

JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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## Due To Past Successes, John Knox Village Expands ART Sage® To Full Month



ArtSage® celebrates performing and participatory arts during the entire month of March. Join JKV for your choice of scheduled events.

**Monica McAfee**  
Gazette Contributor

In a whimsical play on words, ArtSage®, a “Fine Arts & Playful Celebration,” is coming to John Knox Village for the month of March.

Is it Arts for the Ages? Or Art for the Sages (our profoundly wise people)? Or both?

Come to one, some, or all of the ArtSage events to decide for yourself.

### Month-Long Festival Of The Arts

Fashioned after the 41-year-old Charleston, SC Spoleto Festival USA, JKV’s Fourth Annual ArtSage has its sights set on becoming one of the area’s premier performing and fine arts festivals.

Since the inaugural JKV ArtSage in 2017, we have offered a plethora of events for residents and outside guests in which to participate and enjoy over the course of a week. Due to three years of successes we have decided to expand our offerings, to include programming for the whole month of March.

As in years past, we promise to bring an impressive array of artists, writers and speakers working within all the genres— from music, dance, theater and the humanities, to even cu-

linary arts—with our Executive Chef whipping up creations during a cooking demonstration.

The idea of JKV’s ArtSage has blossomed from a program-concept I was grateful to create at another life-plan community similar to JKV.

As South Florida’s premier life-plan community, JKV, partnering with our destination-city location of Pompano Beach—are the perfect fits for providing intimate, yet captivating, events to enthusiastic audiences young and not quite so young.

The month-long celebration will feature artwork from our talented residents, employees and local student and area artists.

See “ArtSage” On Page 2



Monica McAfee, Chief Marketing and Innovation Officer.

## Celebrating Women Artists Of The Renaissance

*‘I will show your Excellency what a woman can do.’*

– Artemisia Gentileschi, Renaissance painter

**Nona Cree Smith**  
Gazette Contributor

March is the only month with two celebrations of women:

March 8 is International Women’s Day which honors amazing women all around the world, and the entire month has been designated Women’s Month in America. Throughout the month there are events dedicated in praise of strong, brave, talented, family-oriented and influential women; their roles in history, the sciences, politics and the arts.

### Forgotten Women Artists

These celebrations of women’s contributions to society made me think of the contributions of women to painting, including the most omitted from art history, and the brilliant women artists of the Renaissance. We’ve all heard of Leonardo da Vinci, Michelangelo, even Botticelli and Raphael. We might even be able to identify some of their works, but what about Italians Artemisia Gentileschi, Sofonisba Anguissola, Lavinia Fontana or Dutch painter Judith Leyster? The four women were very influential artists in their time, but now are mostly forgotten except by the history of art aficionados, art collectors and students.

The Renaissance (French for rebirth) is a period in European civilization following the Middle Ages, which were also called the Dark Ages. In the 14th century, northern Italy artists, architects, philosophers and scholars began to rediscover the



“The Chess Game” (portrait of the artist’s sisters playing chess), painted by Sofonisba Anguissola (1532 – 1625). Image source: Wikimedia Commons.

See “Artists” On Page 3

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## 'This World Is But A Canvas To Our Imagination' – Henry David Thoreau

From "ArtSage" On Page 1

Artwork from them will be displayed throughout the JKV campus and will be on proud display during our Gallery Crawl.

Combine on-campus events with performances from community partners such as the Venetian Arts Society, the Society of the Four Arts in Palm Beach, Miami City Ballet, Norton Museum of Art, the Shakespeare Troupe of South Florida, NSU Art Museum Fort Lauderdale and Gold Coast Jazz Society, and the stage is set for a fabulous time.

We hope guests from the greater community interested in some, or all, things art-related will visit John Knox Village for ArtSage to see how we live, work and play to our marketing tagline of: "Where Possibility Plays."

**Call the John Knox Village Marketing Department at (954) 783-4040 to request our special 4th Annual ArtSage brochure of all events. You can also view the complete brochure at [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)**

Here are some of the highlights of the ArtSage schedule that are open to readers of *The Gazette*.

### **Nova Southeastern Dance Works Tuesday, March 3 at 3 p.m. John Knox Village Centre Auditorium**

Dance Works is a dynamic collection of original works featuring choreography from NSU faculty, students and guest choreographers. This dance concert features a diverse range of styles and showcases the incredible talent of the NSU Dance Ensemble. Tickets are a \$12 value, but complimentary for *Gazette* readers.

### **Nilda Comas, Master Sculptor Thursday, March 5 at 3:30 p.m. John Knox Village Centre Auditorium**

Master sculptor Nilda Comas has been awarded an historic commission by the State of Florida to create a monument honoring Mary McLeod Bethune for the collection in the Statuary Hall of the U.S. Capitol.



Master Sculptor Nilda Comas at work on the full-size clay model of Mary McLeod Bethune.



