South Florida was treated to a visit from one of America’s greatest opera stars: Sherrill Milnes, known as America’s Verdi Baritone, in January. In a cooperative effort of John Knox Village and the Venetian Arts Society, Mr. Milnes appeared on stage for a video retrospective of his career at the Pompano Beach Cultural Center. That was followed the next morning with an interview and master class at the John Knox Village Centre Auditorium.

Sherrill Milnes was born in 1935 and raised on an Illinois dairy farm. Sherrill explained that he did his chores as any farm boy would: “Milking cows and shoveling manure.” He might have continued on the farm, except his mother had an influence upon his future. “Mom was a piano teacher and a church choir director.” There was always music in the Milnes house. Sherrill appreciated music and decided to give it a try. “Mom started teaching me piano,” he said. “But it took three weeks to learn you can’t study with a parent.”

Music Was Central To Sherrill’s Life At An Early Age

His love of music gave Sherrill insight into his career plans; that of becoming a music teacher like mom. His early piano lessons led Sherrill to learn different instruments including the violin, viola, double bass, clarinet and tuba.

Fifty years ago, Dr. Mack R. Douglas, a minister from Margate, FL gathered a few friends and proposed to develop a retirement community for senior citizens. The plan called for the construction of a group of cottages to be leased to a senior individual or couple for the balance of their lives. Originally known as Baptist Village, the community opened in Pompano Beach. Later, renamed John Knox Village, that community would grow to become home to more than 900 residents.

Since September 2017, South Florida’s premier life plan continuing care retirement community has been celebrating its 50th Anniversary with a year-long series of festivities and March is no different. The greater community is invited to take part in ArtSage 2018 from Monday, March 12 through Saturday, March 17. Join us for a week of performance, art, lectures, demonstrations and dance. ArtSage culminates on St. Patty’s Day with a gala campus-wide event named “50th Anniversary Cars, Crafts and Community Village Jubilee Celebration.”

“John Knox Village is proud to be a community mainstay for 50 years,” said Monica McAfee, Sales and Marketing Director. “We work hard every day to provide our residents and guests with some of the most meaningful lifestyle-enhancing events that fit within our commitment to the Seven Dimensions of Wellness.”

Those Seven Dimensions are: Social, Physical, Intellectual, Environmental, Emotional, Occupational and Spiritual.

“ArtSage is an extension of those Seven Dimensions, as well as fitting in perfectly with our tagline: Celebrate Our 50th With Us March 12 - 17: ArtSage And Cars, Crafts And Community Village Jubilee Celebration

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Join Us March 12 - March 17

ArtSage will combine on-campus events with performances from community partners such as the Venetian Arts Society, the NSU Art Museum, the Pompano Beach Cultural Center, Cuban Classical Ballet of Miami, Handweavers Guild of America, the Atlantic Dance Academy and others.

Monday, March 12: 10 a.m. in the John Knox Village Centre Auditorium. The University of Notre Dame Glee Club, a 75-voice all-male choral ensemble founded in 1915, will be performing in concert. Admission is complimentary.


Tuesday, March 13: 2 p.m. in the John Knox Village Centre Auditorium. Teddy Roosevelt Tour: Joe Wiegand is considered one of the world’s premier Theodore Roosevelt actors and historians. Joe’s portrayals of Theodore Roosevelt in live performances and in television and film have people wondering if Teddy has come back to life.

Tuesday, March 13: 6 p.m. in the Pompano Beach Cultural Center. Advanced Style with Ari Seth Cohen: Ari Seth Cohen, the internationally celebrated young fashion/style photographer, author and film documentary producer, will showcase a different non-traditional “style” presentation with living mannequins. Models will include women and men who exemplify the concept of “advanced style” and are chosen from the greater South Florida community. The evening will include an art exhibition “From a Woman’s Perspective,” style models, South Florida high school escorts, Ari Seth Cohen and the Cuban Classical Ballet of Miami. The evening will begin at 6 p.m. with a wine and hors d’oeuvres reception, followed at 7 p.m. with a Salon Concert featuring excerpts from the “Advanced Style” film documentary and a feature performance by the Cuban Classical Ballet of Miami. Limited number of complimentary seats for outside guests.

