



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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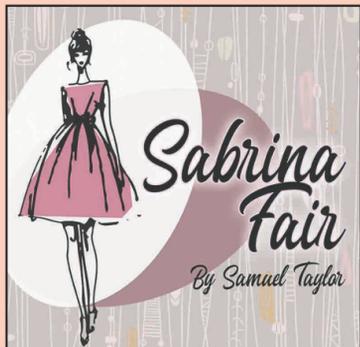
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 651 S.W. Sixth Street
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The Perfect At-Home Wedding ... In The White House

Nona Cree Smith
 Gazette Contributor

June is traditionally a month for weddings, as the late spring weather is at the peak of perfection. The country is awash with flowers, and romance is in the air on warm days and balmy nights: Perfect for wedding celebrations that bring family and friends together. One of the most ideal ways to individualize a wedding, is to have it at home.

Home Is Where The Heart Is

The ultimate “at home” wedding venue is the White House in Washington D.C. Since America’s house was designed and built in 1812, there have only been nine White House weddings for Presidential children, and only one Presidential marriage. An additional seven White House weddings were planned, beyond the immediate family, mainly for those very close to the President.

The very first White House wedding was an elegant candlelit occasion. On March 9, 1820, James Monroe, the fifth American President, and First Lady Elizabeth Monroe, planned an elaborate family-oriented wedding for their 17-year-old daughter Maria Hester, to Samuel Lawrence Gouverneur, one of her father’s White House secretaries. The ceremony was conducted in what is now called the Blue Room. Following the nuptials, 42 relatives and friends adjourned to the State Dining Room for a feast. Only six years earlier British soldiers had set fire to the White House during the War of 1812, so all the furniture was new, much of it designed by President Monroe and made to order by Pierre-Antoine Bellangé, “the finest cabinet maker in Paris.”

The Adams Family Wedding

In 1828, when John Adams II, son of the President and Mrs. John Quincy Adams, married Mary Catherine Hellen, the entire affair was just a little scandalous. It seems, according to reports at the time, that the bride had flirted with all three of the Adams brothers and had originally become engaged to George Adams, who she eventually jilted. The bottom line was that neither of the two brothers, Charles nor George, attended the wedding.

See “White House Weddings” On Page 2



Photo source: Wikimedia Commons, U.S. National Archives and Records Administration.
 On June 12, 1971, Tricia Nixon, the older of President Richard Nixon’s two daughters, married Edward F. Cox in a White House Rose Garden ceremony.

That's Entertainment: Join Us

John Knox Village Plans A Culture-Filled Season



Jazz vocalist Nicole Henry in a Venetian Arts Society Salon Concert.

Marty Lee
 Gazette Contributor

As the summer season begins in South Florida, many of our entertainment options shift away from the concert halls and performance venues, to more casual beach and poolside gatherings. The art fairs and festivals of the winter and spring have finished for another year. The top musical shows, symphonies and jazz concerts that headlined the winter season will return at the end of the year.

This issue of *The Gazette* publicizes some of the artistic and cultural events offered this summer season: Including presentations at Florida Atlantic University, the NSU Art Museum Fort Lauderdale, the Pompano Beach Cultural Center and Bailey Contemporary Arts in Pompano Beach. John Knox Village (JKV), the Life-Plan Continuing Care

Retirement Community in Pompano Beach, is keeping cultural opportunities at the forefront this summer and beyond.

Through its “ArtSage Alliance” with the Venetian Arts Society (VAS), and Nova Southeastern University (NSU), JKV has partnered to present a multi-generational/multi-cultural fine arts program. The goal is to synthesize the total artistic, social, and educational experience and to enrich the individual lives of all in our community through meaningful and purposeful artistic presentations.

Salon Concerts For Up-Close Performances

A recent VAS cultural experience was hosted at the Wiener Museum of Decorative Arts and featured the soulful stylings of Nicole Henry. She has been described as, “one of the jazz world’s most acclaimed vocalists, possessing a potent combination of dynamic vocal abilities, impeccable phrasing, and powerful emotional resonance.”

With a very limited “salon style” audience, the intimacy of the performance gave those in attendance an up-front experience of being one with the artist. According to VAS Executive Director Willie Riddle, “This 21st Century version of the Art Salon offers everyone in our community, whether a novice or a connoisseur, the rare and extraordinary opportunity to observe as well as have an interactive experience with world class performing and visual artists.”

John Knox Village also hosted seven members of the Florida Grand Opera and their piano accompanist in concert on campus. The young artists presented an operatic tour de force with selections from composers: Puccini, Mozart, Strauss and Verdi, interspersed with classics from the musicals “My Fair Lady,” “Camelot” and “Guys and Dolls.”

See “That’s Entertainment” On Page 4

'For They Say When You Marry In June, You're A Bride All Your Life.' – Cindy Packard

From "White House Weddings" On Page 1



Photo source: Library of Congress Prints and Photographs Division.

Nellie Grant, daughter of President Ulysses S. Grant, married in the White House East Room in 1874.

President Grant's Daughter Marries

One of the grandest White House weddings was held on May 21, 1874, for 18-year-old Nellie Grant and Algernon Sartoris. As befitting the daughter of an American icon, a war hero and the sitting President, Nellie had been described as, "probably the most attractive of all the young women who have ever lived in the White House."

President and Mrs. Ulysses S. Grant spared no expense in planning the wedding. The East Room decor was refurbished, adding new gleaming white columns and cornices with accents of gold leaf. Magnificent nickel-plated chandeliers with thousands of sparkling crystal beads were hung in the State Dining Room and May flowers were everywhere. According to the White House Historical Association, Thomas Pendel, a White House doorman, recalled the wedding decorations and described the floral scene as "beautiful in the extreme."

Nellie Grant made a beautiful bride, with a crown

fashioned from white orchids and orange blossoms to hold the rose-point lace veil and a white satin wedding gown falling to a 6-foot train. Army and Navy officers in dress uniform stood at attention in a double row from the Cross Hall to the East Room's wedding altar. The bride and eight bridesmaids descended the grand staircase in a breathtaking spectacle attended by 250 guests.

Cleveland Marries In The White House

The only sitting president to get married in the White House was Grover Cleveland. A large, sturdily built 49-year-old bachelor, President Cleveland was not a romantic figure, but he was the target of ambitious mothers looking for ways to introduce their daughters to him. The President did, however, have a bride in mind and had been secretly courting Frances Folsom, his ward and the daughter of his former law partner. Cleveland announced his engagement to the 21-year-old Frances on May 28, 1886. Due to the differences in their ages, and to discourage the avid interest of the press, the wedding was a simple affair held in the Blue Room on June 2, 1886.

Frances Cleveland became the youngest First Lady in America's history. The nation and press were captivated by her youthful beauty and the affection President Cleveland showered on her. She earned universal respect as a charming hostess, loyal wife and mother of five children.

The Roosevelt White House Wedding

Alice Roosevelt, the free-spirited daughter of President and Mrs. Theodore Roosevelt, married Nicolas Longworth III on February 17, 1906, in the newly decorated East Room. According to news reports of the time, the wedding was one for the ages. Foreign dignitaries, Supreme Court justices, members of Congress and family guests filled the East Room to capacity. President Roosevelt gave his daughter away in a noon ceremony. The newlyweds then hosted a sumptuous wedding breakfast, where, it is rumored, Alice cut the wedding cake with a sword borrowed from a military aide.

Tricia Nixon's Rose Garden Wedding

By some accounts, Tricia Nixon was, perhaps, the most beautiful of all White House brides. The press and public were fascinated by her romance with Edward Finch Cox, a Harvard law student who had worked with consumer activist Ralph Nader. Tricia Nixon and Ed Cox were from opposite social and political poles, but somehow their romance worked as they had known each other for many years before getting married.

Tricia's dream wedding was to marry in the Rose Garden at the White House. On June 12, 1971, the day of the wedding it looked like her dream would be dashed by rain showers, but the clouds cleared in the afternoon and Tricia's Rose Garden dream came true. The sun shone as the ethereal blond president's daughter finally walked down the curving staircase of the South Portico on her father's arm for the first



Photo Source: Library of Congress/LC-USZC4-6245, Public Domain.

Alice Roosevelt, Presidential daughter and American celebrity, married on February 17, 1906.

outdoor wedding at the White House in the history of the mansion. After the vows, there was a wedding reception and dancing in the East Room with the Marine Band breaking into "Lara's Theme" from "Doctor Zhivago," when Tricia entered the room.