Guitarist Jose Angel Navarro.

### **Performance Art – The Cuban American Dialogue: Tuesday, March 10 at 7 p.m. John Knox Village Centre Auditorium**

Meet Cuban-American sculptor Roberto Perez Crespo and guitarist Jose Angel Navarro. These brilliant Cuban-American artists of different art disciplines combine their artistry in a visual and musical "dialogue." Tickets are a \$20 value, but complimentary for *Gazette* readers.

### **Venetian Salon At JKV: Cello And Piano Saturday, March 14 at 6 p.m. John Knox Village Centre Auditorium**

Jacques-Pierre Malan, cello, and Didier Castell-Jacomin on piano perform. Wine and hors d'oeuvres reception at 6 p.m. followed by the concert. Stay after the performance for champagne and dessert. Tickets are a \$35 value, but complimentary for *Gazette* readers.

### **Art & Antiques Collecting Lecture Wednesday, March 18 at 2 p.m. John Knox Village Centre Auditorium**

Be our guest at a lecture, seminar and Q&A about collecting and/or auctioning of art and antiques. Representatives from Decorative Arts and Fine Antiques, Abington Auction Gallery and Frederick Fine Art Gallery will conduct the event.

### **Affirmations & Illustrations With Lark Keeler Saturday, March 21 at 10:30 a.m. John Knox Village's Hibiscus Room**

Connecting mindfulness and relaxation with artmaking, participants will create their own deck of affirmation cards with a variety of materials, assisting in cultivating personal growth, positivity, and optimism. Studies have shown that affirmations promote well-being, as well as artmaking, which lowers levels of the stress hormone found in our body. All materials are included.

### **When Is A Banana Art? Monday, March 23 at 3 p.m. John Knox Village Centre Auditorium**

NSU Art Museum Director and Chief Curator Bonnie Clearwater will discuss the work of artist Maurizio Cattelan who created a sensation at Art Basel Miami Beach 2019 with his provocative display of a banana adhered to the wall with duct tape. It raises the question, what constitutes "art?" Wine and cheese will be served.

### **Photo Composition Workshop Thursday, March 26 at 10 a.m. John Knox Village Centre Auditorium**

Professional photographer Phoenix will teach this 2½ hour workshop, where you will learn the art of photo composition using your smartphone. The workshop will include: Learning the fundamentals, putting your new knowledge to work, then reconvening to discuss your photography with the group. Bring your smartphone. Refreshments will be served. Tickets are a \$12 value, but complimentary for *Gazette* readers.

### **Silver Scribes: Publish Your Life Story Thursday, March 26 at 10 a.m. JKV's Village Towers Party Room**

Join our group of Silver Scribes – senior authors who are publishing their literary works. We'll take over the technical publishing of your life story. You, too, can write your own book and get it published. Meet in the John Knox Village Towers Party Room.



Virginia Zeani, the legendary Prima Donna Assoluta.

### **Meet The Cult Diva: Virginia Zeani Thursday, March 26 at 4 p.m. John Knox Village Centre Auditorium**

Meet Virginia Zeani, the legendary Prima Donna Assoluta, in person. Hear the phenomenal story of how a monumental artistic legacy was saved for posterity by an adoring public. See rare videos, photographs, recordings, tributes, and the extraordinary opportunity to meet the legend in person. Tickets are a \$12 value, but complimentary for *Gazette* readers.

### **Cooking Demo And Tasting Monday, March 30 at Noon JKV's Woodlands' Life Enrichment Center**

Learn the art of creating a new delicious and healthy dish. JKV's Executive Chef Mark Gullusci will guide you through his recipe for: *Garlic & Curry Grilled Shrimp over Avocado and Tomato Salsa with a Basil Pesto Drizzle*. Tickets are a \$15 value, but complimentary seating is available for *Gazette* readers.

### **Parade Of Homes Tour Tuesday, April 7 Starting at 2 p.m. John Knox Village Centre Auditorium**

Discover the life-plan lifestyle available to you as a John Knox Village resident. Tour renovated designer-ready apartments and villas. See open-concept floor plans and let us handle the move management – from packing and moving to unpacking and decorating. Enjoy snacks and refreshments along the way.

## **Get Your Motor Running March 21 JKV's 16th Annual Classic & Antique Show**

**Rob Seitz**  
Gazette Contributor

If you are an antique car enthusiast, or just want to relive the nostalgia of your first car, take a stroll around the lakes of John Knox Village and see the display of antique and classic automobiles on March 21, during JKV's 16th Annual Classic & Antique Show.

This celebration, which runs from 10 a.m. to noon, will showcase some real four-wheeled beauties from the '20s, '30s, '40s and '50s—to more recent classics.

Members of various antique and classic car clubs will be participating, with some 50 enthusiasts 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. Car owners will be present, so you can stop, chat and get answers to your questions about antique car collecting. This annual show has been one of the most popular events on the John Knox Village calendar, and will be part of JKV's month-long ArtSage experience.