Wednesday, March 14: 2 p.m. in the John Knox Village Centre Auditorium. Advanced Style with Ari Seth Cohen: An interview/panel discussion with Ari Seth Cohen. The afternoon will include high tea and focus on Ari’s concept and various projects, as well as a non-traditional style fashion presentation of tropical day wear. The two-day event will be followed by a book signing and a meet and greet with Ari Seth Cohen. Limited number of complimentary tickets call (954) 783-4040.

Thursday, March 15: 11 a.m. in John Knox Village’s Woodlands Life Enrichment Center. The Atlantic Dance Academy will be instructing on ballroom technique.

Thursday, March 15: 11 a.m. in the Village Towers Lobby. Gallery Display of the beautiful art submitted by residents, staff and outside guests. JKVV’s own Note-ables and Handmade Art submitted by residents, with a Salon Concert featuring excerpts from the “Advanced Style” film documentary and a feature performance by the Cuban Classical Ballet of Miami. Limited number of complimentary seats for outside guests.

Friday, March 16: 11 a.m. in the John Knox Village Centre Auditorium: Sharing the Art of Beading in Africa will be presented by Penny Morgan, President of the Handweavers Guild of America’s Penny Morgan. Penny will be giving a demonstration and an actual workshop on making a bracelet through the Kumihimo technique.

Friday, March 16: 3:30 p.m. in the John Knox Village Centre Auditorium: Dance, Dance, Dance! The Atlantic Dance Academy will be offering dance instruction in two formats...something for everyone. From 3:30 - 4:15 p.m., the Academy will be instructing on ballroom dancing and from 4:30-5:15 p.m., they will be instructing line-dancing.

Saturday, March 17: 10 a.m. - 2 p.m. on the John Knox Village Campus: 50th Anniversary Cars, Crafts and Community Village Jubilee Celebration. This campus-wide community celebration will feature food, fun, music and entertainment.

Members of various antique and classic car clubs will be participating in JKVV’s annual Antique and Classic Car Show. Some 50 motorists 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. Stroll the tropically landscaped grounds and stop to visit crafts booths and exhibitions. Food and entertainment will be available along the Jubilee Celebration grounds.

Events are complimentary, except where noted. For additional information and reservations to any and all events, you can check the John Knox Village website: www.JohnKnoxVillage.com for the latest updated information.

John Knox Village Executive Chef Mark Gallucci joined with Gazette columnist Carmel Baronoff in a cooking demonstration at last year’s ArtSage.

From "Jubilee" On Page 1

Join With JKV And Celebrate ArtSage: March 12-17

John Knox Village – Where Possibility Plays,” said McAfee. JKV will be bringing in an array of local and out-of-area artists working within all the genres – from music, dance and theater to even culinary arts.

From "Jubilee" On Page 1
In Good Taste: Chef Mark’s Tasty Treat Surprisingly Easy To Prepare

Rob Seitz
Gazette Contributor

Crème Brûlée Ingredients:

- 1 pint heavy cream
- ½ cup granulated sugar
- ½ teaspoon vanilla extract
- 6 egg yolks

Yields: 6 Crème Brûlees

Method Of Preparation:
In a saucepan, pour the heavy cream, vanilla extract and half the sugar (1/4 cup). Heat the ingredients to about 180 degrees, but do not boil or burn. Separate the egg yolks from the cream and place in a bowl, add the other half of the sugar (1/4 cup). Slowly pour the cream into the eggs while whisking. Pour the mixture back into the pan and heat 2 minutes more, do not boil. Ladle approximately 4 ounces into 6 ramekins. *Photo illustrates a ramekin.
Place the ramekins on a cookie tray, pour water onto the cookie tray. (This is a water bath.) Bake for 15 minutes at 325 degrees. Brûlees are done when they look like jelly when moved. Carefully remove tray from oven. Cool for at least 2 hours in fridge.
When cooled, spread 1 tsp. of granulated sugar on top of Brûlees and torch it. Moving the torch to brown the sugar evenly. If no torch is available, place your oven rack to the highest spot, set your oven to broil and the Brûlees on rack until browned. Allow to cool for 10 minutes and the sugar topping will harden. To serve crack the top with a spoon and enjoy.