Other memorable White House weddings, but not mentioned in this story, include Elizabeth Tyler's marriage to William Waller on January 31, 1842. The Wilson sisters, Eleanor and Jessie, daughters of President and Mrs. Woodrow Wilson married in 1913 and 1914 respectively. Lynda Bird Johnson, daughter of President Lyndon and Lady Bird Johnson married Marine Captain Charles S. Robb on December 9, 1967.

In an April 20, 2008, *New York Times* story, the late Letitia Baldrige, former social secretary to First Lady Jacqueline Kennedy, explained why the White House is a great venue for an "at home" wedding. "You have a first-class, wonderful well-dressed staff that carries out all the catering. You have the White House florist. You have the social secretary's office, all of them raring to go, eager to make things beautiful."

Birds, Bees, Butterflies And Flowers

The Symbiotic Love Affair Between Flora And Fauna

Nona Cree Smith
Gazette Contributor

Pollination is Mother Nature's way of transferring pollen from one flower to another, which results in fertilized seeds, which in turn become prime food sources such as fruits and vegetables for people and animals. Not only does humanity benefit, but the flowers provide nectar, a mixture of sugars and nutrients, and pollen which is rich in protein for the pollinators.



A hummingbird at rest, ready to start its busy tasks.

This love affair between plants, bees, butterflies and birds has been going on since the Cretaceous Period and helped the co-evolution of plants and bees. Earlier groups of plants had relied on water or wind to carry their reproductive material – not an efficient fertilization method. By involving animals in the fertilization process, flowers ensured that their reproductive material went to the "sweet spot" of the stamen or stigma for healthy seed production.

As plants are rooted in their place in the ground, they need help in transporting pollen between flowers. To attract the attention of fly-by pollinators, the flowers advertise with brightly colored petals surrounding their reproductive parts. Flowers also developed petal shapes conducive to different types of pollinators. For instance, hummingbirds like tubular, funnel and bell shapes, so their long beaks can sip deep within the flower and dart away quickly. Flying pollinators like bees and butterflies prefer broader flower petals, where they can rest after sipping nectar and gathering pollen.

Sadly, the loss of pollinators globally has become

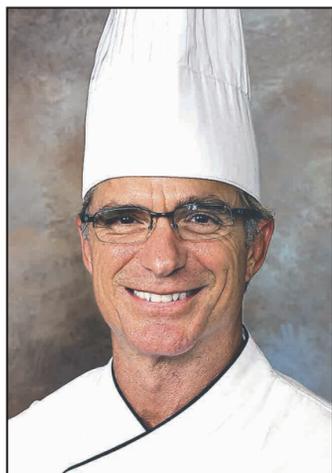


A butterfly wings along its way, after pollinating a seagrass blossom.

a problem, because much of the produce that we all consume comes from flowering plants and those plants require pollinators in order to continue to survive and reproduce. As humans continue to move forward into the future, we must remember that everything in nature is connected and damaging those connections can have unintended and dire consequences.

In Good Taste: Chef Mark's Lobster Recipe Is On A Roll

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Two-thirds into this month will find the official start of summer circled on many calendars. To those from the northeast whose summers included seaside snack shacks, a briny breeze on a cloudless Massachusetts day would only be perfect with a “keeper” pulled from a pot chunked to bite-sizes, slathered onto a bun in one hand and a cold beverage in the other.



A Maine lobster roll is a great summer treat for a late afternoon gathering with friends around the pool.

While Maine lays claim and license plates as the Lobster State, Wikipedia argues the lobster roll, was created in the 1929 in Milford, CT.

After the first bite does it really matter? It speaks to summer and John Knox Village’s Executive Chef Mark Gullusci has seen a lobster pot or two in his days earning his Johnson and Wales University College of Culinary Arts degree in Providence, RI. Naturally he has his own “labstah” roll recipe, which he shares with *Gazette* readers for the June Recipe of the Month.

Maine Lobster Roll Yields 3-4 Servings

- One 2 ½ lb. live Maine lobster
- ½ cup Hellman’s mayonnaise
 - ½ cup fine diced celery
 - Salt and pepper to taste
- 1 cup shredded iceberg lettuce
- 3 to 4 top cut hot dog buns
 - ½ cup melted butter

Method Of Preparation:

In a large pot, heat to boiling enough water to cook the lobster.

Place lobster in pot and cook for 8-10 minutes.

Place in ice bath when finished cooking. After lobster is cooked and cooled, remove tail and claws, split tail and remove meat, crack claws and remove meat and cut into bite size chunks. (Stop eating the chunks, it’s for the rolls).

Place into a bowl and mix with mayonnaise, celery, salt and pepper.

In a skillet, heat melted butter and place hot dogs rolls on their sides to grill golden brown. When finished, open rolls and place the lettuce and a small amount of lobster salad into roll and enjoy.

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[JohnKnoxVillage](https://www.youtube.com/JohnKnoxVillage)

Book Review

The Cowboy President:

The American West And The Making Of Theodore Roosevelt

By: Michael F. Blake

Donna DeLeo Bruno
Gazette Contributor

Theodore Roosevelt (he despised being called “Teddy”) played many roles in his life:

First leader of the military group known as “The Rough Riders,” then commissioner of N.Y. City; in addition to cattle rancher, big-game hunter, author, U.S. Vice-President and later U.S. President. But the role which thrilled him most was that of “cowboy” in the Dakota Territory of the expanding American West.

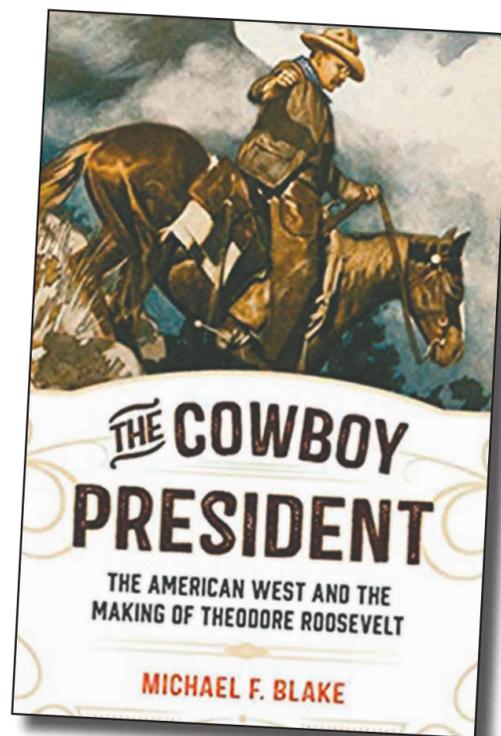
As a child he had been frail and sickly, often confined to his bed where he indulged in reading about heroes like Daniel Boone, Davy Crockett, and those

rough settlers of the Dakotas and beyond. When he arrived there by train at age 24, he hardly looked the type of man he aspired to become. Very thin, with spectacles and a high voice, he didn’t appear sturdy enough for the rough-and-tumble life on the frontier. His most common exclamations: “By Jove!” and “By Godfrey!” were the butt of jokes by the locals. He countered with, “It is always better to be an original than an imitation.” But this “Dude from the East” with his eagerness, charm, willingness to endure the hard life on the trail, and winning smile that was “all teeth,” soon won over those who had at first underestimated his sincerity, vigor, spirit and sense of adventure.

Roosevelt found “the desolate, grim beauty of the Western plains, particularly the section known as the Badlands, intoxicating. It was to this forlorn, bleak and desolate terrain he fled when the beloved Alice, his young wife of three years, died in childbirth, just hours after his mother succumbed to typhoid fever. In his diary, devastated and bereft, he wrote, “The light has gone out of my life.” Heartbroken, he sought solace galloping over the rolling limitless prairies on his trusty horse Manitou for days at a stretch. It was as if he needed to drive himself into utter exhaustion in order to drown his personal pain and loss. He gave himself totally up to the land which offered him “a perfect freedom.” He wrote, “I grew very fond of this place ... with its desolate, grim beauty ... that has a curious fascination for me.” When someone asked him about fearing the dangers of living on the trail, as well as the constant threat of Indian attack, he responded, “There were all kinds of things I feared at first, ranging from grizzly bears to ‘mean’ horses and gun-fighters; but by acting as if I was not afraid, I gradually ceased to be afraid.”

On one occasion when he learned that a certain powerful man named Paddock was threatening to “shoot him on sight,” Roosevelt bravely and unceremoniously visited Paddock, directly confronting him: “I have come over to see when you want to begin the killing, and if you have anything to say against me, now is the time for you to say it.” Paddock only stuttered that he had been misquoted and later they became friends.

