

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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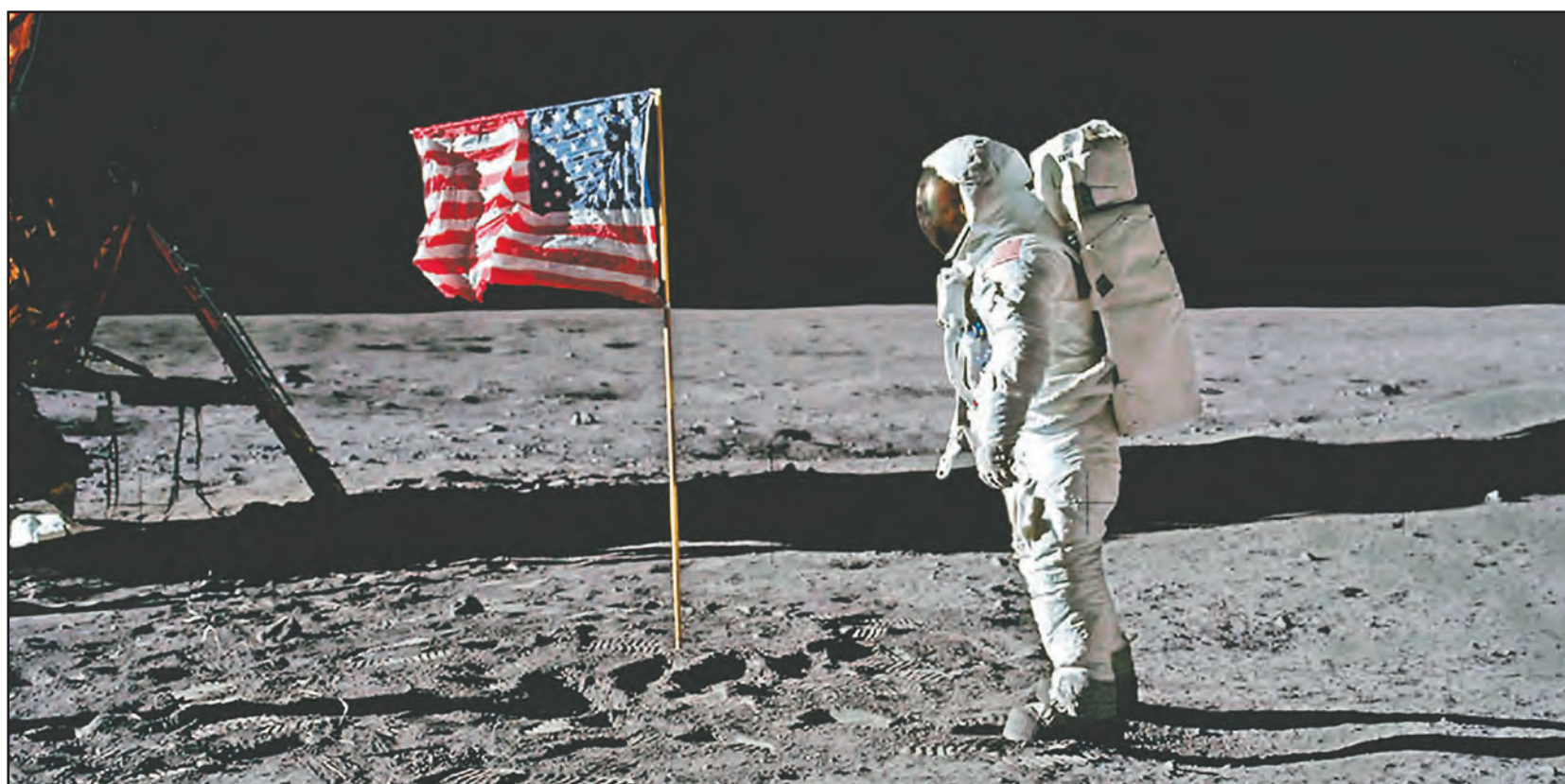
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## Apollo 11: 'The Eagle Has Landed' 50 Years Ago On July 20, 1969



Astronaut Buzz Aldrin salutes the American flag after the historic lunar landing on July 20, 1969. Image Credit: NASA photo.

**“The most hazardous, dangerous and greatest adventure upon which mankind has ever embarked.”**

– President John F. Kennedy

**Nona Cree Smith**  
 Gazette Contributor

The Cold War between the Soviet Union and the United States had become a space race motivated in the 1960s by an acute political rivalry to see who would be dominant in space. Admittedly, the Soviets had a head start by sending a man into Earth orbit in 1961, which put enormous pressure on President Kennedy to catch up and overtake the Soviets. In a speech to the joint session of Congress in 1961, he stated “I believe that this nation should commit itself to achieve the goal, before this decade is out, of landing a man on the Moon and returning him safely to the Earth. No single space project in this period will be more impressive to mankind, or more important for the long-range exploration of space, and none will be so difficult or expensive to accomplish. We propose

to accelerate the development of the appropriate lunar spacecraft.”

Just over eight years after the speech, on July 20, 1969, NASA's Apollo 11 mission would land the first humans on the Moon – 50 years ago this month.

**On A Personal Note**

It's one of those historical, once-in-a-lifetime events when everyone remembers exactly where they were and what they were doing when it happened. I had been wild with excitement since the perfect liftoff of the Saturn V rocket from Kennedy Space Center on July 16, 1969. My thoughts were centered on the child I was carrying, and the three courageous men encapsulated in a small spacecraft on their journey to the Moon.

I have had a passion for space flight since Russian Yuri Gagarin became the first man to enter deep space in 1961. I am also an avid follower of the United States' incredible Apollo program, especially Apollo 8, an essential forerunner to the lunar landing flight. Apollo 8 demonstrated the

See “Man On The Moon” On Page 2

## John Knox Village Expanding

Welcome & Innovation Center Groundbreaking July 10: Phase One Of \$100M+ In Projects



Proposed design of the Welcome and Innovation Center's exterior.

**Rob Seitz**  
 Gazette Contributor

The management team at John Knox Village is pleased to announce that its multi-phase expansion projects are on track. Groundbreaking for Phase One of their state-of-the-art Welcome and Innovation Center (WIC) is set for Wed., July 10 at 10 a.m.

Participants at this groundbreaking event include: John Knox CEO Gerry Stryker, Chairman of the Board Paul Simpson, Pompano Beach Mayor Rex Hardin and Vice Mayor Barry Moss, along with leaders from the business and greater community.

The \$3.9 million, 7,200-square-foot WIC project will include office space for the JKV Sales, Marketing and Innovation teams, along with Discovery Rooms, in which prospective new residents can learn more about JKV.

The WIC will also include a 1,000-square-foot Design Center featuring an array of contemporary design finishes, a video production studio, two large conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for the greater community.

**Completion Expected Next Spring**

Miami-based Seacoast Construction is the General Contractor on the project. Deerfield Beach's Gallo Herbert Architects is providing the architectural services and project planning. The WIC is expected to be completed in early Spring 2020.

JKV CEO Stryker and his management team have been planning the multi-phase \$100M+ expansion project for the past 36 months. It will include 150 state-of-the-art, designer-finished apartment homes ranging in size from 1,277 to 2,346 square feet. A large component of the project is to enlarge and enhance JKV's current dramatic water views. The first-floor common area will boast dining, a business center, art studio, a mini-theater, club room, chapel and fitness studio.

**Expanding Into The Future**

Adjacent to the two apartment buildings will be a Dining and Events Center, including two restaurants and a nearly 400-seat multi-use Cultural Center.