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A Celebration Of Dance And Music With An Irish Lilt

“...Irish music is rich in literature that understands a soul’s yearnings and dancing that understands a happy heart.” – Margaret Jackson

Nona Smith
Gazette Contributor

The roots of Irish dancing go back to the Celts and druids – nomads who roamed the island before Christianity. Many of the drum rituals involved dancing around trees honoring oak, and the sun. Traces of their circular dances survive in the ring dances of today. The Celts had their dance steps and formations, and after the Norman conquest of Ireland in the 12th Century, they added their European dance routines into the mix.
Dancing was accompanied by music and usually took place at religious celebrations or the “feis,” an important Celtic fete of art, culture, music, discussions, sports and storytelling. Dancing was an integral part of the feis.
At the Hill of Tara, the seat of the King of Ireland, and focal point of Celtic life, a huge feis known as the “Amadóil” was held once each year. Feastivals are still held in many Irish communities, but today they are usually a showcase for Irish dancing and music, where dancers compete for medals and trophies.
Over the Middle Ages dancing evolved, naturally combining the drum, celt and norman dance moves into unique formations and instead of dancing in circles, line formations became more popular. They in turn, became more complicated with female dancers weaving between males, or interchanging couples. Buggles and harps, as well as singing, were the most common musical accompaniments.
Dance Masters Traveled Ireland

In the 18th Century, Irish dancing became more disciplined and a distinctive style developed. This was due to the emergence of the “dance masters,” a teacher who traveled to towns and villages holding dance lessons for anyone who was interested and could pay. This is how group dances became popular, as it was an effortless way to have all the participants involved in one dance. The best dancers soon became “soloists,” encouraged to show off their talents and dance alone. There was a strong rivalry between dance masters which gave rise to the modern dance competitions.
In 1983, the Gaelic League was founded to encourage Irish culture. It organized competitions, lessons and rules for Irish dancing, which gave birth to the Irish Dancing Commission in 1930, to regulate the immensely popular pastime. Irish dancing quickly spread once it had its own governing body.

The Styles Of Irish Dance

Today, Irish dancing is divided into two distinct styles: Soft shoe or hard shoe. Soft shoe dances include reels, jigs and slips, while the hard shoe dances have havertips, the treble reel and the treble jig. Hard shoes have tips and heels of fiberglass to add percussion and rhythm, while soft shoes are leather lace-ups. Boys have their own version of the soft shoe, known as “red shoes,” which have a hard heel to produce those familiar Irish dance sounds.
Irish dancing groups extend beyond the bounds of ethnically Irish communities. They have turned traditional Irish dance into a global phenomenon that has taken root all over the world.
Beyond the dance, the joy of Irish music and song has become infectious with the popularization of singing groups like the Celtic Women, Celtic Thunder and the Irish Tenors.

With St. Patty’s Day just around the corner, you may want to get into the spirit of the green. For traditional Celtic music, catch the Unicorn Tour of the Irish Rovers on March 15 at 8 p.m. at Ft. Lauderdale’s Parker Playhouse.
Sherrill Milnes: An Operatic Legend Of Our Generation

Drake University (Des Moines, IA), where he studied with Andrew White, earning his bachelor’s and master’s degrees in music in the hope of becoming a teacher. Additional graduate studies with Hermanus Baer followed at Northwestern University (Evaston, IL.).

During his baritone career, he was often the foil cast as a counterpart to the soprano and tenor. “Baritones are often the trois in a ménage or a trio,” he said.