“The Cowboy President” is an excellent history and biography that



traces how the West challenged Theodore Roosevelt physically and healed him emotionally. When he returned from his rejuvenation there, he had changed drastically; no longer the unsubstantial young man with pale skin, he had evolved robust, “rugged, bronzed, and in the prime of health,” well-equipped to take charge of his future and that of the country. It had taught him “self-reliance, hardihood, and the value of an instant decision.”

Speaking of the value of those early experiences, Roosevelt declared he “would never have been president if it weren’t for the time he spent in the West.” In addition, he stated, “Life is a great adventure ... accept it in such spirit.”

In “The Cowboy President,” author Michael Blake provides us with a glimpse not only of the individual himself and his early formative years, but also how they influenced, strengthened, and molded him to develop into the great leader he became.

Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books.



The “Cowboy President,” aka Joe Wiegand, who tours the country as President Roosevelt, gave several presentations at John Knox Village during ArtSage Week. Teddy is shown with JKV Resident Board Member Jan Spalding and her granddaughter Skye Harbison, who was given an official Teddy’s Bear.

'Art And Life Are Not Two Separate Things' – Felix Mendelssohn

From "That's Entertainment" On Page 1

JKV resident and 2013 recipient of the "Impresario" award presented by The Opera Society, Sam Townsend was instrumental in bringing the young artists from the Florida Grand Opera to the community. Sam has been an opera lover for decades and has volunteered and provided generous support to Florida Grand Opera by underwriting the health insurance for the members of the Young Artists Program for more than 20 years.

As a community, John Knox Village is a strong supporter of the arts and recently hosted the post-reception for the final performance of the season by the Symphony of the Americas at the Broward Center for the Performing Arts. The concert featured violinist Glenn Dicterow, longtime Concertmaster of the New York Philharmonic, and his wife, violist Karen Dreyfus.

More Great Performances In 2019

John Knox Village is continuing its long-standing association with the world-acclaimed Symphony of the Americas and will be hosting a Summerfest concert, Saturday, July 13 at 2 p.m.

Summerfest traditionally features musicians and soloists from acclaimed orchestras throughout Europe, including Orchestra Sinfonica di Roma, Opera Orchestra of Bulgaria, Mission Symphony Orchestra of Switzerland, Orchestre de la Suisse Romande and others, performing several styles of classical and popular music for strings, all joined in a cultural exchange by principal musicians of Ft. Lauderdale's own Symphony of the Americas.

Due to heightened demand, the Pompano Beach Cultural Center will be the new location for JKV's sponsored Summerfest 2019 program. Look for more information in the *July Gazette*.



Violinist Glenn Dicterow, longtime Concertmaster of the New York Philharmonic joins his wife, violist Karen Dreyfus, in performance with the Symphony of the Americas at the Broward Center for the Performing Arts.

JKV Partners With Venetian Arts Society

The Venetian Arts Society, in partnership with JKV, has announced its cultural arts schedule for the remainder of the 2019. Be sure to read *The Gazette* every month to get the latest updates and information on upcoming performances.

Thursday, August 1, from 6 to 9 p.m.
VAS Connoisseur Salon Presents
Artist Nilda Comas

Meet international artist, sculptor and VAS Curator Nilda Comas, who most recently has been commissioned by the State of Florida to create a nine-foot marble sculpture of Mary Jane McLeod Bethune for the United States Capital in Washington, D.C. The VAS Connoisseur Salon will be held at ArtServe, 1350 E. Sunrise Blvd., Ft. Lauderdale, 33304. VAS/JKV Members \$35. General Admission \$50.

Saturday, September 21, Reception at 6 p.m.
The Venetian Salon at JKV Presents
The Narrative of a Slave Woman:
An Exploration of American Spirituals

Guest artists Dr. LaToya Lain and Dr. Casey Robards perform spirituals combined with an extensive narrative to put this music in context and highlight the importance of these marvelous works. The event will be informative, enlightening and moving. Come early for the reception at 6 p.m. The concert begins at 7 p.m. in The John Knox Village Centre Auditorium, 651 SW 6th St., Pompano Beach, 33060. VAS/JKV Members \$35. General Admission \$50.

Thursday October 24, Reception at 6 p.m.
Edward Villella 2019, VAS Icon of the Arts:
History of American Modern Dance

Dancers from America's premier modern dance companies will join the ArtSage Alliance in honoring Edward Villella, American danseur, choreographer, and founding artistic director of Miami City Ballet. The program will be held in The Performance Theater at Nova Southeastern University, 3301 College Avenue, Ft. Lauderdale, 33314. VAS/JKV Members \$35. General Public \$50. Students Complimentary.

Thursday, November 21, Reception at 6 p.m.
Up Close And Personal With Kimilee Bryant

Join VAS for this Broadway Salon featuring soprano Kimilee Bryant, Broadway's Christine in "Phantom of the Opera." Kimilee will be accompanied by Stacie Haneline on piano. Reception at 6 p.m., the concert begins at 7 p.m. at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd., Ft. Lauderdale, 33301. VAS/JKV Members \$35. General Admission \$50.

Saturday, December 14, Reception at 6 p.m.
Christmas in the Village

Get in the holiday spirit with soprano Jennifer Forni, pianist Casey Robards, the Stradivarius Chamber Ensemble and harpist Esther Underhay in The John Knox Village Centre Auditorium, 651 SW 6th St., Pompano Beach, 33060. Details to be announced.

For more information on JKV's limited quantity of complimentary tickets to any of these shows, contact the Marketing Department at (954) 783-4040.



Florida Grand Opera's pianist Gordon Schermer accompanies soprano Jessica E. Jones in a JKV concert.

Your Chance To Live Where Possibility Plays

Rob Seitz
Gazette Contributor

Now is the time to discover what's next at John Knox Village.

The lushly landscaped campus is expanding with new opportunities for dining, activities and enjoying lakeside vistas that wind throughout the Village.

Along with creating an enhanced connection between residents and nature, John Knox Village is constructing 150 new Independent Living apartment homes with gracious, open floor plans and designer finishes that suit 21st Century tastes and lifestyles.

With only a couple of Priority Depositor events this month (see schedule on Page 5 of the *June Gazette*) these limited homes will be selling fast.

You Are Invited To A Preview

Becoming a Priority Depositor—by placing a \$100 fully refundable deposit—places you higher on the list providing a greater selection when it comes time to choose your residence. The new homes boast 1,277 to 2,364 square feet of light-filled living throughout the spacious open floor plans.

Some homes will even have private gardens, along with towering floor-to-ceiling windows and balconies. JKV's newest residents will enjoy choosing and customizing their new homes from a selection of one and two-bedroom floor plans, many with dens, but all thoughtfully designed for the entertaining of friends and family: And two penthouses are in the unit mix.

Just as its tagline "Where Possibility Plays," suggests, possibility plays around every corner at JKV.

Connect with friends for a yoga class or cocktails by



Plans are being readied to build 150 new Independent Living apartment homes at John Knox Village.

the pool. Work out at the Fitness Studio and enjoy a relaxing massage to soothe your muscles. Take a stroll or bike ride on the extensive paths that wind throughout campus and along the water.

See Where The Day Takes You

Participate in one of the more than 400 monthly activities and outings, or curl up with a good book on your balcony. JKV is all about embracing the well-being of the whole-person and provides ample opportunities for a lifestyle that feels as good as it is good for you.

Along with embracing its new projects, all JKV residents enjoy the peace of mind that comes from living in a Life-Plan Retirement Community, with its comprehensive long-term care insurance policy. It is good to know 5 Star health care will be available should a medical situation arise.

Call (954) 871-2655 to RSVP for one of only two informational Priority Depositor events in June. If you are unable to attend either event and would like more information, or to place your deposit and get near the top of the list, please visit www.jkvgrows.com

Join Us In June For These John Knox Village Events

Discover What's Next at John Knox Village Wednesday, June 5 at 10:30 a.m. and Tuesday, June 18 at 2 p.m. in the Lakeside Dining Room

Learn how JKV is expanding its lushly landscaped campus with new opportunities for dining, activities and enjoying lakeside vistas that wind throughout, and along with, 150 new Independent Living apartment homes. Hear about new open floor plans and designer finishes and how you can create your own custom home to suit your tastes and lifestyle.