Call the John Knox Village Marketing Department at (954) 783-4040 to let us know you plan to attend.

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# 'A Picture Is A Poem Without Words' – Horace

## From "Artists" On Page 1

ideas, ideals and styles of Ancient Greece and Rome. This surge of interest in classical scholarship moved painting away from the stiff forms of medieval Christian art to more realistic styles and subjects.

If we could choose a historical role model, a female Renaissance painter whose work would stand up to the work of her male counterparts, it would be Artemisia Gentileschi, an Italian painter known as the first woman in the history of Western art to contribute significantly to the work of her time.



"Mary Magdalene," a painting by Artemisia Gentileschi (1593 – 1656). Image source: Wikimedia Commons.

## Artemisia Gentileschi (1593 – 1656)

Artemisia Gentileschi, a disciple of Caravaggio, was born with an innate artistic talent, a strong drive, financial independence and the respect of her male peers. In an era when female painters were not easily accepted by the artistic community or patrons, she was the first woman to become a member of the Accademia di Arte del Disegno in Florence and had an international clientele.

She was an unfortunate victim of rape at age 18, which may have influenced her choice of art subjects. Aware of herself as a female in a male profession, Artemisia liked to depict strong, heroic women and even portrayed herself as the embodiment of "La Pittura" (The Painting). In one of her favorite themes, the Biblical story of Judith and Holofernes, she paints Judith and her maidservant beheading Holofernes with a horrifying intensity that may convey Artemisia's personal wish for vengeance. Her painting of "Suzanne and the Elders" is one of the first times in art history that a nude woman is at the center of the painting.

Artemisia was held in high esteem by both the royal court and scholars, eventually establishing a relationship with the astronomer, philosopher and physicist, Galileo.

She and her husband had two daughters, both of whom became painters. When Artemisia separated from her husband, she enjoyed the freedom and independence as the head of her own household, an unusual situation for the times.

While she was a recognized painter in her lifetime, after her death a great deal of her work fell into obscurity and was often attributed to other followers of Caravaggio, or to her father.

## Sofonisba Anguissola (1532 – 1625)

Sofonisba was one of the first-known women artists to establish an international reputation. The daughter of a nobleman, she was taught painting by Bernardino Campi, a prominent local painter, as well as Bernardino Gatti. Because, as a woman, she was not allowed to study nudes, she turned her attention to portraits, but with a difference. Rather than pose her subjects in a formal setting, she painted them enjoying everyday life, such as family chess games.

Thanks to her father's reputation and influence, she received encouragement from Michelangelo. She also painted and taught the Spanish Queen Elizabeth of Valois in Madrid, and later become an official court portraitist to King Philip II. By the time she died at 93, she was celebrated as one of the most important portraiture artists of the Renaissance.

## Lavinia Fontana (1552 – 1614)

An Italian painter regarded as the first famous Renaissance woman artist, Lavinia Fontana was also the first woman to paint female nudes. She was the daughter of the prominent artist Prospero Fontana, who taught her to paint in the mannerist style. She became one of the most important portraitists in Bologna, Italy during the late 16th century, gaining important commissions for paintings with religious and mythological themes. Her commissions came from some of the wealthiest and most powerful people including two popes. Known as the most prolific female artist of the Renaissance, in 1577 she married Gian Paolo Zappi and, in addition to her fame as a painter, she was also the mother of 11 children.

## Judith Leyster (1609 – 1660)

A Dutch painter, Judith was one of the few female artists of the era to have emerged from obscurity. Among her known works are portraits, landscapes and still life paintings. Judith's talents were obvious from an early age. By the time she was 24, she had become a member of the Haarlem Painters Guild. Her subject matter showed a greater range than was typical of Dutch painters of the era. She may have worked in Frans Hals' studio as his style and influence can be seen in her work. Most of her works were painted between 1629 and 1635. In 1636 she married painter Jan Miense Molenaer and moved with him to Amsterdam, where her painting was set aside for children and domesticity.



"Woman in the Mirror," a self-portrait by Judith Leyster (1609 – 1660). Image source: Wikimedia Commons.

## A Legacy Of Art

While women have painted since the earliest hunting scenes on cave walls, only in recent history have women artists been recognized and acclaimed. The 1977 "Women Artists, 1550-1950" exhibition at the Los Angeles County Museum of Art, gave a new perspective on women artists of the past, and how they filled an important gap in art history.



"Flowers" by the Dutch painter Judith Leyster (1609 – 1660). Image source: Wikimedia Commons.



Monarch butterflies are colorful friends we see in Florida. Here is Village Towers resident Susan Gutman holding two during a John Knox Village trip to Butterfly World.