On Stage With Opera’s Greatest Stars

Sherrill performed with many of the well-known stars of opera including Met sopranos Beverly Sills, Joan Sutherland and Leontyne Price, as well as internationally renowned tenors (and friends) Luciano Pavarotti and Plácido Domingo. After 653 performances, Sherrill made his final bow at the Met on March 22, 1997 in “Aida.”

Willie Riddle, Director of the Venetian Arts Society was instrumental in bringing Milnes to the Met. “Sherrill Milnes is universally acclaimed as the foremost operatic baritone of his generation,” Riddle said.

“When his powerful voice, commanding stage presence, and rugged handsomeness, he received the kind of adulation that is usually reserved for tenors.”

Down-To-Earth Demeanor

Willie was impressed, not only with Milnes’ notable career, but also with his friendly demeanor in front of his knowledgeable audience. “I must say that I was quite a bit star struck,” Willie said. “Sherrill could not have been more charming or agreeable. Many of the great artists tend to intentionally foster a sense of aloofness, but not Milnes.”

“He insisted on attending the pre-event reception to meet as many of our members and guests as possible and have the opportunity to talk one-on-one with them and also take photos with them. This down-to-earth attitude really impressed me.”

“Sherrill Milnes is among the last living legends of his generation, second only to Leontyne Price,” Willie said. “With his wife, soprano Maria Zouves, he founded the Florida Voice Project, also known as VOICExperience, and now, he says this quieter life is what he was meant to do.”

“I consider myself a teacher who took a detour for 40 years to sing around the world,” Milnes said.

“I made my debut at the Met without singing a note in Europe.”

This added an amazing spontaneity and personal touch that we could never have planned.”

Willie also commented about the Jan. 17 event at John Knox Village, which was an interview and masterworks class with South Florida Bass singer Rohan Smith.

“Equally as impressive was the interview of Milnes by Susan Davis, Florida Grand Opera General Director and CEO. Willie said, “Milnes spoke candidly and at length about his life growing up as a child on a dairy farm in Illinois, his original intention of becoming a music teacher, his early years building a professional career and his unconventional path to becoming the world’s premier Verdi baritone of the 1970s and 1980s.”

Milnes’ original intention of becoming a music teacher [like his mother] gave him all the ammunition to become one of the world’s greatest voice teachers today.

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The Gazette Travels Where You Are

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

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

• Take a photo of yourself (a selfie) or a friend reading The Gazette in front of a landmark. It can be here in South Florida or anywhere you live or travel across the world.
• Post your photo to our Facebook page (Facebook.com/JohnKnoxVillage). Make sure your photo is large enough in resolution to print in The Gazette.
• Invite your friends to the Facebook page and see if they can identify the location of your photo.
• The Gazette staff will choose photos submitted to the Facebook page and publish them in future editions of The Gazette.
• If your photo is selected and published, you will receive a gift certificate for four to the Bistro, a great casual dining experience located in The Woodlands at John Knox Village, Pompano Beach, FL.

Good luck! Happy taking and posting your submissions. If you do not know how to post to Facebook, simply email your photo to rseitz@jkvfl.com.

You will be notified by email if your photo is selected, so make sure you let us know who you are and how best to contact you.

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“I consider myself a teacher who took a detour for 40 years to sing around the world,” Milnes said.
The JKV 50th Anniversary Cars, Crafts and Community Village Jubilee Celebration Saturday, March 17 from 10 a.m. to 2 p.m. on the John Knox Village Campus

JKV is celebrating its Golden Anniversary with a campus-wide community celebration. Take a walk down memory lane, as members of various antique and classic car clubs will showcase their automobiles. Some 50 enthusiasts are expected to bring their polished and beautiful vehicles onto the campus – some of which are nearly 100 years old. As you stroll the campus amidst the exhibition of Detroit muscle, stop at the many oppportunities along the tree-lined paths to enjoy art, crafts, music, entertainment, food and fun for every member of the family.