Join us for one of our two June Priority Depositor Events at which—for a \$100 fully refundable deposit—you can reserve your place in line for these fast-selling homes. The dates are Wednesday, June 5 at 10:30 a.m. featuring a delightful brunch, and Tuesday, June 18 at 2 p.m. with delicious afternoon snacks. Seating is limited due to high consumer demand. To learn more about this exciting new John Knox Village project visit: www.JKVGrows.com
Call John Knox Village at (954) 871-2655 to RSVP.



Be Our Guest for a Lunch And Learn Thursday, June 13 at 10:30 a.m. in the Lakeside Dining Room

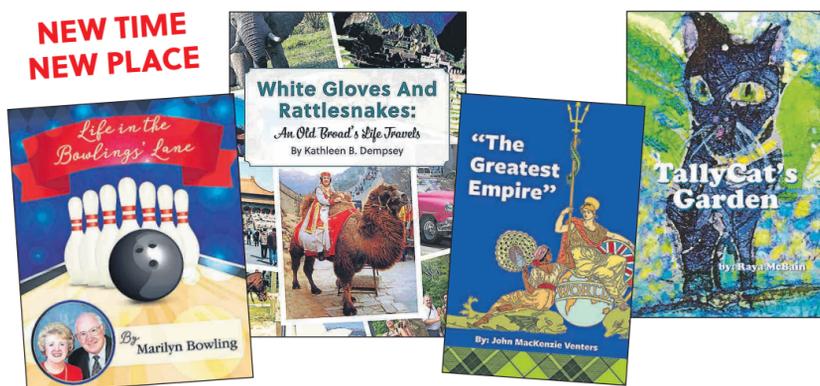
Join us for lunch and an enlightening discussion on the concept of a Life-Plan Continuing Care Retirement Community. Discover the benefits of resort-like, stress-free living, while enjoying the peace of mind of an exceptional plan for future health care needs should they arise. Enjoy a complimentary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

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

Learn How to Publish Your Life Story Silver Scribes: Thursday, June 27 at 10 a.m. in the Village Towers Party Room

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

Call to reserve your place (954) 783-4040.



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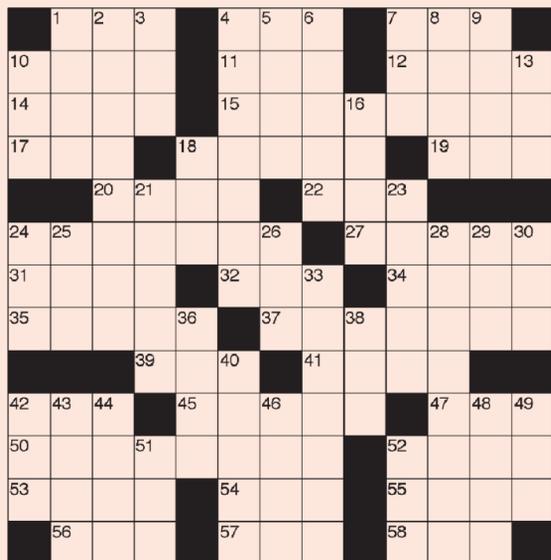


Save the Date: Saturday, July 13 at 2 p.m. John Knox Village Presents: Symphony of the Americas Summerfest Musical Extravaganza

John Knox Village is continuing its long-standing partnership with the world-acclaimed Symphony of the Americas and will be hosting a Summerfest Concert, Saturday, July 13th at 2 p.m. The Summerfest Concert will mark more than 10 years of association between John Knox Village and the Symphony of the Americas' Summerfest program.

Please Note: Due to heightened demand the Pompano Beach Cultural Center will be the NEW location for Summerfest 2019. Look for more information in the *July Gazette*.

Call John Knox Village at (954) 783-4040 for information.



Crossword Puzzle Of The Month

ACROSS

1. Air-to-air missile (abbr.)
4. Slugger's stat
7. Fellow
10. African (pref.)
11. Fruiting spike
12. Elbe tributary
14. Trolley
15. Insect
17. Horse
18. Baltic island
19. Air Force Base (abbr.)
20. Black measles
22. Corrode
24. Amass
27. Afr. cattle breed
31. E. Indian tanning tree
32. Sup
34. Basse-Normandie city
35. Nat'l Assn. for the

Advancement of Colored People (abbr.)

37. Tidy
39. Rom. first day of the month
41. Feminine (suf.)
42. Aggregate
45. Woman's work basket
47. Pronoun contraction
50. Ascus (2 words)
52. Medieval warclub
53. Weaverbird
54. Former cloth measure
55. Venezuelan copper center
56. Weep
57. Female ruff
58. Trouble

DOWN

1. Hairdo
2. Strauss opera
3. Family member
4. Put back
5. Geological epoch
6. Oily ketone
7. legume
8. Irish sweetheart
9. Explorer Ericson
10. Air traffic control (abbr.)
13. Mortar mixer
16. Killer of Castor
18. First-rate
21. Slow
23. Musical direction
24. Canada (abbr.)
25. Tumor (suf.)
26. P. I. peasant

28. 4th incarnation of Vishnu
29. Curved letter
30. Too
33. Molasses
36. Gait
38. Delirium tremens (abbr.)
40. Light Amplification by Stimulated Emission of Radiation (abbr.)
42. Fast jet
43. Tree
44. Honey-eater bird
46. Bundle
48. Ecology (abbr)
49. Drug Enforcement Admin (abbr.)
51. John Brown's dog
52. Sheep's cry

Answers On Page 11.



JOHN KNOX VILLAGE

THIS IS THE LIFE YOU'VE ALWAYS IMAGINED.



YOU'RE INVITED TO ATTEND A SPECIAL PREVIEW EVENT ...TO DISCOVER YOUR NEW HOME.

John Knox Village is growing! We're adding 150 brand new Independent Living apartment homes to our inspiring community. With open floorplans and designer finishes, the beauty of your new residence will be rivaled only by the natural outdoor setting and lakeside views.

And don't forget the amenities. Days spent by the pool. Evenings at the performing arts center. And how do fitness programs, lifelong learning classes and dining at one of our farm-to-table restaurants sound for the time in-between?



LIVE WHERE POSSIBILITY PLAYS



DON'T MISS THE OPPORTUNITY TO RESERVE YOUR PLACE

At this fun and informational Preview Event, you'll enjoy learning all about our new expansion and its possibilities for enhancing your life. You can even reserve your position on our Priority Depositor list with a \$100 refundable deposit, so when the time comes to choose your new home, you're at the top of the list.

CALL 954-871-2655 TO RSVP Space is limited. Reservations required.

WEDNESDAY, MAY 29 10:30 am to 12:30 pm or

WEDNESDAY, JUNE 5 10:30 am to 12:30 pm

Lakeside Dining at John Knox Village 651 SW 6th Street | Pompano Beach, FL

If you're unable to attend but would like more information, or to place your deposit, please visit jkvgrows.com

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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.

Enjoy Dance, Music And Theater: Check Out This Month's Events



June 11 - 23
A Bronx Tale:
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
 Eves. & Mat. Tickets from \$40

June 25 - 30
The Lightning Thief:
The Percy Jackson Musical
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
 Eves. & Mat. Tickets from \$29.50

June 1 & 2
Dance Dimensions:
Shall We Dance?
Amaturo Theater at
The Broward Center
for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 Sat. 12:30 & 5:30 p.m. & Sun. 12:30 p.m.
 Tickets from \$25

June 8
South Florida Pride Wind Ensemble:
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 p.m. Tickets from \$30

June 28
Romeo And Juliet:
The Shakespeare Troupe
Pompano Beach Cultural Center
 50 W. Atlantic Blvd.
 Pompano Beach, FL 33060
 (954) 545-7800
 www.ccpompano.org
 1 p.m. & 7 p.m. Tickets from \$15

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

Sudoku

Answers On Page 11.

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

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

Plan A Visit To NSU Art Museum In June

NSU ART MUSEUM

FORT LAUDERDALE

Jessica Graves
 Public Relations Director, NSU Art Museum Fort Lauderdale

William J. Glackens: "From Pencil To Paint" Opens June 16

Comprised of more than 100 works, "From Pencil to Paint" reveals William J. Glackens' brilliance as an illustrator, as well as his ongoing reliance on drawing throughout his career as one of America's most celebrated painters.

Included are such works as Glackens' poignant drawings conveying the emotions and scenes of soldiers at battle, created when he was sent to Cuba by McClure's Magazine to document the Spanish American War in 1898. Numerous other drawings and preparatory sketches, along with 32 paintings from the 1900s-1930s, illuminate the ways he developed and refined forms and compositions.