Guests at the Groundbreaking Ceremony will also learn about additional expansion projects taking place at JKV,

See “JKV's Expanding” On Page 3

# 'One Small Step For Man, One Giant Leap For Mankind' – Neil Armstrong

From "Man On The Moon" On Page 1

power and reliability of the Saturn V rocket and its ability to provide a smooth ride into space. The three-man Apollo 8 crew of Frank Borman, James Lovell and William Anders orbited the Moon and took great photos including the never before seen "far side." They were looking for suitable landing spots for future Apollo voyagers. On Dec. 24, the crew offered a special holiday message to the world in a broadcast from the Apollo Command Module. The astronauts ended the day by reading from the book of Genesis "In the beginning ..."

## One Giant Leap For Mankind

On Sunday, July 20, 1969, I stayed in our tiny New York apartment, wide-eyed with wonder and glued to a 12" black and white television as history unfolded nearly 250,000 miles away. Tense and excited to the point where Chelsea, in utero, started to turn and kick in protest as adrenalin flooded my body. I intently watched the Moon landing and enjoyed Walter Cronkite's enthusiastic coverage. We heard Neil Armstrong clearly say, "Contact light. Houston, Tranquility Base here. The Eagle has landed!" Mission control responded with "Roger. Tranquility, we copy you on the ground. You've got a bunch of guys about to turn blue. We're breathing again." A short time later, Neil Armstrong became the first man to ever step onto the Moon. What a thrilling, indelible memory. It's as if it happened yesterday, not 50 years ago this month.

## NASA's Apollo Program

The Apollo missions were an extraordinary American space program success. After a tragic start, the space flights would bring a cornucopia of knowledge about the Moon, the origins of our solar system, the nature of the universe and the history of Earth. In addition to tangible, scientific knowledge from Apollo, the missions brought a feeling of unity to a nation troubled by conflicts at home and war abroad.

There were 12 manned Apollo missions to the Moon. Six of the missions (Apollos 11, 12, 14, 15, 16, and 17) were Moon landings. The Moon landings brought home almost 882 pounds of lunar samples for study, plus they conducted a variety of detailed and esoteric scientific experiments.

The mission to land men on the Moon started with Apollo 7. During the 11-day flight by the crew of Walter Schirra, Donn Eisele and Walter Cunningham, they completed tests of transposition and docking, separation and rendezvous maneuvers. The crew also produced the first live television broadcasts from space.

Apollo 8 was an unqualified success for NASA and ushered in a new era of space exploration: Orbiting the Moon at only 67.4 nautical miles (77 miles) above the surface, while taking photos of the first close-up views of the lunar surface with the best cameras available at the time. During the 20 hours in lunar orbit, the crew conducted a full schedule including landmark and landing site tracking, vertical stereo photography, stereo navigation photography and sextant navigation.

Apollo 9 had the task to test docking maneuvers with the Lunar Module (LM) in Earth orbit, and Apollo 10 did the same testing in lunar orbit. With the successful completion of these tests, NASA leadership



The staff inside Mission Control celebrates Apollo 11's successful mission. NASA photo.



The Apollo 11 crew: From left to right are astronauts Neil A. Armstrong, Commander; Michael Collins, Command Module Pilot; and Edwin E. Aldrin Jr., Lunar Module Pilot. NASA photo.

**"Houston, Tranquility Base here. The Eagle has landed!"**

felt ready to attempt a landing on the Moon with Apollo 11.

Apollo missions followed each other in close succession and would bring amazing breakthroughs in science and engineering expertise.

## The Realm Of American Mythology

Apollo 11 was the crowning achievement of a space program started by President Kennedy's ambitions and dreams. The astronauts, Neil Armstrong, Buzz Aldrin and Michael Collins, had trained for this Moon mission and were well prepared in all aspects of the journey. The trio had practiced spacewalks in a deep swimming pool, put on and taken off their space suits hundreds of times and trained on getting in and out of the LM. Armstrong also practiced landing the LM in the Moon's low gravity on the Lunar Landing Research Vehicle (LLRV) simulator. Every occurrence and situation the astronauts could possibly encounter, from launch to landing on the Moon and then returning to Earth safely, had been analyzed, and every solution to problems had been formatted and practiced. The crew was thoroughly trained and well prepared for the adventure ahead of them.

Apollo 11 launched from Kennedy Space Center on July 16 at 9:32 a.m. EDT without incident and began a three-day, 24,000 miles per hour, flight to the Moon. On July 20, the LM, nicknamed "Eagle," separated from the Command and Service Module (CSM) and started its descent to the Moon's surface with Neil Armstrong and Buzz Aldrin on board while Mike Collins stayed on the CSM, dubbed "Columbia," in orbit. The landing on the Moon was difficult when Armstrong realized that the automatic landing system was heading for a boulder filled area. He took over the manual controls to fly the LM while he looked for a smoother landing site. This new search caused more fuel to be used, which set off low fuel alarms in the spacecraft. Aldrin reset the alarms and called out the altitude and fuel status to Armstrong. With just 11 seconds of fuel left and rising tensions back on Earth, Armstrong finally set Eagle down on the Moon!

## We Come In Peace for All Mankind

After the tension of the landing, the astronauts were scheduled for a rest period but decided that they were too excited to sleep. After running through their final checklist, they suited up and prepared to go to the surface. Armstrong left the LM Eagle to be the first to step on the Moon, telling nearly 600 million people watching on Earth, "That's one small step for man, one giant leap for mankind." Aldrin soon followed onto the "porch," then joined Armstrong on the Moon.

The two worked to set up an American flag, collected soil and rock samples, and placed various scientific experiments. They also took hundreds of photographs for posterity and mapped the surface. Before going back up into LM Eagle, the astronauts read from a plaque fixed to the descent steps. Armstrong described the plaque's etchings of the Earth's hemispheres, then read the inscription: "Here men from the planet Earth first set foot upon the Moon July 1969, A.D. We came in peace for all mankind." America had claimed the Moon and had done so for all of humanity.



Buzz Aldrin descends the ladder of the Lunar Module as he prepares to stand on the Moon's surface. NASA photo.

*Note: "Apollo 11," a documentary movie produced from recently discovered film footage and hours of uncatalogued audio recordings, will take you to the heart of NASA's most important Moon mission. It's a thrilling 93 minutes for space buffs. The "Apollo 11" DVD is available from Amazon.*

## Helpful Hint For Leftover Space Meals

A healthy diet is always essential, and NASA is careful to make tasty, yet nutritious, meals for their astronauts. Among the food sent to the Moon with Apollo 11 were such delicacies as dehydrated compressed beef and vegetables, dehydrated beef hash, dehydrated chocolate pudding and pineapple fruitcake. Possibly due to the excitement of the mission, not all the allotted rations were eaten. The packages that returned to Earth uneaten were presented to the National Air and Space Museum by NASA officials.

# Memories Of The Man On The Moon

**Marty Lee**  
Gazette Contributor

There are times in our lives that seem like only yesterday, even though they occurred

years or decades ago. Kaley Barbera mentions these momentous times in her column on page 8 of this month's *Gazette*. For the Baby Boomers among us, July 20, 1969 is a date, a place and an event we remember with utmost clarity through the 50 years that have passed.

Three Silver Scribes – senior authors who are writing their autobiographies – share their memories of that day in history.

## Moon Landing By Tony Janik

For the guy who grew up watching “Tom Corbett, Space Cadet” in the early ‘50s, the week leading up to *The Landing* was taking years to go by.

“I got so excited that I broke my vow and actually went out and bought a television set,” Tony Janik said. “Since the building I lived in had a built-in master antenna available, I knew that the reception would be great. At that time, Midtown Manhattan reception ranged from poor to lousy without a master antenna, so, many of my friends decided they should come over for a *Landing Party* that they decided I was having.