Check the schedule listed on page 2 in this month’s Gazette for events, locations and times. Be our guest, and plan to attend one, or all of the great opportunities offered during ArtSage. Call the Marketing Department (954) 783-4040 for information and to make reservations to the many ArtSage events.

You Are Invited on Thursday, March 15
• Silver Scrbers Book Class at 10 a.m.
• Digital Photo Class at Noon

Have you ever wanted to publish your autobiography, novel or collection of short stories but have no idea how? All you have to do is join our Silver Scrbers and do the writing. We’ll take over the technical publishing of your life story. Want to learn more about your digital camera? Bring your camera with you to the photo class. Come for one class or both. Meet in the Cassels Tower Party Room at John Knox Village. Call to reserve your place for the classes: (954) 783-4040.
March 1
South Florida Symphony:
Musical Expressions of Love
Amaturo Theater at The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:30 p.m. Tickets from $35

March 2
Kaley N. Barbera
J.D., LL.M.
Gazette Contributor

I have
will, then
be no probate,
right?” This is one of the most popular questions that I get from my clients and the overly simplified answer is a resounding, “No.”

When I tell my clients that the simple creation and execution of a will does not by itself avoid the future hassles of probate court, a look of panic and fear vanishes from their faces. However, this panicked look quickly fades once I give them a tool box of options and ways to avoid the probate process. Now, before I go any further, let me define what probate is.

Probate is the legal process that is used to validate your will, collect your assets, value your estate, settle any debts, pay estate and other taxes and oversee the distribution of your assets to your heirs.

When To Expect Probate
Probate typically occurs when someone passes away with an asset titled in their name, alone and without any beneficiaries designated on such asset. Probate is not a terrible thing, and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws. Probate typically occurs when someone passes away with an asset titled in their name, alone and without any beneficiaries designated on such asset. Probate is not a terrible thing, and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws and in fact is an ancient staple of our laws.

Avoiding The Probate Court Pit Stop
Estate planning can help minimize costs, delays and publicity of probate

Kaley N. Barbera
www.kaleybarbera.com
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from $20.90

March 15
The Irish Rovers
Parker Playhouse
701 NE 8th St.
Fort Lauderdale, FL 33304
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from $45

March 25
Academy of St. Martin in the Fields with Joshua Bell
Au-Rene Theater at The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from $45

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

"No."

multitude of ways to avoid this probate process. These methods described, are overly simplified and it is recommended that a consultation with a professional be made prior to determining the best course of action for your particular situation and your particular assets.

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

"No."

The above information was provided solely for information purposes. An estate 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.C. in Dania, FL, where she concentrates on estate planning with an emphasis on special needs planning, asset 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 The Florida Bar 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.

Kaley N. Barbera
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.

Join The Teddy Bear Drive And Make A Difference
Create A Community Of Teddy Bears To Help Children With Critical Health Issues

David Haun
John Knox Village Resident
It was four years ago, residents of John Knox Village began a special project for children. We chose to support a world-wide organization started 30 years ago by actor Paul Newman. Named The Serious-Fun Network, each camp offers assisted programs which add meaning and accomplishment to children with critical health issues.

Making Children's Lives Brighter
Children attending Paul Newman camps spend a week doing things most have never done – from racing down a zip line to riding a horse, sharing in a talent show, playing in special swimming pools or climbing a rock wall. Their camping experience allows children who have never been able to do many “Children” things to have the help and opportunity to do them in a brand new way.

A surprise awaits each child attending a Serious-Fun camp... and this is where our JKV project comes in. Every boy or girl arriving for camp finds on their bed a beautiful teddy bear. Those teddy bears are handmade one-by-one by volunteers around the world. Hundreds of our JKV residents are part of that worldwide team of volunteers.

Join Us In This Volunteer Effort
The time has come that you can help. You may not live in the Village, but if you live in these parts, I would like you to consider filling this worthwhile project. We have the material and stuffing to pass our most ambitious goals. We can make more bears between now and June than we have ever completed and each bear will comfort a camper, and go home with the child at the end of the week.