## Magnificent Monarch Butterflies

**Nona Cree Smith**  
Gazette Contributor

Of all the "children of the air" that bring joy to nature lovers on bright, sunny Florida days, the monarch butterfly is the most noticeable. Its wings shimmer like gold and copper, as it pursues its lazy flight in the sunshine. The male monarch is a true lover and carries on his hind wings a black satchet bag containing a strong pheromone that is most attractive to the lady monarchs. Amazingly, the monarch is immune from bird enemies as they taste terrible to birds who wipe their beaks in disgust after trying to eat one, and forever connect the terrible taste with orange wings.

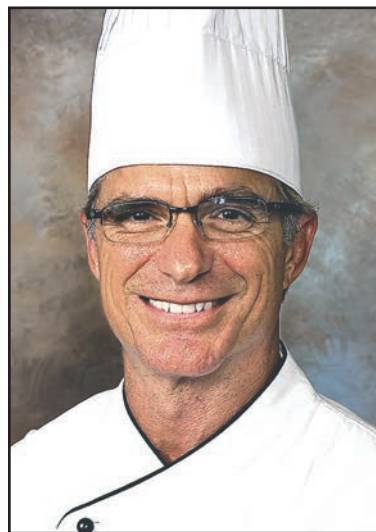
Many people have heard about the amazing migration of North American monarch butterflies to Mexico, when clouds of them fly south to avoid the cold northern temperatures. They will fly more than 2,200 miles and it takes up to five generations of butterflies to make the round-trip journey to Mexico and then return north. But here in South Florida, there is a breeding population that doesn't migrate. Our warm climate and continuous growing season of their favorite foods keep the species hanging around throughout the year. The migrating monarchs from Canada and the northeast, like many "snowbirds," come and stay, bolstering our local population, before they resume their journey to Mexico. Although the north and central Florida cold winter temperatures can do them harm, monarchs from South Florida and those migrating friends from Mexico repopulate the area when it becomes depleted.

As pollinators, monarchs play an important role in maintaining biological diversity. Habitat loss, disease, parasites and environmental contaminants have all contributed to the decline of many pollinators. The monarch larvae feed almost exclusively on milkweed plants. About 20 or so milkweed species can be found in Florida. All are indigenous plants except for the scarlet milkweed.

If you want to help the monarchs, plant their favorite foods in your garden or in containers. Pollinator plantings for the monarch should include both milkweed plants for the larvae to feed on, and a wide range of other nectar plants, including lantana and zinnia, for the adults. Unfortunately, most of the native milkweed species are not commercially available. A range of native Florida milkweed is currently listed as available at [www.plantrealflorida.org](http://www.plantrealflorida.org) as plants, or you might contact your local native plant society to see if local seed of other species are available.

# In Good Taste: Chef Mark's Delicious Fish Recipe Is A Snap-per

**Rob Seitz**  
Gazette Contributor



*John Knox Village Executive Chef Mark Gullusci*

One of South Florida's most popular and certainly delicious fishes is the snapper. Teeming throughout the warm Atlantic and Gulf of Mexico waters, snapper is also a versatile menu item.

Given its abundance and preparation flexibility, it is only natural John Knox Village Executive Chef Mark Gullusci has many snapper recipes. For this month's *Gazette* he has decided to feature one of the easiest to prepare and deli-

cious to enjoy.

Snapper also provides a lean source of omega-3 fatty acids, proteins and minerals, is low in saturated fat, a good source of vitamin B6, phosphorus and potassium. Note: Snapper is high in cholesterol.

With its lean, firm texture, delicate, moist and mildly sweet taste, snapper is one of the favorites whenever Chef Mark puts it on the residents' menu. He often includes the rice-shaped pasta—orzó—as a warm salad as the accompaniment.

Here is Chef Mark's recipe of the month for March. Enjoy!

## Sautéed Snapper with Crispy Pancetta and Warm Orzo Salad

### • Snapper filet

• 1 Snapper filet

• 1 tbsp. diced shallots

• 1 tbsp. capers

• 2 ounces pancetta (or 1 thick slice)

• ½ cup all-purpose flour



*Chef Mark's sautéed snapper recipe is a winner at any time of the year. The photo shows the snapper with potato gnocchi, however the chef's recipe suggests accompaniment with a warm orzo salad.*

• 1 tsp. chopped chives

• 1 tsp. olive oil

• Juice of 1 lemon

• Zest of 1 lemon

• 2 ounces Riesling wine or Chardonnay

### • Warm Orzo Salad

• 4 ounces cooked orzo

• 1 ounce roasted diced red beets

• 1 tbsp. chopped green peppers

• 1 tbsp. chopped cilantro

• 3 tbsp. olive oil

• 1 tbsp. red wine vinegar

• 1 tbsp. chopped Kalamata or Greek olives

### Method Of Preparation:

**For Snapper:** Heat olive oil in sauté pan, dredge (coat) snapper filet in flour, shake off excess, when oil is hot, place snapper in pan and sauté until light brown, approximately 2 minutes and turn over and cook another 2 minutes. This should be done on medium heat. Remove snapper from pan and place on a plate, add capers, shallots, pancetta to pan and cook 1 minute. Add wine then lemon juice, zest and chives, stir and spoon onto top of snapper filet.

