The Rainbow – Nature’s Most Beautiful Masterpiece

Somewhere Over The Rainbow Bluebirds Fly

One of our favorite childhood movies takes us from the black and white world of Kansas to a technicolor land where the skies are blue, dreams come true, and “troubles melt like lemon drops.” That wonderful place, of course, awaits us somewhere over the rainbow. But long before Dorothy set off to see the Wizard, rainbows have captured vivid imaginations and been romanticized since the dawn of man.

The Inca believed that rainbows were a gift from the Sun god, ancient Aborigines saw them as sky tapestries woven by the south wind, and both Navajo and Norse sages told stories of radiant, glowing acres of color bridging the gulf between heaven and earth. Many people see rainbows as God’s covenant to Noah not to flood the Earth again.

Across the ages and cultures, rainbows have represented good luck, prosperity, renewed hope, forgiveness and foretold of magical events. Who hasn’t wished to discover the fabled pot of gold at the end of the rainbow? While the treasure has yet to be found and the ancient truth serum. Whoever drank the gelflouque water and lies, was severely punished. However, Aristotle had a formidable intellect as a philosopher and scientist. He was a student of Plato, Alexander the Great’s tutor and the founder of formal logic thinking. While the ancient Greeks worshipped the Olympian gods of which Iris was personified by a rainbow. In Homer’s “Iliad,” Iris relayed messages from the ruling gods, Zeus and Hera, to other gods and to mortals. According to Greek poet Hesiod, she also carried water from the River Styx, which acted as an ancient truth serum. Whoever drank the water and lied, was severely punished. Her influence lives on in such words as “iridescence” and the beautiful Iris flower.

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many of his theories on rainbows were inaccurate, he did realize that light, when refracted through a drop of water or prism, separated into wavelengths causing the human eye to observe colors. His work laid the groundwork for Descartes and Newton to formulate more accurate theories.

Rene Descartes (1596–1650), the father of modern philosophy, is perhaps as famous as the “researcher of the rainbow.” He combined with the law of refraction or Snell’s Law formulated by Willebrord Snell, which is a simple formula used to describe the relationship between refraction and the angles of incidence. It says that sunlight bends (refracts) as it enters the surface of the rain or mist and refracts the light into colors. While Aristotle claimed rainbows were formed by a reflection of sunlight off raindrops, he did not know how the individual colors were created. Sir Isaac Newton, one of the most influential mathematicians of all time, explained how. Refining the work of Descartes and Snell, Sir Isaac showed that colors would refract at different angles through the same material, raindrops or prisms. He theorized the degree of refraction was a function of the light’s intensity; implying that each color of the rainbow was formed separately, yet stacked to form the arc. Initially, he described only five primary colors. Later he updated the number to seven: red, orange, yellow, blue, green, indigo, and violet.

Today the colors of the rainbow have become a celebratory emblem of tolerance. With the happy connotation of good feeling, rainbows are particularly appealing to children. They have turned up everywhere: From animated cartoons to cereal boxes, and from toys to bedding. An added bonus for children is that rainbows are beautiful and easy to draw. However, both fledgling artists and professionals often make the mistake, arranging the colors in an order that appeals to them, instead of the correct sequence dictated by Mother Nature.

The Natural Beauty Of The Rainbow

The element of surprise is part of every rainbow’s magic, even though we can make an educated guess when one will occur. Rainbows do appear more frequently in spring and summer, because rainbows require just the right combination of bright light and rainfall at the same time, to show their brilliance. Rainbows require just the right combination of bright light and rainfall at the same time, to show their brilliance.

Winter does have its celestial phenomenon, when freezing rain or snow produces circular halos or cylinders of bright radiance splashed with spectrum colors called sun dogs, but rarely a real rainbow. Not all rainbows are created equal. Those composed of smaller raindrops tend to be faint, while large fat raindrops make the most dazzling show of colors. There can even be nighttime “bows” – although moonlight is a not very bright – lunar rainbows can glow in the night skies. Less brilliant than daytime rainbows, these tinted rings or corona may surround the moon when it is sufficiently bright, and it’s raining.

It is said that rainbows at night are an omen of good weather. From the Old Testament, where God shows Noah a rainbow after the flood, to the Mayan tale that tells of a rainbow ending decades of fiery rain and destruction, the colorful arcs universally symbolize optimism about the future and bright sunny skies ahead.

Rainbow Hunting

To see rainbows all you need is a drop of water and bright light. A single glistening water drop on a leaf can produce a miniature rainbow, as can dew on blades of grass, spider webs and flower petals. Sprinklers and a garden hose can transform the white sunlight into all the colors of the rainbow. Just make sure your back is to the sun or light source.

Keep your eyes open after a spring rain shower and enjoy the beauty of nature’s colorful wonder.