When the night finally arrived, so did about 25 of my friends; each bringing munchies or drinkies or champagne. A couple of my neighbors joined the party, so I didn't have to worry about any loud noise complaints.

It was a fun-filled party with talk about the space program dominating most conversations. As the time arrived for the landing, all talk ceased and the silence was palpable.

Once we heard, ‘One giant leap for mankind,’ everyone was cheering and laughing and crying as champagne toasts filled the air.

Looking back, I can only say that of all the hundreds of parties I've hosted through the years, that was, by far, the most memorable.”

## Ticker-Tape Parade By Nicoletta Sorice

“As we commemorate the 50th Anniversary of Apollo 11 landing on the moon, I recall that day well. We were living in Ozone Park, Queens, N.Y. On that day, our neighbor had invited us to attend the christening of their first born. Calling off the invitation was not an option, missing the first lunar landing weighed heavily on our decision. Reluctantly, we attended the celebration. By the time the festivities were coming to an end, the hostess announced that cake would be served.

Those in attendance were glued to the small TV, which was under the staircase of their basement. As the clock ticked away, and the Americans landed on the Moon, Neil Armstrong very carefully came down the ladder. As he jumped down to the soft soil of the Moon, and the large footprint was visible, we heard him say, ‘That's one small step for man, one giant leap for mankind.’

Soon we all knew about Apollo 11 crew members: Commander Neil Armstrong, Lunar Module Pilot



*New York City welcomes Apollo 11 crewmen in a showering of ticker tape down Broadway and Park Avenue in a parade termed, at that time, as the largest in the city's history. Image Credit: NASA. Photo by Bill Taub.*

Buzz Aldrin, and Command Module Pilot Michael Collins. We were introduced step-by-step to the phenomena of the activities they needed to perform in a short period of time. Euphoria was all around the crowd in the basement. Euphoria for everyone, except our hostess. She attempted to offer us all cake, but everyone was transfixed on the fuzzy images on the TV. We all declined the cake. The hostess, in disgust and almost in tears said, ‘So, what!’

The following week, New York City planned a ticker-tape parade for the three Apollo 11 astronauts: Neil Armstrong, Michael Collins and Buzz Aldrin. My father, who lived in Florence, AL, came to New York to take all six grandchildren – three were mine and the other three were my brother's. All nine of us left very early on the subway that morning hoping to avoid the crowd and to get a great place to watch the festivities.

Once in front of the City Hall, by 11 a.m., we realized we had not beat the crowd, and we knew that the children would not be able to see anything. I asked a nearby TV crew if they would be kind enough, to have five children climb on their truck, and they were very accommodating. Today, these children are well into their late '50s and still remember the parade nearly as well as the day it happened in 1969.”

## I Remember By Kathleen Dempsey

“Wow. It doesn't seem like 50 years have gone by since ‘One small step for man, one giant leap for mankind.’ I still can remember being glued to the television on that memorable day. My son was seven, and my daughter was a toddler. As the astronauts homed in for a landing, we put little Lisa near us in her highchair with some snacks to keep her occupied, while Robbie and I sat transfixed in front of the TV. I was nervous for the astronauts as they came in for

a landing since I wondered if the surface was as hard as they hoped. Would their ship unexpectedly sink into some kind of quicksand?

All went well. Then followed the awesome moment as Neil Armstrong slowly, almost awkwardly, stepped down the ladder from his craft in his bulky spacesuit. Success. He uttered his famous words. Armstrong's memorable statement still echoes in my head as I think of that stirring moment. When I watched those historic first steps, I thought of Jack Kennedy and how thrilled he would have been at that momentous occasion. As a member of the Daughters of the American Revolution (DAR), whose ancestors founded this great nation, I felt great pride when our flag was planted on the surface of the Moon to signify that my country was first to achieve this remarkable feat.

Buzz Aldrin followed Armstrong to the surface while the third astronaut, Michael Collins, stayed on board to monitor the craft. I remember feeling bad for Collins. It hardly seemed fair that he came all that distance, but could not also actually stand on the Moon's surface. I often wondered if he deeply resented his orders to remain on board. It had to be so anticlimactic for him.

I'm not sure what my specific expectations were as a follow-up to that historic day. Life's daily happenings and graduate school occupied my routine. I do think I sort of took it for granted that the space program would continue to go onward and upward, eventually landing people on Mars. Now, in hindsight, that day seemed to be the grand climax of our space explorations. Although there have been other noteworthy achievements in this discipline, nothing caught the attention of the world or inspired more national pride than that epic journey in July 1969. It is forever etched in my memory.”

# JKV Expansion Begins With Groundbreaking On July 10

From “JKV's Expanding” On Page 1

including 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.

## Enriching Residents' Lifestyle

John Knox Village is embarking on this tremendous project to provide and enrich the lifestyles of its current and future residents. The collaborative team involved includes John Knox Village residents and staff, its Board of Directors, Gallo Herbert Architects, Keith & Associates Engineers, EDSA Landscape Architects, Love & Company Marketing, Weitz Construction, BSSW Architects, Perkins Eastman Architects, Clifton Larson Allen Financial and Focus Groups.

John Knox Village currently is home to more than 900 independent living residents who reside in a mix of Garden Villas, as well as four apartment buildings—Heritage Tower, East Lake, Village Towers and Cassels Tower.



*Future phased expansion plans include 150 Independent Living apartments.*

# In Good Taste: With Chef Mark's BBQ Recipe, It's Just Heat, Meat & Eat

**Rob Seitz**  
Gazette Contributor



*John Knox Village Executive Chef Mark Gullusci*

Sometimes a person gets a hankering for melt-in-your-mouth barbecued ribs, but does not want to stand out in the summertime heat in front of a smoky grill. They just want the delicious payoff.

Well, John Knox Village Executive Chef Mark Gullusci has developed a delectable solution to your culinary-meteorological dilemma. Think about letting your oven do all the

work for you, while smelling the incredible BBQ pork aromas wafting all through your house.

Chef Mark's recipe also answers the question from many *Gazette* readers who have loved our slow cooker ribs, but have been asking how to make them in the oven. Are you ready?

## Delicious and Tender Baby Back Pork Ribs:

• **1 rack of pork ribs, approximately 2 lbs.**  
*Chef Mark bought from Publix, so you do not necessarily need to visit a specialty shop.*

- **1 tbsp. kosher salt**
- **1 tbsp. black pepper**



*Chef Mark's BBQ ribs are a great treat for those summer afternoon gatherings with family and friends.*

- **1 tbsp. granulated garlic**
- **1 tbsp. granulated onion**
- **1 tbsp. smoked paprika**
- **1 tbsp. granulated sugar**
- **BBQ sauce, use your favorite brand**

### Method Of Preparation:

If frozen, thaw pork in refrigerator for 48 hours. Make the dry rub by blending all the dry spices.

Remove pork rack of ribs from packaging and rinse under cold water, pat dry with paper towels. Season generously with dry seasoning mix.

Pre-heat oven to 425 degrees, place rack on an alu-

minum covered cookie sheet and roast for 45 minutes or until a golden brown color develops.

Brush with BBQ sauce and cover with aluminum foil tightly and place back in oven for 90 minutes. A few ways to test the rib's tenderness is, first, the meat should rise up the bone about ¼ of an inch, then you can either stick a meat thermometer in between 2 bones and feel the resistance, or grab a bone on the end and see if it is easily removable. If it is, you have achieved the proper tenderness. If not, bake a little more. Enjoy!