We invite you to help make this happen. If you have a sewing machine, please sew, you can join our “Machine Team” and sew the bears together. Then we’re looking for Daycare Volunteers to stuff the bears, and volunteers for our “Hand-Sewing Team” to finish each bear for delivery.

JKV residents and staff have brought our bears to life these past three years. This year, let’s all make it a total success. Volunteer for any of our three teams and help bring joy to wonderful children.

How can you help? Call David Haun at (954) 783-5055 and leave a message. Give your name, phone number and how you would like to help. He’ll call you back. Or, if email is your thing, you can email David at dianthaun@yahoo.com.

There are many ways John Knox helps meet needs in our community and around the world. Our teddy bears will bring special comfort and joy to hundreds of deserving children. Join us. With us as a helper. Fulfill our 2018 Teddy Bear Drive. Call or email today.
An event to remember is being planned by JKV resident and Rotary Club member Margo Lewis. “The show will be presented in six acts,” Margo said. “It will take a deep rhythm. Go with this low. Happiness is not a Calgon Bath, but seriously, does achieving rhythm make you feel like you walked out of a one-hour massage which you are in control of your life. Get ready to enjoy your life. Your happiness lies ahead. Meditation is key.”

A Mini-Meditation

"If you are quiet enough, you will hear the flow of the universe. You will feel its rhythm. Good health, happiness lies ahead. Meditation is key." — Buddha

Close your eyes and take a deep breath. Ah! Feeling better? I wish I had the stress bubble was so easy. Between raising children or in my case, now caring for grandchildren, navigating a career, keeping up with friends and family and managing loud distractions of technology, one deep breath isn't going to wash away the day's events. When you feel like you walked out of a one-hour massage with a Swedish masseuse.

To reinforce the magical appeal of birds in the construction of a viewing pavilion for waterfowl observation. Among the birds slated to appear are the sun-shine, peacock and raven — all will be played by residents of the John Knox Village community.

A Mini-Meditation

Closed your eyes and take a deep breath. Ah! Feeling better? I wish busting the stress bubble was so easy. Between raising children or in my case, now caring for grandchildren, navigating a career, keeping up with friends and family and managing loud distractions of technology, one deep breath isn’t going to wash away the day’s events. When you feel like you walked out of a one-hour massage with a Swedish masseuse.

And event to remember is being planned by JKV resident and Rotary Club member Margo Lewis. “The show will be presented in six acts,” Margo said. “It will have the theme of magic, mystery and mythology.”

According to sweet.com, “There are so many concentrated retreats held at a meditation center. After a few months you will be quite good at macro-meditation, a deeper, more concentrated meditation which you are in control of your life. Your happiness lies ahead. Meditation is key.”

Ready! Take Three Deep Breaths

Feel the air fill your lungs. Hear the sound your breath makes as it enters your nose. Watch your chest rise. Now slowly breathe out. Hear your breath leave and enjoy the sensation.

Make A List

I call this “The Worry Knot List.” Take all that you are worried about and list them in your head. Don’t worry about listing your concerns in order of importance. See the worries read out like sentences making each worry a headline. When you are finished with the list, take the worry strands and tie them up into a tight knot. Enjoy watching each thread of worry intertwine into the other until you have a ball of worries. Take that ball and now toss it out of your head. Now you have space for sunlight to enter. This is a solurion in your mind for just calm and serenity.

Listen

With the Worry Knot out of your head, you feel lighter, calmer, more able to respond and in charge of your senses. Your hearing is now focused because you are in tune. Listen to all that is around you. Hear the wind outside your window, the birds in the trees and the hum of the ceiling fan. Can you hear your breathing? You are relaxed and now ready to receive.

Feel The Love

Feeling calm, makes you receptive to feeling positive emotions. Concentrate on the love you feel from your loved ones. Feel the adoration from your significant other, the comfort from your children and the support from your friends. You are now at peace.