The Venetian Arts Café Society Presents Nicole Henry At The Weiner Museum Of Decorative Arts On April 11

The Venetian Arts Café Society presented by the Venetian Arts Society welcomes Jazz Singer Extraordinaire Nicole Henry, to WMODA (Wiener Museum of Decorative Arts) at Gallery of Amazing Things in Dania on Thursday, April 11. The Venetian Arts Café Society is another of the innovative 21st Century concepts of experiencing the arts in socializing and challenging our intellect - all simultaneously and in a more complete fashion. The Café Society “experience” begins at 6 p.m. with a wine and hors d’oeuvres reception. Enjoy conversation with one of the most diverse and sophisticated groups of people one will find anywhere. The concert will begin at 7 p.m. Since her debut in 2004, Nicole Henry has established herself as one of the jazz world’s most acclaimed vocalists, possessing a potent combination of dynamic vocal abilities, impeccable phrasing and powerful emotional resonance.

Her passionate, soulful voice and heart-felt charisma has earned her a Soul Train Award for “Best Traditional Jazz Performance,” and three Top-10 U.S. Billboard and HMV Japan jazz albums. Heralded by The New York Times, Wall Street Journal, The Japan Times, El País, Jazz Times, Essence and more, Ms. Henry tells real stories through peerless interpretations of repertoire from the American Songbook, classic and contemporary jazz, popular standards, blues and originals. She has captivated audiences in over 20 countries, headlining at venues in cities including New York, Tokyo, Madrid, Moscow, Paris, Shanghai, Los Angeles, Chicago, Boston, San Francisco and Miami. Ms. Henry has also performed in more than 30 music festivals worldwide and in some of the world’s most famous venues including Blue Note, Jazz at Lincoln Center, Blues Alley, Arsht Center, Feinstein’s, Green Mill, Jazz St. Louis, Madrid Jazz Festival, the Regattabar and Catalina Jazz.

Nicole has earned rave reviews from the critics: “A jazz singer of pop instinct and cabaret sophistication.” - Nate Chinen, New York Times. “Henry can sell a power ballad as well as Whitney, Diana and Patti.” - Jazz Times. “She is the genuine article, the dream at last come true.” - Huffington Post.

Enjoy The Concert On April 11

The limited number of complimentary tickets are available through the John Knox Village Marketing Department, call (954) 783-4040 for details. Stay after the performance to enjoy champagne and dessert and to meet the artist. The concert will take place at the: WMODA (Venetian Museum of Decorative Arts) at Gallery of Amazing Things, 481 South Federal Hwy., Dania Beach, FL 33004 For more information on the Venetian Arts Café Society concert featuring Nicole Henry, please call (954) 709-7447 or email Willie@VenetianArtsSociety.org
In Good Taste: Chef Mark’s ‘Corkscrewy’ Recipe’s Seriously Delicious

Rob Setz
Gazette Contributor

Like all great culinary artists, John Knox Village Executive Chef Mark Gulluscio has a sense of whimsy and drama. So it seemed natural that during a recent cooking demonstration for several dozen outside guests he chose to cook up his Cavatappi Ala Vodka recipe.

A macaroni formed in a helical tube shape, Cavatappi is the Italian word for corkscrews.

Chef Mark showed the crowd how to make the homemade ala vodka sauce and included shrimp and scallops, along along with chicken for those who do not eat shellfish.

As for the drama, Chef Mark illustrated how to infuse the vodka into the dish whether by letting the alcohol burn off, which it does at 176 degrees, or by igniting with a lighter.

NOTE: Chef Mark is highly trained and experienced in the culinary arts. This technique should only be done by experienced chefs in a professional kitchen. Do not attempt this at home.

Chef Mark hopes you enjoy eating this recipe as much as he enjoys making it.

Cavatappi With Vodka Sauce Yields 4 Servings

• 8 oz. uncooked Cavatappi pasta
• 1 tbsp. butter
• 2/3 cups finely chopped onion
• 1 garlic clove, minced
• 1 tbsp. (or 1 oz.) tomato sauce, use a good imported-brand
• 4 tsp. all-purpose flour
• 1 tbsp. water
• 1/2 cup half-and-half
• 1/2 cup 2% reduced-fat milk
• 2/3 cups vodka (1/3 cup for the recipe, 1/3 for the chef)
• 1/2 tsp. salt
• 1/8 tsp. ground red pepper
• 1/8 cup grated Pecorino Romano cheese
• 1 tsp. finely chopped basil
• 1 tsp. oregano leaves
• Pinch of kosher salt
• 1 tsp. granulated sugar
• 1/4 tsp. ground black pepper
• 1/2 tsp. dry thyme leaves

Method Of Preparation:
Cook pasta according to package directions. Drain. Melt butter in a medium saucepan over medium heat. Add onion and garlic; cover and cook 3 minutes or until tender. Add tomato sauce; simmer, partially covered, 8 minutes or until thick.