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## Book Review

# Unbeaten

Rocky Marciano's Fight for Perfection in a Crooked World

By: Mike Stanton

**Donna DeLeo Bruno**  
Gazette Contributor

Reading this biography of former world heavyweight champion Rocky Marciano is akin to having a ringside seat at one of his exciting legendary boxing matches. It was written that "Rocky Marciano (nee Marchegiano) stood out in boxing like a rose in a garbage dump." Although he wasn't a pretty or polished fighter – his style more like that of a brawler – his one-time opponent Joe Louis declared, "He was the greatest."

Born a poor kid in blue-collar Brockton, MA, he said of himself, "I was a nobody. In the ring I became somebody," which is an understatement for the slugger who fought the best of his time, including Carmine Vingo, Roland La Starza, Joe Louis, Jersey Joe Walcott, Ezzard Charles, Archie Moore and Tiger Ted Lowry.

Although Marciano fought all of them with ferocity, he was truly troubled by the damage he inflicted. Vingo, for example, would survive but was incapacitated for life, and Joe Louis never fought again. When Archie Moore went down the final time in "one of the most savagely fought thrilling duels in prize ring history, Rocky hovered regretfully over him as Moore lay unmoving, unconscious in the ring as Rocky begged for a response, 'Are you all right, Archie? You all right?'"

Although known as a very likeable, soft-spoken, humble, generous and decent guy, he was all business in the ring. Rocky chocked up one KO after another, many in the Rhode Island Auditorium in Providence before loyal, adoring fans.

When a paunchy, middle-aged former boxer Tiger Lewis approached him at his training camp, offering to be his sparring partner, a sportswriter there told him, "Rocky is liable to kill you." "It would be a pleasure to be killed by him," replied Lewis.

In 1952 his opponent Lee Savold received the beating of his career when "his face was carved up like a piece of hamburger." In a fight with Walcott, the author describes his "head swiveling grotesquely, his

face distorted like a gruesome rubber mask fallen in on itself." Rocky's trainer, Charley Goldman, polished off his rough edges while preserving his dazzling punch, called the "Suzie Q."

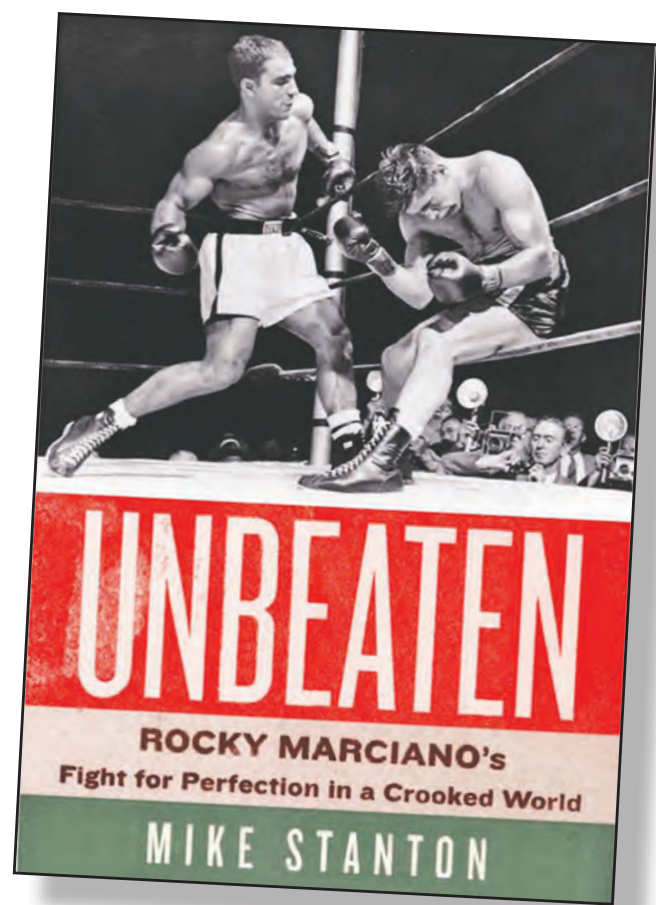
Some of the fights were bloodbaths and the author describes them in all the gory details, emphasizing that no matter how viciously pummeled, this worthy contender had the stamina to go the distance each and every time, no matter who his opponent. In competition with New England heavyweight Bernie Reynolds, "Rocky connected with a terrific right to the jaw which lifted Reynolds into the air where he floated horizontally before crashing to the canvas, his shoulder blades and heels striking at the same time." In another bout, Rocky left his opponent "hanging against the ropes like a sheet over a clothesline." In 49 competitions, he never lost a fight. His punch was powerfully devastating, his will and strength indomitable: "Hercules, Ivanhoe, Paul Bunyan all combined.... Many years later engineers scientifically studied Rocky's punch, concluding that he hit with twice as much force as the impact of a bullet from a Colt .45 handgun...and that his hardest punch landed with a force of 925 foot-pounds."

One of the greatest strengths of the author is his ability to make palpable the bedlam, hysteria, and pandemonium generated at Rocky's bouts attended by gamblers, hustlers, mobsters, fans, sportswriters, celebrities – Frank Sinatra, Jimmy Durante, Humphrey Bogart, Lauren Bacall, Bob Hope, Leo Durocher, Eddie Fisher, Debbie Reynolds, etc. At his training camp, the blond and bosomy bombshell actress Jayne Mansfield paid him a visit, only to be rejected, as he couldn't spend the time or expend the energy given he was preparing for a heavyweight bout.

There is a plethora of colorful anecdotes in this book. For his 1952 fight against Walcott in Philadelphia, his Brockton supporters mortgaged their homes, sold their cars, borrowed money, pawned possessions in order to place bets on their favorite son. Rocky said, "I couldn't let them down."

One little widow put a modest bet on his first fight, won. Put a larger bet on his second and won. Put bet after bet of increasing amounts on successive bouts, and in the end was able to buy a house with her winnings.

Of equal interest was the padlock the trainer Goldman put on the door of the refrigerator at the training camp because the champ's appetite was monstrous and insatiable; he was often found sleeping with a hunk of salami. There are amusing tales of how Rocky would only take cash, partly because he sensed he was being robbed by this agent Al Weill, which was true. The champ would put cash in brown paper bags and forget where the bags were. His sister found one with \$50,000



at their mother's house. "Oh, that's where it went!" he offered unconcerned. He stuffed cash in curtain rods and toilet tanks. A good friend said, "His whole life was in his pocket," scraps of paper with phone numbers, names of people he had to see, girlfriends, sayings he would use in speeches – all wrapped up randomly in a rubber band.

If you are an "un-squeamish" sports enthusiast, this is a great read. Stanton enables the reader to hear and feel the "frightful, bone-rattling crack audible at ringside" of Rocky's fist connecting with his opponent's jaw. The reader will nearly feel the bombardment of punches, jabs, the speedy volley of right crosses and left uppercuts; feints and counters; the weight of the blows; the drag-down heaviness that sets into the legs after round after grueling round; the ponderous fatigue in the arms that cannot be raised even one more time. Rocky Marciano died undefeated in a plane crash in 1969.

*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 July For These John Knox Village Events

## Welcome & Innovation Center Groundbreaking, Wednesday, July 10 at 10 a.m. Adjacent to the SW 3rd Street Entrance

Plan to join us and be part of the new beginning as John Knox Village grows. Village administrators, Board of Directors, local government officials along with leaders from the business and greater community will participate in the groundbreaking. The \$3.9 million, 7,200-square-foot Welcome & Innovation Center project will include office space for the JKV Sales, Marketing and Innovation teams, along with Discovery Rooms, in which prospective new residents can learn more about JKV. The WIC will also include a 1,000-square-foot Design Center featuring an array of contemporary design finishes, a video production studio, two large conference rooms and a nearly 2,500-square-foot open-air space for on-campus events and gatherings for the greater community.

