



JOHN KNOX VILLAGE

Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

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Celebrate Our 50th With Us

March 12 - 17: ArtSage And Cars, Crafts And Community Village Jubilee Celebration



Families come together at the Cars, Crafts and Community Village Jubilee Celebration.

Rob Seitz

Gazette Contributor

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

Since September 2017, South Florida's premier life plan continuing care retirement community has been celebrating its 50th Anniversary with a year-long series of festivities and March is no different. The greater community is invited to take part in ArtSage 2018 from Monday, March 12 through Sat-

urday, March 17. Join us for a week of performance, art, lectures, demonstrations and dance. ArtSage culminates on St. Patty's Day with a gala campus-wide event named "50th Anniversary Cars, Crafts and Community Village Jubilee Celebration."

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

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

"ArtSage is an extension of those Seven Dimensions, as well as fitting in perfectly with our tagline:

See "Jubilee" On Page 2

America's Verdi Baritone

Sherrill Milnes, The Most Recorded Opera Star Of His Time, Visits John Knox Village

Marty Lee

Gazette Contributor

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

Sherrill Milnes was born in 1935 and raised on an Illinois dairy farm. Sherrill explained that he did his chores as any farm boy would:

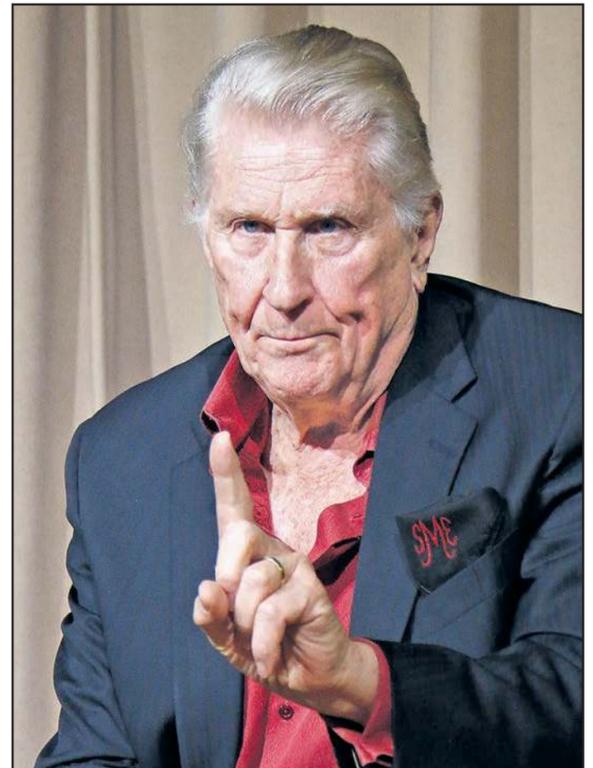
"Milking cows and shoveling manure." He might have continued on the farm, except his mother had an influence upon his future. "Mom was a piano teacher and a church choir director." There was always music in the Milnes house. Sherrill appreciated music and decided to give it a try. "Mom started teaching me piano," he said. "But it took three weeks to learn you can't study with a parent."

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

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

According to his own website (www.sherrillmilnes.com): "When it came time for college, he pursued pre-medical studies. After a year and a half, he realized that music was his true calling and enrolled at

See "Milnes" On Page 4



Sherrill Milnes

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John Knox Village of Florida, Inc.
651 S.W. Sixth Street
Pompano Beach, FL 33060

Join With JKV And Celebrate ArtSage: March 12-17

From "Jubilee" On Page 1

John Knox Village – Where Possibility Plays," said McAfee.

JKV will be bringing in an array of local and out-of-area artists working within all the genres – from music, dance and theater to even culinary arts.



ART Sage
AT JOHN KNOX VILLAGE

Join Us March 12 - March 17

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

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

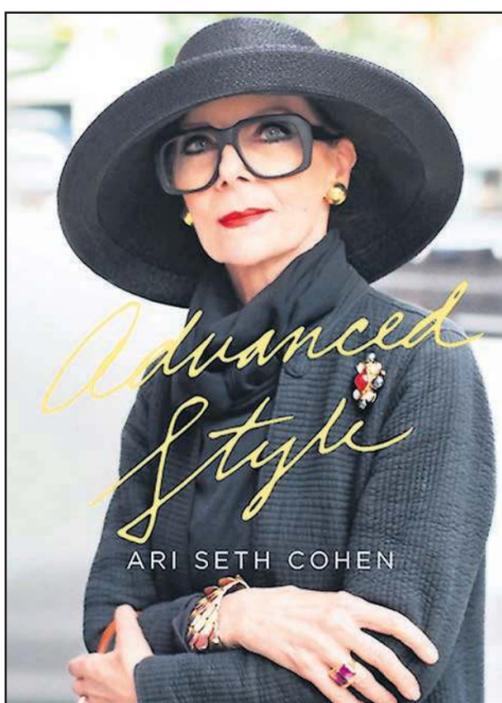
Monday, March 12: 7 p.m. in the John Knox Village Centre Auditorium. Shakespeare Play Readings including scenes from the popular comedy, "A Midsummer Night's Dream," and comedic scenes from "The Tempest," "The Merry Wives of Windsor," "Henry IV," "Twelfth Night," "Much Ado About Nothing" and "The Merchant of Venice," we called "Tricksters Treat: Clowns, Fools and Jesters of Shakespeare."

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

Tuesday, March 13: 6 p.m. in the Pompano Beach Cultural Center. Advanced Style with Ari Seth Cohen Art Salon featuring Cuban Classical Ballet of Miami. As part of the 2018 ArtSage Alliance Festival, Ari Seth Cohen, the internationally celebrated young

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

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



Advanced Style by Ari Seth Cohen, published by powerHouse Books.