Combine the butter and water, stirring with a whisk until smooth. Add flour mixture to pan; cook 1 minute. Add half-and-half; milk, vodka, salt, and pepper; bring to a boil. Stir in cheese. Reduce heat to low; cook 3 minutes or until cheese melts, stirring frequently.

For those who enjoy nostalgia, “Don’t Make Me Pull Over,” is not only a “road trip across America,” but also “a trip back in time.”

Book Review

Don’t Make Me Pull Over!
By: Richard Ratay

Donna DeLeo Bruno
Gazette Contributor

For those who grew up in the ’50s and ’60s, as did you may remember summer car trips with dad at the wheel, mom as his co-pilot with a Rand McNally map, and kids of various sizes fying for equal space in the back seat. In his reminiscent and nostalgic book, Richard Ratay describes such family vacations with fondness tinged with hilarity. He begins by explaining the popularity of such road trips after WWII with the birth of America’s first interstate highways. By 1960, 77 percent of American families owned at least one car and the 40-hour work week was common. More people had leisure time and discretionary income. With GIs returning home after the war, weddings rang and births climbed 40 percent in 1946 – continuing to rise each year until 1957.

The Wild West Attracts Attention

Interestingly, the growth of television ownership in the ’50s, sparked the popularity of TV westerns like “Wagon Train,” “Gunsmoke,” “Rawhide,” and “Bonanza.” This “Old West craze” resulted in new attractions at roadside rest stops like the Alamo ‘Em Cabin, Kozy Kourt, or ”Bonanza.” This “Old West craze” resulted in new interest in Yosemite and The Grand Canyon. Early boomtowns like Virginia City, NV and Tombstone, AZ became overrun with “camera-toting parents and kids with cap guns,” replacing the gunfighters and prospectors of old.

With growing interest in the “Wild West,” entrepeneurs developed Western-themed eateries – the Bonanza chain of steakhouses, the Wagon Wheel, Ponderosa, the Chuck Wagon, and Buffalo Bill’s Restaurant. Accommodations followed the trend with the Moses-Oo-Inn, Happy Trails Motor Lodge, and the Wigwam Village motels with cute little teepee-shaped cabins.

On the East Coast, around 1913, the visionary Carl Fisher rallied support for a paved road that eventually became Dixie Highway, bringing visitors to the Sunshine State. In the 1960s, NASA’s rocket launch site, Cape Canaveral, lured more tourists to Florida.

By Richard Ratay

President Dwight D. Eisenhower’s support of the Interstate Highway System made it possible for entire families to reach these destinations by car.

The Nostalgia Of The Family Road Trip

The best parts of the book are the hilarious descriptions of some of these family trips. Although the author’s father was a “car nut,” who always purchased commodious Lincoln Continental Town Cars or tianic Land Cruisers, many of the author’s friends talked about being “packed like sardines.” While he had air-conditioning, plush seating and hi-fi stereo, others endured “maeas-inducing hours fac- ing backwards on thinly padded pop-up jump seats in the “way back” of their family station wagon or a cap-enlosed bed of a family pick-up truck.” Another lamented how his family’s Clipper camper had a propane-fueled heater in the middle of the floor, with a grate covering the register that glowed with heat in the darkened trailer – years later, he still had the waffle burns on his feet from stepping on the grate on his way to answer nature’s call. Another’s father hated to spend money on motel rooms, so he set up a dime-store tent and secured it to an overhanging tree limb. When a fierce storm whipped up, the limb cracked and fell, crushing the rimy shelter. Panic set in when the youngest was missing but was found sleeping in the family car.

Hurry Up, We Have To Make Time

Some of the more amusing parts include the fa- ther’s insistence that they “make time” even though they were supposed to be on a leisurely vacation. For that purpose, family members would be awakened at 3 a.m. and the drowsy, dishelved “bed-heads,” chuckling Cluppies, and stuffed animals trooped zom- bi-eke to the automobile. Since the author was the smallest, his position was stretched out on the long rear window ledge. It was the day before seatbelts, and at times, he would wave from that reclined posi- tion to an officer in a patrol car behind them.

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Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Ridge 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.
The Earth Is What We All Have In Common — Wendell Berry

From “Earth Day” On Page 1
the garbage — and by the way, use recycled biodegradable or compostable trash bags.

Leave The Beach Cleaner
After a day enjoying the beach, ocean and sea breezes, take a look around your area before you leave and make sure you pick up all your trash, and not only your trash, pick up any other junk you might see. Take the garbage with you, so it doesn’t get blown out of the beach trash cans. If you bring your dogs, always pick up after them too. Just take home one or two pretty shells, leave the rest, as shells serve many purposes in natural ecosystems, from reducing beach erosion to offering building materials to birds and other shore animals. Hermit crabs use shells as homes and sea creatures use them for protection.

