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

Millenia Of Resolutions

The ancient Babylonians are said to have been the first people to make New Year’s resolutions more than 4,000 years ago. During a 12-day religious festival known as Atiku, Babylonian men and women promised the gods to pay their debts and return any objects they had borrowed. If the Babylonians kept their promises, their various gods would favor them for the coming year. Perhaps these commitments could be considered the precursor of today’s New Year’s resolutions.

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

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

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See “Resolutions” On Page 2

July 1958: NASA Is Born

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

See “NASA” On Page 4

For 60 Years, NASA Has Been Out Of This World

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

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

The Race For Space

Advanced technology became the measure of success, and no thing empowered like the development of ballistic missiles with the ability to carry warheads vast distances. The powerful missiles also helped bring humanity to the brink of the Space Age as mankind took small steps into the vast sky with the Soviet Union’s launch of Sputnik in 1957, followed by the larger Sputnik II carrying space dog Laika. The United States and the Soviet challenges with its own successful launches of Explorer I and Vanguard I. And so, the race to space began.

Nona Smith & Marty Lee

Gazette Contributors

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

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

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

Tony Janik: “I’m Gonna”

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

“Dec. 31, 2002 – I’m gonna take advantage of the gym and work out every day.
Dec. 31, 2004 – You know, I took off 35 pounds, I’ve put on 30 pounds, I’ve put on 30 pounds. Well done Tony, as is often said, “if you at first don’t succeed, try, try again.”

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

Kathleen Dempsey: Driving Ambitions

Silver Scriber and Pompano Beach resident Kathleen Dempsey accomplished her resolution for 2018. Publishing her 454-page color autobiography replete with hundreds of photographs from her racing career, Kathleen has experienced fruition in many of her endeavors.

“I realized that I was living the dream of my childhood. The dream was to be a racing driver,” Kathleen said. “I have been involved in car racing for 48 years and I’m still racing.”

“Several decades later, my spirit of adventure and racing has taken me around the world. While driving a sulky, I met the owner for his autobiography, but suffice it to say they were truly Animal House inspired.”

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

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

Sondra St. Martin: A Trip In Time

For John Knox Village resident and seasoned traveler, Sondra St. Martin, resolutions have been a part of her life. She recalled a resolution that was never achieved.

“After working for Eastern Airlines for two years, I had the opportunity to go to North Africa for a 10-day tour, Sondra wrote. “We stayed at a camp in the foot of Mt. Kilimanjaro and I resolved that, someday, I would climb that gorgeous mountain. On my return home I started making inquiries. I really wanted to just spend a day or two on a climb, but when calling the tour operators, I was told that ‘only wimps don’t go all the way.’ He laughed, I cried and gave up on that idea. I’m still sorry I never did it.”

However, Sondra has accomplished much in her travels through the years. “I’m going on another extended trip in 2019,” she said. “I’ll be visiting Pluket and, since I have never ridden an elephant, I have signed up for a tour to do so. I’m sure that it is the most intelligent resolution I have ever made, but I’m going for it.”

Hib Casselberry: Much To Be Done

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

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

Betty Triliegi: Resolve To Change

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

“I resolved to quit using chemicals (I was in treatment at the time),” Betty wrote. “It has been just 45 years and I’m still sober.” While working in real estate both in Minnesota and Florida, she also writes, “my career has been in chemical dependency and still is.”

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

Nicolletta Sorice: A Degree At 81

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

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

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

Here Is A New Year’s Resolution For You

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

140-degrees Fahrenheit. Take care not to over-
cook the Mahi—remove from the oven after it
has reached an internal temperature of
120 to 125 degrees Fahrenheit. Breading
or flouring the crab meat with the fish and then bak-
ing until it is golden brown is a

Tartar sauce or none at all. Hollandaise is the recom-
pended sauce.

Donna DeLeo Bruno
is a retired teacher of
Literature and Writing. Donna spends summers
to four local newspapers, and winters in
Rhode Island and contributes book reviews and
articles to “Senior Connection Club.