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



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

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

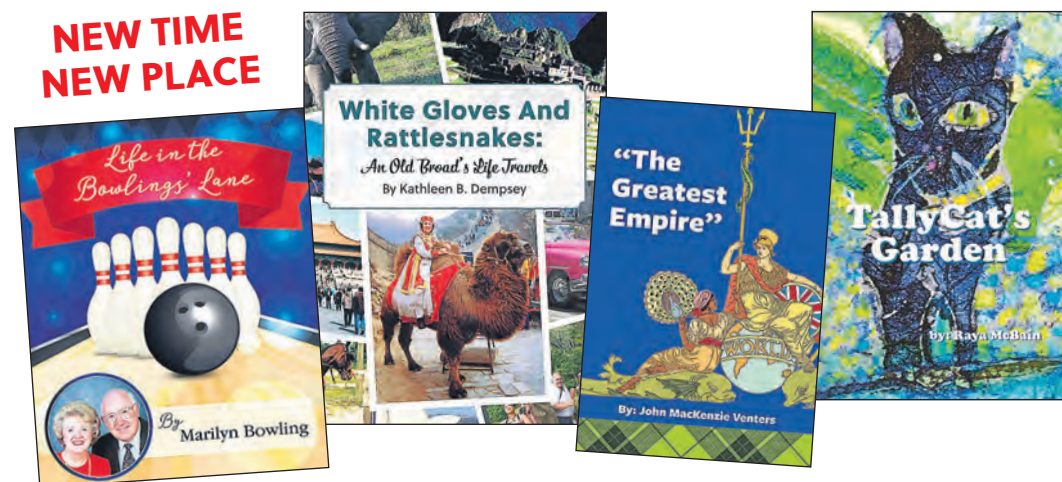
**Please Note:** Due to heightened demand, the Pompano Beach Cultural Center will be the NEW location for Summerfest 2019. Please read the complete story on page 11 of this month's Gazette.

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

## Discover What's Next at John Knox Village Tuesday, July 16 at 2 p.m. and Wednesday, July 17 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.

Join us for one of our two July 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 Tues., July 16 at 2 p.m. with delicious afternoon snacks and Wed., July 17 at 10:30 a.m. featuring 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.



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## Learn How to Publish Your Life Story Silver Scribes: Thursday, July 25 at 10 a.m. in the Village Towers Party Room

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

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



## Crossword Puzzle Of The Month

### ACROSS

1. Baseball equipment
4. Turk. title
8. Bird
12. Shoshonean
13. Husband of Ruth
14. Hatred (Ital.)
15. Dog
16. Lot
18. Hindu god of love
20. Small pit
21. Amer. Bar Assn. (abbr.)
23. String of mules
27. Both
32. Uttered
33. N.Z. woody vine
34. Relax (2 words)
36. Viper

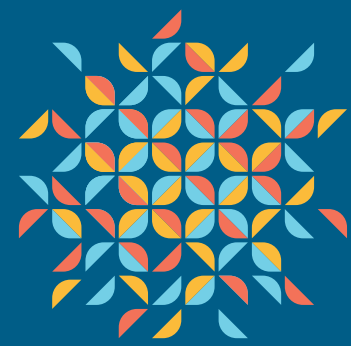
### DOWN

1. Cowboy's nickname
2. Polynesian god
37. Tip
39. Hive (2 words)
41. At the age of (Lat.)
43. Interstate Commerce Commission (abbr.)
44. Black tea
48. Mayan year
51. Soft
55. Inlet
56. Revelry cry
57. Letter
58. Legal proof
59. Lope
60. Growl
61. Ember

3. Shrew
4. Camel hair cloth
5. Spoken alphabet letter
6. Circle of light
7. Black Sea arm
8. Vegetable
9. Dutch commune
10. Own (Scot.)
11. Allotment
17. Hyson
19. Presidential nickname
22. Atlantic (abbr.)
24. Monkey puzzle
25. Swiss card game
26. Gr. leather flask
27. Weaverbird
28. Migratory worker
29. Hebrew (abbr.)

30. Summer (Fr.)
31. Deplore
35. Greek letter
38. Pad
40. Scot. exclamation
42. Digit
45. Loom
46. Black
47. Alberta (abbr.)
49. Acquired immune deficiency syndrome (abbr.)
50. Hit
51. Large (pref.)
52. Polynesian drink
53. Law (Fr.)
54. Shak. contraction

Answers On Page 11.



# JOHN KNOX VILLAGE

A Life Plan Community • Pompano Beach • Where Possibility Plays

## Two great choices

are awaiting you.

AVAILABLE IMMEDIATELY

# \$50,000

in red-hot summer savings on select existing homes

**1** **SAVE up to \$50K** on your entrance deposit!

<b>Save</b>	<b>Settle by</b>
\$50K	July 31st
\$40K	August 31st
\$30K	September 30th
\$20K	October 31st

**2** **SAVE up to \$12K** on your monthly fees!\*

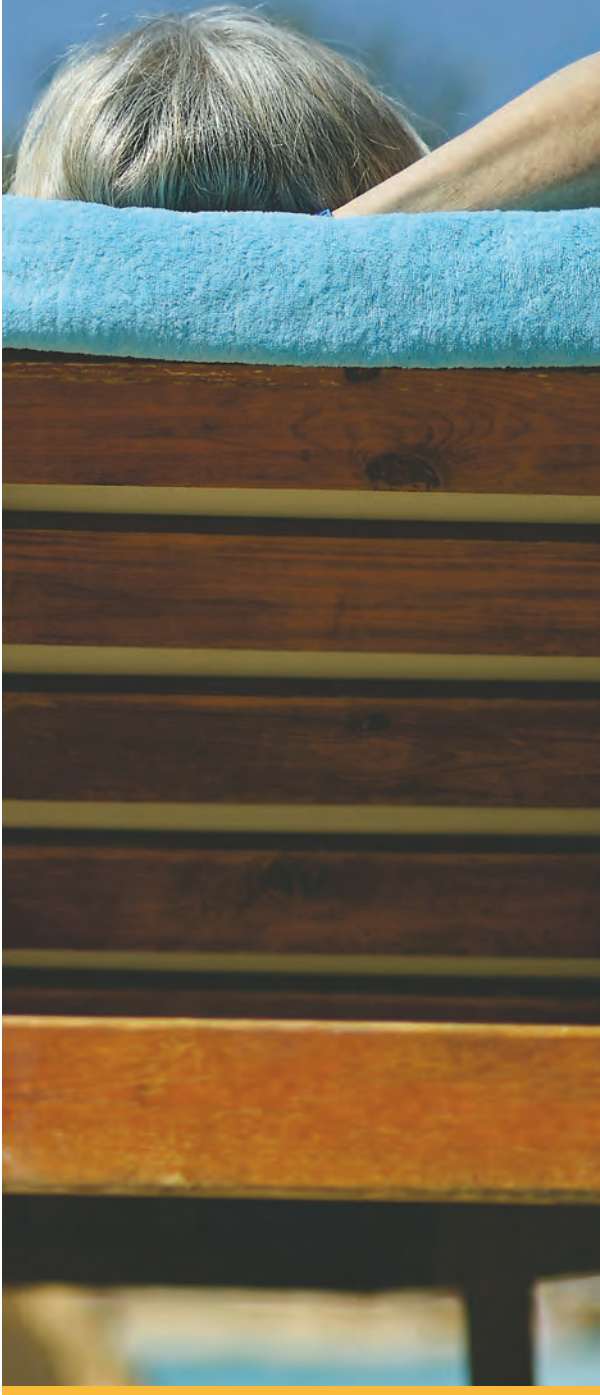
\*Calculated for up to 90 days! Fees commence within 90 days of financial possession.