Thursday, March 15: 11 a.m. in John Knox Village's Woodlands Life Enrichment Center. NSU Art Museum will present: "The Dynamic and Versatile Frank Stella," celebrating the work of one of the most important living American artists.

Thursday, March 15: 11 a.m. in the Village Towers Lobby. Gallery Display of the beautiful art submitted by residents, staff and outside guests. JKV's own Note-ables and Hand Chime musical groups will be performing for your enjoyment.



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

Friday, March 16: 11 a.m. in the John Knox Village Centre Auditorium: Sharing the Art of Beading in Africa will be presented by Penny Morgan, President of the Handweavers Guild of America. Penny will share her adventures and life experiences in Africa through her art.

Friday, March 16: 12:30 p.m. in the John Knox Village Centre Auditorium: Workshop and Demonstration on Kumihimo Japanese Braiding presented by Handweavers Guild of America's Penny Morgan. Penny will be giving a demonstration and an actual workshop on making a bracelet through the Kumihimo technique.

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

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

Members of various antique and classic car clubs will be participating in JKV's annual Antique and Classic Car Show. Some 50 enthusiasts are expected to bring their polished and beautiful vehicles onto the campus – some of which are nearly 100 years old. The stage is set for a good time.

Bring your family and meet friends. Stroll the tropically landscaped grounds and stop to visit crafts booths and exhibitions. Food and entertainment will be available along the Jubilee Celebration grounds.

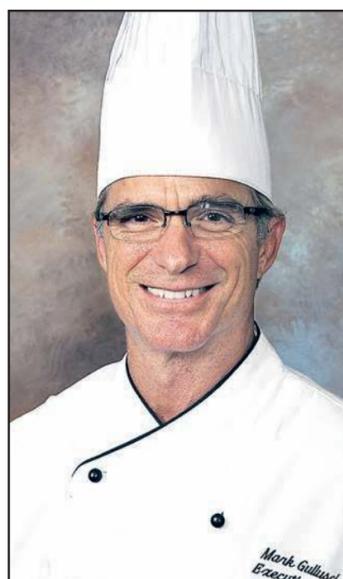
Events are complimentary, except where noted. Call (954) 783-4040 for information and reservations to any and or events. You can also check the John Knox Village website: www.JohnKnoxVillage.com for the latest updated information.



The Wood family enjoyed the antique cars during John Knox Village's 45th Anniversary Celebration in 2013.

In Good Taste: Chef Mark's Tasty Treat Surprisingly Easy To Prepare

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Like many Gazette readers, John Knox Village residents love their desserts, in particular Crème Brulee. Unsurprisingly, when it hits the menu in the JKV Dining Rooms, the tasty treats fly out of the dessert

display case.

What is surprising is the ease with which four simple ingredients can turn a kitchen schlepper into a veritable French pastry chef.

"I'm sure the residents think it's difficult to make, but it's not," John Knox Village Executive Chef Mark Gullusci told *The Gazette*.

"Here is an easy to prepare recipe I use all the time. Bon appetite!"

Crème Brulee Ingredients:

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

Yields: 6 Crème Brulees

Method Of Preparation:

In a saucepan, pour the heavy cream, vanilla extract and half the sugar (1/4 cup). Heat the ingredients to about 180 degrees, but do not boil or burn.

Separate the egg yolks from the eggs and place in a bowl, add the other half of the sugar (1/4 cup).

Slowly pour the cream into the eggs while whisking. Pour the mixture back into the pan and heat 2 minutes more, do not boil.

Ladle approximately 4 ounces into 6 ramekins. *Photo illustrates a ramekin.

Place the ramekins onto a cookie tray, pour water onto the cookie tray. (This is a water bath.) Bake for 15 minutes at 325 degrees. Brulees are done when they shake like Jell-O when moved.

Carefully remove tray from oven. Cool for at least 2 hours in fridge.



When cooled, spread 1 tsp. of granulated sugar on top of Brulee and torch it. Moving the torch to brown the sugar evenly. If no torch is available, place your oven rack to the highest spot, set your oven to broil and the Brulees on rack until browned.

Allow to cool for 10 minutes and the sugar topping will harden. To serve crack the topping with a spoon and enjoy.

A Celebration Of Dance And Music With An Irish Lilt

"Ireland is rich in literature that understands a soul's yearnings and dancing that understands a happy heart."

– Margaret Jackson

Nona Smith
Gazette Contributor

There is nothing quite like the sight of a stage filled with Irish dancers, their bodies rigid like taunt columns with fast moving feet that fly through impossibly complex moves. Anyone who has seen a performance cannot help but be carried away by heart-pounding energy of the dance and by the lyrical beauty of the music.

Irish dancing is a very important part of the heritage and culture of Ireland, just like their language, literature and sports like Gaelic football and hurling. In the last few decades we've gained a greater appreciation for Irish dancing: Its skill and exuberance has grown.

Worldwide Attention To The Dance

This revival has been in large part due to the worldwide success of *"Riverdance."* However, the music and the dance have been around long before Michael Flatley's dance shows. Irish dancing is part of the extra-curricular activities for many children of Irish heritage and is always a big attraction at Irish themed events like St. Patrick's Day festivities.



The roots of Irish dancing go back to the Celts and druids – nomads who roamed the island before Christianity. Many of the druid rituals involved dancing around trees honoring oaks, and the sun. Traces of their circular dances survive in the ring dances of today. The Celts had their own dance steps and formations, and after the Norman conquest of Ireland in the 12th Century, they added their European dance routines into the mix.

Dancing was accompanied by music and usually took place at religious celebrations or the "feis," an important Celtic fete of art, culture, music, discussions, sports and storytelling. Dancing was an integral part of the feis.

