



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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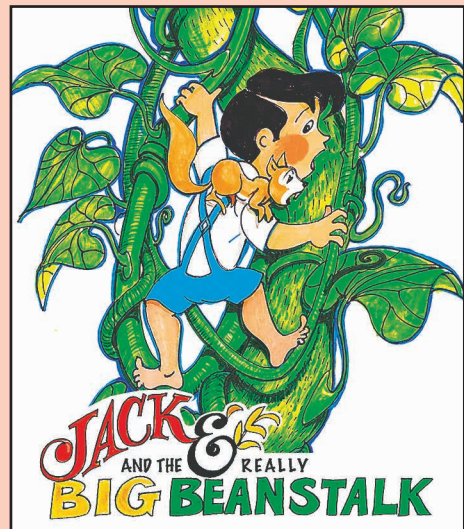
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## Never Too Old To Rock 'N Roll: The Woodstock Beat Goes On

*“By the time we got to Woodstock We were half a million strong And everywhere was a song and a celebration.”*

– Joni Mitchell

**Nona Cree Smith**  
Gazette Contributor

It was a momentous time in America. The year was 1969, and we Baby Boomers were in the first bloom of our adulthood, many graduating from college, starting on our careers or going on to postgraduate work. It was also a tumultuous time: The Vietnam War was the worrying issue for many young men. Civil rights, women's liberation and nuclear warfare were on people's minds and the song lyrics of the time reflected our anxiety in protest songs such as Bob Dylan's "The Times They Are A-Changin'," and John Fogerty's "It Ain't Me." But there was much to celebrate too.

Fifty years ago, Buzz Aldrin and Neil Armstrong firmly planted an American flag on the Moon and took the first steps. Sesame Street debuted and helped our children learn letters, numbers and tolerance. And Woodstock billed as "An Aquarian Exposition: 3 Days of Peace & Music," took place on Max Yasgur's dairy farm in Bethel, NY and possibly became the most profound cultural event in the history of modern music, and still influences bands of all ages to this day.

### We Are Stardust. We Are Golden.

Woodstock was planned as a showcase for folk musicians, rock and psychedelic bands and solo artists. Acts came from all over the world to play their music and celebrate peace. It was supposed to be a paid festival, which the organizers naively thought would draw only a few thousand concert goers. Tickets were priced from as low as \$7 or \$18 for a three-day pass. As word spread about the extraordinary talent lineup and the inexpensive tickets, the festival attracted hippies, artists, photographers, writers and music lovers in droves.

See "Woodstock" On Page 2



The Woodstock poster promoted "3 Days of Peace & Music." In all, 32 acts performed during the weekend. Some of those musicians, who appeared on stage in 1969, are still touring and performing today.

## With Groundbreaking, JKV Building Its Future



Participating in the Ground Breaking are (left to right) Laurie Butler, Principal Perkins Eastman Architects; Gerry Stryker, JKV President & CEO; Paul Simpson, JKV Chairman of the Board; Kit Frazer, JKV Foundation Board President; Monica McAfee, JKV Chief Marketing & Innovation Officer; Rex Hardin, Pompano Beach Mayor; Barry Moss, Pompano Beach Vice Mayor; John Tice, Vice President Gallo-Herbert Architects.

**Rob Seitz**  
Gazette Contributor

With the familiar "shing" sound of shovels digging up dirt, work on John Knox Village's Welcome and Innovation Center ceremoniously began, on a recent breezy July morning.

Eight VIPs donned hard hats and dug their gold shovels into newly tilled land on the northeast corner of the JKV property at SW 3rd St. and Dixie Hwy. with an idle yellow and black John Deere 310K backhoe loader as a backdrop.

"Construction on our Welcome & Innovation Center—the newest JKV campus jewel—helps wrap a bow around a number of wonderful renovation projects on campus that started with our dining venues, and the important conversion of our antiquated legacy Health Center to our Green House Inspired Seaside Cove skilled nursing and with the completion of our

Village Centre Auditorium," JKV President Gerry Stryker told the nearly standing room only crowd, under a massive tent with project renderings displayed on easels throughout.

Current JKV residents, interested prospects, members of the greater community and other dignitaries were in attendance.

Once completed, sometime in Spring 2020, the \$3.9 million, 7,200 square-foot-project will provide JKV's Sales & Marketing teams with a centralized on-campus location, along with Discovery Rooms in which prospective new residents can learn more about JKV.

### Progressive Expansion Planned

Concurrent to the WIC project, JKV will be building a new Aquatic Center, featuring two outdoor pools, a restaurant, courts for pickle and bocce ball, a fire pit and sun sails for shade.

Stryker also offered the crowd an overview of JKV's single largest expansion project in its 52-year history—a two-tower 150-unit independent living apartment complex, including an entire first-floor common area for dining, arts, a mini-theater, club room, sacred space and fitness studio, along with a 300-plus seat performing arts center with additional dining and other amenities.

"A large part of this expansion project we are calling Westlake will be the tremendous expansion of our dramatic water views for current and new residents, while adding to the botanical gardens of our 70-acre campus.

"Folks, I am here to tell you at this ground breaking ceremony, that these are exciting times at John Knox Village," said President Stryker.

See more groundbreaking photos and renderings of the expansion at [facebook.com/johnknoxvillage](http://facebook.com/johnknoxvillage).

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# 'All We Are Saying Is Give Peace A Chance' – John Lennon

From "Woodstock" On Page 1

The flimsy fences and inadequate ticket gates were torn down. It was then announced as a free concert open to all. It was estimated more than 500,000 young people gathered peacefully at Woodstock, creating what became known as "Woodstock Nation," a name coined by the social activist Abbie Hoffman.

Woodstock 1969 defined my generation. It established our life philosophies of love, tolerance and peaceful coexistence. It heightened our awareness and propelled action on civil rights, women's equality, and an anti-war stance. We still feel the effects of our protests today. But most of all, Woodstock was about our love of rock and roll music.

## Rock And Roll Is Here To Stay

Woodstock featured some of the best musical lineups ever in one place at one time. Such icons as Jimi Hendrix, Joan Baez, Janis Joplin, Joe Cocker, Santana, Creedence Clearwater, Crosby, Stills, Nash and Young, Jefferson Airplane, Arlo Guthrie, Ravi Shankar, The Who and many more performers, took the stage, in what is still considered the landmark performance in rock history. Fans got a taste of a variety of musical styles which came together in a perfect harmony of sound from morning, to noon and night for three days. Woodstock was extended to a fourth day, when many festival goers had already left, and missed the extraordinary performance of the "Star Spangled Banner" by Jimi Hendrix.

Despite the colossal scale of the multi-day wet and muddy festival, it delivered on the promise and altruistic premise of peace and music. Nothing major happened that was regrettable, making Bethel a city with half a million people with a major crime rate of zero. For one last time, the dream of peace and love kept its promises at Woodstock.

## We Like That Old Time Rock 'n Roll

Many of the legendary performers at Woodstock are now becoming the "older generation." When you do the math, it's not surprising how many have retired, gone on to another line of work or are no longer with us. However, many performers have enjoyed continued fame and acclaim for decades. They are still creating brilliant music. Here are just a few who made history on that classic rock weekend and continue to do so.

Neil Young of Crosby, Stills, Nash and Young, has just finished recording a new album and is planning a tour this fall. Neil had just joined the group in 1969 and his first performance was at Woodstock. He has been a rock and roll star for more than 50 years.

The sweet, angelic voice of Joan Baez still holds up beautifully. She is a Rock & Roll Hall of Fame inductee. Her latest album, "Whistle Down the Wind" was recently released, and she just completed her "Fare Thee Well" tour.

The evergreen creative vitality of John Fogerty continues to this day with new albums and a tour throughout 2019 ending in Las Vegas. One of the founders of Creedence Clearwater Revival, his distinctive growl of a singing voice placed him on Rolling Stone's list of the 100 best singers of all time.