**3** **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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## COMING SOON!

A brand new, beautifully designed *Waterfront Home* in our upcoming expansion

**Act now!** These 150 apartment homes are reserving quickly. Attend a special preview event on **Tuesday, July 16** or **Wednesday, July 17.**



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CALL TODAY FOR DETAILS:  
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OR TO RSVP TO A PREVIEW EVENT

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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



**July 5 - 13**  
**Disney's Beauty & The Beast Jr:**  
**A Summer Theater Camp Production**  
**Amaturo Theater at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 Various Showtimes. Tickets from \$5

**July 13**  
**Symphony of the Americas:**  
**Summerfest 2019**  
**Presented by John Knox Village**  
**Pompano Beach Cultural Center**  
 50 W. Atlantic Blvd.  
 Pompano Beach, FL 33060  
 www.ccpompano.org  
 2 p.m. Call (954) 783-4040 for tickets

**July 19**  
**The Magnificent Circus Mystery**  
**An Audience Participation Event**  
**Pompano Beach Cultural Center**  
 50 W. Atlantic Blvd.  
 Pompano Beach, FL 33060  
 (954) 545-7800  
 www.ccpompano.org  
 1 p.m. Tickets from \$8

**July 24**  
**Bring It! Live:**  
**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 \$46.75

**July 27**  
**Men Are From Mars**  
**Women Are From Venus:**  
**Amaturo Theater at**  
**The Broward Center**  
**for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 4 & 8 p.m. Tickets from \$55

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

## Sudoku

Answers On Page 11.

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

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

# Estate Planning Through the Generations

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



Kaley N. Barbera

Wealth transfer planning has evolved over the years. We have shifted somewhat from a society that dares not speak of wealth transfer with their families to a society that shares a whole lot more with their children, grandchildren or other remote family members in order to ensure a peaceful transition that all parties are aware of. This article will provide a snapshot of some of the different eras and their estate planning strategies through the years.

which increases the concept of the blended family.

### Estate Planning:

- The focus remains on planning to ensure that the wealth stays within the family.
- There is an increase in charitable planning during life as well as planning that involves leaving testamentary gifts to charity and not all to children.

### Generation X (1965 - 1976)

Generation X'ers were defined by some of the following events in their lifetimes:

- When did your family get a computer?
- The Birth of MTV (music television).

### Character Traits:

- The "latchkey" generation, defined by children who lacked adult supervision in the hours between school ending and when one of the parents returned home in the evening (increased with maternal participation in the workforce).
- Pragmatic, functional and less confident in the American Dream.
- Want to achieve more balance in professional and personal lives (compared to the Baby Boomers).

### Family Paradigm:

- Divorces are becoming more common and thus second marriages.
- Increase in same sex couples.

### Estate Planning:

- Blended family centric type planning. This included the three-parent family wherein following a divorce, a third parent enters. This type of planning is similar to that of the Baby Boomer generation, but with added flexibility to incorporate the changing family unit.
- There is a surge in trust planning during this era to ensure that wealth is transferred properly and for tax planning strategies.

### Millennials Or Generation Y (1977 - 1995)

Millennials were defined by some of the following events in their lifetimes:

- Where were you on 9/11?
- When did you get your first iPhone?
- Impacted by the Great Recession caused by the dot-com bust.

### Character Traits:

- The digital natives, the technology generation.
- Desire for the work-life balance and increased social consciousness.
- High degree of self-esteem.

### Family Paradigm:

- Two parents are now the breadwinners.
- The development of the "helicopter parent" emerged in this generation.
- Increased changes in the marital paradigm with



same-sex marriages.

- Changes in reproductive technology which allow for families to grow and change at different rates and at different times than prior generations.

### Estate Planning:

- The Millennials reject the traditional wealth transfer strategies and look more to open lines of communication with family in discussions of wealth.
- Increased strategies to pass down "the family business" to the child or children who are interested in taking over the business and making equalizing gifts to the other children who are not interested.
- Increased use of flexible planning to allow lifetime trusts for children to preserve and protect the wealth from creditors (the so called "predator protected trust").
- Wealth planning has become more of a collaborative effort involving family members, financial advisors, CPAs and attorneys.

The above information was provided solely for information purposes. An estate plan for an individual may or may not contain the documents, ideas, or tax planning 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 Partner at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner, estate administration and trust administration. She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School. You can email your questions for Kaley to [Kaley@snyderlawpa.com](mailto:Kaley@snyderlawpa.com).

# The Doctor Is In

## Understanding The Sibling Influence

**Dr. Roberta Gilbert**  
Gazette Contributor



Dr. Roberta Gilbert

Do you ever wonder why people from the same family may turn out to be so different from one another?

At least some of the mystery was removed when Dr. Murray Bowen discovered the work of Dr. Walter Toman. Later they met in person and became lifelong friends, Bowen of the U.S. and Toman from Austria.

It was long thought and understood that parents had a great deal of influence on how children turned out, but Toman's curiosity led him to determine whether siblings also had an influence as well. If they did, what could he learn about it?

### The Sibling Influence

He interviewed thousands of people to try to

understand this. In the end, he found that the very order of one's birth and the mix of genders among siblings did have a great influence on us, at least statistically. The sibling influence had to do with not only our personalities, but also preferences and even the professions for which we are fitted. Not only did Toman's research about all this enlighten Bowen's theory but Bowen's family theory of the human phenomenon explained much of what Toman was not able to do.

### What The Research Shows

Let's take a look at what Toman's research uncovered, considering brothers, male onlies and middle children. Next month we'll look at sisters, female onlies and twins.

We must keep in mind that these broad-brush profiles are only born out statistically. A given person may not follow the profiles because there are many other factors at play in families that may have an effect as well.

Here are the male profiles as they showed up in the research:

**Oldest brother of brothers.** He assumes responsibility and authority easily. He nurtures and cares for a group, expecting loyalty and trust in return. He is sensitive and shy around women, attracted to youngest sisters. He needs male friendship. He'll become a concerned father, sometimes controlling.

**Youngest brother of brothers.** He follows and leans on men. He is not a natural leader. He is interested in the quality of life and joys of the moment. He accomplishes in scientific, technical or artistic fields. He is soft, yielding, faithful, but unpredictable with women. Contact with males is important to him. He relates as a

companion to his children.

**Oldest brother of sisters.** He understands, appreciates and works well with women. He is not motivated to leadership, male chauvinism, male clubs, materialism or obsessive work. He will sacrifice for the woman in his life. He is concerned for his children, but not overly. His wife is the most important person in his life.

**Youngest brother of sisters.** He attracts the services, care, and solicitation of women and charms them, but does not understand them. He is valued and privileged in his original family and throughout life. He can assume leadership easily. He's not keen on fatherhood, but indulges his wife's wishes. He is a companion and advisor to his children. He's not that interested in male friends.

**Male only child.** He prefers the company of older people throughout life, wanting their support. He is self-confident and may rise to great heights. He enjoys attention, life, art, intellectual and cultural exchanges, being the focus of attention, but not materialism. He is not motivated to fatherhood, but may pamper and overprotect children. Father figures are more important to him than male friends.