At the Hill of Tara, the seat of the King of Ireland, and focal point of Celtic life, a huge feis known as the "Aonach" was held once each year. Feiseanna are still held in many Irish communities, but today they are usually a showcase for Irish dancing and music, where dancers compete for medals and trophies.

Over the Middle Ages dancing evolved, naturally combining the druid, Celt and Norman dance moves into unique formations and instead of dancing in circles, line formations became more popular. They in turn, became more complicated with female dancers weaving between males, or interchanging couples. Bagpipes and harps, as well as singing, were the most common musical accompaniments.

Dance Masters Traveled Ireland

In the 18th Century, Irish dancing became more disciplined and a distinctive style developed. This was due to the emergence of the "dance master," a teacher who traveled to towns and villages holding dance lessons for anyone who was interested and could pay. This is how group dances become popular, as it was an effortless way to have all the pu-

pils involved in one dance. The best dancers soon became "soloists," encouraged to show off their talents and dance alone. There was a strong rivalry between dance masters which gave rise to the modern dance competitions.

In 1893, the Gaelic League was founded to encourage Irish culture. It organized competitions, lessons and rules for Irish dancing, which gave birth to the Irish Dancing Commission in 1930, to regulate the immensely popular pastime. Irish dancing quickly spread once it had its own governing body.

The Styles Of Irish Dance

Today, Irish dancing can be divided into two distinctive styles: Soft shoe or hard shoe. Soft shoe dances include reels, jigs and slips, while the hard shoe dances have hornpipes, the treble reel and the treble jig. Hard shoes have tips and heels of fiberglass to add percussion and rhythm, while soft shoes are leather lace-ups. Boys have their own version of the soft shoe, known as "reel shoes," which have a hard heel to produce those familiar Irish dance sounds.

Irish dancing groups extend beyond the bounds of ethnically Irish communities. They have turned traditional Irish dance into a global phenomenon that has taken root all over the world.

Beyond the dance, the joy of Irish music and song has become infectious with the popularity of singing groups like the Celtic Women, Celtic Thunder and the Irish Tenors.

With St. Patty's Day just around the corner, you may want to get into the spirit of the green. For traditional Celtic music, catch the Unicorn Tour of the Irish Rovers on March 15 at 8 p.m. at Ft. Lauderdale's Parker Playhouse.

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Sherrill Milnes: An Operatic Legend Of Our Generation

From "Milnes" On Page 1

Drake University (Des Moines, IA), where he studied with Andrew White, earning his bachelor's and master's degrees in music in the hope of becoming a teacher. Additional graduate studies with Hermanus Baer followed at Northwestern University (Evanston, IL). During these years, the young baritone supported himself by playing in local jazz bands during college and singing wherever he could at women's clubs, with local opera groups, in churches and synagogues and for television and radio commercials."

Started Playing In Jazz Bands

Getting started in the music industry meant Sherrill would have to pay his dues. In his interview for *The Gazette*, Sherrill said that in Iowa, "I played the double bass in a jazz group. If you knew 30 notes you could play the bass to almost any song." Along the way he also had the opportunity to sing a few tunes and made a handsome union scale pay: "Three hours for \$12."

With his tall, dark, good looks, you'd expect Sherrill to be the Marlboro man in television commercials rather than the man who sang the Marlboro jingle (he was part of a quartet who sang "You get a lot to like in a Marlboro: Filter, flavor, flip-top box,"). In fact, Sherrill said he got a lot of commercial jingle work for advertisers including many Milwaukee breweries, such as Pabst Blue Ribbon, Schlitz and Blatz. It was all part of being a struggling singer.

According to Milnes' website: "A great opportunity came when he auditioned and was accepted into the Boris Goldovsky Opera Company, an event he has called the "luckiest possible beginning" for his career. He toured throughout the United States with that company – over 100,000 miles by bus – singing in over 300 performances of more than a dozen roles."

Milnes Visits Pompano Beach

In his retrospective at the Pompano Beach Cultural Center, Sherrill Milnes was joined on stage with Matthew Bischoff (South Florida baritone), Kyaunnee Richardson (South Florida soprano), Mario Hamlet-Metz (international opera historian/critic/author) and Caroline Pierce (Florida Grand Opera Chair-Elect Board of Directors). They added commentary to video excerpts from performances during Sherrill's long career. Beneficially Sherrill added insight to each segment explaining the cast, venue and intricacies of each performance.

Many of those highlighted performances took place at New York's Metropolitan Opera, where Sherrill made his debut singing the role of Valentin in Gounod's "Faust" in 1965. At a time when opera was dominated by European vocalists, Sherrill said, "I made my debut at the



Left to right: Armando Gutierrez, John Knox Village CEO and President Gerry Stryker, Sherrill Milnes, Anna Rua, Verna Chisman, Rudy and Carol Frei get acquainted during Mr. Milnes' visit to the Pompano Beach Cultural Center.

Met without singing a note in Europe."

During his baritone career, he was often the foil cast as a counterpoint to the soprano and tenor. "Baritones are often the trois in a ménage a trois," he said.

On Stage With Opera's Greatest Stars

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

Willie Riddle, Director of the Venetian Arts Society was instrumental in bringing Mr. Milnes to South Florida. "Sherrill Milnes is universally acclaimed as the foremost operatic baritone of his generation," Riddle

said. "With his powerful voice, commanding stage presence, and rugged handsomeness, he received the kind of adulation that is usually reserved for tenors."

Down-To-Earth Demeanor

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

"He insisted on attending the pre-event reception to meet as many of our members and guests as possible and have the opportunity to talk one-on-one with them and also take photos with them. This down-to-earth attitude really impressed me. Also, Milnes insisted on coming up on stage to interact with the panel of speakers, as well as the audience. This generosity of spirit on his part speaks volumes of this man.

