when U.S. Secretary of Defense, Caspar "Cap" Weinberger, visited China and asked that I be allowed to jump. When the Chinese responded that I might be injured, Mr. Weinberger replied, "I have hundreds of Generals in the Pentagon. If he dies, I will send you another one."

Everyone laughed.

Within two weeks, I was training in preparation to become the first American to jump with the Chinese Army.

Trust builds strong relationships. The request to jump was approved, but the Chinese wanted me to jump with my own U.S. parachute packed in the U.S.

My answer: "I want to use a Chinese parachute packed by Chinese riggers." They agreed to my request after an hour of negotiations. They asked that at a minimum, I be present at the packing of the chute and that I keep the parachute with me until the day of the jump. I replied that I did not need to be present for the packing and that the parachute should stay with the other chutes. I wanted them to know that I was trusting them with my life.

The jump and the time I spent with the Chinese paratroop-

ers created a bond that would have been difficult to duplicate in the absence of danger.

I am now a Chinese brother paratrooper. This experience allowed me to join that elite family called "Chinese Paratroopers."

This was the first time a foreigner was allowed to parachute with Chinese paratroopers.

In the photograph above, I am pictured with a Chinese General, a Colonel and four other officers. In 1982, there was no insignia of rank on the Chinese uniform.

Mutual respect and trust are important ingredients in any relationship. Do something with a friend that is outside your comfort zone and strengthen the relationship.

*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.*

## Do You Have A Story To Tell?

### Be Part Of A New Book: "Amazing Grace-ful Aging"

**Donna DeLeo Bruno**  
Gazette Contributor



*Author Donna DeLeo Bruno will participate in the Silver Scribers ArtSage panel on book writing March 23.*

served as a messenger for the underground when her village in Belgium was invaded by the Germans in WWII. From conversations during our long friendship, I intuited that she had a story to tell; but each time I encouraged her to share her early years, she would defer with: "My story is too sad to tell. I saw what no child should see." The title for my book is taken from her own words.

During her last year (2018), she decided to talk about her teenage years when she witnessed much brutality and persecution. She told me she had taken an oath when she began this clandestine work to never, never speak of the methods, techniques, or activities of her co-conspirators no matter how long they lived (if they lived) and no matter where they might relocate after the war. She was willing to take

Regular readers of *The Gazette* will recognize my name as that of the book reviewer for this informative monthly publication. Having completed work on my most recent book, "What No Child Should See," I have begun interviewing individuals age 90+ for my next, which will be entitled "Amazing Grace-ful Aging."

The previous book was based on the experiences of Rosa, a very dear elderly friend who at 14 years old

that information to her grave. But she was a feisty, principled, strong woman right to the end; and to do her justice, "What No Child Should See" is a tale of courage, nobility, sweetness, commitment, self-sacrifice and the triumph of good over evil.

#### A New Book About Life's Challenges

For the subsequent book, "Amazing Grace-ful Aging," I have already interviewed two people: First, 103-year-old Doris (although her aide corrected that she was 107), and a 90-year-old man Marty. I was referred to Doris because she had worked as a translator of codes during WWII, while Marty had served in the military in the Aleutian Islands. Despite their advanced ages, both were vital, mentally sharp, interesting, charming active seniors. Both had survived the vicissitudes of life and were completely satisfied with how they had coped and even overcome adversity.

#### Stories That Will Not Be Forgotten

Doris remembered a deeply satisfying marriage and life in New York City which offered her and her spouse a plethora of exciting opportunities. Marty, too, had returned to the States, married, started a family, and expanded his father's business into a number of successful stores. He spoke of his family with deep pride that was nearly palpable. He felt that the most significant challenge in his life was, at the tender age of 20, defying an order given by a commanding officer to shoot on sight all Japanese. He is still incredulous that so young, he had the gumption to question it. He refused to shoot any man who offered a white flag of truce and surrender. He protested that, "We [Americans] are better than that. That is not who we are."

#### Do You Have A Story To Tell?

Those who are reading this might know of other seniors like Rosa, Doris and Marty who have been engaged in unusually interesting work or faced and overcame serious challenges. I hope my next project

will be an inspiring portrayal of people who have not only weathered the years but also want to make their contribution in demonstrating that advanced age, although limiting in some respects, does not entirely determine a person's identity or alter his/her essential self.

You may contact Donna Bruno (care of Marty Lee) by emailing a brief synopsis of your story. Please provide a phone number so she can contact you. The email address is: [martylephoto@gmail.com](mailto:martylephoto@gmail.com)

### Learn How To Publish Your Own Story

Join with us at an ArtSage event on Saturday, March 23 at 1 p.m. in The Woodlands Life Enrichment Center at John Knox Village.