Birds, Bees and Butterflies
Pollinators such as bees, butterflies, beetles, moths and several other animals are vital to human survival. Unfortunately, many of these winged helpers are severely threatened by climate change, pollution, the overuse of agricultural pesticides and the human encroachment on areas of their favored vegetation. Pollinators are responsible for assisting with over 80 percent of the world’s flowering plants, which in turn become vegetables, grains, legumes, fruits and nuts.

Honey bees, some of the Earth’s hardest workers, have recently been decreasing in alarming numbers. The tiny bees travel many miles in a day as they collect pollen and nectar from flowers, resins from leaf buds and berries. Using enzymes and their own saliva, they turn the collected nectar into honey, pollen into bee pollen and resins into propolis — all by-products that are beneficial and useful to humans.

Bee Helpful
Add your name to petitions that favor the ban of neonicotinoids, the most harmful pesticides. Use, and buy, honey from local producers and encourage your community or condominium association to plant pollinator-friendly flowers, which provide the bees with protein-rich pollen and sugar nectar. Many garden flowers provide both in quantity and quality. Beautiful and decorative flowers that look good in gardens and are loved by bees are sunflowers, blue giant hyssop, black-eyed Susans and asters. Also using less harmful pesticides or none at all would benefit our bees.

A Smaller Ecological Footprint
Your ecological footprint measures your consumption of natural resources against Earth’s ecological capacity to regenerate them. According to the Global Footprint Network, we consume much more than the Earth can replace in a short space of time. Their calculations show it takes more than 18 months to replenish the natural resources we consume in one year. If you are interested or want more information, please visit www.sustainablenumbers.com

The aiRs community, which in turn become vegetables, grains, legumes, fruits and nuts.

Visiting Bailey Contemporary Arts For Fifth Year Fun

Kay Renz
Special To The Gazette

Pompano Beach’s Downtown can trace its renaissance to the opening of Bailey Contemporary Arts (BaCA) on April 16, 2014. In the five years since the ribbon cutting ceremony, the venue has been a catalyst for the City’s emerging cultural community and a key driver for local economic development. To celebrate this milestone, BaCA is showcasing the works of its resident artists, past and present, in an exhibition entitled Penta. The exhibition will be on display through April 27. A free anniversary party event is planned on Friday, April 5 from 6 – 9 p.m. during Old Town Untapped.

“The importance of Bailey Contemporary Arts cannot be underestimated,” said Pompano Beach Mayor Rex Hardin. “This venue put the City’s emerging art scene in the spotlight with its creative exhibitions, support of emerging artists and a robust schedule of events and workshops. BaCA’s emergence fueled the success of the Old Town Untapped events and stimulated the economic development in the surrounding area. There is much to celebrate during this fifth anniversary, and we are very proud of all of the people who made this venue a success.”

The venue, which still features key structural elements of the historic Bailey Hotel, houses two main galleries on the first floor, in addition to a gallery within the very popular Bloom bean Coffee Roasters.

“The AiRs community, throughout the years, has brought a unique collaborative spirit to the venue, which will be showcased during Penta.”

“we have assembled an outstanding collection of pieces from our current and previous artists in residence to celebrate our fifth anniversary,” said Phyllis Korah, Pompano Beach Cultural Affairs Director. “The exhibition will feature paintings, ceramics and installations that have been inspired by each artist’s unique interpretation of what five means to them. There is great symbolism behind the number five, so it will be fascinating to see how our artists reflect these influences.”

About Bailey Contemporary Arts
The mission of Bailey Contemporary Arts (BaCA) is to cultivate, incubate and nurture a vibrant visual arts community that enriches Pompano Beach and its goal of being a nexus of art, creativity, diversity and inspiration. Serving as an incubator for artistic innovation and education, the staff of BaCA amalgamates emerging local and national artists with industry professionals to elevate the creative process. Located in the historic Bailey Hotel building, which was, at one point, the center of a thriving downtown in Pompano Beach. Built in 1923, the historic Bailey Hotel is the second-oldest remaining building (right behind the old Farmer’s Bank building next door) and is part of the longest continuous collection of historic buildings in Broward County.

Anniversary Party April 5
BaCA’s regular hours are: Tues. – Fri. 10 a.m. – 6 p.m., Saturdays 10 a.m. – 4 p.m. Bailey Contemporary Arts is located at 41 NE 1st St., Pompano Beach, FL 33060. Save the date for the five anniversary party on Friday, April 5 from 6 – 9 p.m. during Old Town Untapped.

For more information call (954) 786-7879 or visit the BaCA’s website at www.bailyarts.org

This Earthrise photo, taken aboard Apollo 8 by astronaut Bill Anders, shows the beauty and fragility of the wondrous “Big Blue Marble,” upon which all of humanity who has ever lived, has called home.
**Inspired Lifestyle**

**Join Us In April For These John Knox Village Events**

**Be Our Guest to Build Your Story on Wednesday, April 3 at 10 a.m. in the Life Enrichment Center**

John Knox Village is the only Life-Care Retirement Community in Florida to offer the exclusive "Train Your Brain®" program. Designed to help participants boost their memory, provide additional mental motivation and illustrate how "use it or lose it" is good advice for brain fitness. Build Your Story is another step in the "Train Your Brain®" program, during which guests will create their own Personal Story Plan to help write their life stories. Seating is limited. Call John Knox Village at (954) 783-4040 to RSVP.