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

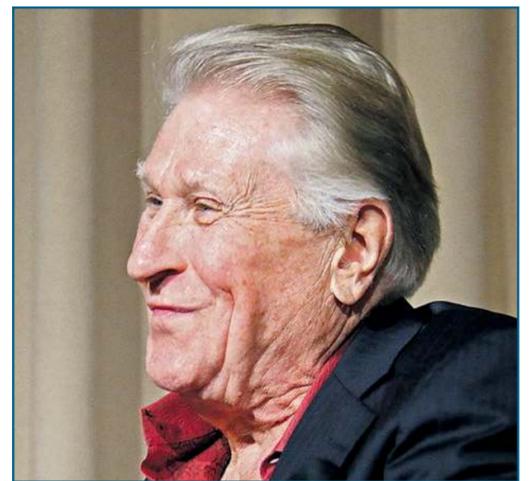
Willie also commented about the Jan. 17 event at John Knox Village, which was an interview and masterworks class with South Florida Bass singer Rohan Smith.

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

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

"Sherrill Milnes is among the last living legends of his generation, second only to Leontyne Price, 90. With his wife, soprano Maria Zouves, he founded the Florida Voice Project, also known as VOICEexperience, and now, he says this quieter life is what he was meant to do."

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



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



The Gazette Travels Where You Are

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

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

- Take a photo of yourself (a selfie) or a friend reading *The Gazette* in front of a landmark. It can be here in South Florida or anywhere you live or travel across the world.
- Post your photo to our Facebook page (Facebook.com/JohnKnoxVillage). Make sure your photo is large enough in resolution to print in *The Gazette*.
- Invite your friends to the Facebook page and see if they can identify the location of your photo.
- *The Gazette* staff will choose photos submitted to the Facebook page and publish them in future editions of *The Gazette*.
- If your photo is selected and published, you will receive a gift certificate for four to the Bistro, a great casual dining experience located in The Woodlands at John Knox Village, Pompano Beach, FL.
- Good luck! Happy photo taking and posting your submissions. If you do not know how to post to Facebook, simply email your photo to rseit@jknvfl.com
- You will be notified by email if your photo is selected, so make sure you let us know who you are and how best to contact you.

Join Us At John Knox Village For These March Events



Join Us For A New Event In March JKV's High Tea & Learn Tuesday, March 6 from 2 - 4 p.m. in The Woodlands' Life Enrichment Center

Get all the details about a life plan continuing care retirement community while sipping delicious tea and enjoying tasty treats. Take a tour of the Village's lush, tropically landscaped campus and visit several newly renovated one and two-bedroom model homes. Meet Village residents who will be happy to answer all your questions. **Call the Marketing Department (954) 783-4040 to reserve your special place.**

Be Our Guest for ArtSage 2018 Monday, March 12 – Saturday, March 17 at John Knox Village

JKV will feature an array of local and out-of-area artists working within all the genres – from music, dance and theater even to culinary arts. ArtSage will combine on-campus events with performances from community partners such as the Venetian Arts Society, the NSU Art Museum, the Pompano Beach Cultural Center, Cuban Classical Ballet of Miami, Handweavers Guild of America, the Atlantic Dance Academy and others.

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



ART Sage
AT JOHN KNOX VILLAGE



SENIOR + CONNECTION

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

Have you ever wanted to publish your autobiography, novel or collection of short stories but have no idea how? All you have to do is join our Silver Scribes and do the writing. We'll take over the technical publishing of your life story.

Want to learn more about your digital camera? Bring your camera with you to the photo class. Come for one class or both. Meet in the Cassels Tower Party Room at John Knox Village. **Call to reserve your place for the classes: (954) 783-4040.**

web JohnKnoxVillage.com

JohnKnoxVillage

The JKV 50th Anniversary Cars, Crafts and Community Village Jubilee Celebration Saturday, March 17 from 10 a.m. to 2 p.m. on the John Knox Village Campus

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

The 50th Anniversary Cars, Crafts and Community Village Jubilee Celebration has been highlighted on our calendar for months. Get a taste for the good life that more than 900 JKV residents enjoy every day.

Call the John Knox Village Marketing Department at (954) 783-4040 for details and to let us know how many of your friends and family plan to join us.



Crossword Puzzle Of The Month

1	2	3	4	5	6	7	8	9	10	11		
12			13					14				
15			16					17				
18			19			20	21					
			22		23	24		25		26	27	
28	29	30			31	32				33		
34					35					36		
37					38					39		
40			41			42	43					
			44			45		46		47	48	49
50	51				52	53	54			55		
56					57					58		
59					60					61		

ACROSS

- Record
- Women's Army Aux. Corps (abbr.)
- Footless
- Amer. Bar Assn. (abbr.)
- Blood (pref.)
- Tiber tributary
- 3 (Rom. numeral)
- Sweet spire
- Protuberance
- Jap. sword
- Dravidian language
- Festival
- Popular girl
- Afr. gazelle
- Russ. range
- Office of Economic Development (abbr.)
- Turkish caliph

DOWN

- Whiff
- Exclamation
- Angry
- Amer. Natl. Standards Inst. (abbr.)
- Ground (pref.)
- Buddhist saint
- Noble (Ger.)
- Ecuador (abbr.)
- Land of Croesus
- Empty
- Created
- Scot. alder tree
- Star (pref.)
- Woden
- Roofing slate
- Social climber
- Hindu cobra
- To or from a distance (pref.)