Meet a panel of gifted and prolific senior writers who will inspire you to write your own story.

Hear from Silver Scribers authors: Donna DeLeo Bruno, Burn Loeffke, Andrea MacVicar and Nicoletta Sorice.

If you have ever wanted to write your own book, this panel discussion will explain how to get involved in the Silver Scribers classes with the goal of publishing your own autobiography or story of inspiration.

Please join us at this authors gathering. Meet other seniors who have written and published their own books.

Call JKV Marketing at (954) 783-4040 to reserve your place for this essential writing and publishing forum.

# New Computer For Less Than \$400?

**Maurice Scaglione**  
Gazette Contributor



*Maurice Scaglione*

Computer use has changed in recent years. The majority of users basically live on the Internet and no longer use computer-based programs to accomplish their tasks. They read email, live in their brokerage accounts checking market trends, perhaps use Facebook to stay in touch with friends and do various Internet searches. So the question is: Why spend \$1,300 on a new Apple Mac or \$700 on a decent Windows 10-based computer when it is time to upgrade for speed?

Most have answered this by relying on their smartphones or tablets. But these are problematical for those who need to type. The glass screens of these devices don't lend well to such a task. Although I have repeatedly talked about voice recognition, most users are still not comfortable dictating to a machine.

## The Chromebook Choice

Step in an old idea reborn: The almost "Dumb Terminal." Introduced in 2011, it is called a Chromebook. The device looks exactly like any laptop or even a desktop unit called Chromebox with a larger built-in monitor. The manufacturers are all the same players (Dell, Acer, HP, etc.) that make personal computers excluding Apple.

These Internet terminals can be had for as little as \$240 in warehouse clubs. There are, of course, more expensive units, but something under \$400 is more than sufficient for the average person.

Instead of running the Apple or Windows operating system or the IOS of iPhone and Android of cell phones it runs its own Chrome operating system.

There is nothing new to learn because the Chromebook starts up instantly and launches directly into the Chrome browser. This is where you live your life. When the unit boots up, you log in with a Gmail.com

user name and password. However, you don't have to give up your existing AOL, BellSouth, Comcast, or other email address, you just log into the email website of choice and life goes on.

You then go to your brokerage account, Facebook, Google, Bing, etc. Your usual web searches are the same. So what is different? There is virtually no local storage on a Chromebook. All your letters and photographs are stored in the cloud which is another name for the Internet. All your content is stored on Google's servers.

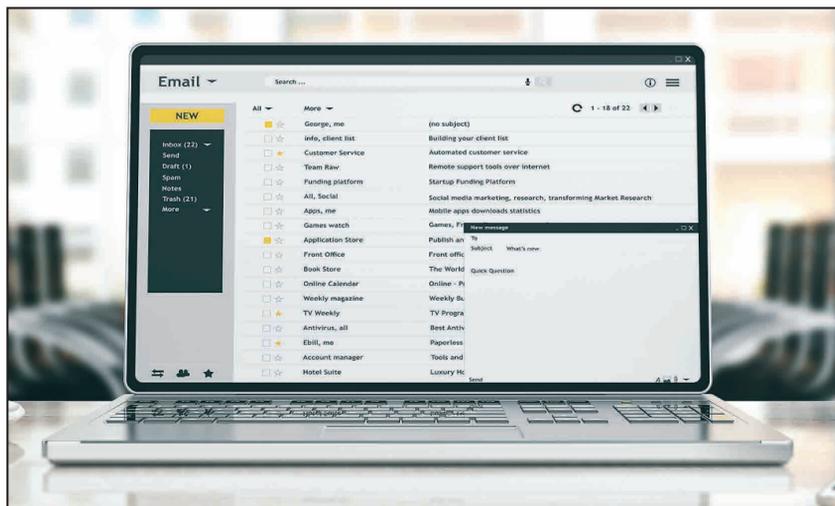
If you don't like Google's Cloud you can, of course, log into your Microsoft OneDrive account if you already have your data there. The Microsoft Office Suite: Word, Excel, PowerPoint is also there for you to use in a web-based version.

Chromebooks are widely used in school systems, because the cost is low and the upkeep is simple. Every time a person logs out, all their private information vanishes until they log in again or someone new logs in. No fear of snooping eyes looking at where you have been on the Internet.

## Safer Internet Experience

You will find it's a faster Internet browser because the overhead is much lower. So besides the price and speed, what makes the Chromebook interesting? How about saying goodbye to spyware and viruses?