All works are drawn from the Museum's world-renowned William J. Glackens art and archival collection bequeathed to the Museum by his son, Ira Glackens at the time of his death in 1990, and subsequently by the Sansom Foundation, founded in the 1950s by Ira and wife, Nancy Glackens. William J. Glackens: "From Pencil to Paint" is organized by NSU Art Museum Fort Lauderdale and is curated by Barbara Buhler Lynes, Ph.D., and Sunny Kaufman, Senior Curator.

Stitch By Stitch

The AutoNation DRV PNK Quilt Collection, features quilts made of individual hand-decorated squares that honor, remember and celebrate those touched by cancer. The display will be on view through June 30 in the Museum's lobby.

The quilts were created as part of AutoNation's Drive Pink initiative a nationwide movement that has raised more than \$18 million to fund cancer research and treatment. Thousands of AutoNation teammates from across the country contributed the handmade quilt squares. In all, a series of 10 quilts were created, four of which are now on view at the Museum.

June Event Highlights

Unless otherwise noted, all events take place at NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited. Advance reservations are required. To reserve your spot, email moareservations@moafl.org or call (954) 262-0258.



NSU Art Museum Fort Lauderdale features a new exhibit this month along with several community-oriented events.

Free First Thursdays Starry Nights, Presented by AutoNation: Thursday, June 6, from 4 to 8 p.m. Free

View current exhibitions and enjoy 2-for-1 drinks in the Museum Café, free admission to exhibitions and hands-on art projects for all ages.

Art of Wine & Food: Rose All Day with Special Guest Misty Eyez: Thursday, June 6, from 6 to 8 p.m.

Michael Lohwasser from Jackson Family Wines will present a variety of Rosé wines. Sample four varietals, paired with small bites and meet entertainer and guest pourer, Misty Eyez.

\$40 per person; \$30 for members at the Patron level and above. Advance paid reservations required.

NSU Lecture Series: A Sense of Pride: African American and Caribbean LGBTQ+ Communities: Saturday, June 8, from 3 to 4 p.m. Free

Dr. Charlene Désir, a professor at Nova Southeastern University's Abraham S. Fischler College of Education, will focus on the historical, social, and spiritual understandings of the African American and Caribbean LGBTQ+ experience; highlighting the spiritual conceptualizations and social realities that the Black LGBTQ+ community face in the U.S. and the Caribbean.

Creativity Exploration: Impermanence and Ephemera, Earth Art: Saturday, June 8, from Noon to 1:30 p.m.

Inspired by "earth artists" Ana Mendieta and Andy Goldsworthy, participants will make ephemeral mandalas and designs using materials from nature. Use your cell phone or camera to document and photograph your fleeting creation.

Creativity Exploration adult workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that 45 minutes

of creative activity a day reduces stress and offers mental clarity and relaxation: In addition to producing a sense of well-being, sessions expand participants' perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. \$10 for members; \$15 for non-members.

Second Sunday Film Series: "Heading Home: The Tale of Team Israel," Sunday, June 9, at 1:30 p.m. Tour / 2:30 p.m. Film Screening

Enjoy a docent-led highlight tour of "Remember to React" followed by a screening of "Heading Home: The Tale of Team Israel," the David-and-Goliath story of Israel's national baseball team as it competes for the first time in the World Baseball Classic. Film: Museum members \$9; non-members \$11. Film and tour: Museum members tour free; \$22 non-members.

A Sense of Pride: Transdermal: Across the Skin with Ashley Kerr: Tuesday, June 18, from Noon to 1:30 p.m. Free

Artist Ashley Kerr explores the plurality of gender and identity, and the intersection of painting and sculpture. Her work deals with the nature of expectation and a person's need to maintain a consistent internal logic as it pertains to media, materials and experiences as well as the intersection of gender, technology, sculpture, femininity, and masculinity. By subverting those very expectations, she aims to create sculptural fictions that reveal the underlying structures and mechanisms of how we experience the world and thereby expose truths, however small or large they may be.

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

web JohnKnoxVillage.com
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The Doctor Is In

The Focus On Dad This Father's Day

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Fathers are tremendously important to the development of children—both male and female. Most of us know that from our observations of families and of life. Some of the science that has impressed me follows even in nature and mammal behavior.

For example, in Africa, there were some young male rogue elephants doing damage to a lot of residents' gardens and farms. It

seemed the male adult elephants of the group had been removed to a different park for whatever reason. The park managers thought this intervention may have somehow caused a problem. So, they moved the male rogue youngsters back to the park with their "fathers," the males who had been removed. This solved the problem. At last report, the "kids" were seen meekly following in the tracks of the adult males. No more bad behavior. Such is the power of fathers, just by being there.

Often, in criminal gangs, the members proudly consider the gang as their family. Most of them had

mothers. What was missing were fathers.

In another study, women who were prominent in their fields enjoyed special relationships with their fathers that other women did not.

My mentor, Dr. Murray Bowen, (Georgetown University professor) learned early on in his research about the importance of fathers (as well as all the family members). When he first went to the National Institutes of Health to continue his study of the family, he hospitalized children with schizophrenia and their mothers. Mothers were thought by many at that time, to have a "causative" effect in this illness.

Very quickly he learned that without the whole family present, his research was incomplete. The mother's and father's interactions and reactions to each other had a dominant effect on the emotional health of the family. Soon he began admitting the whole family. The mothers' and fathers' emotional well-being were so tied to the marital relationship that they could not be studied independently. One parent could not be blamed for the emotional health of their children. Rather, the family relationship system, beginning with the tone set by the parents, held the keys to that kingdom. After that, his studies took on the aspect of primary importance in the family field that they still hold.

Dr. David Drake, in Des Moines, IA (University of Osteopathic Medicine), studied families with children carrying the diagnosis of Attention Deficit Hyperactivity Disorder (ADHD). He pointed out that

the list of behaviors associated with this diagnosis are identical to those listed for anxiety. On the theory that these kids are simply anxious kids, he treated the parents in psychotherapy, knowing about the dominating effect of the marital relationship and that the emotions of the parents would spread infectiously to the whole family. This, in spite of the fact that one alone in the family will typically become the focus of attention. He prescribed medication for these children only if the parents were willing to consider their own contribution to the family "problem."

As the formerly

calm marriage became the object of inquiry, tensions would rise between the parents. At that point the child would often calm down, as he or she was now out of the intense focus. However, if the parents took the focus off the marriage, themselves, and their families of origin, (often leaving the therapy) the focus would predictably return to the child again as the "problem." At that point the child would once again exhibit symptoms!

This simple observation that the marital relationship is at the heart of children's anxiety and thus, diagnoses, could be an answer that many do not want to hear, but one that may be of tremendous value as people become more aware of how anxiety in relationships affects a whole family. This is fixable.

So, what exactly, is a father's role in the family? Their roles will all be a little different, depending on personalities, but:

1. *The parents' relationship is all-important to the emotional health of the whole family. Mother and father need to develop a working relationship, where one is not dominant, but they are equals and can work things out as issues arise. They don't overly focus on one child, or each other as a "problem person." They don't spread their problems around to their friends, but keep them with each other, or perhaps a therapist. And, they learn to disagree without intense conflict. Parents support each other in decisions.*
2. *They have affection for each other and let kids see that they like and love each other and enjoy each other's company, as in parents' night out. (This research was shown years ago in the wonderful book "No Single Thread" about family emotional health).*
3. *Dad and mom both work on keeping their own anxiety within limits.*
4. *While his vocation is important, family must be a first priority for fathers. Knowing that dad sees things this way makes all the difference to the whole family. Some will have learned this growing up at home. Some have to figure it out. When dad takes this attitude, he is teaching a whole new generation something wonderful about parenting.*

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.



Let us reflect upon our fathers and grandfathers on Sunday, June 16, as we honor those men who shaped our lives this Father's Day.

The Shakespeare Troupe Of South Florida Presents 'Romeo And Juliet' On June 28

Special To
The Gazette

The Shakespeare Troupe of South Florida is bringing a special one-hour family version of Shakespeare's "Romeo and Juliet" to the Pompano Beach Cultural Center on Friday, June 28 at 1 p.m. and 7 p.m.

"Everyone will be thrilled by this unique troupe of performers renowned for bringing Shakespeare's plays to life. This exclusive engagement of "Romeo and Juliet" is the ideal family event that brings to life an eternal tale of star-crossed lovers," said Phyllis Korab, Cultural Affairs Director.