**For Orzo Salad:** Heat 1 quart of water in pot until boiling, add a pinch of salt, add orzo and cook until desired doneness, strain and mix with olive oil to prevent sticking, add beets, peppers, cilantro, vinegar and olives and mix. Serve on side with your snapper.

Feel free to contact Chef Mark with your culinary questions. Just email him at [mgullusci@jknvfl.com](mailto:mgullusci@jknvfl.com)

## Book Review

### Dancing for Degas

By Kathryn Wagner

**Donna DeLeo Bruno**  
Gazette Contributor

This novel by Kathryn Wagner is an historical fiction about great love and great art. Set in Paris and environs, "Dancing

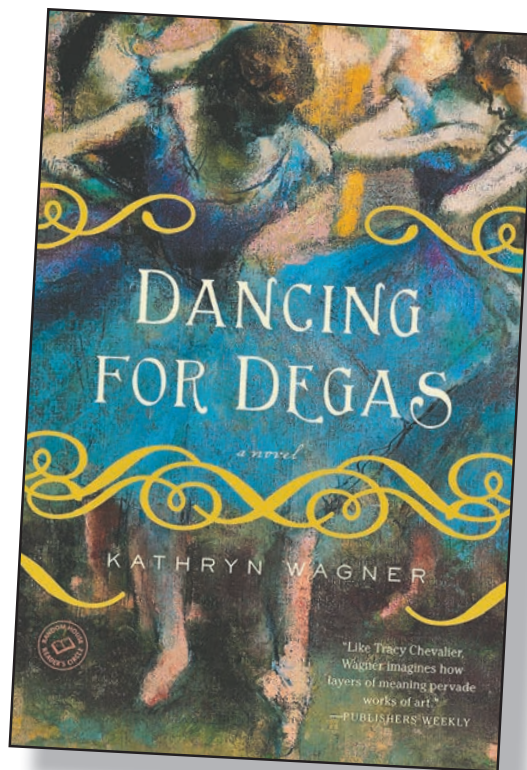
for Degas," is told through the first person point-of-view of a peasant girl, Alexandrie, who yearns to leave her country village to become a ballerina at the grand Opera House.

Even at an early age, Alexandrie wants more out of life than her overworked mother, who tends to tedious chores of housekeeping, gardening, cooking and washing as a farmer's wife. Her controlling mother is ambitious for her daughter and signs her up with Madame Channing, a local dance teacher who recognizes the girl's talent and sees potential. But Alexandrie wants to cultivate her mind as well as her body, so she begins lessons with an elderly school master, Monsieur Aston, who introduces her to literature and the arts but warns her of the dark side of life at the Opera House.

Once in Paris and accepted as a student, the naïve hopeful finds the lessons extremely demanding, requiring endurance, stamina and diligent, constant practice. She is exhausted by the long hours, the aching muscles and bloodied toes but is intent on realizing her dream. Surrounding her are other very competitive girls as determined as she. Some of them are more worldly and realize that part of the process to attain their dream is to eventually take on an abonné, a patron and lover who will support her financially.

#### Alexandrie Meets Edgar Degas

To make extra money to meet the demands of her greedy mother expecting her to send her earnings back home to support the family, Alexandrie begins modeling for well-known artist Edgar Degas. She is intrigued by him and becomes his muse for his numerous draw-



ings of dancers. Not only does he sketch her and other girls practicing at the barre at the Opera House, but also invites her to his studio. She is hesitant, but in need of funds to send home, so she agrees and finds him businesslike and proper at all times. So after awhile, when he asks her to disrobe for nude paintings of her bathing, although uncomfortable at first, she relents because she trusts him. He finds her modesty refreshing when she shyly turns her back to him.

#### The Dynamics Of The Relationship

As their relationship develops, she begins to understand him better, and he to appreciate her intelligence, far beyond that of other "petits rats." The remainder of the novel deals with her success as a dancer, his success with his paintings of her that bring her attention, as well as the entrance of an admirer, a married man who desires her as his mistress.

Although the goal of many other girls is to become a lorette, Alexandrie desires independence and does not want to sully herself with such an arrangement nor does she agree with the terms he demands – always being available to him, undergoing a medical procedure to avoid pregnancy, and willingness to play sexual games that she finds appalling.

The best part of the book is when the author takes poetic license and employs her imagination to portray the interaction between this girl and the artist – their conversations, their outings and their art sessions. In addition, she cleverly reveals the growing affection Alexandrie feels toward the isolated Degas. Moreover, the reader is provided a clear vision of life and culture in 19th century Paris, especially the art world including Edouard Manet, Auguste Renoir, Berthe Morisot and Camille Pissarro. It is a very good story about the choices required in life and love.