The Chromebook allows you to go to any and all Internet sites. Feel free to be reckless if you so choose, without bad websites infecting your machine with spyware and a virus. Why do you ask? Because the Chromebook has a feature called Powerwash. If your Chromebook is a total mess from your Internet use, simply reset it. Unlike Apple or Windows machines, it takes minutes, not hours to reset. Since no applications



*Chromebooks bridge the gap between smartphones and computers.*

were on your computer to begin with, there is very little to reinstall.

Once you log in, it will remember everything about you. So what are the downsides? Until recently it was printing. If you are a massive print person, then you need to check if it works with your old printer first. Sometimes you have to replace an older printer and confirm that the new way it prints does not bother you.

Secondly, since this is an Internet device will it live at home connected to your Internet service? If you are on the road every day, then working offline could be a problem. You cannot just open a Chromebook on an airplane and get work done, unless you have Internet or have downloaded files for offline use ahead of time.

Lastly, if you're a big-time game player, you should road test it at a retailer like Best Buy. Make sure your game is available for free in the Chrome store.

*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.*

# Plan A Visit To The NSU Art Museum This Month



**Edison D. Lozada**  
Donor Relations and Annual Fund Manager, NSU Art Museum Fort Lauderdale

As Spring comes to South Florida, this is a great time to enjoy all the area has to offer, and that includes a visit to the NSU Art Museum.

**"Frida Kahlo – An Anguished Brush"**  
Presented by Armando Droulers  
Thursday, March 7 at 5:30 p.m.

As a preview to "Frida," an opera composed by Robert Xavier Rodriguez and performed by Florida Grand Opera March 16 - 30, Art Historian and distinguished lecturer, Armando Droulers presents the lecture "Frida Kahlo – An Anguished Brush."

Frida Kahlo was an iconic Mexican artist wracked by agonizing physical pain and caught up in a stormy marriage to Diego Rivera, the flame that fueled Kahlo's art just kept burning and never turned to ash. Kahlo created 55 self-portraits.

Following the lecture, guests are encouraged to visit the NSU Art Museum Fort Lauderdale's exhibition "Remember to React," which displays works from the Pearl and Stanley Goodman Collection of Latin American Art including the only Frida Kahlo work currently on view in Florida.

This event is free for Museum members; \$10 for non-members. Please call (954) 262-0258 to RSVP.

**Free First Thursdays Starry Nights**  
Thursday, March 7 at 4 p.m.

View NSU Art Museum Fort Lauderdale's current exhibitions and enjoy 2-for-1 drinks in the Museum Café. Free First Thursdays Starry Nights offers FREE museum admission on the first Thursday of every month from 4 - 8 p.m.



**Art of Wine & Food: Pick a Peck of Pinots**  
Thursday, March 7 from 6 - 8 p.m.

Join Tommy Artounian from Southern Glazer's Wine and Spirits to explore the exciting world of Pinot Noir. Sample and compare four great pinots from around the world with small bites to pair perfectly with each wine.

Come early at 5:30 p.m. and enjoy a docent-led tour of the Museum's current exhibition "Remember to React," with a focus on Contemporary Women Artists.

Cost is \$40 per person; \$30 for members at the Patron level and above. Limited seating, advance paid reservations required. Please call (954) 262-0258 to RSVP.

**Second Sunday Film Series: "The Samuel Project"**  
March 10. Tour at 1:30 p.m. Film at 2:30 p.m.

The comedic drama "The Samuel Project" is about a teenager (Ryan Ochoa) who gets to know his grandfather Samuel (Hal Linden) for the first time when he makes him the subject of a senior year animated art project. With dreams of becoming a professional

artist, the teen discovers that his grandpa, a Jewish dry cleaner, was heroically saved from Nazi capture in Germany by a young woman when he was a boy. After hesitating, Samuel agrees to tell his story for the project—a story he hasn't told in over 75 years.

Film cost: \$9 for David Posnack Jewish Community Center or Museum members; \$11 non-members. Film and tour: \$18 for JCC or Museum member; \$22 non-members. RSVP for the film and tour at the JCC website: [www.dpjcc.org/secondsunday](http://www.dpjcc.org/secondsunday)

**Café Society Book Group: "In Full Flight"**  
Thursday, March 14 at 3 p.m.

Lively discussions on every second Thursday of the month feature books relating to Museum exhibitions, collections or other topical themes. This month's selection is "In Full Flight" by John Hemingway, which tells the remarkable story of a woman's search for a new life in Africa in the wake of World War II, a life that sparked a heroic career, but also hid a secret past. Books may be purchased at the Museum Store \$27.95, members \$25. Meet in the Museum Café. Please call (954) 262-0258 to RSVP.