Shakespeare's most famous work is a dazzling display of heart-stopping action, spine-tingling romance and heartbreaking tragedy. The Shakespeare Troupe will transport everyone to Verona and bring the Bard's beloved classic to life. After the performance, the troupe will present a Q&A to learn and share.

"Romeo and Juliet," is the famous tragedy, written by William Shakespeare early in his career, about two young star-crossed lovers whose deaths ultimately reconcile their feuding families. It was among Shakespeare's most popular plays during his lifetime and still enchants audiences today.

The play is performed by actors from the Shakespeare Troupe of South Florida; complete with sets, costumes and props, in a rare single performance that revitalizes a 300-year-old tale as touching today as it was through the years that followed its first presentation.

The Shakespeare Troupe Of South Florida

The Shakespeare Troupe of South Florida was founded by veteran actor Peter Galman in 2016. Their mission is to cultivate an appreciation for the text of Shakespeare among new audiences through the employment of professional actors trained to give live performances from the First Folio, as originally practiced by Shakespeare's company.

Tickets for the June 28 performances are \$25 adult, \$15 child, \$15 groups of 4 or more, \$15 for Pompano Beach residents and employees, \$15 Seniors, \$15 Veterans. Learn more and buy tickets at www.ccpompano.org or call (954) 545-7800.

The Pompano Beach Cultural Center is located at 50 W. Atlantic Blvd., Pompano Beach, 33060.

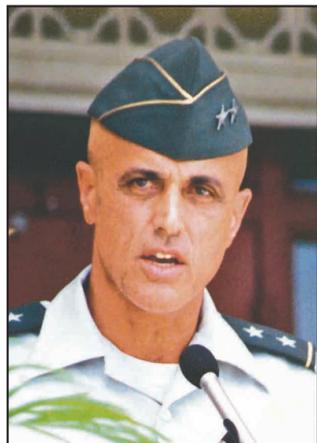


The Shakespeare Troupe presents "Romeo and Juliet."

web JohnKnoxVillage.com
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A Millionaire Father's Day Message

Burn Loeffke
Gazette Contributor



During my military career, I served as the Army Attaché at the United States Embassy in Moscow from 1977-1979. In Russia, if we are lucky enough to have a son and a daughter, we are called millionaires. Our children have given us memories that are worth millions. As a father to both a daughter Kristina and a son Marc, I wanted to share some of them.

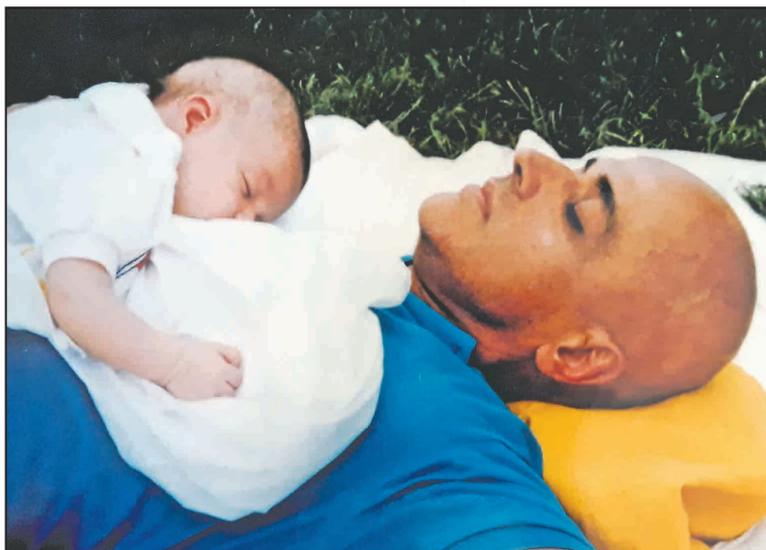
Kristina, when you were a little girl you taught me a "Love Lesson." Your mother had put you to bed, read you a story, said goodnight and turned the lights off. Later when I came home, I went to your room, and thinking that you would not hear me I whispered, "I love you sweetheart." As I was leaving, you opened your eyes and said, "I love you too daddy." That night you taught me to show love, even when we think we may not be heard.

Kristina, you often surprise me. One of my happiest moments was when you had to write an essay in college about a Hometown Hero. You could have chosen many others, yet you chose me. The three pages of the essay explaining why I was your hero brought tears. It is also one of my greatest treasures.

Marc, when I think of you, I see a baby laying on my chest. Years later, when you were still a boy, you jumped on our bed, looked at the chain around my neck and said, "Dad, you are a Jesus Man!" When I asked why you called me that, you answered, "You wear his cross." Son, you taught me a lesson. A father should be a role model to his children. I fall very short of being a Jesus Man, but from then on, I tried harder to be a good role model for you.

Now that you are near 30, what I remember most are the adventures we had when you were a teenager. One stands out. You became a man at age 14 on top of a 19,000-foot frozen mountain in Africa.

We had been climbing for three days and we were 3,000 feet from the top when your African guide yelled, "Father, your son threw up and is not climbing." We went down 200 feet to get you. You refused to give up. We gave you water and you felt better. We climbed a little and then it happened again. Climbing at that altitude and in freezing weather is dangerous. When I told you, I had promised your mom we would come down if we ran into problems, you pleaded, "Dad, I can do it," and convinced me to keep going. A couple of minutes later it was my turn. In giving you water, I had



A younger Burn Loeffke with his son Marc on his chest.

forgotten to put the canteen under my parka and the water froze. I started feeling faint and could not move my legs. I had hypothermia and altitude sickness. The only remedy was to get down to lower altitudes quickly. You convinced the guides and me to let you continue the climb. I stumbled down with my guide and you went on with your guide to the summit. Two hours later you came down with minor frostbite. Your guide told me that you would not give up and had crawled on all fours the last 200 feet up the mountain. At the age of 14 you earned the right to be called a man. You have been a role model of courage and perseverance.

On this Father's Day thank you for the gift of memories and know that you are not only loved but admired.

– *From a Millionaire Father*

Burn Loeffke, a retired military officer, has been wounded, survived two parachute malfunctions and two helicopter crashes in combat. As a captain in his 20s, he was an Army swimming champion. As a colonel in his 40s, he participated in a military decathlon in Russia. As a general in his 50s, he ran three marathons in China. He has been an advisor to the President's Council on Physical Fitness. As a senior, he starts each day at Hollywood Beach, FL with 200 stomach crunches, 10 minutes of stretching, and with Dr. Carmen Queral, they sprint one-minute dashes with 30 seconds of rest in between. They finish with 10 - 20 second dashes with 10 squats in between.

'Sister Act,' 'Sabrina Fair' And A Big Band Concert At FAU This Summer



If you are looking for theatre, cultural arts and music this summer, our local colleges and universities may be a great source. Florida Atlantic University's Department of Theatre and Dance in the Dorothy F. Schmidt College of Arts and Letters has announced its summer lineup for "Festival Repertory Theatre 2019."

"Sabrina Fair," a romantic comedy by Samuel Taylor, will run from Friday, June 7 through Saturday, June 22; the comedy "Sister Act" will run from Friday, July 5 to Sunday, July 21; and Big Band Hits from the Golden Age will be presented on Saturday, July 13 at 7 p.m. and Sunday, July 14 at 2 p.m. The plays are in Studio One Theatre and the big band concert is in the Kaye Auditorium of the Student Union, 777 Glades Rd., on the Boca Raton campus.

Tickets are \$27 and are available at www.fauvents.com Group and package tickets are on sale now, please call (561) 297-6124 for information.

Take In A Show At FAU This Summer

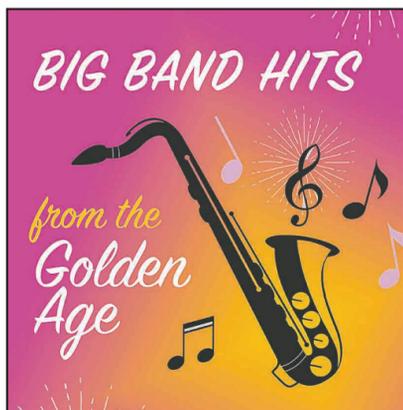
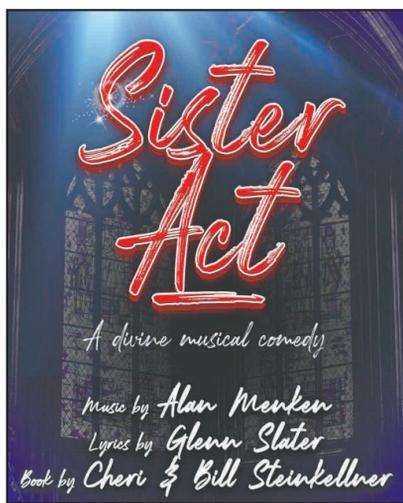
A beautifully written romantic comedy, "Sabrina Fair" is a modern retelling of the Cinderella story that flips the fairytale on its head. When it ran on Broadway, it was called a "delightful, sparkling hit" and "the best American comedy in more than a decade." "Sabrina Fair" charms the audience with a strong female character, witty dialogue, and plenty of romance and comedy.