Smile

Finally, take one more deep breath and with all the affection you feel from your loving thoughts, smile in gratitude. You are loved.

After a few months you will be quite good at macro-meditating and look forward to it as a special part of your day, especially when you start enjoying all the benefits of meditation such as a reduction in stress, an improvement in concentration, an increase in happiness and a sense of well-being. You may even want to try macro-meditation, a deeper, more concentrated retreat held at a meditation center.
Battery Alert For Users Of Older iPhones

Do you have an older iPhone? Suddenly it seems to be running slower? It’s not your imagination. Apple claims that its proactive-ly slowed down iPhone 6, 6 Plus, 6s, 6s Plus and 7s to prevent the phones shutting down unexpectedly. Apple claimed that after 500 battery cycles/changes they had to reduce performance so the phone would keep working and not turn off.

Problem is, they never told anybody about this new feature until the internet finally caught them. As a result, Apple formally apol-ogized and rather than the original $79 charge to change the battery, it now offers replace-ment at a reduced cost of $29 until Dec. 31.

Don’t be in a hurry to bring in your phone, Apple has been swarmed by customers and most stores are out of batteries. The larger stores have been swarmed by customers and the larger stores are out of batteries. The larger battery needed for the 6 Plus is scheduled for availability starting this month. So, what to do?

Have you noticed a slowdown in your older iPhone’s performance?

Maurice Scaglione
Gazette Contributor

Partnership 110 Years In Making

JVK-NSU Enjoy Special Anniversaries, Museum’s 60th Birthday Party Set

There will also be free guided tours of the Museum’s current exhibitions, Frank Stella: Experiment and Change and Midnight in Paris & New York. Scenes from the 1890s – 1910s. Midnight in Paris explores a fascinating and influential period of history in America and Europe and the exhibition highlights the Museum’s distinctive William J. Glackens art and archival collection – the largest holding of the artist’s work in the world. Works on loan by Berenice Abbot, Eugène Atget, William Bradley, Brassaï, Daum, Edith Dimock, Emile Gallé, William J. Glackens, Jabez Gorham, Hector Guimard, René Poirot, Picasso, Maurice Brazil Prendergast, John Sloan, Louis Comfort Tiffany and Édouard Vuillard add to the exhibition. The exhibition features four recent gifts to NSU Art Museum, including three renowned art nouveau posters by Alphonse Mucha dat-ing from the 1890s to 1908, from Drs. Walter and Mildred Padow and Glackens’ Patriots in the Making, 1907, from Patricia O’Donnell. On March 27, from 7:30 to 9:30 p.m., guests can also enjoy the Opera and Tea event featuring Florida Grand Opera’s Young Artists at NSU Art Museum.

Maurice Scaglione, a 20-year veteran of the computer industry. He runs StupidComputersLLC.com offering personal computer training in home or office. He solves problems and instructs on the use of computers, Smartphones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputerllc@gmail.com and he will attempt to include answers in future articles.

NSU Art Museum Fort Lauderdale; gift of Patricia O’Donnell.

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

W ith a couple of special anni-versaries taking place, John Knox Village – well into its year-long 50th Golden Jubilee – is pleased to be partner with NSU Art Museum Fort Lauderdale – celebrating its 60th An-niversary Celebration, with more exciting events in March.

The public is cordially invited to the birth-day party of the season on March 4 when NSU Art Museum opens its doors for a fun-filled community day from 1 to 4 p.m. with free admission for all.

The afternoon is the perfect time to revisit the Museum’s rich history and enjoy activities such as iPhone, Android, iPad, etc. You are only allowed one $29 reduced cost battery in the lifetime of the phone. Once the phone battery is replaced, the Apple techni-cian will reset a switch telling the phone to run from 1 to 4 p.m. with free admission for all.