Read more about the event here: [www.nsuartmuseum.org/event/cafe-society-book-group-in-full-flight/](http://www.nsuartmuseum.org/event/cafe-society-book-group-in-full-flight/)

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

[web JohnKnoxVillage.com](http://web.JohnKnoxVillage.com)  
Facebook, Twitter, YouTube icons and **JohnKnoxVillage**

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

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

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

# Take Control Of Your Personal Story

## The Inner You Shapes The Outer You

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

Spring is a time of planting seeds and nurturing the new growth. Similarly, the later decades of life are a time to cultivate the budding aspirations that blossom from the first few decades of our lives. Our mental and cognitive health depend on this inner work.

The 20th Century psychologist Erik Ericson's stages of psychosocial development suggest that adulthood over age 40 is a struggle to choose generativity over stagnation, and wisdom over despair.

### Wisdom Truly Is A Product Of Age

Over the past 20 years, research findings in neuroscience confirm that around age 40, our brain switches gears on us. Brain activity in the default network (in charge of our memory and personal story) becomes more active. The brain deliberately slows down to help us gather a harvest of wisdom from our life experiences to share with others.

This process enables our brain to get better with age to benefit the next generation. While the causes of Alzheimer's disease remain unclear, it is understood to be a malfunction of the default network, a disease that disrupts.

The most important brain health habit we can build over age 40 is to take charge of our personal story. Nostalgia, as well as rumination about past setbacks, can bubble up. The inner narrative (what we say to ourselves when we look in the mirror) must be a success story, a tale of setbacks followed by comebacks.

For example, consider the life story of Elizabeth Taylor, who died in 2011 at age 79 from congestive heart failure. She was married 8 times to seven different men, had four children and at least 20 major operations.

At midlife, she transitioned from a successful acting career to celebrity-brand merchandising and social advocacy for people with AIDS. She died with a net worth over \$500 million, little of which came from acting.

At age 55, Liz disclosed in an interview the secret of her successful mid-life transition: "I've always been very aware of the inner me that has nothing to do with the physical me...Eventually the inner you shapes the outer you. Life is to be embraced and enveloped. Surgeons and knives have nothing to do with it. It has to do with a connection with nature, God, your inner being – whatever you want to call it – it's being in contact with yourself and allowing yourself, allowing God, to mold you."

### Embrace Every Chapter In Life

As Liz demonstrated, life experiences can be reconsidered, reframing significant losses in a positive way. Forgiveness and reconciliation can be embraced when relationships cannot be mended. Guilt and shame can be shed like old clothes. A new chapter in your story can be filled with relationships and new experiences that can fill the void left by loss.

We all need to build a personal story that makes us proud. However, there is no need to do this all alone. It's more fun, and more effective, to work together in shaping our stories.

At John Knox Village, opportunities abound for taking charge of your life story. The Silver Scribes group, led by JKV journalist and photographer Marty Lee, gathers new and experienced writers together intent on telling their life stories. Several have published or are working on their autobiographies, but not everyone chooses to develop a book.

ArtSage, JKV's weeklong festival of art, crafts, music, and writing, is an excellent way to learn more



Writing and sharing your life story is a positive ambition that will leave a legacy for your children and grandchildren.

about shaping the next chapter of your story. A panel discussion featuring Silver Scribe authors who have published their stories will be held on March 23 in JKV's The Woodlands Life Enrichment Center at 1 p.m. Get inspired at this forum and resolve to write your life story.

In addition, JKV has begun offering "Build Your Story" brain training workshops. Keep an eye on the calendar listings in *The Gazette* to see when the next workshop is scheduled.

**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](http://www.brainwealth.org)

## The Mangrove Is A Spacious Home Designed To Fit Your Lifestyle

Enjoy the finest in spacious, yet convenient, South Florida living with the benefit of a life plan guarantee in this featured Mangrove 2-bedroom and 2-bath model apartment home. The Mangrove is available in two locations: Choose from the soaring 17-story Cassels Tower with its panoramic views, or the exceptional setting of the 3-story East Lake overlooking the Village's Lake Maggie. This spacious floorplan offers split bedroom suites; each with walk-in closet and bath.

Whichever location you choose, you will enjoy strolling the tree-lined paths of the tropically landscaped campus. Tour this Mangrove apartment home, experience the special ambiance of the Village and enjoy a complimentary meal in JKV's Palm Bistro.

### The Mangrove Apartment Home 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.

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The Mangrove: 2 Bedroom / 2 Bath – 1,143 Sq. Ft.