## If You Claim You Were At Woodstock. You Weren't. You Saw The Movie.

While news reports claimed an attendance of 500,000 at Woodstock, during the months and years that followed, the claims of, "I was there," probably expanded that number into the millions. The festival



Image source: Wikimedia Commons.

A sea of humanity embraces the Woodstock Music & Art Fair at Max Yasgur's Farm in Bethel, NY.

was a pop culture phenomenon with which many young people wanted to be associated.

Such a massive, historical event authorized the production of an Academy Award-winning documentary "Woodstock 1969." The movie helped promoters to defray the huge debts they had incurred when they decided to make it a free concert. The film's production budget was \$600,000, and it made more than \$55 million worldwide and counting. Several more Woodstock films and a best-selling album were released.

In all, 32 acts performed on stage. It was a defining moment in popular music history propelling a new generation into social consciousness.

"We were going to play music and turn the world around," Mike Carabella of Santana said at Woodstock 1969.

Joni Mitchell said, "Woodstock was a spark of beauty" where half-a-million kids "saw that they were part of a greater organism."

## Woodstock Changed Our Lives

**The Iconic Album Cover:** The couple who listened to the music on a muddy slope, hugged while wrapped in a spattered pink-and-white quilt with a large plastic butterfly in the background, became a magical moment captured by photographer Burk Uzzle. Bobbi and Nick Ercoline had only been dating for a couple of months when they went to Woodstock. They grew up, married in 1971, had two sons and lead the kind of everyday life they may have first rebelled against. Like many others, they look back on Woodstock with fond nostalgia as a time of peace, love, and youthful happiness. (See the iconic photo on page 3 of *The Gazette*.)

**The Symbolic Poster:** The Woodstock Poster was designed by Arnold Skolnick, a graphic designer from New York. When the location for the festival was changed from Wallkill to Bethel, NY, the organizers needed to come up with a logo, leaflets and a new poster very quickly, so promotional materials could be distributed in time for the concert. Skolnick was called on Thursday and was asked to come up with some ideas and designs by Monday. The white dove on the guitar neck and the bold primary colors

of red, green and blue not only promoted the festival, but also projected to reflect a time and generation.

In 1970, Skolnick started a print company that produced and published art books plus limited editions. Many of the publications won awards for design and typography. He continues to produce artwork designs and paintings; exhibiting at shows and galleries and has earned a modicum of fame. The poster did not make him a rich man. It earned a royalty of only \$15.

**Historic Site:** In 2017, the festival site was listed on the National Register of Historic Places.

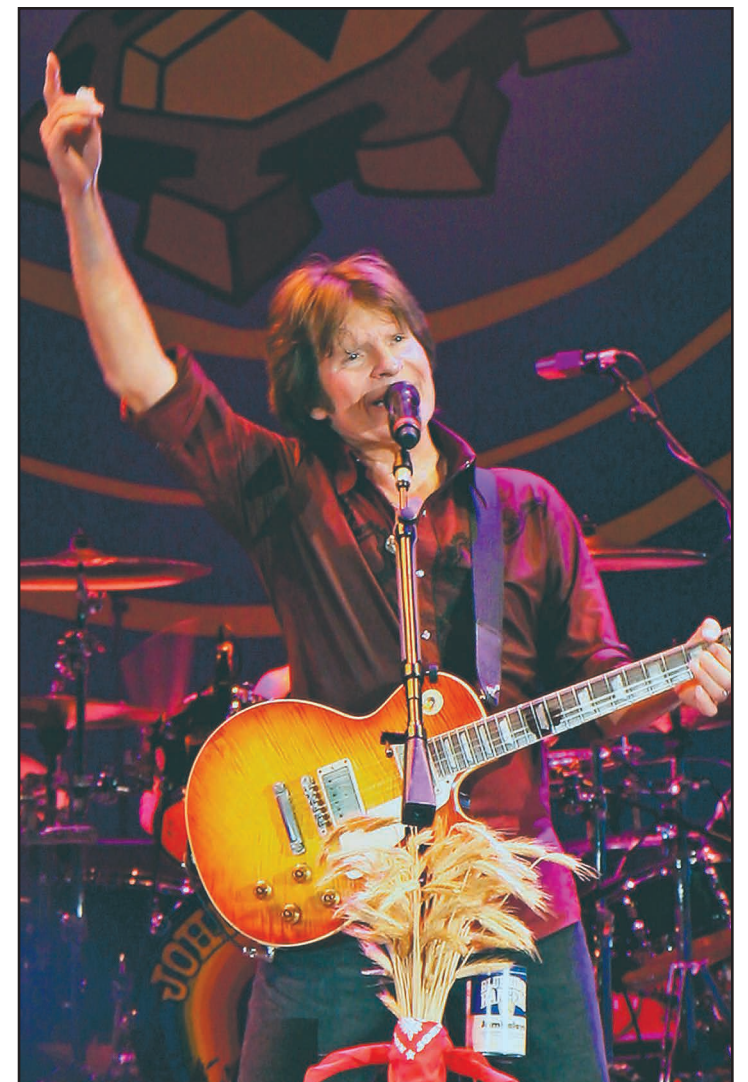


Image source: Wikimedia Commons.

Now 74, John Fogerty of Creedence Clearwater Revival is still rocking. He will be headlining his tour, "My 50 Year Trip" in the U.S. beginning this month in East Providence, RI, and will end in November in Las Vegas.

# Where Were You In 1969?

While Woodstock highlighted the news in August 1969, there were many notable events during that year that impacted our lives and future:

- The Beatles' last public performance is held on the roof of Apple Records.
- First Concorde test flight is conducted in France.
- Boeing 747 jumbo jet makes its debut.
- The Chappaquiddick Affair involves Senator Edward Kennedy.
- Apollo 11 captivates us all, as Neil Armstrong and Edwin "Buzz" Aldrin became the first humans to set foot on the Moon.
- The U.S. institutes the draft lottery to determine the draft order into the U.S. Forces for the Vietnam War.
- 250,000 march on Washington in protest of the Vietnam War.
- The Stonewall Riot sets the stage for the 50-year fight for LGBTQ rights.
- Public Broadcasting Service (PBS) is established and Sesame Street takes to the airwaves.
- The first automatic teller machine ATM or Cash Machine is installed in the United States.
- ARPANET is created and becomes the predecessor of the Internet.
- UNIX is developed by a group of AT&T employees at Bell Labs.
- The microprocessor (a miniature set of integrated circuits) is invented, opening the way for the computer revolution that followed.
- One of everybody's favorite "Friends," Jennifer Aniston was born on Feb. 11.



Image source: Alamy.

Roger Daltrey and The Who performed at Woodstock.



# Memories Of Woodstock: 'I Was There'



Bobbi and Nick Ercoline, pictured on the iconic Woodstock album cover, are still together after all these years.

Image source: Alamy.

**Fred Segal**  
Gazette Contributor

I was 14 that summer, and in an eight-week sleep-away camp called Kutsher's Camp Anawana at Monticello, NY. That August when I heard about the upcoming Woodstock gathering, I realized the location of the event was actually Bethel, about 12 miles from camp. It had been advertised as held in Woodstock, but when permits there were denied it was eventually sited in Bethel. I looked older than my age at 6-foot-tall and about 200 pounds with traces of a moustache, and Woodstock sounded interesting.

## Sneaking Away From Summer Camp

I clearly remember that my camp counselor was Neal Walk, who later in 1969 was the No. 2 overall draft pick in the NBA as a center for the Phoenix Suns (Lew Alcindor was No. 1 pick). I left Neal a note that I was leaving on my bike for a few days – that was mainly because I didn't want the camp to send a search party for me. Neal knew I had been caught frequently on the girl's side of the camp, and I didn't want the counselors to disrupt both camps as they looked for me. I did not say where I was going.

So, I took off for what was advertised as The Woodstock Festival. Traffic along the way was backed up bumper-to-bumper, but I could ride my bike on the side of the road. There were so many people heading to the event that I heard they had to close the New

York State Thruway. When I got there, it was the first day. The site was outdoors with a big stage, but just grass to sit on, since it was held at Max Yasgur's Dairy Farm out in the Bethel countryside. Max was a friend of my grandfather.