*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.*

## Exercise Your Freedom And Responsibility Vote On March 17

As citizens of the United States, we all have a duty and responsibility to make our voices heard. Florida's Presidential Preference Primary Election will be held on March 17.

According to the Broward County Supervisor of Elections website ([www.browardsoe.org](http://www.browardsoe.org)), "The Primary Election is held 11 weeks before the General Election for purposes of nominating party nominees to be voted for in the General Election to fill a national, state, county, or district office."

For questions you may have about the upcoming election, contact your county's Supervisor of Elections Office:

Broward: (954) 357-7050 [www.browardsoe.org](http://www.browardsoe.org)

Dade: (305) 499-8683 [www.miamidade.gov](http://www.miamidade.gov)

Palm Beach: (561) 656-6200 [www.pbcelections.org](http://www.pbcelections.org)

# Join Us In March For These John Knox Village Events

## Join Us at JKV All Month Long for a Celebration of The Arts: ArtSage Music, Dance, Theater, Art And More

In a whimsical play on words, ArtSage, a “Fine Arts & Playful Celebration,” is coming to John Knox Village for the month of March. Fashioned after the 41-year-old Charleston, SC Spoleto Festival USA, JKV’s Fourth Annual ArtSage has its sights set on becoming one of the area’s premier performing and fine arts festivals. The ArtSage Alliance, an artist collaboration of John Knox Village, Venetian Arts Society and Nova Southeastern University will present a variety of performances including concerts, dance, theater, art exhibitions, plus lectures and seminars on how to participate in creative arts.

Please see page 2 of *The Gazette* for a listing of events. **Call the John Knox Village Marketing Department at (954) 783-4040 to request our special 4th Annual ArtSage brochure of all events. You can also view the complete brochure at [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)**



## When Is a Banana Art? Monday, March 23 at 3 p.m. in the John Knox Village Centre Auditorium

NSU Art Museum Fort Lauderdale’s Director and Chief Curator Bonnie Clearwater will discuss the work of artist Maurizio Cattelan who created a sensation at Art Basel Miami Beach 2019 with his provocative display of a banana adhered to the wall with duct tape. It raises the question, what constitutes “art?” Join us for this informative lecture. Wine and cheese will be served.

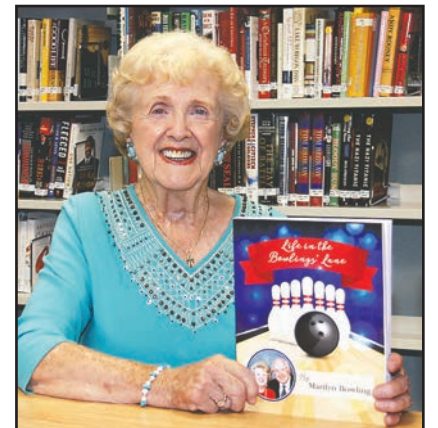
Call (954) 783-4040 to RSVP.



## Learn How to Publish Your Life Story Silver Scribes: Thursday, March 26 at 10 a.m. in the Village Towers Party Room

Join our group of Silver Scribes – senior authors who are publishing their literary works. Have you ever wanted to write your autobiography, but have no idea how to prepare the book and get it printed? Join our Silver Scribes and we’ll take over the technical publishing of your life story. You, too, can write your own book and get it published. Meet in the Village Towers Party Room at John Knox Village at 10 a.m.

Call (954) 783-4040 to RSVP.



## Meet The Cult Diva: Virginia Zeani Thursday, March 26 at 4 p.m. in the John Knox Village Centre Auditorium



Meet Virginia Zeani, the legendary Prima Donna Assoluta, in person. Hear the phenomenal story of how a monumental artistic legacy was saved for posterity by an adoring public. She sang 69 operatic roles in the course of her career in a wide-ranging repertoire. See rare videos, photographs, recordings, tributes, and the extraordinary opportunity to meet the legend in person.

**Reservations are required. Call the John Knox Village Marketing Department at (954) 783-4040 to RSVP.**

## Cooking Demo And Tasting Monday, March 30 at Noon in JKV’s Woodlands’ Life Enrichment Center



Come learn the art of creating a new delicious and healthy dish. JKV’s Executive Chef Mark Gullusci will guide you through his recipe for: *Garlic & Curry Grilled Shrimp over Avocado and Tomato Salsa with a Basil Pesto Drizzle*. During the demonstration you will also learn the health benefits of each ingredient and get to enjoy a taste once it all comes together. Seating is very limited.

Call (954) 783-4040 to make your reservations for the cooking demo.