DOWN

- Non-cleric
- Fetish
- Lope
- Pule
- At the age of (Lat.)
- Soul or spirit (Fr.)
- Heddles of a loom
- Talus
- Queen of Ithaca
- Mountain (pref.)
- Drop
- Africa (abbr.)
- Skillful
- Rotate
- Undo
- Guide
- Lover of Narcissus
- Ceylonese langur
- Whistling swan
- Yet
- Tart
- Braz. armadillo
- Thickness
- Astringent
- Queen of Italy
- King of Judah
- Pointed missile
- "Dies _____"
- Anglican (abbr.)
- Ice mass
- Low (Fr.)
- Army service number (abbr.)
- Amer. Dental Assn. (abbr.)
- Grub

Answers On Page 10.

From Music To Ballet: Check Out These March Events

March 1
South Florida Symphony:
Musical Expressions of Nature
Amaturo Theater at The
Broward Center
for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$35



March 3 & 4
Arts Ballet Theatre of Florida:
Harliquinade/Tribute to
Marius Petipa
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. 7:30 p.m. & Sun. 3 p.m.
 Tickets from \$35

March 12 - 17
ArtSage: A Spoleto-like
Festival of The Arts
John Knox Village
 651 SW 6th Street
 Pompano Beach, FL 33060
 (954) 783-4040
 www.johnknoxvillage.com
 Most events are free.
 See Gazette story for details.
 Call for reservations.

March 15
The Irish Rovers
Parker Playhouse
 707 NE 8th St.
 Fort Lauderdale, FL 33304
 (954) 462-0222
 www.browardcenter.org
 8 p.m. Tickets from \$20.90

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

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

Sudoku

Answers On Page 10.

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

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

Avoiding The Probate Court Pit Stop

Estate Planning Can Help Minimize Costs, Delays And Publicity Of Probate

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



Kaley N. Barbera

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

When I tell my clients that the simple

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

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

When To Expect Probate

Probate typically occurs when someone passes away with an asset titled in their name, alone and without any beneficiaries designated on such asset. Probate is not a terrible thing, and in fact is an ancient staple of our laws dating back to the late middle ages of the 15th Century. Today, the issues surrounding probate are founded in the frustration over the expense and time that it takes to complete the probate administration process. If someone passes away and their estate must be probated, then this would mean that prior to distribution to any beneficiaries, both time and money would be spent on the Court's process of validating the decedent's will, paying and settling debts, paying taxes and then distributing assets to the beneficiaries who are entitled to receive them.

Take The Time To Plan Your Estate

Estate planning, in general, can help minimize or even avoid the costs, delays and publicity of probate. There are several methods

available to avoid the necessity of an asset having to go through the probate process. While there are pros and cons to each of these methods, and some methods may be more beneficial than others in different circumstances, these methods include:

- **Placing a beneficiary designation** on financial accounts, including, but not limited to, retirement, investment and bank accounts, as well as life insurance policies. These designations are commonly referred to as "TOD" (transfer on death), "POD" (pay on death), "ITF" (in trust for), or just plain "beneficiary designations." A beneficiary designation should not be confused with a joint account, as a beneficiary designation only passes an interest in the account to individuals after death. The beneficiaries named have no interest in the asset during the owner's lifetime and therefore, the beneficiaries' creditors, spouses, etc. have no rights or claims to the owner's accounts during their lifetime.

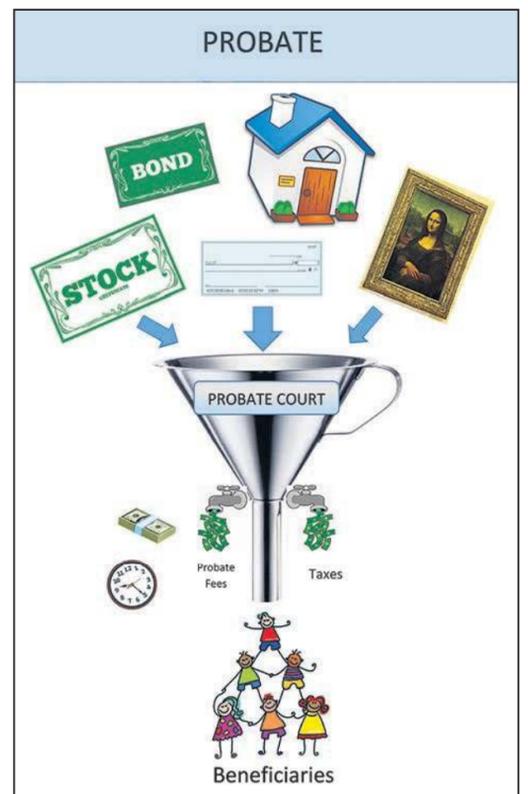
- **Joint ownership is a second method** that will permit an asset to avoid probate. Joint ownership involves placing another person's name on an account or on property so that, upon your death, the account or property will automatically transfer to that person. There are many pitfalls that accompany the joint ownership method.

An example of one such pitfall in the financial account arena is that a joint account's assets such as a checking or savings account are open to the claims of creditors for a person listed on the account as a joint owner, in most cases.

For example, if mom places son on her account to avoid probate and son gets sued, the son's creditors could potentially get to that account since son is considered a joint owner.

- **Another method used to avoid having to probate assets is the creation of a revocable trust.** Any assets that are titled in a revocable trust will not need to go through probate. Instead, these assets are titled in the trust and can be used during the grantor or creator's lifetime and then at their death can be distributed by a trustee to the beneficiaries of the trust without the cost or delay of probate. A trust will remain subject to the estate tax (if any) and the grantor's creditors (if any).

After these methods have been reviewed by the client and we determine the best course of action for each asset that they own, then that look of panic and fear vanishes from their faces as they begin to comfortably understand the



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

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

The above information was provided solely for information purposes. An estate plan for an individual may or may not contain the documents or ideas discussed, above. We highly suggest that you seek the professional advice of a specialist in this field to determine the appropriate estate plan for your situation.