## Half-Million Rock Fans

The stage was at the bottom of a natural slope with a pond sort of forming a backdrop. Well, people were on the slope, around the stage, outside the fence, everywhere. It was wild. Some were climbing the temporary fence set up to contain the event while others were pushing past the admission gates. I had a ticket, but they had stopped collecting them. The original plan had called for about 50,000 attendees. Later reports estimated the crowd at half a million, and I don't dispute that. It had rained earlier and continued to rain off and on. So by the time I arrived everyone was muddy.

Some were using that as an excuse to skinny dip in the pond.

Once inside, I found everyone very friendly. Perhaps that was because the smell of marijuana was extremely strong in some areas. I have vague memories of running and sliding in the mud. And I was not the only one doing that. But it was absolute wall-to-wall people, so everyone stayed pretty much in their own general area. It was obvious the performers could not just drive in. So they were airlifted in and out by personnel from nearby Stewart Air Force Base. I heard later that Gov. Nelson Rockefeller was dissuaded by festival organizers from declaring an emergency and

ordering 10,000 NY National Guard members to keep order. I found it an enthusiastic, but peaceful group of extremely happy hippies, who were glad soldiers had not stormed in.

The list of performers was awesome. However, although the festival had been billed as a three-day weekend, it actually went on four days through Monday due to all the rain delays between performers. The acts came on stage during the lulls in the weather. The legendary Jimi Hendrix was last. When he played our national anthem, I remember he was wearing red, white and blue and the crowd went absolutely wild. It was really a very caring group of endearingly weird people. They were quite different from my camp and school friends, but no one was treated as a stranger. We all seemed like one big family.

## Negotiating The Terms

I figured I wouldn't be in any more trouble with four days than three, so I stayed until the end. Trouble was something I planned to negotiate.

Upon returning to camp, I went directly to the office. When discipline action was mentioned, I said to the person in charge that it was probably not desirable for it to get out that the camp had a child missing for four days to parts unknown. I said it would probably be best if neither of us spoke of this again. He saw my point, and my parents were never notified. However, it was stipulated that I not return to camp next summer. I happily agreed.

*Postscript: I did hear later that Max Yasgur, who owned the site, regarded the event with warmth and was pleased nothing catastrophic occurred. He was quoted as describing it as a victory of peace and love. I also learned many years later that Lou Yank, the police chief at Monticello who dealt with the Woodstock traffic headaches, had moved to Florida and was the inspector for the state at Pompano Park Racetrack where I published the weekly "Florida Racing Review." It's a small world after all.*



Fred Segal still has his Woodstock 3-day ticket. According to Fred, the event was so overcrowded and confusing, that they stopped even trying to collect the tickets. Image courtesy of Fred Segal.

# Local Residents Share Their Woodstock Experiences



Image source: Wikipedia Creative Commons.

Legendary folk artist Joan Baez performed at Woodstock. Now at age 78, Joan has just completed her worldwide "Fare Thee Well" tour.

## Answering The Call: By Phyllis Heller

In 1969, my family spent the summer in Swan Lake, NY. We heard about the music festival, three days of peace and music, which was to take place in Bethel, only nine miles from where we were, so on Friday night we decided to drive down and see what it was all about. The roads were bumper-to-bumper with traffic and about one hour later, progressing less than one mile, we decided to turn around and head back. All along the road were people approaching the stalled cars with all kinds of drugs for sale. I remember asking my husband, "What are ludes?"

The local radio station was continuously blasting news about all the "hippies" that were descending on Max Yasgur's farm. There was no way anyone could have anticipated the number of people who would come from all over the map to be part of this happening. By Saturday, the news changed to the lack of food and drink and basic necessities that were needed. My husband and I joined a small group of people who wanted to help. We scoured the local grocery stores and bought up all we could of cigarettes, bread and bagels, toilet paper and whatever else we could get our hands on. The stores' stocks were depleted in short time. When we arrived at the campsite and unloaded our goodies, we were received with open arms. When the music from the stage started, we left.

On Sunday, the local radio announcer advised the public that the attendees were having trouble finding their cars. We decided to head in and drive the tired, unkempt, unshaven youngsters to their cars. To me, the most memorable thing that happened was helping a young man from New Brunswick, Canada, who had let his hair grow long and wore the uniform of the day: Jeans, sandals and no socks. He told us that he was so thrilled that he made the trip. He was the only one in his hometown who looked like he did, and he was beginning to believe that he was a 'freak.' Now after Woodstock, he discovered that there were thousands of others who looked and felt as he did.

– Phyllis Heller is now a resident of Pompano Beach. She is writing her autobiography, as one of the Silver Scribes who meet monthly at John Knox Village.

## The Rains Came: By Joyous Burkart

My husband, my two boys and I lived in Woodstock for many years. A business group called Woodstock Ventures decided to hold a Music and Art Fair, hence

the name. It was held at Max Yasgur's farm, 40 miles from our home in Woodstock.

Knowing there would be drugs at the music event (with more than 400,000 people), we decided not to go, as we were very much opposed to "pot." I did miss the experience of hearing all the music and regretted not seeing Janice Joplin, Crosby, Stills, Nash & Young, The Grateful Dead, Jefferson Airplane, Santana, The Who and the other great groups.

I remember the rains that came that weekend and imagined the mudslides. We wondered to ourselves, "Where would the festival fans go in all the rain?"

When all was said and done, the wonderful thing about the fair was its relatively peaceful atmosphere. With so many people, everyone seemed to get along.

Even though we were 40 miles away from the concert site, after the concert, we had music goers walking through the woods behind our home; singing through the night along our property and sleeping on our rock fences. It was a little scary. Even though the music fair was over, they wanted to see the "Real Woodstock."

## Yes My Name Really Is Joyous

Nevertheless, Woodstock's place in pop culture continues to be marked by the Joyous Lake, a rustic, mirrored, 300-seat bar and club that has been host over the years to just about every well-known figure in popular music: From Muddy Waters to the Rolling Stones.

I just thought it was ironic that my name is Joyous, and from the Woodstock connection, everyone wonders how I got my name.

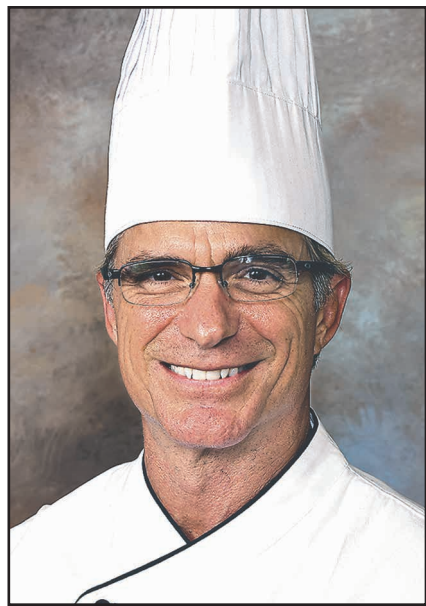
– Joyous Burkart is a resident of John Knox Village. She is active and a frequent volunteer with organizations both at JKV and in the greater community.

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# In Good Taste: You Will Like This Bruschetta Recipe Berry Much

**Rob Seitz**  
Gazette Contributor



*John Knox Village Executive Chef Mark Gullusci*

Its plant genus name is *Fragaria*.

With its aroma, bright red color, juicy texture and sweetness the *Fragaria*—aka Strawberry—provides a little twist on the classic tomato bruschetta—especially in the culinarily creative mind of John Knox Village Executive Chef Mark Gullusci.

Its bright flavors and glorious colors makes Chef Mark's Strawberry-Tomato Bruschetta recipe a real crowd pleaser, especially for casual entertaining or as a side for a light meal to help cool off during a hot August afternoon.

This recipe is elegant, yet casual, impressive, yet simple.