**Middle children.** "Middles" tend, according to age closeness, to be closer, spending more time with one or another sibling. They will, as a result, adopt one of the above positions. Or they may carry characteristics of more than one position. It is the youngest ages at which these profiles get locked in that are most determinative: Probably sometime in the first six years. They don't change much, once put in place, without a lot of effort. But with that effort, they can change.

The profiles can't be used as a horoscope, because they are not predictive in an individual case, only in the aggregate. Again, many other factors also go into making us who we are. But you'd be surprised at how many people read their own profile, exclaiming "How did he get to know me so well?"

<sup>1</sup> Toman, W, 3rd Ed. Springer Publishing Co. New York, NY 1976. For Toman's original description of his research.

<sup>2</sup> Gilbert, R, 2nd Ed. Leading Systems Press, for summary descriptions of Toman and Bowen's research.

*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 and Dr. Murray Bowen of the U.S.

web [JohnKnoxVillage.com](http://JohnKnoxVillage.com)  
 JohnKnoxVillage

# Plan To Visit NSU Art Museum This Month

**Jessica Graves**

Public Relations Manager, NSU Art Museum Fort Lauderdale

## NSU ART MUSEUM

### FORT LAUDERDALE

During the hot and sunny days of July, plan to escape the heat and enjoy an afternoon of art appreciation during a visit to 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 NSU Art Museum Fort Lauderdale, One East Las Olas Blvd.

**Special Note: The Museum will be closed July 4. Free First Thursdays Starry Nights will resume August 8th.**

Space is limited for the events listed below. Advance reservations are required. To reserve your spot, email: [moareservations@moafl.org](mailto:moareservations@moafl.org) or call 954-262-0258.

**Creativity Exploration: Going with the Flow: Saturday, July 13, from Noon to 1:30 p.m.**

Learn about the Japanese paper marbling technique called suminagashi, and make your own papers while mindfully "going with the flow."

Creativity Exploration adult workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that 45 minutes of creative activity a day reduces stress and offers mental clarity and relaxation. In addition to producing a sense of well-being, sessions expand participants' perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. \$10 for members; \$15 for non-members.

**Second Sunday Film Series: "Heading Home: The Tale of Team Israel" Sunday, July 14, 1:30 p.m. Tour / 2:30 p.m. Film Screening**

Enjoy a docent-led highlight tour of "Remember to React" followed by a screening of "Heading Home: The Tale of Team Israel," the David-and-Goliath



William J. Glackens, "The Bandstand," 1919. Oil on canvas. NSU Art Museum Fort Lauderdale; gift of the Sansom Foundation, Inc.

story of Israel's national baseball team as it competes for the first time in the World Baseball Classic.

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 Soldier's Dream This Independence Day

**Burn Loeffke**  
Gazette Contributor



### "Buenos Días General De Hombres Libres"

A ritual I enjoyed when I served in Washington D.C., was visiting the Organization of American States. The guard would salute and greet me in Spanish, "Good Morning, General of Free Men."

*Independence Day makes me reflect on what it means to be an American and be free.*

### We Were Strangers And They Called Us Beautiful

During my years in China as the Defense Attaché, I came to understand that the relationship between our countries could become strong and mutually beneficial.

In China, America is referred by a wonderful ideogram: *MEI* which in Chinese means beautiful. Out of thousands of ideograms, the Chinese chose *MEI* for America. They call us the people of the beautiful country.

The ideogram for *MEI* is the combination of two other ideograms: sheep and big. A sheep in Chinese is considered a mild-mannered animal with a gentle disposition. The ideogram for big translates as large, powerful and significant. The ideogram for sheep, initially, was a simple drawing showing the upside-down horns and a tail. It later evolved into six strokes depicting the horns, the ears, the legs and the tail.



In Chinese, the ideogram for big depicts a man with his arms stretched out.

The combination of 'sheep' and 'big' means a mature person who has a mild and gentle disposition – a person who is admirable and beautiful.

羊 + 大 = 美

Sheep are gentle, patient and peaceful. So, it is not a surprise that they are easy prey for other animals. Sheep need shepherds to defend them. If we combine the strength and courage of a shepherd with the patience and gentleness of the sheep, we have a mighty peacemaker.

For me, there is no more important world relationship than that of the U.S. and China. Today, there are those who are creating suspicion and mistrust. The reality is that there are many factors that serve to unite us. There are millions of



*Defense Attaché Major General Burn Loeffke with a Chinese General during the early 1980s.*

mainland Chinese who have come to the U.S. and became citizens and have children born here. They form a bridge between us. Take for example the 14-year-old Chinese American, Peter Wang who was killed last year at Marjory Stoneman Douglas High School in Parkland, FL saving his classmates from a gunman.

We have three issues with China: Trust, Treaties with border problems and the Tariff Wars. We have no border conflicts with China and there is much we can do together. The environment, rising seas, Near Earth Objects (NEOs) and most importantly medicine. It is in medicine, where we are making progress. In October, we will travel to China to share our research in medicine. Let's concentrate on cooperating instead of confronting.

*We can do much together. Let us begin. God Bless America.*

*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.*

## Sculptor Nilda Comas Uses Stone From Michelangelo's Quarry For Bethune's National Statuary Hall Monument



**Special To**  
The Gazette

You are invited to be a guest of 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 for the National Statuary Hall. At the time she was chosen, she had no idea who her subject would be.

Since learning that Mary McLeod Bethune — founder of Bethune Cookman University, the National Council of Negro Women and co-founder of the United Negro College Fund — would be Florida's representative in the place she describes as, "the most important place in the world where the most important decisions in the world are made," Comas has immersed herself in the life of the influential educator and stateswoman to prepare herself for what may become the most important work of her career.

### Getting To Know Mary McLeod Bethune

"I listened to speeches so I could hear her voice," Comas said. "She had a way of speaking that was so educated, so direct and yet so gentle. That takes a lot of confidence. I think she had so much confidence and that is one of the things that impressed me about her. I can see that someone who could be like that, could accomplish so much."

Comas has visited the Library of Congress and Mary McLeod Bethune Council House National Historic Site in Washington, D.C., as well as the Mary McLeod Bethune Foundation home in Daytona Beach, FL, to glean insights into Bethune's life and influence.

"I want to know as much as I can about Mary McLeod Bethune to see what was inside this body, what moved her to care about so many causes, what was right – the ideals," she said. "I want to know everything about her and how she came to be. She was an excellent communicator and I am impressed by the manners and respect that she had for everyone."

### Marble Sourced From The Michelangelo Cave In Carrara, Italy

Nilda Comas, born and raised in San Juan, Puerto Rico, will be the first Hispanic woman to sculpt a portrait for the National Statuary Hall in Washington D.C.'s Capitol. She is working from nearly 300 photographs of Bethune provided by the Library of Congress and consulting with Bethune-Cookman University librarians, archivists and the University's Office of Legacy and Women's Initiatives to arrive at the image of Bethune. The sculpture 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 marble for the sculpture is the largest perfect block excavated from this cave in many years.

To date, more than \$300,000 has been contributed to the ongoing National Statuary Hall Campaign. The statue is expected to be unveiled in the nation's capital in 2020.

Meet master sculptor Nilda Comas, as 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.

*Please call the JKV Marketing Department at (954) 783-4040 for ticket information.*

*Sculptor Nilda Comas at her studio in Pietrasanta, Italy, working on the final 8-foot clay model for the marble sculpture of Mary McLeod Bethune to represent the State of Florida at the U.S. Capitol as part of the National Statuary Hall's permanent collection.*

# Securing Your Social Security Account

**Maurice Scaglione**  
Gazette Contributor



Maurice Scaglione

Have you been collecting Social Security for years? Do you ever log into your Social Security account on the Internet to check things out? If your answer is no, or that you have not even created an account on [www.ssa.gov](http://www.ssa.gov), it is now time you did.