**Meet Author Susannah Marren on Monday, April 8 at 10 a.m. in the Life Enrichment Center**

Susannah Marren, author of "A Palm Beach Wife," knows a thing or two about Palm Beach. She has spent more than 40 "seasons" on the Island, where her parents had a home. "A Palm Beach Wife," is a novel about Faith Harrison, who is an A-Lister with a resale store, Vintage Tales, on Worth Avenue on the tony Island of Palm Beach. Books will also be available at the event. If you want a special memento, have the author sign your book. Call John Knox Village at (954) 783-4040 to RSVP.

**Be Our Guest for a Lunch And Learn on Wednesday, April 17 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. Call John Knox Village at (954) 783-4040 to RSVP.

**Learn How to Publish Your Life Story on Thursday, April 25 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 side 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 (954) 783-4040.

**Join Us For a Symphony of the Americas Performance & JKV-Sponsored Reception on Tuesday, April 30 at 7:15 p.m. at the Broward Center for the Performing Arts**

Long-time Concertmaster of the New York Philharmonic and acclaimed violinist, Glenn Dicterow and his wife, viola musician Karen Dreyfus will perform a new work for violin and viola with the Symphony of the Americas Orchestra. A pre-concert informational talk and wine tasting begins at 7:15 p.m. John Knox Village, a long-time supporter of Symphony of the Americas, will be hosting the post-concert reception. Call John Knox Village at (954) 783-4040 to RSVP.

**Crossword Puzzle Of The Month**

<table>
<thead>
<tr>
<th>ACROSS</th>
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<tbody>
<tr>
<td>1. Post</td>
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<td>5. Eyelashes</td>
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<td>10. Rom. Furies</td>
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<td>11. Astringent</td>
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<td>12. Fanwood (2 words)</td>
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<td>13. Unassuming</td>
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<td>15. E. Indian tanning tree</td>
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<td>16. Scheme</td>
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<td>19. Civil War commander</td>
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<td>20. With joy</td>
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<td>21. Blush-white metal</td>
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<td>22. Art</td>
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<td>24. Hundred (pref.)</td>
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<td>25. Pianist</td>
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<td>26. Council for Econ. Advisors (abbr.)</td>
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<tr>
<td>27. Soap plant</td>
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<td>30. Wine vessel</td>
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<td>34. Dear (Ital.)</td>
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<td>35. Song (Ger.)</td>
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<td>36. Federal Aviation Admin. (abbr.)</td>
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<td>37. Russ. community farm</td>
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<td>38. Unadulterated</td>
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<td>39. Fever (pref.)</td>
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<td>40. Heavenly</td>
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<td>42. Room</td>
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<td>43. Heath evergreen</td>
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<td>44. &quot;Fina Dicólico&quot; composer</td>
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<td>46. Silk substitute</td>
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<td>47. &quot;Ogil&quot;</td>
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</table>

**Answers On Page 11.**
Wide Open

Go-and-do, or kick back and relax. Swim or socialize. Stroll or bike. Explore clubs and groups. Get artsy.

Whatever you desire!

Simply Inspired Living

ENJOY THE GOOD LIFE AT JOHN KNOX VILLAGE:

- One-time Entrance Fee
- Be in charge of your Life Plan
- Enjoy peace of mind
- Relieve burden from your family
- Best Long-term Care insurance policy
- All-inclusive access to innovative rehab
- All new designer residences
- Custom interiors that you pick

Take advantage of our Ready, Set, Go Program

Value up to $5,000

RECEIVE FINANCIAL ASSISTANCE WITH:

- Move Management Services
- Design Services
- Packing/Unpacking Services
- And Much More

Your Possibilities are Wide Open

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.
Picking The Right Person For The Job

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

Help Wanted!

Seeking: An individual(s) to manage assets during incapacity, administer and distribute assets upon death, and make health care decisions, when necessary.

Job Description:

1. Manage assets during incapacity or during administration of estate or trust.
2. Manage family questions and beneficiary inquiries.
3. Invest assets properly.
4. Provide accounting to disgruntled beneficiaries.
5. Make medical decisions when required.
6. Provide peace of mind to decedents before death and to beneficiaries during administration.