## Chef Mark's Strawberry-Tomato Bruschetta:

- 1 cup diced ripe strawberries
- 1 cup diced vine ripe tomatoes
- 1 small minced garlic
- 3 tbsp. chiffonade basil.  
(A fancy name for thinly cut)



*There are many recipes for bruschetta. Chef Mark's favorite is a tomato and strawberry mix.*

- 2 tbsp. extra virgin olive oil
- 2 teaspoons balsamic vinegar
- 3 oz. of crumbled goat cheese
- Kosher salt and freshly ground black pepper
- 1 fresh baguette sliced on an angle  
½ inch thick

### Method Of Preparation:

In a bowl, combine everything but the bread, season with a pinch of kosher salt and ground black pepper.

Chill in refrigerator for 20 to 30 minutes.

Brush the slices of bread with olive oil, but don't soak through, then either grill until they brown on both sides, or toast in broiler. Do not toast in toaster with olive oil.

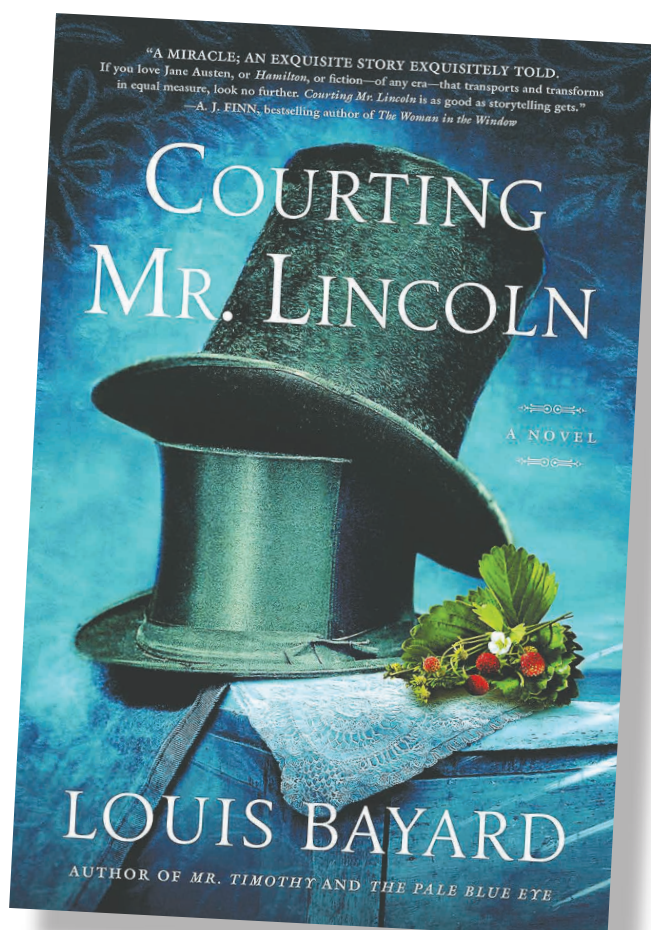
Place a small amount of bruschetta on the bread slices and serve. Goes great with a glass of cold Pinot Grigio wine.

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## Book Review

# Courting Mr. Lincoln

By: Louis Bayard



**Donna DeLeo Bruno**  
Gazette Contributor

A superb novel of historical fiction, "*Courting Mr. Lincoln*" by Louis Bayard is a masterpiece of character revelation and insight into a relationship that has long intrigued devotees of books about our 16th President.

An avid reader of anything and everything about Abraham Lincoln, I found this particular work charming and enlightening as Bayard explores Abe's extremely close relationship with Joshua Speed as he arrives in Springfield, IL from Kentucky, friendless and unknown. It was Speed who first offered Lincoln lodging in his single room above his store. This intimate sleeping arrangement – sharing the only bed

– was a practical necessity in 18th Century Springfield since nothing else was available and young Lincoln had no funds. Historians have speculated about such close quarters, but one must consider the times, as well as Lincoln's impecunious situation. Lincoln needed Speed for more than just lodging. Speed was a man-about-town, invited to all social events since he was an eligible bachelor. Soon Abe would become another eligible bachelor much in demand for dinners, parties, dances and picnics. However, first Speed had to tutor his "backwoods" friend in the niceties and etiquette that were expected.

### Lincoln Meets Mary Todd

Speed was Abe's dresser, aiding him in selecting proper clothing, teaching him how to tie a respectable cravat, directing him in the proper use of the large array of silver service before them at their hostesses' elegant tables. Some of the more amusing scenes described are of Speed, in the privacy of their room, attempting to navigate the clumsy and long-limbed former "backwoodsman" in the graceful steps of the waltz. One particularly well-intentioned elderly woman, who favors Lincoln's advancement and sees beyond the surface, continually attempts to ensure that the uncultured, but very intelligent Lincoln, crosses paths with the Southern debutant Mary Todd.

This alliance becomes her mission since marriage was considered a necessity for acceptance and advancement in business, politics and society in general. It is fortunate that Abe and Mary shared a keen interest in politics which is the initial basis of their mutual attraction. Both relished sparring and spirited debates about current national and local issues. But when Lincoln, awkward and hesitant in expressing warm feelings toward Mary – chronically late and pre-occupied during their assignations – Mary begins to doubt his sincere interest in her. Only a crisis will impel him to finally propose.

### Enhancing Lincoln's Social Skills

This is a wonderfully charming book replete with the wit and the humble self-deprecation for which Lincoln was known. It is also touching in its depiction of an ambitious young man thirsting for education and improvement in social skills in order to progress and realize his dormant potential. His



*Painting of Abraham Lincoln by George Peter Alexander Healy, 1869.*

reliance on Speed, with whom he forms an unbreakable bond and eternal gratitude, reveals his very human side. Moreover, Lincoln's difficult courtship of Mary Todd also enables the reader to see another side of this mythic figure and talented orator who found himself tongue-tied, unable to express his most tender feelings as he struggled with very personal conflicts.

The book ends on the very sad chapter of Mary Todd Lincoln's tragic mental demise after the loss of three sons and the assassination of her husband. "*Courting Mr. Lincoln*" effectively traces the early relationships that deeply impacted Abraham Lincoln's life.

*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 as part of the Senior Connection Club.*



# Join Us In August For These John Knox Village Events



## Friday, August 2 at 6 p.m. John Knox Village and Venetian Arts Society Present Sculptor Nilda Comas At NSU Art Museum Fort Lauderdale

You are invited to join John Knox Village (JKV) and the Venetian Arts Society (VAS) to meet world-renowned master sculptor Nilda Comas at the NSU Art Museum Fort Lauderdale on Aug. 2 from 6 to 9 p.m. Ms. Comas (Venetian Arts Society Art Curator) was selected in a national competition by Florida's Council on Arts and Culture in 2016 to create Florida's sculpture of Mary McLeod Bethune – founder of Bethune Cookman University, the National Council of Negro Women and co-founder of the United Negro College Fund – for the National Statuary Hall in Washington, D.C.

Meet Ms. Comas and learn about her sculpture, which will total 11 feet in height, with the base of Statuario marble from the Michelangelo Cave in Carrara, Italy, the same quarry used by Michelangelo more than 500 years ago. The night's presentation is part of the JKV and VAS ArtSage Alliance:

**Friday, Aug. 2, from 6 - 9 p.m. at the NSU Art Museum,  
One East Las Olas Blvd., Ft. Lauderdale, 33301**

VAS/JKV Members \$35. General Public \$50. A limited number of complimentary tickets are available to guests of John Knox Village.

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

## Discover What's Next at John Knox Village Thursday, August 15 at 10:30 a.m. and Wednesday, August 21 at 10:30 a.m. in the Lakeside Dining Room

JKV is expanding its lushly landscaped campus with new lifestyle opportunities that wind throughout, and along with, 150 new Independent Living apartment homes. Hear about new open floor plans and designer finishes to create your own custom home to suit your tastes and style. You will also learn about long-range plans including a Dining and Events Center, including two restaurants and a 300-plus seat multi-use Cultural Center, plus updates on the Village's new Aquatic Center, with its two pools—one resort-style, the other a zero-entry lap pool—along with four courts for pickleball and bocce ball, and its Village Centre renovation work.