## Save the Date! Join Us on April 7 for the JKV Spring Parade of Homes Starting at 2 p.m. in the John Knox Village Centre Auditorium

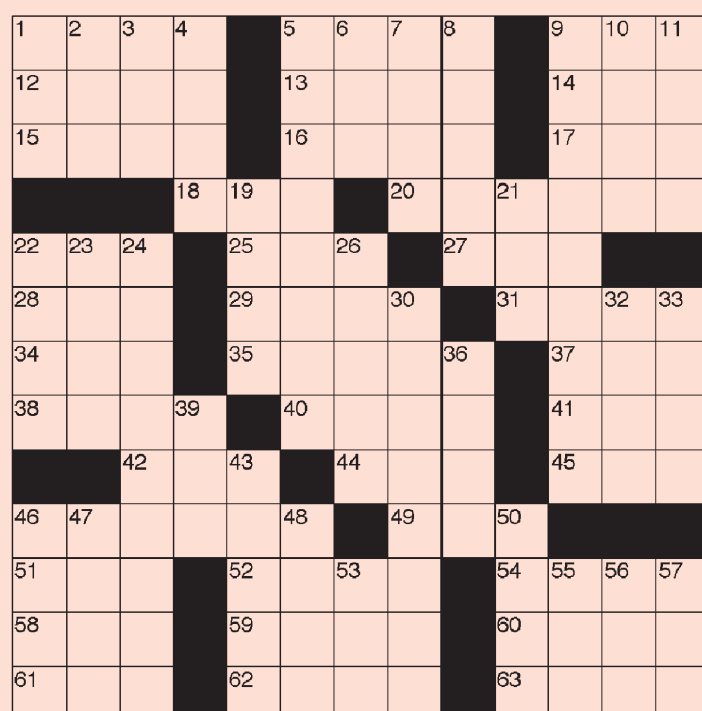
Discover the life-plan lifestyle available to you as a John Knox Village resident. Tour renovated designer-ready apartments and villas. See open-concept floor plans and let us handle the move management – from packing and moving to unpacking and decorating. Enjoy snacks and refreshments throughout the tour.

Learn about the expansion now underway, the \$7.6 million Aquatic Complex with its resort-style pool, four-lane, 25-meter long lap pool, 60-seat indoor restaurant and two each of pickleball and bocce ball courts.

To reserve your place and get more information, call (954) 783-4040.

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

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## Crossword Puzzle Of The Month

### ACROSS

1. Sleeping
5. New Mexico art colony
9. S.A. sloths
12. Womb (pref.)
13. Ancient Gr. contest
14. Recumbent letters
15. King Atahualpa
16. Taro root
17. Grease
18. Stinging insect
20. Biblical mountain
22. Globe
25. Cardiopulmonary resuscitation (abbr.)
27. To be announced (abbr.)
28. Council for Econ. Advisors (abbr.)
29. S. Afr. dialect
31. To be (Fr.)

34. Roofing material
35. Circuit
37. Hawaiian frigate bird
38. Dawn love song
40. Duration
41. Observation (abbr.)
42. Appendage
44. Drug Enforcement Admin. (abbr.)
45. Capture
46. Nab
49. Tender loving care (abbr.)
51. Fr. medieval tale
52. Moselle tributary
54. Berne’s river
58. \_\_\_ pro nobis
59. Occasional
60. Lady’s title
61. Indite
62. Plumlike fruit

63. Mississippi bridge

### DOWN

1. Male friend (Fr.)
2. Son of, in Hebrew names
3. List-ending abbreviation
4. Thick fabric
5. Side (2 words)
6. Oriental potentate
7. Girlfriend of Alley Oop (abbr.)
8. Animal sound
9. Veneration
10. Occipital protuberances
11. Sodium chloride
19. Outer (pref.)
21. Presidential nickname
22. Eight (pref.)
23. Substantial

24. Boor
26. Enthusiastic
30. Tell (2 words)
32. Garment
33. Asia
36. Blue-green
39. One hundred square meters
43. Monsieurs (abbr.)
46. Drooping
47. Uncommon
48. Afrikaans
50. Window lead
53. Orinoco tributary
55. American Automobile Assn. (abbr.)
56. Energy Unit
57. Emergency Medical Services (abbr.)

Answers On Page 10.



# JOHN KNOX VILLAGE

The house lights are about to come up  
after an amazing performance.

You dab your eyes to control the running mascara.

You haven't been this moved  
since the play you saw last week.

Just what you needed to feel.

where possibility *plays*



**(954) 871-2655 | [jkvgrows.com](http://jkvgrows.com)**



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.

Taste the Life at  
**John Knox Village**

**PLEASE JOIN US**  
**MARCH 19 OR MARCH 25 AT 11:30 AM**



**TEREZA HUBKOVA, MD**

**"Improve Your Health and Brain Function Through Diet at Any Age"**  
 MARCH 19, 2020

Dr. Tereza Hubkova, MD is an internal medicine specialist in Northampton, MA and has been practicing for 20 years. She graduated from Charles U Fac Med, Prague and specializes in internal medicine. Dr. Hubkova has also served as the medical director at Canyon Ranch Wellness Resort in Lenox, MA. Dr. Hubkova focuses on lifestyle, spiritual fulfillment and scientific health advancements with the wisdom of natural and holistic techniques.