The above “job description” is one that many individuals also known as “fiduciaries” take on for family members, including, parents, spouses, children and friends. This article will briefly explore what a fiduciary is, the roles that a fiduciary can play, and how to choose one wisely. Fiduciary selection within your estate planning documents is pivotal to the success of the estate plan as a whole. An estate plan can go awry if a fiduciary fails to follow the terms of the Will or Trust or to uphold his or her duties. The personal representative named in your Last Will and Testament is such a fiduciary, and to be named someone who you are close with that is in the medical field and is local, if possible. Personal representatives or trustees in order to pick an unbiased third party. This is especially common with others, who makes good decisions and who you can trust. Sometimes, individuals name professional personal representatives or trustees in order to pick an unbiased third party. This is especially common in estates with challenging beneficiaries in order to keep the peace. In summary, make sure you understand the various roles that these fiduciaries play so that you can choose one wisely.

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@snyderslpca.com.

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April 5
BaCA Anniversary Party
The Bailey Arts Center
41 NE 1st St.
Pompano Beach, FL 33060
(954) 786-7879
www.baileyarts.org
6 p.m. Free Event

April 10
Gold Coast Jazz:
Carol Weissman Trio
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

April 13 & 14
Miami City Ballet: A Midsummer Night’s Dream
Amaturo Theatre at The Broward Center for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
4/13 at 8 p.m., 4/14 at 2 p.m. From $29

April 16
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

April 30
Symphony of the Americas: Glenn Dicterow & Karen Dreyfus
Amaturo Theatre at The Broward Center for the Performing Arts
201 Southwest 5th Avenue
Ft. Lauderdale, FL 33312
(954) 462-0222
www.browardcenter.org
Preview at 7:15 p.m. Tickets from $50

Answers On Page 11.

Sudoku

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

April 2019
The John Knox Village Gazette
Page 8
The Doctor Is In

Time Is Now For Spiritual Wellness

Dr. Roberta Gilbert

Gazette Contributor

N
ew that we are on the last of the “Leaves of Wellness,” let us review them once more. They are: Social, Physical, Intellectual, Emotional, Occupational, and the last, Spiritual Wellness.

Different people probably have different ideas of what Spiritual Wellness is. Some, like Carl Jung, the great Swiss psychiatrist, might say it is being at one with all the other spirits of the human and animal world. Others might relate Spiritual Wellness to “Mother Earth.” Hindus try to get their karmas (good works) balanced to the place where they will be in a better caste or other position in the next life. Still others call Spiritual Wellness being right with God. Some like Sigmund Freud would deny that there is such a category as Spiritual Wellness at all. Most people have a way of thinking about the subject.

Ways I Think About Spiritual Wellness

Throughout history, there were very few cultures without religion. It could be said that there were none until communism came along and destroyed church and worship for a time. Even then, posters of the USSR’s leader were made public. The same might be said about today’s North Korea. Leaders became a kind of idol of worship for the people. Three researchers from Duke University decided to study the already published medical and other literature on the subject of how spiritual, or religious practice relates to health, both physical and mental. They found that families who go to church regularly for which pastors sometimes thank me. Church practice of prayer. Others, however, actually became more upset during their prayers. What do people do when extremely angry, like in foules? They pray. I gather that prayer must work to calm us down, or the idea would have died centuries ago. As a believer in God, I was unheep with most of what I was being taught in my psychiatric training. Because the great father of psychotherapy, Freud, was an atheist, most psychiatrists followed in his steps. When I became aware of family systems theory, originated by Dr. Murray Bowen, I found that nothing he taught was taught in the Bible. Actually, I found that most of what family systems therapists sees in people is in the Bible. Some biblical passages are very close to those in family therapy. But it is the goal of family systems research to bring the study of the human into the realm of science. Science just asks questions. Observers and listening and giving answers. What did I learn about spirituality? During my years investigating this branch of learning, I asked therapists about something. I noticed in patients in my practice. Did people who were spiritually aware and interested as a result of their guidance in family systems theory? Almost all the therapists I talked with on the subject had noticed the same phenomenon.

Religion And The Brain

Here’s another phenomenon I have written about for which pastors sometimes thank me. Church liturgies seem to be aligned with brain science. What I mean by that, is there are three parts of the brain.

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.

Legendary African American Mezzo-Soprano and Soprano Grace Bumbry To Be Honored In May

Opera's legendary Grace Bumbry.

Please join Venetian Arts Society (VAS) in May, as the Society pays tribute to the life and artistry of Grace Bumbry, legendary African American Mezzo-Soprano and Soprano. A series of three events will trace Ms. Bumbry’s life, career and civil rights activism. On Monday, May 6 at 1 p.m., Ms. Bumbry will visit Dillard High School in an event sponsored by John Knox Village. “A Conversation with Grace Bumbry, Civil Rights Trailblazer & Legendary Opera Star” will be an interview and discussion with Ms. Bumbry and a question and answer session will follow. Tuesday evening, May 7 at 6 p.m., at the NSU Art Museum Fort Lauderdale, “A Tribute to Grace Bumbry, Legendary Soprano/Mezzo-Soprano and Civil Rights Trailblazer” begins with wine and hors doeuvres followed by the tribute ceremony at 7 p.m. The tribute will feature videos, audio and photo slides, and an interactive conversation with Grace Bumbry, as well as international guests and local opera aficionados. Everyone in attendance will gather in the lobby following the tribute for champagne and dessert and the rare opportunity to meet one of the greatest artists and civil rights trailblazers of the 20th century, Grace Bumbry.