Most seniors went to the Social Security office on that special day years ago, started their distributions and don't think much of it. Maybe each January, you look at the yearly letter telling you about a cost of living adjustment.

But the bad guys have figured out that if you have never created an account on [www.ssa.gov](http://www.ssa.gov), they can register for you. Please remember, every doctor you visit, when you fill out the forms, do not put your Social Security number on the form. They don't need it and this is a great place for your identity theft to start. This is why Social Security has been issuing new Medicare cards with different identification numbers.

## Theft Of Mortgage Information

Identity theft just got easier yet again with another hack. Over 885 million records from First American Title, the nation's largest title company, were breached. All your bank routing numbers and Social Security numbers, if you ever secured a mortgage, were potentially compromised. (See: <https://www.wired.com/story/first-american-data-exposed/>)

Since more and more self-servicing is now done on the Internet, Social Security has changed some procedures due to fraud. For a short period, bad guys once they registered as you, could change your home address, redirect your checks and change your direct deposit. Social Security has gotten wise to some of these issues, but many people have had to suffer through thefts.

## Take Precautions Now

**Start with this first step:** Find yourself a nice young family member or friend who is not even thinking



Regularly monitor your online Social Security account, and be careful with whomever you share your data.

about Social Security benefits. Teach them a little future financial planning. Social Security is only supposed to cover 40 percent of retirement: A shocker for them no doubt. Have them create a login for their Social Security account. And while they are at it, have them help you create yours.

Once a Social Security number is registered to a specific email address, you then have access to control your destiny before the bad guys try to steal your funds. Don't be frustrated if you cannot answer the security questions and Social Security says they have to send you a letter. That is a good safety precaution.

You should guide all your family and friends, no matter how young, to create an account. By registering, you prevent future problems. In the case of those that are too young to think about Social Security, they can see a ton of information about their financial status. When they can collect, how much and at what age. Another area nobody discusses is that you cannot get disability if you have not earned enough credits. All of this is available online in your account.

## The Value Of A Strong Password

This helps you close one more loophole in the identity theft crisis world. This is yet another reason

why having a strong password on your email account is so important. Almost all institutions now use email as a way to send financial statements and for you to self-service your postal mailing address and important account details. If a hacker gets into your email address, they can change and reset all your accounts and passwords. But for you, it has to do with preventing criminals from taking your money. For further assistance, you can reach Social Security at (800) 772-1213. If you are deaf or hard-of-hearing, call the TTY number: (800) 325-0778.

*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, smartphones 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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 JohnKnoxVillage

# Symphony Of The Americas Presented By John Knox Village

Join Us On Saturday, July 13 At The Pompano Beach Cultural Center At 2 P.M.



**Marty Lee**  
Gazette Contributor

Symphony of the Americas continues its acclaimed summer music festival, Summerfest 2019, featuring one month of performances throughout Florida and the Americas. One of the first concert stops on the schedule will be at The Pompano Beach Cultural Center on July 13, presented by John Knox Village (JKV), the Life-Plan Continuing Care Retirement Community in Pompano Beach. JKV is continuing its long-standing association with Symphony of the Americas with its 13th consecutive Summerfest concert.

Traditionally, more than ten different countries are represented on stage at Summerfest concerts. This year's Summerfest cultural exchange includes musicians from the Opera Orchestra of Bulgaria, Mission Symphony of Switzerland and Orchestre Francais. Soloists are Angelo di Veroli (Marimba – Orchestra Sinfonica di Roma, Italy), Summerfest Concertmaster Orlando Forte of Cuba, Symphony of the Americas Principal Trumpet Claudio Osorio, Glenn Basham (Concertmaster of Naples Philharmonic), and acclaimed international organist Tim Brumfield, among others.

Artistic Director Maestro James Brooks-Bruzzese will lead the Summerfest program featuring music of Vivaldi, Humperdinck, Beethoven, Tartini, Dvorak and Mozart. Highlighted is a commissioned composition by Italian composer in residence, Lorenzo Turchi-Floris. Additional performances feature the Quartetto Orfeo from Rome, Italy.

Be our guest for this special Summerfest 2019 presentation and experience the arts and lifestyle that JKV's residents regularly enjoy. There is no charge for the concert, however seating is limited and by reservation only. Call JKV's Marketing Department at (954) 783-4040 today for reservations.

Due to the popularity of this annual concert, Summerfest 2019 will be held at: **The Pompano Beach Cultural Center, 50 W. Atlantic Blvd., Pompano Beach, FL 33060.**

**Remember to call today to secure your seats: (954) 783-4040.**



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

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

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

# The American Dream 2.0: Happy Interdependence Day!

*“We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”*

—The United States Declaration of Independence

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

On July 4th in 1776, the Continental Congress adopted the Declaration of Independence of the United States, recognizing the 13 original American colonies as independent, sovereign states working together (United States).

Since then, freedom and independence have become deeply ingrained in the American psyche.

The American Dream of “life, liberty and the pursuit of happiness” has built the largest economy in the world,

and continues to provide a beacon of hope to oppressed people all over the world.

## Where Did The American Dream Go?

However, over the past few decades, the American Dream has hit a speed bump. At all ages, American brains are having a harder time doing their jobs: To help us survive and thrive.

The U.S. struggles with one of the highest rates of Alzheimer’s disease in the world. Troubling rates of addiction, anxiety, autism, ADHD, ALS, bipolar disorder, depression, diabetes, hypertension, loneliness, pervasive developmental disorder, Parkinson’s, schizophrenia, and suicide pose challenges to American public health as well. Americans have shorter, unhealthier lives compared to other western nations.

This sounds more like “unhappiness, impairment,



Create your own independence through interdependence. Get out and socialize to pursue your “American Dream.”

and the loss of neurological function.” Our founding fathers must be turning in their graves.

Perhaps we are in the market for a new and improved version of the American Dream. What do our brains need from us to do their jobs better?

From a brain perspective, perhaps we have overplayed the importance of “freedom and independence.” These are wonderful values, but too much independence increases the risk of social isolation and loneliness—and impaired brain health.

## Socialization Is Key

The basis of brain health is trust and social connection. Meaningful interactions with other people enable neuroplasticity, a healthy brain’s magical ability to change and grow, and get better with age.

Alzheimer’s disease is associated with a loss of neuroplasticity, particularly in brain areas associated with language, interpersonal relationships, identity and memory.

## Pursue Neuroplasticity

Perhaps the American Dream 2.0 should be “life, liberty, and the pursuit of neuroplasticity.” Because neuroplasticity requires social engagement, we would have to focus on interdependence first and indepen-

dence second. And we would have to embrace a more brain-friendly version of the first part of the sentence: All people are created equal and endowed with certain unalienable rights.

Let’s make American brains great again. Happy Interdependence Day!

**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 Flamingo Apartment Home

It’s hot. It’s summertime and the living is easy. Declare your independence and freedom from the maintenance and headaches of homeownership, by making your move to John Knox Village this summer. If you make your decision during July, you will save \$50,000 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.)

As a John Knox Village resident, you will also enjoy the peace-of-mind that comes with the health care benefit that our Life-Plan Continuing Care Retirement Community provides.

Plan to tour this Flamingo home, experience the special ambiance of the Village and then enjoy a complimentary meal in John Knox Village’s Palm Bistro or Main Dining Room.

## 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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Enjoy convenience and economy with some \$50,000 in summertime savings on the featured Flamingo apartment home.

The Flamingo  
1 BD | 1 BA | 790 Sq. Ft.