Join us for one of our two August 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 Thursday, Aug. 15 at 10:30 a.m. and Wednesday, Aug. 21, also at 10:30 a.m. Both will feature a delightful brunch.

To learn more about this exciting new John Knox Village project visit: [www.JKVGrows.com](http://www.JKVGrows.com). Call John Knox Village at (954) 871-2655 to RSVP.



## Learn How to Publish Your Life Story Silver Scribes: Thursday, August 22 at 10 a.m. in the Village Towers Party Room

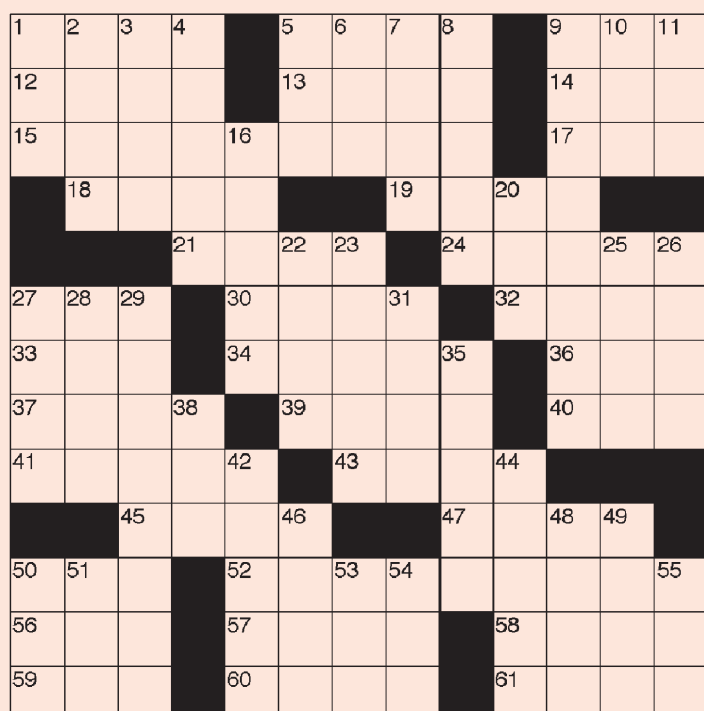
Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story.

Read the story on page 8 of *The Gazette* about two senior gentlemen who combined their talents to recreate an illustrated children's book in rhyme based upon an age-old fable. You too can write your own book and get it published. 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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## Crossword Puzzle Of The Month

### ACROSS

1. General Agreement of Tariffs and Trade (abbr.)
5. Turk. title
9. Federal Aviation Admin. (abbr.)
12. Oriental maid
13. Pinafore
14. Sleeveless Arab cloak
15. Firebug
17. Mine (Sp.)
18. Indo-Chin. language
19. Moles
21. Revise
24. Suspend
27. Soak
30. Terrapin
32. Pleasant
33. Cost of living index (abbr.)

### DOWN

34. Household gods
36. Exclamation
37. Arm bone
39. Starnose
40. Indian ground salt
41. Spirits of the dead
43. Son of Leah
45. Adjective-forming (suf.)
47. River into the North Sea
50. Vigor
52. Free
56. "Fables in Slang" author
57. Bird
58. East
59. Sleep
60. Headland
61. Elide

29. Seal
31. Proofreader's mark
35. Cut
38. Atomic Energy Commission (abbr.)
42. Black buck of India
44. Epic by Homer
46. Rounded projection
48. Cold alpine wind
49. Norse mythical hero
50. Old Doric name of Zeus
51. Artificial language
53. Power (Lat.)
54. Curve
55. No (Scot.)

*Answers On Page 10.*





*Two great choices*  
are waiting for you at John Knox Village.

AVAILABLE IMMEDIATELY

Take advantage of up to

**\$40,000**

in red-hot summer savings on select existing homes

**SAVE up to \$40K**  
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**Save Settle by**  
 \$40K August 31st  
 \$30K September 30th  
 \$20K October 31st

**SAVE up to \$2,500** on the cost of moving expenses!

We will connect you with a personal move manager, a trusted downsizer, a real estate agent and even reimburse you up to \$2,500 in moving expenses with our "Ready Set Go!" package.

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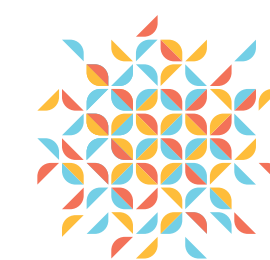
- Beautiful one-bedroom/den and two-bedroom plans
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Come and learn more about what John Knox Village has to offer.

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**JOHN KNOX VILLAGE**

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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 resided at 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



August 22

**Pompano Stand Up Live**  
**Pompano Beach Cultural Center**  
 50 W. Atlantic Blvd.  
 Pompano Beach, FL 33060  
 www.ccpompano.org  
 (954) 545-7800  
 8 p.m. Tickets from \$40

August 29

**40th Anniversary Tour The B-52s**  
**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  
 7:30 p.m. Tickets from \$59.50

August 31

**Staged Play Reading:**  
**"For Colored Girls"**  
**Pompano Beach Cultural Center**  
 50 W. Atlantic Blvd.  
 Pompano Beach, FL 33060  
 www.ccpompano.org  
 (954) 545-7800  
 5 p.m. Tickets from \$10

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

August 11  
**XXIV International Ballet**  
**Festival Of Miami:**  
**Amaturo Theater at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 5 p.m. Tickets from \$35

August 18  
**Hippiefest: Ten Years After,**  
**Big Brother & The Holding Company,**  
**Vanilla Fudge**  
**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  
 6:30 p.m. Tickets from \$49

## Sudoku

Answers On Page 10.

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

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

# Is The Dream Of Becoming A Published Author On Your Bucket List?

**Marty Lee**  
 Gazette Contributor

For many of us, the dream of writing the next Great American Novel, is an aspiration very few will actually achieve. The dream

of writing your autobiography, collection of poetry, a compendium of short stories or even a children's book is within your mind, but perhaps out of your grasp of knowledge.

William Shakespeare once wrote, "If there is a good will, there is great way." John Knox Village resident and retired minister, David Haun took that proverb to heart when he decided his bucket list goal was to publish five books before he was too old to write.

Now at 82, David knew he had to search for answers to fulfill his dream. Over time, he got the answers he was seeking, and his dream was fulfilled.

Last month, David, in concert with fellow John Knox Village resident and accomplished illustrator and designer Curtis Iverson, presented their collaborative children's book, "Jack and the Really Big Beanstalk," to more than 150 guests at an introductory book party.

It is not every day that two senior gentlemen join forces to write and illustrate a children's book. For David and Curtis, it is a story of the journey that led them to the destination.

### Where There's A Will, There's A Way

"A few years ago, John Knox had an emphasis on achieving our dreams," David told *The Gazette*. "People were invited to write down their dreams on sticky paper and place them on the 'Dream Wall' in the Village Auditorium. I wrote my dream: 'To write five books before I die.' I stuck it on the wall."

Merely sticking a wish on a wall will not get it done, as David knew. However, a series of events led him to believe that within his will, there was a way. David recalled that a few years back, he woke up in the middle of the night with the beginning words in his mind about a boy named Jack, who climbed a beanstalk. He started writing it down that night. It was a poem with a twist based upon the traditional English fairy tale of Jack and the Beanstalk.

"I believe God responded to that little piece of sticky paper," he said. "Not long after placing it, I heard that our Village photographer, Marty Lee was starting a writer's group. Marty would help residents publish books sharing their lives."

"I dug out my poem about Jack, and asked Marty if that was OK. Marty said 'yes, but I'd have to find an artist.' I again prayed: 'God, I need an artist. Would you please find me one?'"

### A Chance Meeting

"About two weeks after that prayer, my wife Twy-lah and I were eating lunch with some friends. About midway through the meal, I noticed a man I didn't



*Pictured left to right: Illustrator Curtis Iverson, author David Haun and John Knox Village CEO Gerry Stryker showcase copies of "Jack and the Really Big Beanstalk" at the book's introduction party.*

know sitting alone at the window table across from us. I don't usually do this, but that day, I felt the need to get up, leave my lunch, and say "hello" to him.