On Wednesday, May 8 at 10 a.m., John Knox Village and the Broward County School System (Pompano Beach) will sponsor “A Conversation With Grace Bumbry,” at the Pompano Beach Cultural Center. This event will again feature an interview and discussion with Ms. Bumbry with a question and answer session to follow.

Ms. Bumbry’s Event Schedule

Monday, May 6, 1 p.m.
VAS Cultural Arts Enrichment Series
“A Conversation with Grace Bumbry, Civil Rights Trailblazer & Legendary Opera Star” Sponsord by John Knox Village

Tuesday, May 7, 6 p.m.
“Tribute to Grace Bumbry, Legendary Soprano/Mezzo-Soprano and Civil Rights Trailblazer”

Wednesday, May 8, 10 a.m.
“A Conversation With Grace Bumbry, Civil Rights Trailblazer & Legendary Opera Star” Sponsord by John Knox Village

For more information on any or all of these events, please call (954) 709-7447 or email willie@VenetianArts.org

web: JohnKnoxVillage.com

The Gazette
Mutual Respect And Trust Are Important Ingredients In Any Relationship

The John Knox Village Gazette

The poster above showcases Burn Loeffke’s experience as a military parachutist and humanitarian medical missionary.

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, 20 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.

In his own book, “Defending Rights, A Life In Law And Politics,” Frank Askin’s bio reads, “From teenage protest to the McCarthy era to organizing demonstrations against racial segregation on the streets of Baltimore, to Distinguished Professor and founder of the Constitutional Litigation Clinic at Rutgers Law School and General Counsel of the ACLU, Frank Askin has spent a lifetime battling for political and civil rights in the USA.

Frank retired as general counsel for the ACLU and Marilyn, as an expert in elder law and president of the New Jersey AARP. They currently reside at John Knox Village, the Life-Plan Continuing Care Retirement Community in Pompano Beach.

The Askins Are Lifelong Legal Scholars

Frank and Marilyn, his wife of 58 years, also a retired attorney, have been a social activism team since they married. In a story entitled, “More Power To Them” in the New Jersey Monthly, Feb. 2003, it read: “Throughout their busy careers, which included stints in Washington, D.C., a semester in Hawaii, and Frank’s two unsuccessful runs for Congress, they all-always gave back to the community...they’ve always given each other space to grow.”
 Tea at 2:30 p.m.  / Art History at 3:30 p.m.
Distinctive Art Collection on Wednesday, April 10
Tea & Art History: Celebrating the Museum's positive flow state-of-mind as they create art inspired foster inclusion, acceptance and understanding.

A Sense of Pride: Creativity Exploration
One East Las Olas Blvd. (954) 262-0258. Unless otherwise noted, all events your spot, email: moareservations@moafl.org or call limited. Advance reservations are required. To reserve

Maurice Scaglione

Edison D. Lozada
Donor Relations and Annual
Fort Lauderdale

There’s something for everyone at Fort Lauderdale’s premier art museums. Please join us at these upcoming events in April. Space is limited. Advance reservations are required. To reserve your spot, email: moareservations@moafl.org or call (954) 262-0258. Unless otherwise noted, all events take place at NSU Art Museum Fort Lauderdale, One East Olas Blvd.

First Free Thursdays Sturdy Nights, Presented by AutoNation, Thursday, April 11 from 4 to 8 p.m.

View NSU Art Museum Fort Lauderdale’s current exhibitions and enjoy 2-for-1 drinks in the Museum Café.

Second Sunday Film Series: “Laces”
Sunday, April 14: Lecture at 1:30 p.m., Film Series at 2:30 p.m.

This Israeli film tells the story of the complicated relationship between an aging father and his adult, special-needs son whom he abandoned as a small boy. Through its portrayal of a relationship full of love, rejection and co-dependency, it illuminates and questions the importance of human life and human connection.

99 Museum Members; $11 non-members. Film & exhibition tour: $18 Museum members; $22 non-members.

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

NSU Art Museum Fort Lauderdale enjoy the exhibits during Free First Thursdays Sturdy Nights.

Both the hearing impaired and those with limited vision can use the use of computers, smart phones and tablets such as iPhone, iPad, Android etc. You are welcome to send your questions to him at stupidcomputers@gmail.com and he will attempt to include answers in future articles.

Maurice Scaglione is a 23-year veteran of the computer industry. He runs Stupid Computers, LLC (954-302-3013) 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, iPad, Android etc. You are welcome to send your questions to him at stupidcomputers@gmail.com and he will attempt to include answers in future articles.

How About A Quasi Hearing Aid?