The sensational feel-good musical comedy smash, "Sister Act" is a riot a minute. Based on the 1992 film, it features music by Oscar and Tony-winning composer Alan Menken, and when it played on Broadway, it was called "one of the happiest surprises" that "hits all the right spots." Nominated for several Tony Awards, including Best Musical, "Sister Act" is a celebration of music and a pure joy to experience.

The big band concert features the Florida Wind Symphony Jazz Orchestra, a professional ensemble-in-residence at FAU. The band will present an evening of hits from the '30s, '40s and '50s, including music of big band sensations like Count Basie, Duke Ellington, Glenn Miller and Benny Goodman.

Festival Rep, now in its 22nd year, will once again feature professional equity actors working alongside FAU's finest graduate students in their last production before they graduate and enter the world of professional theater.

For more information on Festival Rep, visit the website at www.fau.edu/festivalrep



Take in a show this summer at Florida Atlantic University.

About Florida Atlantic University:

Florida Atlantic University, established in 1961, officially opened its doors in 1964 as the fifth public university in Florida. Today, the University, with an annual economic impact of \$6.3 billion, educates more than 30,000 undergraduate and graduate students at sites throughout its six-county service region in southeast Florida. FAU's world-class teaching and research faculty serves students through 10 colleges: The Dorothy F. Schmidt College of Arts and Letters, the College of Business, the College for Design and Social Inquiry, the College of Education, the College of Engineering and Computer Science, the Graduate College, the Harriet L. Wilkes Honors College, the Charles E. Schmidt College of Medicine, the Christine E. Lynn College of Nursing and the Charles E. Schmidt College of Science. FAU is ranked as a High Research Activity Institution by the Carnegie Foundation for the Advancement of Teaching.

The University is placing special focus on the rapid development of critical areas that form the basis of its strategic plan: Healthy aging, biotech, coastal and marine issues, neuroscience, regenerative medicine, informatics, lifespan and the environment. These areas provide opportunities for faculty and students to build upon FAU's existing strengths in research and scholarship. For more information, visit www.fau.edu

More Tech Tips For International Travel

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Traveling is good for the soul. It broadens one's horizon, gives people a real-life education, all while creating memories for a lifetime. As you prepare for your summer vacation or international travels, you'll be sure to pack all the right clothes for whatever and wherever you plan to do and see: Whether you plan to trek the foothills of the Alps in good walking shoes, or an elegant night strolling on the Champs-Élysées, you'll want to be dressed right for the time and place. The same careful

preparation goes for the technology that you will be traveling with, including your smartphone, iPad, tablet or laptop. Getting your technology and communication devices updated before you travel will help enhance those experiences. Here are a number of travelers' tech tips:

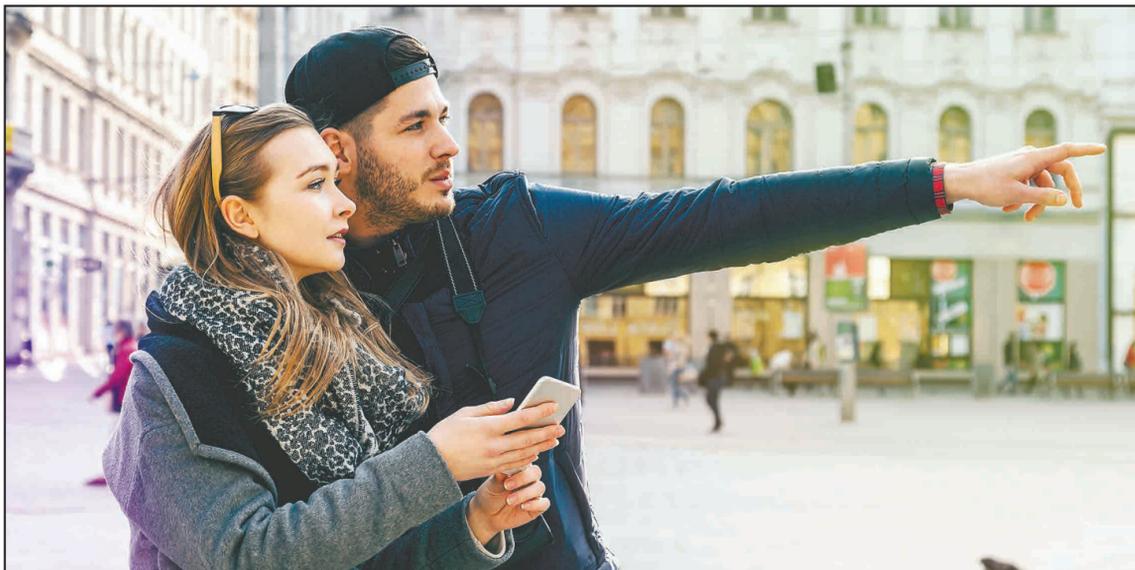
Where Did My Travel Companions Go?

If you are traveling with a group who are all equipped with iPhones: Turn on **Find My Friends**. Confirm that you can find each other on the map. This feature is rather useful if anyone gets lost and are looking for each other. If you do not know how to turn on **Find My Friends**, make sure you contact your service carrier before you travel. Your carrier can help you set this up.

On a recent trip to Japan, I downloaded both **Google Translate** and **Bing Translator** to aid me in understanding the language. Most importantly, also download the offline databases. This allows you to have translations without access to the Internet. Once overseas start the program, click on the camera. Point it at the foreign language and your menu items are translated instantly. Of course, you can type a question and ask for directions. The person helping you can type the answer in their native language, and you can see it translated to English.

How Do I Get The Most For My Money?

For shopping, download **XE Currency Converter**. Click edit in the upper right, then click the + sign, add the countries you're going to visit. Click done. If you are traveling overseas to Japan, for example, touch Japanese, enter the yen and the U.S. dollar equivalent will show below. Touch any of the countries listed and they jump to the top for you.



Load your smartphone with all the apps you need, to make your domestic and foreign travels as trip-friendly as possible.

Uber, the transportation service is a life saver. You don't need local currency to pay for your trip or to tip, just click a button and be driven to the location of your choice.

TripAdvisor offers local information based on your location, food preferences and places to go. It works off your location. So, if you desperately need pizza in Tokyo, it will literally walk you there.

Viator helps you find local tours available in the area you happen to be visiting.

For hotels, I prefer **Booking.com** because you can cancel or change almost up to the day of arrival but **Trivago**, **Expedia**, **Hotel.com** and others are available.

ExpressVPN is great if you're worried that public Wi-Fi hot spots could steal your information while traveling. When you are in a country like China that blocks certain sites, **ExpressVPN** allows you to access the Web the way you do at home.

Insurance For Your Travels

The Internet can help you save money on travel insurance for medical coverage. Most Americans have no medical coverage once they leave our shores. Interestingly enough, medical insurance for a trip as long as a month can be as little as \$99. What drives the cost up, is if you want trip cancellation coverage. Visit the website: www.Squaremouth.com to find a host of carriers that you can select from.

Do you like butter with your bread, Coke or Pepsi, maybe a beer? Take a photo of the item in question on your phone when you get to your country. Show that photo to your waiter when you want one of those items. Just smile at a waiter, point to the photo and no translation needed.

If you travel with a Windows 10 computer, stop updates from impacting your system. Right click in the lower right corner on the 4 lines that show your wireless connection. Left click on open network and Internet settings, select change connection properties. Make sure the network profile is set to public, this effects the firewall to protect you. Scroll down to set as a metered connection, slide that on. This will freeze Microsoft updates downloading and installing. The last thing you need is a huge Microsoft update destroying your computer while on holiday.

Batteries seem to drain faster overseas, and your device will somehow always be low on power. Bring a spare battery that you keep fully charged with the appropriate cable. The extra battery will save you, and your travel friends will appreciate it. Many of us today use our smartphone as our only camera on a trip. Sadly, we may arrive at a tourist location only to realize our one and only phone/camera is powerless. Save the day and make sure you have backup power.