His name was Curtis Iverson, and he'd moved into John Knox Village the day before. After our introductions Curtis asked me, "What did you do in your career?" I told him I had been a preacher – along with other things. I asked what he did."

Curtis replied, "I'm an illustrator and designer." Curtis explained he had been friends with Charles Schulz and Walt Disney. He designed cards for Hallmark, and in his later years, was in charge of all the artwork and design with the company called Avon.

"I don't remember my reply," David said. "Something like, 'Oh, you draw? I write, and I've written a children's book in verse that needs an illustrator to draw pictures. If you'd be willing, I'd like to give you my poem and see if you might illustrate it.'"

I had to hold on to the chair when Curtis said, "I'd be willing. Send it to me."

### The Book Begins To Take Shape

With that chance meeting, the partnership was formed to begin building upon the story of "Jack and the Really Big Beanstalk." Through many months the two collaborated on the children's book, exchanging text and art designs as the story began to unfold in rhyme and illustrations.

David gives much of the credit to Curtis. "Our book would not be anything like it is without Curtis's talent. He gave birth in his art to bunnies, butterflies, and even a caterpillar and a mouse that talk."

Curtis said that he developed "five or six sketches for each of the 89 pieces of final art. It was a work in progress. There were changes in the rhyme, so I changed the art." Curtis estimated that each final art panel took two to three days to complete. The book is now available on Amazon.

David is currently on his second book, "It's Christmas Eve and Santa's Got the Flu," which is reaching its final preparation for printing. Two more children's books, "Santa's Secret," and "Jonah's Vacation in a Whale," are written and being illustrated by artists. The fifth, an "adult" book dealing with God's miracles in his life, is currently being proofread.

### If You Love Writing Join Silver Scribes

David extends his experiences to all other senior "wannabe" writers and readers of *The Gazette*. "If you're wishing you might write the story of your life for your family, but you don't know how – you might attend one of the Silver Scriber classes held monthly at John Knox Village. The Silver Scribes have helped residents and seniors from the community publish 13 books with many more in production. We write them. Marty arranges them and moves them through the publishing process to completion."

The next Silver Scribes gathering will be held on Aug. 22 at 10 a.m. in the John Knox Village Towers Party Room. For more information and to reserve your place for the class, please call (954) 783-4040.

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# The Doctor Is In

## The Sibling Effect II – Sisters

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

We continue from last month's *Gazette* column on the subject of how siblings affect us in personality, vocation, goals and much more than we ever realized. Let's go on looking at those profiles of people that came out in the ground-breaking research of Dr. Walter Toman, an Austrian professor of psychology. Some greatly summarized descriptions of sisters follow. For more complete information,

read his story and the results of his research in his book, *"Family Constellation,"* published by Springer.

### The Female Sibling Effect

#### Oldest Sister of Sisters

- The oldest sister of sisters is often programmed by parents to be a caretaker. She can be an order-giver and likes to be in charge.
- Responsibility and power are more important to her than wealth and goods.
- She can be intimidating to men. It is hard for her to give in.

- Children are more important to her than her husband. She may be overprotective and smothering to her children, though.
- Women friends are important to her.

#### Youngest Sister of Sisters

- She is bubbly and impulsive, loving change and excitement. She is attractive and competitive with other women.
- She works for recognition and praise, liking to excel.
- She is suggestible and can take risks.
- Material things interest her.
- She attracts men but may compete with them.
- As a mother, she may need help.

#### Oldest Sister of Brothers

- She is independent and strong. She takes care of men.
- Men in her life are her main concern. She does not compete with them and needs their companionship.
- She would rather possess men than material things but can administer possessions well.
- She loves caring for children, favoring sons.
- She's less interested in women friends.

#### Youngest Sister of Brothers

- She is attractive to men: Feminine, sympathetic, sensitive and tactful. Long-lasting relationships with men are natural to her.

- She is motivated more by her man than by wealth or work.
- She is cared for by her husband.
- She's a loving mother, but may be dependent or seductive.
- Women friends do not interest her.

#### Female Only Child

- She structures her life around older people and patrons.
- She is motivated by approval and preference not wealth.

- She may be overly close to her mother.
- She can be spoiled and egocentric with men.
- She is a good, faithful wife.
- She prefers being a child to having them.
- She prefers individual women friends to groups.

#### Twins

- Twins are so close to each other from day one that it makes their sibling position quite different from others. Each had never known a time when the other was not present.
- One tends to be senior and in charge and the other, dependent and impulsive.
- It is hard for twins to imagine life without the other one.
- They may take on other sibling relationships (other than their twin) within the family as well.

#### Middle children, again. A few more words about middle children, discussed last month.

- One role is usually stronger, determined by who they played with the most in ages one to six.
- They may feel neglected in the family.
- They are known for their relationship skills. Often, they're known as the peacemaker in the family.

These are the female profiles. For the male profiles, look at last month's issue of *The Gazette*. Once again, be warned that they only hold 100 percent true in the aggregate of the research, in numbers. They may or may not fit a particular person one has in mind. But even so, some of the characteristics may hold true even in that case.

I hope that this short summary of Toman's findings in years of research demonstrates to a degree how our siblings affect us. They do affect us profoundly—more than psychology understood up to his time.

One more thing: I used to conduct a research group where members of the group – all professionals – did research projects. They presented their results to the group periodically. One report I will never forget was done with the prison population. Some people sentenced to prison came back again and again. Some came only once and never again. What made the difference? It turned out to be whether or not they had a sister.

*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.*



*Sibling dynamics affect and influence personalities, according to research by Dr. Walter Toman of Austria.*

## Hot August Events At NSU Art Museum

**Jessica Graves**

Public Relations Manager, NSU Art Museum Fort Lauderdale

# NSU ART MUSEUM

## FORT LAUDERDALE

NSU Art Museum Fort Lauderdale, One East Las Olas Blvd. Space is limited for the events listed below. Advance reservations are required. To reserve your spot, email moareservations@moafl.org or call (954) 262-0258.

**Free First Thursdays Starry Nights, Presented by AutoNation:**  
**Thursday, Aug. 1, from 4 to 8 p.m. Free**

View NSU Art Museum Fort Lauderdale's 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: Summer in Sonoma:**  
**Thursday, Aug. 1, 6 to 8 p.m.**

Join Gretchen Erpenbach from Ferrari-Carano as she presents a variety of wines from Sonoma, CA perfect for the summer. Sample four great varietals with small bites served to pair with each wine. Arrive early and enjoy a docent-led tour of the highlights of the Museum's current exhibition *"Remember to React"* at 5:30 p.m. \$40 per person; \$30 for members at the Patron level and above. Advance paid reservations required.

**Venetian Arts Society presents Master Sculptor Nilda Comas:**  
**Friday, Aug. 2, 6 to 9 p.m.**

The Venetian Arts Society presents Up Close and Personal beginning with wine and hors d'oeuvres at 6 p.m. Special guests include Dr. E. LaBrent Chrite, president of Bethune-Cookman University. A presentation at 7 p.m. will focus on the extraordinary life and contributions of Mary McLeod Bethune. Sculptor Nilda Comas will discuss her major commission. \$35 for JKV, VAS and Museum Members; \$50 General Public.

August is here and if the temperatures get a bit overheated, plan a morning or afternoon to take in the exhibitions at the NSU Art Museum Fort Lauderdale.

Museum Hours are:  
Sunday: Noon - 5 p.m.,  
Tuesday-Saturday:  
11 a.m. - 5 p.m. and  
closed on Mondays.

Unless otherwise noted, all events take place at



*Art on display at NSU Art Museum Fort Lauderdale. Photo by Steven Brooke.*

**Second Sunday Film Series: "Working Woman"**  
**Sunday, Aug. 11, 1:30 p.m. Tour / 2:30 p.m. Film Screening**

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. Enjoy a guided tour of the Museum's new exhibition, William J. Glackens: *"From Pencil to Paint"* at 1:30 p.m., followed by a screening of *"Working Woman"* at 2:30 p.m. The Museum and Café open at noon.