Ruth Bader Ginsburg

Recipe of the
new-year

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

Beauty and the Beast

Recipe Concept

Food Preparation

Equipment All recipes can be made in a sauté
pan on medium heat.

Sauté pan

Spatula

Pantry

• 1 tbsp. vegetable oil

• ½ tsp. lemon zest

• Kosher salt

• Black pepper

• 1 tsp. chopped chives or scallion

• 1 tbsp. vegetable oil

Method Of Preparation:

Preheat oven to 350 degrees Fahrenheit.

Heat oil in non-stick skillet, place half the crab mixture in pan, flatten out with a rubber spatula about the size of your fish and place the Mahi upside down onto the crab mix, cook 2 minutes on medium-high heat until browning on edges can be seen. Carefully turn over and cook another 2 minutes, transfer to a baking dish and cook in 356-degree oven until you have reached an internal temperature of 140 degrees Fahrenheit in the middle of the fish. Serve your choice of sauce or none at all. Hollandaise is the recom-
mended sauce.

If you do not feel like trying this recipe at a
home, just call one of our Sales Consultants and
they can coordinate an on-campus tour of John Knox Village, which will include a
delicious tasty mild fish found off our Atlantic
coasts.

Chef Mark’s Fish Recipe Will Leave You Deliciously Crabby

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Tireless in Her Work Ethic

An indefatigable worker, throughout serious
illness, death of family members, or her own
surgeries, Ginsburg is back at her post allowing herself very little time for grieving or recovery.

Now at age 85, and weighing less than 100
pounds, she leaves voice mails at 2 and 3 a.m.
and, as always, works throughout the night
until the wee hours of morning.

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

Book Review

Ruth Bader Ginsburg

By: Jane Sherron De Hart

T he biography of Ruth Bader Ginsburg, our 107th
Supreme Court Justice, is a tome that took the author, Jane De Hart, 15 years to write. The contents are based on interviews with Ruth’s husband, children, friends, associates and Ginsburg herself. The book is most revealing in conveying the self-
discipline, rigor, tenacity, intelligence, focus and stamina characteristic of this diminutive,
five-foot, tall woman.

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

Later at Harvard Law School, she again faced
discrimination, but this time sexist. However,
with Stonewall Jackson, Gen. George Patton,
and周恩来, a forceful mind dedicated to the law, a paragon
of discipline, rigor, tenacity, intelligence, focus
and stamina characteristic of this diminutive,
five-foot, tall woman.

DeLeo is a Fol-
December’s
Gazette
Contributor

Rob Seitz

Executive Chef
Mark Gullace

John Knox Village
Executive Chef
Mark Gullace

John Knox Village
Gazette Contributor

Rob Seitz

Gazette Contributor

January 2019

The John Knox Village Gazette

Page 3

Tireless in Her Work Ethic

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illness, death of family members, or her own
surgeries, Ginsburg is back at her post allowing herself very little time for grieving or recovery. Now at age 85, and weighing less than 100 pounds, she leaves voice mails at 2 and 3 a.m. and, as always, works throughout the night until the wee hours of morning. When she had a stent inserted into a coronary artery in 2014, she was on the bench for oral arguments five days later. Her legendary efforts have resulted in significant progress for women. Not only has she made her chosen profession more accessible to women at a time when it was overwhelmingly white and male, but even more importantly, she has shown that women’s rights are human rights and that gender bias should not go unexamined.

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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 Florida. Donna is a member of the John Knox Village Silver Scrubers group, guiding authors in publishing their books as part of the Senior Connection Club.
Building On Last Year’s Work, Millions In New Construction, Renovations Slated For 2019 At JKV

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

Once finally permitting from the city of Pompano Beach was secured, work will begin on the Welcome Center, to be located on the northeast corner of the Village’s 70-acre campus (the corner of Southwest 400 Circle and Dixie Highway).