Kaley N. Barbera is a senior associate at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner; estate administration and trust administration. She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School.

JKV Is Living Well With Carmel

A Mini-Meditation

“If you are quiet enough, you will hear the flow of the universe. You will feel its rhythm. Go with this flow. Happiness lies ahead. Meditation is key.”

– Buddha

Carmel Baronoff
Gazette Contributor



Close your eyes and take a deep breath. Ah! Feeling better? I wish busting the stress bubble was so easy. Between raising children or in my case, now caring for grandchildren, navigating a career, keeping up with friends and family and ignoring the loud distractions

of technology, one deep breath isn't going to wash away the day's tensions and make you feel like you walked out of a one-hour massage with a Swedish masseuse.

No, swallowing air through your lungs is not a Calgon Bath, but seriously, does achieving a relaxing Zen-like vibration require daily yoga classes, morning meditation and a daily commitment to long walks on the beach? No! There are a few daily stress busting meditation exercises that can help motivate your day, calm your nerves and help you achieve a sense of well-being.

First, try spending at least three to four days a week in meditation. Find a quiet area of your home where you feel comfortable. Turn off your phone and dedicate 10 minutes to find yourself in the present. American Buddhist nun, Pema Chodron calls this time, “pause practice.” These micro meditations can reset your state of mind, clear out the minutiae and make room for the serenity and peace, all necessary requirements to have an optimum day in which you are in control of your life.

Ready? Take Three Deep Breaths

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

Make A List

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

Listen

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

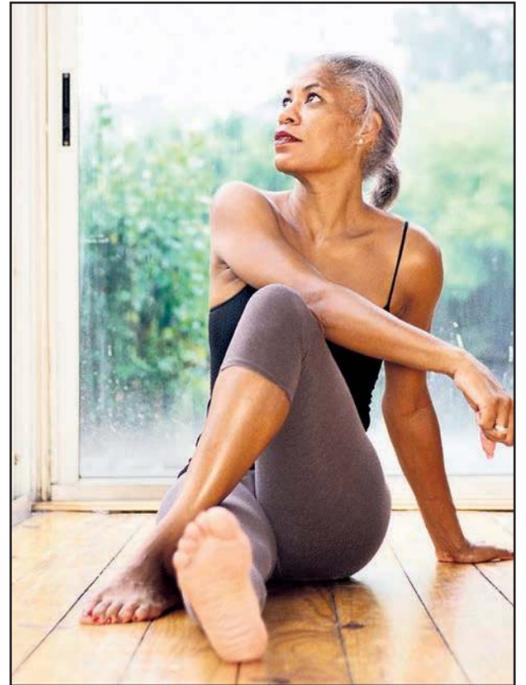
Feel The Love

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

Smile

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

After a few months you will be quite good at micro-meditating and look forward to it as a special part of your day, especially when you start enjoying all the benefits of meditation such as a reduction in stress, an improvement in concentration, an increase in happiness and a sense of well-being. You may even want to



try macro-meditation, a deeper, more concentrated retreat held at a meditation center. According to sweet.com, “There are so many good meditation centers in the world, many of which offer retreats by donation. Do some research online and see which teachings resonate for you. Some of the good ones include the centers (there are three in the U.S.) in the tradition of Thich Nhat Hanh (thichnhathanhfoundation.org), the beloved Spirit Rock in California (spiritrock.org), and the many centers worldwide teaching Vipassana (dhamma.org). Pema Chodron's teaching schedule is available at gampoabbey.org”

Live your dreams...Carmel

An author, chef, TV personality, nutritionist, wellness coach and trainer, Carmel Baronoff is hostess of a locally produced health and fitness show titled “Living Well With Carmel.” John Knox Village is an underwriter of the show airing nationally, as well as on local PBS stations WPBT and WLRN. It is a natural extension of John Knox Village's commitment to expanding the Seven Dimensions of Wellness for its residents. A partnership has been forged with JKV and Carmel that includes motivational columns for The Gazette.

In April, You'll See: "It's For The Birds"

JKV's Rotary Club Variety Show Presents The Myth And Magic Of Birds April 12 & 13

Marty Lee
Gazette Contributor

An event to remember is being planned by the JKV Rotary Club for two nights in April at the John Knox Village Centre Auditorium. The variety show, “Birds of Mystery and Magic,” will be a fundraiser to finance construction of a viewing pavilion offering up-close lakeside views of the swans and migratory waterfowl that populate John Knox Village's Lake Maggie.

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

Among the birds slated to appear are the sun-bird, bird of paradise, quetzal, firebird, phoenix, peacock and raven – all will be played by residents of the John Knox Village community. The yellow bird (sing-along), white swan and Mother Goose will also make appearances.

To reinforce the magical appeal of birds in mythology, professional magician, illusionist and mind reader Gary Goodman will be joining the cast of the show.

Ticket information will be available in the April issue of *The Gazette*. The shows will be at 7:30 p.m. on both Thursday, April 12 and Friday, April 13. All proceeds will help fund the construction of a viewing pavilion for waterfowl observation.

Refreshments, featuring strawberries and champagne, will follow the show. Mark your calendar and plan to enjoy the “Birds of Mystery and Magic,” at John Knox Village.



The “Angry Birds” performed in last year's Rotary Club “It's For The Birds” variety show.

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

LOG		WAAC		APOD
ABA		HEMA		NERA
III		ITEA		KNOB
CATAN			MALE	
		FETE		BELLE
MOHR		URAL		OEC
ALI		TRACE		PAH
HOT		ANSI		PEDO
ARHAT		EDEL		
		ECUA		LYDIA
BARE		MADE		ARN
ASTR		ODIN		RAG
SNOB		NAGA		TEL

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

Battery Alert For Users Of Older iPhones

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Does your older iPhone suddenly seem to be running slower? It's not your imagination. Apple claims that it proactively slowed down iPhone 6, 6 Plus, 6s, 6s Plus and 7s to prevent the phones shutting down unexpectedly.