*"Working Woman"* is a film about a mother of three whose husband struggles to keep his restaurant in business. She lands a job as an assistant to a powerful, but sexually harassing realtor and brings herself to fight back in this absorbing drama by Michal Aviad. Film: \$9 for Museum members and John Knox Village residents; \$11 non-members. Film and tour: Museum members and John Knox Village residents tour free; \$22 non-members.

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



# A General's Thoughts: 'On The Least Beastly...'

**Burn Loeffke**  
Gazette Contributor



Sgt. Larry Morford was a soldier in the unit I commanded in Vietnam. Larry did not believe in war as the way to resolve conflicts. I once asked him why, if he felt this way, had he volunteered for Vietnam and combat duty. He responded, "Sir, the job you and I are doing is the job of a beast and the least beastly of us should be doing it." That was Larry's sermon and he backed it up by volunteering for dangerous missions. He explained that he could not have stayed at home while other young men were fighting for his country. In February 1970, Sgt. Morford was killed leading a patrol, a few days before he was to return home.

### One Person Can Make A Difference

Sgt. Morford's words and deeds had a profound impact upon us and we were determined to keep his memory and inspiration alive. We established the annual *Friendship Award* in memory of Sgt. Larry Morford. To those who knew him, Sgt. Morford exemplified the humane spirit of the honorable warrior. Initially, the *Friendship Award* competition was between officers at a Russian Academy in Moscow and West Point Cadets. The award is presented to the cadets who write the best essays on how to improve relations with these two great countries. The first award went to a Russian officer who wrote an essay on the importance of chaplains in the U.S. Army. A year after the article was published, the Russian Army recruited Orthodox priests to serve as chaplains. This is an example of the power of the written word.

### Words And Deeds Matter

In the biography: "*The Big Yankee – The Life of Carlson of the Raiders*," author Michael Blankfort wrote, "Few men are won by principles alone, but by men who preach and live them. We are not followers of the word as much as of the deed that emerges from it. It was the example of Christ, not merely his sermon that conquered his followers."

The sergeant changed my life with his words and example. He made me a better leader.

### Preserving The Peace And Providing Security

Cardinal O'Neal, an American religious leader explains, "If I had not been a priest, I would have been a soldier because they are both called to do identical things – preservation of peace and providing security for the weak and innocent."

We can all be good soldiers whether we wear a uniform or not. Selfless service is the mark of a good citizen.



*Sgt. Larry Morford, 199th LIB  
August 14, 1948 – February 12, 1970*

*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.*

## Upcoming ArtSage Alliance Cultural Events

Mark Your Calendar For These Presentations Planned For The Remainder Of 2019

**Marty Lee**  
Gazette Contributor

Afficionados and lovers of the arts should circle some dates on their calendars and plan to join John Knox Village (JKV), Venetian Arts Society (VAS) and Nova Southeastern

University (NSU) for three ArtSage Alliance presentations in August, September and October.

### Master Sculptor Nilda Comas

The first presentation is Friday, Aug. 2 featuring world-renowned master sculptor Nilda Comas at the NSU Art Museum Fort Lauderdale from 6 to 9 p.m. Ms. Comas was selected to create Florida's sculpture of Mary McLeod Bethune – founder of Bethune Cookman University, the National Council of Negro Women and co-founder of the United Negro College Fund – for the National Statuary Hall in Washington, D.C. More details of this event are listed on page 5 of this month's *Gazette*. Call (954) 783-4040 today for information.

### Soprano LaToya Lain In Concert

On Saturday, Sept. 21, the Metropolitan Opera's LaToya Lain will be joined by piano accompanist Casey Robards at the newly renovated John Knox Village Centre Auditorium. The event begins at 6 p.m. with wine and hors d'oeuvres, followed by the program at 7 p.m. Ms. Lain will perform "*Narrative of a Slave Woman: Songs of Suffering, Hope and Freedom*." This unique program is a powerful presentation examining the issue of slavery by combining musical performance with spoken slave narrative accounts. Performing spirituals combined with extensive narrative puts this music in context and highlights the importance of these marvelous works.

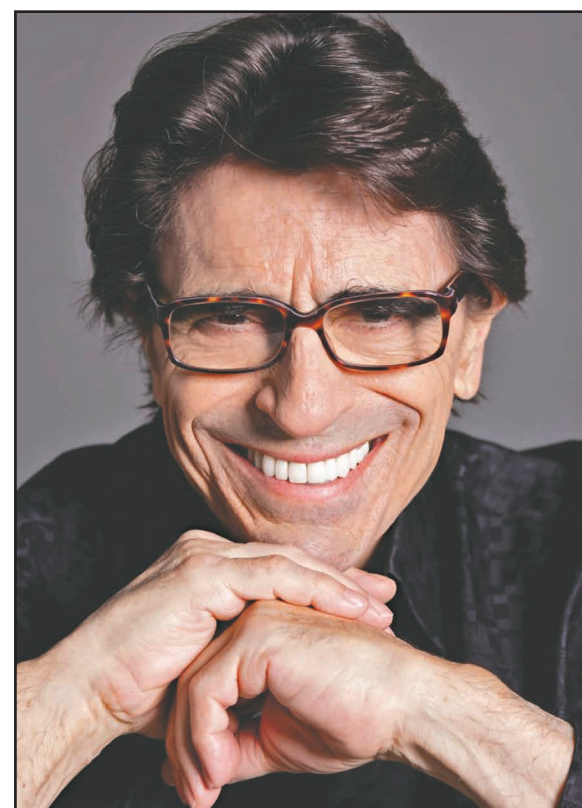
### American Dance Honoring Edward Villella

Coming on Thursday, Oct. 24 to Nova Southeastern University, join the JKV, VAS and NSU celebration of "*America's Influence on the History of Dance*." The night's program will present the 2019 VAS Icon of the Arts Award to Edward Villella, the legendary American danseur and choreographer. The evening's program will begin at 6 p.m. at NSU's Don Taft University Center.

More details about the LaToya Lain performance, and the tribute to American Dance and Edward Villella will be coming in the next issues of *The Gazette*. To learn more about upcoming ArtSage Alliance performances and to reserve tickets, please call John Knox Village Marketing at (954) 783-4040.



*The Metropolitan Opera's soprano LaToya Lain will appear at John Knox Village on Sept. 21.*



*VAS honors Legendary American danseur and choreographer Edward Villella on Oct. 24.*

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

GATT	AGHA	FAA							
AMAH	TIER	ABA							
PYROMANIC	MIA								
LOLO	NEVI								
	EDIT	DELAY							
SOP	EMYD	NICE							
CLI	LARES	AHA							
ULNA	MOLE	REH							
MANES	LEVI								
	ICAL	ELBE							
ZIP	SOVEREIGN								
ADE	IBIS	ASIA							
NOD	NESS	DELE							

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



# Access Your Favorite Music Instantly

**Maurice Scaglione**  
Gazette Contributor



*Maurice Scaglione*

*convert your collection of vinyl albums, 45s and 33s to a digital format. Don't throw them out, if you still treasure the songs.)*

Today, it's hard to find a record store. Yes, they still press 33 rpm albums – it's all the rage with the kids. Compact discs are getting harder to find unless you mail order them. The world has moved to something called streaming. This is where your Internet connection sends a continuous flow of music to your devices, instantly.

## Download Your Favorite Music

Instead of getting a physical disc, Apple, Amazon, and Google will sell you an entire album but they will deliver it electronically to your smartphone or computer. These services come both as a pay per specific song/album or for a flat rate, usually about \$10 dollars a month giving you a subscription to an almost unlimited amount of music. Note: If you already pay for Amazon Prime, you have access to two million songs for free during your membership year.