In foreign countries, trying to find a power socket to charge your phone, your camera, a Kindle and a computer is a challenge. Look on amazon.com for a Multiport USB Charger that is 110/220V compatible. Then bring an adapter plug for the country your visiting and one plug can let you charge multiple items.

*Maurice Scaglione is a 25-year veteran of the computer industry. He runs **Stupid Computers, LLC** (954) 302-3011, offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smart phones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and he will attempt to include answers in future articles.*

Get Creative At Bailey Contemporary Arts

Special To
The Gazette

Bailey Contemporary Arts (BaCA) in Pompano Beach is offering some exciting new workshops this month. The fun-filled adventures in art will help both beginners and advanced students, providing them with tips to enhance their work. For more information please visit www.baileyarts.org or call (954) 545-7800.

Fabric Covered Mini-Journal Saturday, June 8, 11 a.m. to 3 p.m.

Fabric covered mini-journal is a workshop taught by BaCA's Artist in Residence Andrea Huffman. Embark on a journal – real or imagined with your own extraordinary fabric covered journal. A small, personal stamp will be designed, carved and then printed on fabric for the book cover. Pages will be created using a variety of design techniques, including stenciling, stamping and painting. A selection of threads and other embellishments can be used to make each journal truly unique. Along with the journal, participants will also leave with their hand-carved stamp to use on future projects.

Fiber artist Andrea Huffman received a Master's degree in Art Education from Florida International University and taught art in Broward Public Schools for over 30 years. Registration: \$70 per student.

Acrylic Painting Techniques Saturday, June 15, 11 a.m. to 3 p.m.

Enjoy a workshop of acrylic painting taught by Kimberley Maxwell and learn how to freely convey emotions with use of color, texture of surface, and personal interpretations to different emotions; excitement, joy, frustration, fear, and many others. Learn

new acrylic painting techniques, meet creative people and have an engaging afternoon making art in a beautiful space.

Kimberley was born in Canada and resides in South Florida. She earned her MFA at Florida Atlantic University and was awarded the 2004 South Florida Cultural Consortium Visual and Media Artist Fellowship. Registration: \$40, all supplies included.

It's In The Bag! Saturday, June 29, 11 a.m. to 3 p.m.

Make a fashion statement at the farmers market or beach with your own original fabric tote bag. This event is also taught by Artist in Residence, Andrea Huffman. Each participant will design a large canvas zipper tote bag using various fabric paints, photo transfers, stamps and stencils. A hand carved stamp will be created to print on the bag, that can also be used for future projects. A variety of techniques will offer a wide range of options to create a functional work of art. Registration: \$50, all supplies included.

Bailey Contemporary Arts is located at 41 NE 1st St., Pompano Beach, 33060



Learn acrylic painting techniques at BaCA on June 15.

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

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

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

Why Should Kids' Brains Have All The Fun?

Adults Can Learn Brain Training Tips From Kids

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

During the summer, school's out and kids do fun things like attending camp, swimming, hanging out with friends and goofing off. All of these activities are great brain exercise, renewing kids' brains for optimal performance during the school year. So why should kids' brains have all the fun?

Summer can be a great time to train your brain to get better with age while you beat the heat. If you feel sluggish and lazy, don't worry: The best types

of brain training activities will not make you break a sweat.

Take The Brainiac Self-Test

Test yourself: Which of the 12 activities listed below provide the best brain exercise?

- 1. Drinking a cold beer
- 2. Writing letters to friends and family
- 3. Attending a theatrical performance
- 4. Watching baseball on TV
- 5. Playing a game of chess
- 6. Attending a class or family reunion
- 7. Seeing a movie at a theater
- 8. Attending a comedy club performance
- 9. Taking a water aerobics class
- 10. Reading a newspaper
- 11. Playing games on a computer
- 12. Reading and discussing a novel

OK, let's see how you did. If you chose 1, 4, 7, 10, or 11, your brain might be feeling a little lazy this summer. Perhaps it is time to challenge yourself with one of the other activities listed.

Activities 2 and 6 offer good brain work because they require motor output from the brain, they strengthen social bonds with important people in your life, and they work your memory muscles.

In case you are wondering, motor output means the brain has to execute a movement. The three types of motor output are moving the whole body as in walking or swimming, moving the limbs as in writing or drawing, and speech, the most complex type of motor output. Motor output is key to keeping your brain in good shape.

Activity 9 is one of my favorite physical activities due to the great brain exercise it provides. Being in the water challenges the brain to adjust to the change in gravity, while processing the teacher's instructions and executing sustained motor output without sweating. And it is fun to boot, especially in summer when a dip feels good.

If water aerobics sounds like too much work, activity 12 is a great choice to get motor output without having to get out of a chair, which may feel good on the hot, humid days of summer. If you'd rather have a discussion about a movie or current events, that's also good brain exercise. The discussion is where the motor output occurs.

While activities 3, 5, and 8 don't require much motor output, they make the frontal lobe work very hard. The frontal lobe represents one-third of the brain and tends to get flabby quick when you are doing activities such as 1, 4, 7, 10 and 11.

Whatever you choose to do this summer, have fun and stay cool.



Water aerobics is not only great fun and beneficial to the body, but is also a tremendous exercise which challenges the brain.

John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. Make sure you read The Gazette for dates and times of upcoming two-hour workshops that will identify your brain's strengths and opportunities. Call (954) 783-4040 for reservations.

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it," based on successful outcomes from her 10 years of experience in brain coaching.

Visit Phyllis' website: www.brainwealth.org

The Nautilus Apartment Home Offers Spacious Living

Whether you prefer the ease of low-rise living overlooking the waters of Lake Maggie in East Lake, or the more dramatic elevations and stunning views of the skyline from the 17-story Cassels Tower, this Nautilus apartment home offers a choice of locations and features in the space and style you want. This featured 2 bedroom and 2 bath apartment home offers the flexibility to fit your individual style.

Plan to tour this Nautilus home, experience the special ambiance of the Village and then enjoy a complimentary meal in John Knox Village's Palm Bistro.

The Nautilus Apartment Home Features:

- **Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave**
 - LED kitchen lighting
- **Under-mount stainless steel sink w/spray faucet and disposal**
- **Quartz/granite kitchen countertops**
- **Choice of upgraded backsplashes**
 - Choice of kitchen hardware
 - Generous cabinet selections

Master Suite

- Spacious walk-in closet
- Baseboard molding
- Walk-in shower

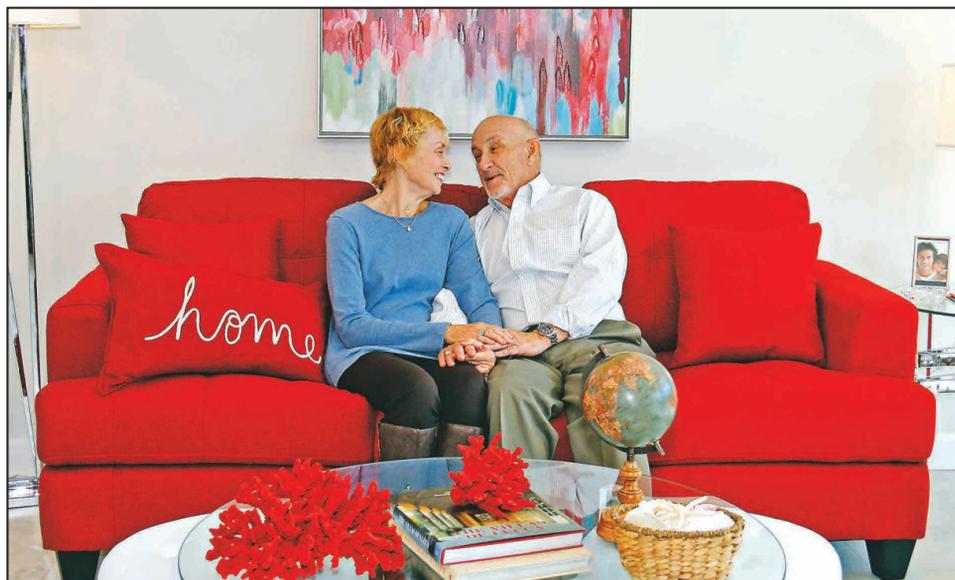
Bright, Spacious Interior

- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call (954) 783-4040 to speak with a Life-Plan Consultant today.

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JohnKnoxVillage



The Nautilus apartment home offers the style and space for gracious entertaining.

The Nautilus: 2 Bedroom / 2 Bath Apartment Home
1,258 Sq. Ft.