Apple claimed that after 500 battery cycles/charges

they had to reduce performance so the phone would keep working and not turn off.

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

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



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

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

Create a genius appointment by signing on to the website: www.apple.com/retail/genius-bar/ Make sure you have your apple ID email address tied to your phone and password.

You are only allowed one \$29 reduced cost battery in the lifetime of the phone. Once the phone battery is replaced, the Apple technician will reset a switch telling the phone to run back at 100 percent power so it will be in high performance mode again.

*Maurice Scaglione is a 20-year veteran of the computer industry. He runs **Stupid Computers, LLC** (954-302-3011) offering personal computer training in home or office. He solves problems and instructs on the use of computers, Smartphones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and he will attempt to include answers in future articles.*

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Partnership 110 Years In Making

JKV-NSU Enjoy Special Anniversaries, Museum's 60th Birthday Party Set



Emily McCrater

Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

With a couple of special anniversaries taking place, John Knox Village – well

into its year-long 50th Golden Jubilee – is pleased to be partner with NSU Art Museum Fort Lauderdale – celebrating its 60th Anniversary Celebration, with more exciting events in March.

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

The afternoon is the perfect time to revisit the Museum's rich history and enjoy activities such as hands-on art activities for all ages, musical and dance performances, and the cutting of a giant 60th Anniversary Birthday Cake.

There will also be free guided tours of the Museum's current exhibitions, *Frank Stella: Experiment and Change and Midnight in Paris & New York: Scenes from the 1890s – 1930s*.

Midnight in Paris explores a fascinating and influential period of history in America and Europe and the exhibition highlights the Museum's distinctive William J. Glackens art and archival collection – the largest holding of the artist's work in the world.

Works on loan by Berenice Abbot, Eugène Atget, William Bradley, Brassai, Daum, Edith Dimock, Emile Gallé, William J. Glackens, Jabez Gorham, Hector Guimard, René Jacques, André Kertesz, Marie Laurencin, George Luks, Henri de Toulouse-Lautrec, Alphonse Mucha, Pablo Picasso, Maurice Brazil Prendergast, John Sloan, Louis Comfort Tiffany and Edouard Vuillard add to the exhibition's recreation of the ambiance, environment, and historical context of the dynamic period in which Glackens lived and worked.

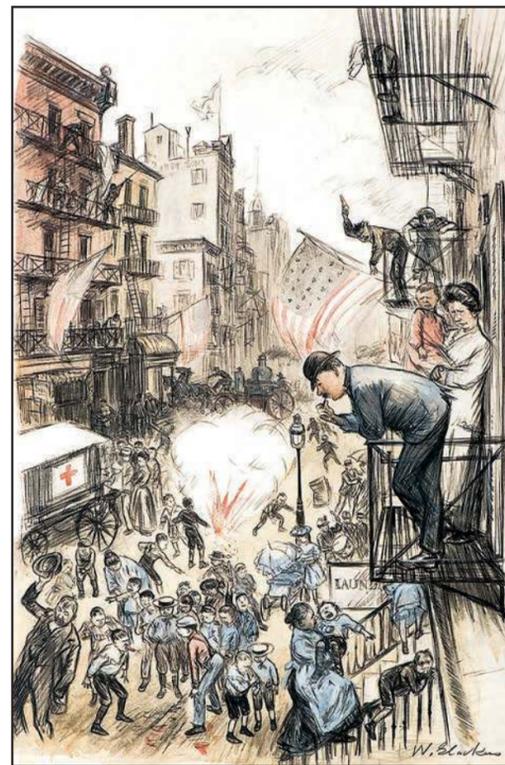
The exhibition features four recent gifts to NSU Art Museum, including three renowned art nouveau posters by Alphonse Mucha dating from the 1890s to 1908, from Drs. Walter and Mildred Padow and Glackens' *Patriots in the Making*, 1907, from Patricia O'Donnell.

On March 27, from 2:30 to 4:30 p.m., guests can also enjoy a Tea and Opera event featuring Florida Grand Opera's Young Artists at NSU Art Museum. The afternoon starts

with a traditional tea followed by the art-inspired concert that will feature musical selections inspired by the work of Frank Stella. To reserve your seat, call (954) 262-0258. To become a member, call (954) 262-0221.

The NSU Art Museum Fort Lauderdale is located at 1 E. Las Olas Blvd., Ft. Lauderdale, FL 33301. For more information please visit the Museum's website at nsu-art-museum.org.

NSU Art Museum Fort Lauderdale 60th Anniversary is presented by AutoNation. Additional support provided by Celebrity Cruises, The Forman Family: Austin &



William J. Glackens, Patriots in the Making, 1907. Charcoal and watercolor on paper. NSU Art Museum Fort Lauderdale; gift of Patricia O'Donnell.

Christine, Miles & Tara, Community Foundation of Broward and **John Knox Village**. Local Media Partner WSVN Channel 7. Hotel partner: Diplomat Beach Resort.



William J. Glackens, In the Luxembourg, c. 1896, Oil on canvas. NSU Art Museum Fort Lauderdale; bequest of Ira D. Glackens.

Celebrate NSU Art Museum's 60th Birthday

- The public is cordially invited to the complimentary birthday party of the season on Sunday, March 4, from 1 to 4 p.m. with free admission for all.
- There will be activities for all ages, musical and dance performances, and the cutting of a giant 60th Anniversary Birthday Cake.
- Call (954) 262-0258 for more information.