There will also be free guided tours of the Museum’s current exhibitions, Frank Stella: Experiment and Change and Midnight in Paris & New York. Scenes from the 1890s – 1910s. Midnight in Paris explores a fascinating and influential period of history in America and Europe and the exhibition highlights the Museum’s distinctive William J. Glackens art and archival collection – the largest holding of the artist’s work in the world. Works on loan by Berenice Abbot, Eugène Atget, William Bradley, Brassaï, Daum, Edith Dimock, Emile Gallé, William J. Glackens, Jabez Gorham, Hector Guimard, René Poirot, Picasso, Maurice Brazil Prendergast, John Sloan, Louis Comfort Tiffany and Édouard Vuillard add to the exhibition. The exhibition features four recent gifts to NSU Art Museum, including three renowned art nouveau posters by Alphonse Mucha dat-ing from the 1890s to 1908, from Drs. Walter and Mildred Padow and Glackens’ Patriots in the Making, 1907, from Patricia O’Donnell. On March 27, from 7:30 to 9:30 p.m., guests can also enjoy the Opera and Tea event featuring Florida Grand Opera’s Young Artists at NSU Art Museum.

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Maurice Scaglione
Gazette Contributor

Have you noticed a slowdown in your older iPhone’s performance?

Don’t just walk into an Apple Store with your phone hoping to get the battery changed unless you have hours to burn. In the end, you may find out they don’t have a battery anyway.

Create a genius appointment by signing on to the complimentary birthday cake.

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New Pompano Beach Library Opens

Offering 50,000 Items Including Books, DVDs, CDs And Publications

Marty Lee
Gazette Contributor

According to the official release from the Broward County Libraries Division, “The new library portion of the two-story facility is 26,000 square feet, approximately twice the size of the old Pompano Beach Branch Library. The new library includes a multipurpose room, three tutoring rooms, one group study room, a conference room, a teen activity room, a storytelling program room and a computer lab. The new library will house a collection of approximately 50,000 items including books, DVDs, CDs, publications and reference materials.

“The library provides 63 computers, found in the public areas and in the Computer Center, along with Wi-Fi throughout the building. Ongoing free computer classes for business and leisure will be offered in the Computer Center.

“A Teen Tech Studio, designed to encourage young adults to creatively explore digital media, will feature seven computers, a 3D printer, virtual reality gear, gaming consoles and video production technology.”

“The new library is a great asset to the lifestyle opportunities available at John Knox Village.

“The new library addition to the already successful Cultural Center is located only a few blocks from the John Knox Village campus,” said JKV Communications Manager Rob Seitz.

“Our residents have enjoyed the variety of shows available to them in the Cultural Center, and now the library enhances their educational and learning opportunities. We are planning a regular transportation schedule for visits to the new library.”

The new library is open from 10 a.m. to 8 p.m. on Mon. - Wed. and from 10 a.m. to 6 p.m. on Thurs. - Sat. The library is closed on Sundays.

Stylish Space In This Queen Palm Apartment Home

As a Gazette reader, you have the opportunity to move into this very popular 2 bedroom and 2 bath, Queen Palm model apartment home in Heritage Tower. With 1,412 square feet of living space, this apartment features spacious accommodations with premium features: Stainless steel appliances, luxury upgrades and everything the campus has to offer.

Designer Kitchen
• Stainless steel kitchen appliances: Range, refrigerator, dishwahser and microwave
• LED kitchen lighting
• Under-mount stainless steel sink
• Spray faucet and disposal
• Quartz/granite kitchen countertops
• Choice of upgraded backspashes
• Choice of kitchen hardware
• Generous cabinet selections

Master Suite
• Walk-in closet
• Baseboard molding
• Walk-in shower
• Washer and dryer

Bright, Spacious Interior
• Crown molding option
• Frameless shower door
• Custom closet option

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

For additional information call (954) 783-4040 to speak with a Life Plan Counselor, or visit the JKV website: www.JohnKnoxVillage.com, or Facebook at www.facebook.com/JohnKnoxVillage.

web JohnKnoxVillage.com