Coming soon from Google, on Version 9 of the Android operating system, is an application called “Sound Amplifier.” It will enhance sounds around you, making audio easier to understand and will reduce noise in the background. You could also wear the wired head-phones that came with your phone. You can then adjust sounds through the application.

But what if you’re deaf and cannot speak your portion of the conversation? A deaf father and son team on the Apple platform developed a $9.99 application. Go to the app store and download, “App MyEar.” With “MyEar,” although you do not need the wired headphones, you can still use your phone to help it to in and have the other person speak into it for better recognition.

SkinTalk gives a voice to the deaf by pushing what you type in the phone’s earpiece. This can also be broadcast aloud via Apple TV on a large screen. The person who is using the loudspeaker can be heard from. If you have vision issues, “MyEar” allows you to enlarge the font, through the cogs for settings, as well as change the color of the text for better clarity.

Smartphones Apps can assist both the hearing and sight impaired with improved sensory perceptions.

 parenthesis “true north,” and reflect upon your own experience. Explore the traditional design of a compass rose, reflected upon your true north,” and create your own art with a working compass as you will experience the benefits of creative exploration and deepen your mind-body experience with Mindful Learning own experience. Explore the traditional design of a compass rose, reflected upon your own experience. Explore the traditional design of a compass rose, reflected upon your own experience. Explore the traditional design of a compass rose, reflected upon your own experience.
The Conch Apartment Home Is Designed For Economy And Style

Enjoy exceptional South Florida lifestyle in comfortable tropical surroundings with the Conch apartment home now available at John Knox Village. The newly redesigned Conch home is available in your choice of locations: The 17-story Cassels Tower with its panoramic views from every floor, or in the three-story East Lake building overlooking beautiful Lake Maggi. The joy of the one-bedroom and one-bath design is the carefree life you’ll savor, while still having available the same Life-Plan guarantee. The Conch offers an affordable lifestyle.

The Conch 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.

web JohnKnoxVillage.com
facebook.com/JohnKnoxVillage

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.

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

Convenient and economical, The Conch offers an affordable lifestyle.

The Conch
1 Bedroom / 1 Bath
868 Sq. Ft.

LIVING/DINING
14’6” x 22’10”

BEDROOM
13’6” x 13’2”

KITCHEN
7’4” x 7’8”

H/ES

CLOSET

LIVING/DINING
14’6” x 22’10”

BEDROOM
13’6” x 13’2”

KITCHEN
7’4” x 7’8”

H/ES

CLOSET

1. Friendships
The best way to fight stress is to have caring friends with whom you celebrate triumphs and recover from setbacks. Be a friend to have a friend.

2. Learning
Lifelong learning is the best way to follow the advice of “use it or lose it.” Besides, it keeps you from being boring to your friends.

3. Movement (ABS)
Moving the body is the best way to follow the advice: “Move it or lose it.” Movement is not the same as exercise, but rather it is (ABS) anything but boring.

4. Relaxation
When the mind is calm, the brain’s vagus nerve sends the message throughout the body that it’s time to relax. Deep breathing is the best way to engage this relaxation response and fight stress-induced inflammation.

5. Self-Expression
Sharing your thoughts and feelings through conversation and creative activities, such as acting, art, dancing, playing a musical instrument, singing or writing, help the brain process toxic emotions as the mind gains new perspectives on troubling experiences. This reduces inflammation.

6. Service
Responding to the needs expressed by other people promotes the healthy integration of brain activity related to your inner and outer worlds.

7. Story
Our brains are built to find meaning in life through stories. Expose your mind to story-telling cultural activities, including movies, music, novels, plays and writing classes. Make sure you don’t repeat the same stories over and over; find new stories from your experiences to share your wisdom with others.

Take a Train Your Brain workshop, offered exclusively in Florida at John Knox Village. To learn more about spring training for a better-with-age brain: Keep an eye on the calendar listings in The Gazette to see when the next workshop is scheduled.

Spring Training For Your Brain

Seven Tips For A Better-With-Age Brain

Phyllis Strupp
Gazette Contributor

Fine wine is designed to improve with age, and so is the human brain. Over age 40, the rest of our body cannot get better with age, but our brain can, thanks to a magic trick called neuroplasticity. Neuroplasticity (the ability to change and grow) is a healthy brain’s secret weapon for fighting stress and improving with age. Choosing specific activities to train the brain and encouraging neuroplasticity is the goal. But what good does it do us to train our brain for an hour and then work against it the rest of the day? Ultimately, our lifestyle must encourage neuroplasticity to help our brain—and our personal life story—get better with age.

Make sure your lifestyle includes these seven brain-building habits as a matter of routine:

1. Friendships
The best way to fight stress is to have caring friends with whom you celebrate triumphs and recover from setbacks. Be a friend to have a friend.

2. Learning
Lifelong learning is the best way to follow the advice of “use it or lose it.” Besides, it keeps you from being boring to your friends.

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