New Pompano Beach Library Opens

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

Marty Lee
Gazette Contributor

A new addition to the Pompano Beach Cultural Center building has opened. The

Broward County Libraries Division, in partnership with the City of Pompano Beach, celebrated the grand opening of the new Pompano Beach Library located at 50 W. Atlantic Blvd., Pompano Beach, FL 33060 (954) 357-7595, on Jan. 19.

The grand opening event was attended by many residents, who were welcomed by the Master of Ceremonies and Director of the Broward County Libraries Division Kelvin Watson. Comments, accolades, credits and dedications were added by Broward County Mayor Beam Furr; Broward County Commissioner Chip LaMarca; Pompano Beach Mayor Lamar Fisher and Barbara Goodrun, President of the Friends of the Pompano Beach Branch Library.

The ribbon cutting officially marked the opening of the library. The many guests were serenaded in song by The Villagers Men's Chorus from John Knox Village, and enjoyed morning refreshments served by the John Knox Village Catering Department.



The Villagers Men's Chorus entertain at the grand opening of the new Pompano Beach Library.

According to the official release from the Broward County Libraries Division, "The new library portion of the two-story facility is 26,000 square feet, approximately

twice the size of the old Pompano Beach Branch Library. The new library includes a multipurpose room, three tutoring rooms, one group study room, a conference room, a teen activity room, a storytelling/program room and a computer lab. The new library will house a collection of approximately 50,000 items including books, DVDs, CDs, publications and reference materials.

"The library provides 63 computers, found in the public areas

and in the Computer Center, along with Wi-Fi throughout the building. Ongoing free computer classes for business and leisure will be offered in the Computer Center.

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

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

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

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

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



John Knox Village residents David and Twylah Haun (left) are among the first to check out books at the new Pompano Beach Library.

Stylish Space In This Queen Palm Apartment Home

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

Designer Kitchen

- Stainless steel kitchen appliances: Range, refrigerator, 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

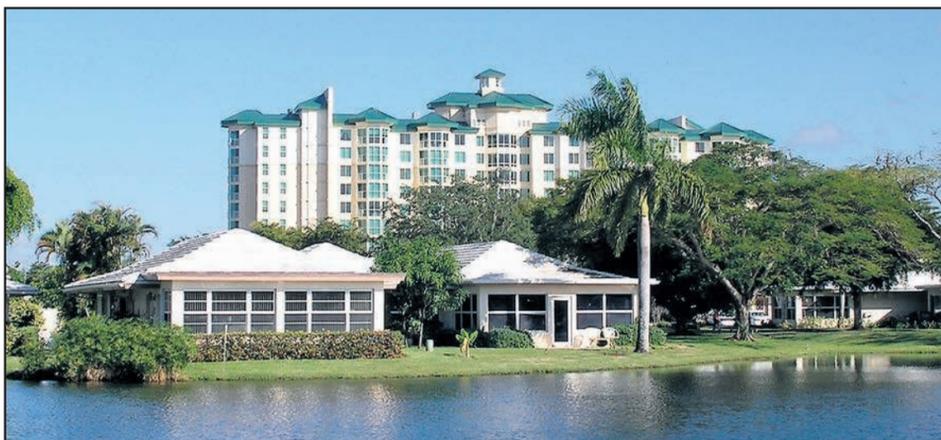
- Walk-in closet
- Baseboard molding
- Walk-in shower
- Washer and dryer

Bright, Spacious Interior

- Crown molding option
- Frameless shower door
- Custom closet option

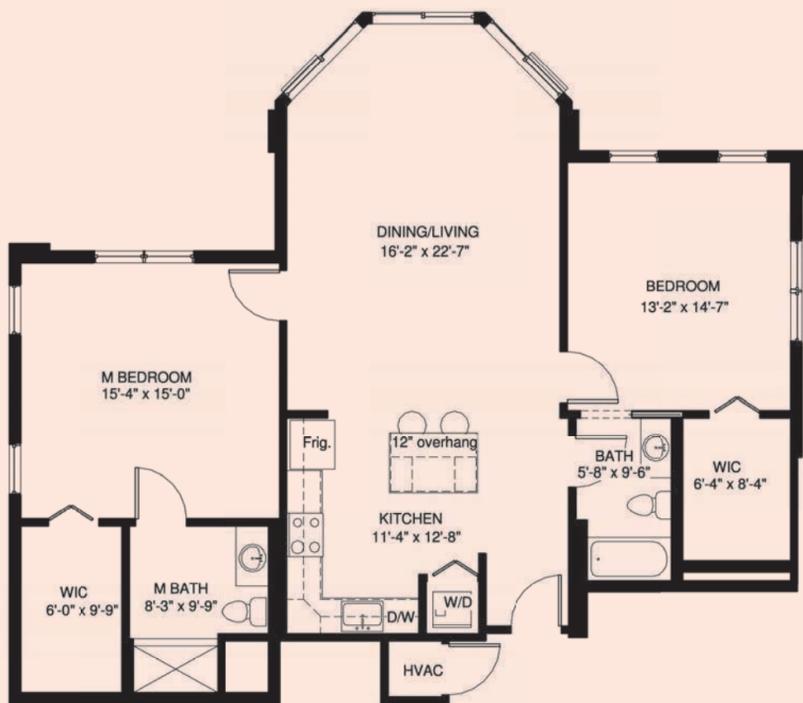
As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and more.

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



Heritage Tower apartment homes enjoy and expansive view of John Knox Village's lush tropical landscaping and Lake Maggie.

Heritage Tower Queen Palm: 2 Bedroom / 2 Bath, 1,412 Sq. Ft.



web JohnKnoxVillage.com
JohnKnoxVillage