The New Welcome Center

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

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

New ceilings, flooring, lighting and sound systems will be installed in the 250-seat Auditorium. Restrooms will be enlarged, impact windows will be installed and fire and alarm systems will also be upgraded as part of the $1.3 million project.

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

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

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

Thom and his crew completely gutted and renovated JKV’s 40-plus-year-old Health Center into a 50-bed skilled nursing center with all the amenities and services included in its award-winning The Woodlands. The $3.2 million project now offers residents, as well as outside short-term rehab guests, a GREEN HOUSE Project-loosely model of care with private room setting and communal spaces.

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

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

The Gazette
Join Us At John Knox Village
For These January Events

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

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

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

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

Join our group of Silver Scribers – 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 Scribers 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.

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

John Knox Village, The Venetian Arts Society and Nova Southeastern University present Katreese Barnes in concert. You might not know Katreese Barnes by name, but you certainly know her music. Two-time Emmy award winner, a Grammy nominated pianist, producer and composer, Katreese has been a hidden hand at orchestrating some of our cherished cultural sounds. Join us at 6 p.m. at NSU’s Don Taft University Center Performance Theater for wine and cheese. The concert begins at 7 p.m. Then stay to meet the artist, enjoy dessert and a champagne reception. A limited number of complimentary tickets are available for this performance. Read about Katreese, the Venetian Arts Society’s ArtSage Alliance and concert details on page 9 of this issue of The Gazette. Call John Knox Village at (954) 783-4040 for reservations.

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

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

Crossword Puzzle Of The Month

ACROSS
1. Luzon people
4. Fastener
8. Inspire
12. Eat
13. Vivacity
14. Bad (pref.)
15. According to
16. Pallid
17. Biblical giants
18. Ankles
20. Site of Hannibal's defeat
22. N. Caucasian language
25. Glacial pinnacle
28. Tube
31. Gambol
33. Bantu language
34. Commotion
35. Son-in-law
36. Standard (abbr.)
37. Self (Scot.)
38. Nutmeg husk
39. Migratory worker
40. Siberian antelope
42. High definition television (abbr.)
43. Yemen capital
44. Rockies peak
50. Yahi tribe survivor
51. Small (Scot.)
52. “Cantique de Noel” composer
53. Family member
54. Male friend (Fr.)
55. Age
56. Sign
57. Inclined way
58. Turk, title
59. Defy
60. Revise
61. The (Ger.)

DOWN
1. Anti-satellite (abbr.)
2. Non-ferrous alloy
3. Three-banded armadillo
4. Mild
5. Axilia
6. Rom. irst day of the month
7. Slavic prince
8. Environment
9. Ave
10. Here (Fr.)
11. Read-only memory (abbr.)
19. Fr. author
21. Heb. zitherlike instrument
23. Fancy
24. Easy job
26. High (pref.)
27. Pot lamb
28. Approve
29. Design
30. Emery
32. Ad
35. Federal agent
36. Egg (pref.)
37. Pickle for a bud
38. Alive
41. Berne’s river
42. Conduct
43. Goad
45. Moselle tributary
46. Iodine (pref.)
47. Small (Scot.)
48. Male friend (Fr.)

Answers On Page 11.
New YEAR

Right Now Receive

$5000*

Toward Move Management, Home Staging, Packing & Unpacking.
Let us do the heavy lifting!

Plus, choose from these New Year Incentives:

$5000* MEDIA & TECHNOLOGY PACKAGE
- Wide Screen Smart TV
- Bose™ Sound System
- Alexa™ - Smart Home Technology
- iPad™

$5000* PROFESSIONAL DESIGN PACKAGE
- Design Services
- New Furnishings
- Lighting
- Accessories
- Window Treatments

Learn more during a 2-DAY, 1-NIGHT COMPLIMENTARY STAYCATION or tour John Knox Village with one of our friendly Consultants.