## Stream Your Musical Choices

With streaming on your phone, tablet, computer or digital assistant like Amazon Alexa, Apple Home Pod or Google Home, you get the added benefit of just talking to the device and asking it to play what you want to hear. You don't have to go find the CD and put it in the music player. Instead, you just tell

Music is very special to each of us on a deeply personal level. A particular song can transport us to a time and place in our lives that can be years ago, but all the memories return instantly. The feature story in this month's *Gazette* is about Woodstock and the music of the '60s and beyond. Looking back, we remember the evolution of recorded music from the 33, 45 and 78 rpm discs, to 8-track and cassette tapes, and on to compact discs. *(In a future article, we will discuss how to*



*We have experienced the recorded music revolution in our lifetimes – from vinyl discs, to magnetic reel-to-reel tape, 8-track and cassettes, compact discs and now digital downloads and streaming services.*

your Echo what to play for instant gratification. By the way, if you don't want to buy one of these devices, a \$20 cable allows you to play the music from your computer on your home stereo system.

When you buy a song on your phone or computer, you own it for life, just like a CD even though it was delivered electronically. With streaming, you never own the music. You are renting music while you pay the monthly fee. If you cancel the monthly service; your music ends. Which bring us to free products such as Pandora and Spotify to name a few. These will play commercials while you're listening to music. Alternatively, they also have paid versions without advertising.

## Music For Free From Spotify Or Pandora

On a computer go to [www.spotify.com](http://www.spotify.com) or [www.pandora.com](http://www.pandora.com). Create a username and password. Each service will walk you through selecting the genres of music you like. You basically are creating a playlist of your favorite artists. The services will then play what you like and avoid genres that are not to your taste. Then you just play your opera, classical or workout favorites and avoid rock and roll if you don't like it.

Alternatively, on a smartphone or tablet, go to the application store and download Pandora or Spotify. Use the same username/password you created on the computer. If you don't have a computer, you can create your username/password on your smartphone.

Because there are so many services from which to choose, I suggest going to [youtube.com](http://youtube.com). Here type in the search bar, as an example, *pandora tutorial* or *apple music tutorial*. A list of training videos will come up. Click on the one of interest and turn up the sound and see what it has to offer.

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*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](mailto:stupidcomputersllc@gmail.com) and he will attempt to include answers in future articles.*

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# Celebrate Peace, Love And Harmony Aug. 10 At Pompano Beach's Woodstock

**Special To**  
The Gazette

Get out your bell bottoms and headbands, and join us for "The Summer of '69," a Woodstock 50th anniversary event taking place at the Pompano Beach Cultural Center on Saturday, Aug. 10, from 4 to 9 p.m. The free event will feature live bands, a fashion show, food trucks and the John Knox Village Catering Team. There will also be a full array of activities including tie dye classes, drumming circles and a viewing of the award-winning Woodstock documentary.

"The original Woodstock was a defining moment in our culture. The music, the fashion and the indelible message of peace, love and harmony are forever associated with summer of 1969," said Phyllis Korab, Cultural Affairs Director. "We are bringing back the free-spirited fun of that era, in a family-friendly version, that will delight all generations."

## Lots Of Groovy Audience Participation Events

Bring your guitar or keyboard and sing your favorite Joni Mitchell, Bob Dylan, Jimi Hendrix, Janis Joplin or Grateful Dead song at "The Summer of '69" Open Mic. Participate in yoga and tie dye classes, enjoy busker artists and check out a dazzling array of hot rods during the classic car show.

It will be "out of sight" night. Celebrate the 50th Anniversary of Woodstock.

The scheduled events follow and are subject to change without notice:

- 4 to 8 p.m. – *Woodstock Documentary (film on a loop in the theater)*
- 5 to 6 p.m. – *Yoga Class taught by Corbin Stacy of YogaHome on the front lawn*
- 5 to 7 p.m. – *Arty Van Gogh (art on a painted school bus)*
- 5 to 9 p.m. – *Artist Vendors in the Breezeway and along 1st Avenue*
- 5 to 9 p.m. – *Busker Artists*
- 5 to 9 p.m. – *Food Trucks*
- 5 to 9 p.m. – *Tie Dye Class*
- 6 to 9 p.m. – *Classic Car Show*
- 6 to 7 p.m. – *'60s band performs*
- 7 to 8 p.m. – *Drumming Circle*
- 7 to 8 p.m. – *Open Mic and '60s Fashion Show*
- 8 to 9 p.m. – *Viva performs classic '60s hits*

The "Summer of '69" is a free event and is open to all guests. The Pompano Beach Cultural Center is located at 50 West Atlantic Blvd. Pompano Beach, FL 33060. For more information go to the website: [www.ccpompano.org](http://www.ccpompano.org) or call (954) 545-7800.





# Name That Tune! Music Strengthens Brain Power

*“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”*

— Plato

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

If you want to tone your body, head to the gym. If you want to buff up your brain, turn up the music.

The meaningful pattern of sounds we call music has a powerful effect on the human brain. Music can reduce anxiety, blood pressure and pain, while it improves brain connectivity in key areas.

But not all music is equally beneficial for brain exercise. What is the best kind of music for you?

Recent research has indicated that your

favorite music, especially from your teens and twenties, is like comfort food for your brain. After adolescence, our social lives shift into high gear as we hang out with peers and look for a mate. Music is primal, and shared musical experience helps us connect with others.

## Your Coming-Of-Age Music

Each generation bonds around the cultural soundtrack of their coming-of-age stage of life, making this music especially meaningful and memorable.

For example, the 50th anniversary of the Woodstock Music & Art Fair occurs this month on Aug. 16 - 19. If you were born in the 1940s or 1950s, you might have a soft spot in your heart for the music of Woodstock performers such as Arlo Guthrie, Blood, Sweat & Tears, Creedence Clearwater Revival, Crosby, Stills, Nash & Young, Grateful Dead, Janis Joplin, Jimi Hendrix, Joan Baez, Santana, Sly & the Family Stone or The Who.

If you were born in the 1920s or 1930s, you were probably too busy with work and family responsibilities in 1969 to pay attention to a three-day music festival featuring new types of rock music. However, you might light up upon hearing the music of Benny Goodman, Bing Crosby, Cole Porter, Duke Ellington, Ella Fitzgerald, Elvis Presley, Fats Domino, Frank Sinatra, Gene Autry, Johnny Cash, Johnny Mathis, Nat King Cole, Tony Bennett, or Broadway shows such as “Oklahoma!” and “Guys and Dolls.”

Whether it’s Tony Bennett or Jimi Hendrix, personally meaningful music strengthens the connections in your default network. The brain activity that occurs in the default network is in charge of your personal life story, memories and relationships. Irregular activity in the default network is linked to Alzheimer’s, anxiety, autism, schizophrenia and possibly other frontal lobe disorders.

## Music Boosts Brain Performance

Listening to the music of your younger years can strengthen memory recall, calm the nervous system and boost brain performance.

Here’s a fun brain training exercise. To celebrate the anniversary of Woodstock, get together with a friend and listen to some songs by famous Woodstock performers. Even if it is not your favorite music, see what memories bubble up to the surface from listening to it.

And if you really want to work your brain, move on from listening to doing: Learn to play a musical instrument or take up singing.

Enjoy your trip down memory lane.



Take a musical trip down memory lane and revisit the inspiring tunes from your formative years. Organize a karaoke party with your peers and sing out a joyful noise.

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

# Summertime Savings On The Conch Apartment Home

Key West natives, affectionately known as Conchs, understand the casual, comfortable lifestyle as much as any Floridians. That same casual comfort has inspired the newly redesigned Conch model apartment home in the 17-story Cassels Tower at John Knox Village. If you make your decision during August, you will save \$40,000 on your entrance deposit, plus receive additional benefits on monthly fees and moving expenses on very select new homes. (See pages 6 & 7 in *The Gazette* for details.)

Enjoy the peace-of-mind that comes with the health care benefit that our Life-Plan Continuing Care Retirement Community provides.

Tour this Conch apartment home, enjoy a complimentary meal in John Knox Village’s Palm Bistro or Main Dining Room, and take advantage of the Summertime Savings.

## The Flamingo 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](http://JohnKnoxVillage.com)

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Convenient and economical, The Conch offers an affordable lifestyle.