Now is the time to take advantage of these New Year Savings Incentives!
(954) 783-4040

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

651 SW 6th Street
Pompano Beach, FL 33060

Where Possibility Plays

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.
January 19
Gold Coast Jazz
Amaturo Theatre at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:45 p.m. Tickets from $55

January 22
Symphony of the Americas
Amaturo Theatre at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
7:45 p.m. Tickets from $50

January 31
The Temptations & The Four Tops
Au-Rene Theatre at
The Broward Center
for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
8 p.m. Tickets from $26.55

Kaley Barbera, 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 at kaley@snyderlawpa.com.
Two-Time Emmy Award Winning Katreese Barnes In Concert Feb. 1

Loving family relationships are key to emotional wellness.

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

NSU Art Museum’s art instructors will guide participants through an en plein air (outdoor painting) experience at the historic Stranahan House Museum in downtown Ft. Lauderdale and introduce them to the technical and practical aspects of the works by French Impressionist Pierre-Auguste Renoir and American painter William J. Glackens in our current exhibition, “William J. Glackens and Pierre-Auguste Renoir: Affinities and Distinctions.”

The cost to attend is $15 for members; $25 for non-members. Fee includes supplies. Space is limited and an RSVP is required. Please call (954) 262-0258; 20 participants maximum.

The Annual Stanley and Pearl Goodman Lecture on Latin American Art:
Saturday, Jan. 26, 2:30 p.m. at the NSU Art Museum Fort Lauderdale.

NSU Art Museum celebrates its 40th anniversary with a ribbon cutting and debut of a documentary film about the Museum’s founders and history. Among the guests were John Knox Village residents Leslie and Mary-Lou Siefker, Mary-Jane Bowen Graff, Jean-Yves Friedt, Ana Marie Rua, Lois Fry, Dorothy Porges, and Connie Cottingham pictured above.

Food For The Poor

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

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

For more information about attending these events as a John Knox Village guest, please call (954) 783-4400.
Maurice Scaglione
Gazette Contributor

The new year is full of resolutions and maybe we should take inventory of what needs to be saved on our computers and smartphones before that information is lost. Over time both Apple Mac and Windows comput ers get cluttered with files. The first step should be to make certain you have backup copies of your data. The question I always ask is: If your computer or phone never turns on again, is there a set of photos, documents or files that matters to you? What’s In A Technological Name? All of these services get their names? Twitter, devices, companies and ser vices get their names. It often wonder how some names are endless, and their origin is not often obvious. Garmin gives five gigabytes are free and then more space costs you are an Amazon Prime customer, you also get unlimited photo storage for free as part of your membership. Apple has iCloud. The first five gigabytes are free and then more space costs $2 to $10 a month.

Maurice Scaglione
Gazette Contributor

X Marks The Spot

When it comes to high tech, biotech and pharmaceuti cal names, it often seems necessary to add an “X” to a syllable followed by a vowel to form a “ZL,” or “EEZ” sound in the creation of a name. Making that first syllable start with an “X” is just so high tech, so edgy, so groundbreaking that any name which you use, just test and make sure you can access the data in case of trouble.

All of these offer integration into your com puter, phone or tablet to upload files to the Cloud. Start using them as part of your daily routine. Consider also emailing yourself copies of important documents. Data privacy should not be overlooked. Do not email Social Security numbers, tax returns or sensitive data to any of these services unless you have encrypted them. Some is a hard drive will fail sooner or later. I also recommend some automatic backup Cloud service. Carbonite is an American-based company that will automatically back up an unlimited amount of your company’s data for about $74 per year.

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

Should your computer be taken by hackers, all your files can be destroyed. If you have a local exter nal drive connected to your computer when this happens, your local backup is destroyed as well. A service, such as Carbonite, is of essential value. You can find other online companies that can offer Cloud but don’t make sure they are financially stable. As an offer that sounds too good to be true is often true.

Now let’s move on to other items.

The question I always ask is: If your computer or phone never turns on again, is there a set of photos, documents or files that matters to you? What’s In A Technological Name? All of these services get their names? Twitter, devices, companies and services get their names. It often wonder how some

From DVs, to USB flash drives to portable hard drives, there are backup devices to copy your files. The video camera or the voice recorder with the instructions. Then save the recording and title it: "Password reset for [email]" etc. Then you have an audio/video library to help you and friends remember. Ancestry and genealogy seem to be of great interest these days. Many companies offer software to help discover your family tree. Getting started can be as simple as setting up a monthly meeting with family members. If distance is a problem, make phone calls and have someone write for you or just use a notebook. Once again, the smartphone voice recorder or video recorder can help with this. You can save each person’s memories and title them for future generations to look at.

Login into iCloud if you have an iPhone and Gmail if you have an android phone, and confirm that all your contacts and details are there for recovery. Organize those digital photographs into folders. Apple offers iPhoto and Microsoft offers Photos software to help share them as well. Start small, keep track of the goals that you should your computer be taken by hackers, all your files can be destroyed. If you have a local external drive connected to your computer when this happens, your local backup is destroyed as well. A service, such as Carbonite, is of essential value. You can find other online companies that can offer Cloud but don’t make sure they are financially stable. As an offer that sounds too good to be true is often true.
Garden Villa, experience the special ambiance of the Village or in proximity to Lake Maggie. Plan to tour this Juniper the Juniper is for you. Choose a location in a garden setting convenience of single-story living. If that is your preference, then Fitness Studio, Palm Bistro, heated pool and much more. 

- Choice of upgraded backsplashes
- Quartz/granite kitchen countertops
- Washer and dryer
- Walk-in shower
- Custom closet option
- Baseboard molding
- Crown molding option

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) 783-8400 to speak with a Life Plan Consultant today.

Phyllis Strupp
Gazette Contributer

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

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

Juniper Garden Villa Features:
- Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave
- LED kitchen lighting
- Under-mount stainless steel sink
- w/spray faucet and disposal
- Quartz/granite kitchen countertops
- Choice of upgraded back splash
- Choice of kitchen hardware
- Generous cabinet selections
- Spacious walk-in closet
- Baseboard molding
- Walk-in shower

The Juniper Garden Villa

- 2 Bedroom / 1 ½ Bath – 1,296 Sq. Ft.
- Bright, Spacious Interior
- 2 Bedroom / 1 ½ Bath – 1,296 Sq. Ft.
- Home is available in a choice of lakefront or garden settings.

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

Boost Your Brain Game In 2019

Phyllis Strupp
Gazette Contributer

...But Make Sure You Avoid The Biggest Mistake

Phyllis Strupp
Gazette Contributer

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

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

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

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

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

Socialization Boosts Brain Power

The brain’s power center, the temporal lobe, is charged up when you interact with others, and powered down when you are alone. This is why loneliness is considered the number one threat to public health in the United States. At JKV, there are two major ways to build social connection into your brain training. The first is by initiating a new activity, where you will be participating with other people. The second is a brand-new offering: Gem Clubs.

These groups, led by JKV staff and members of their Board of Directors, bring together people who are trying to work the same particular brain asset.

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

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

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

New year brings hopes and dreams,
But achieving goals requires clever schemes.
Getting what you want requires no money,
But achieving goals requires clever schemes.

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

Failure and guilt must be dead,
Let visions of success dance in your head.
Go and join a group of beginners
Soon enough you’ll all feel like winners!
Your brain is full of wisdom and wit,
As any time you can shine fully lit.
Hope springs eternal deep within,
With a smile and a laugh let the new year begin.

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

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2014 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

Figure out which part of your brain is most dominant and pick an activity to engage a less dominant area. Make sure you have a growth mindset. Expect your brain to change and grow at any age. When dreams come true first in the brain, Nothing can stop your path toward gain.