**PHOENIX**

**"Artist in Residence: Great Smoky Mountains National Park"**  
 MARCH 25, 2020

Internationally-award winning photographer, Phoenix, is known for her patient approach to composition, light, color and texture in her work. Based in Fort Lauderdale, Phoenix's photographs can be found in private collections in America and Europe and have been honored in numerous juried exhibitions, showcased in 19 solo exhibitions, and featured in magazines and calendars worldwide.

*Luncheon Menu*

Choice of Two Entrées

**Salad Course**

Roasted Red and Gold Beet Salad with Pine Nuts and Frisée

**Dijon Mustard-Rubbed Atlantic Salmon**

Dill Beurre Blanc Sauce and Rice Pilaf with Roasted Asparagus

Or

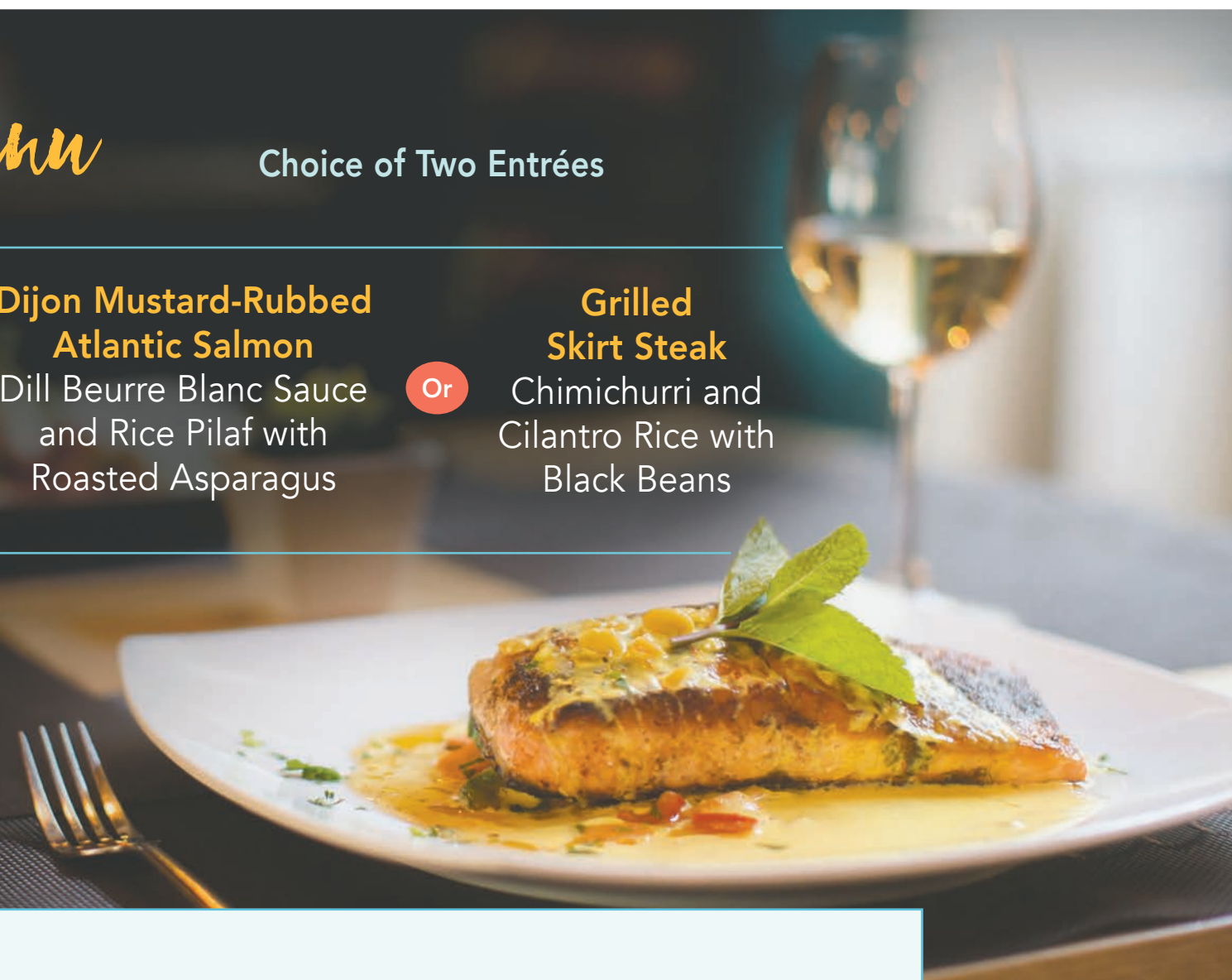
**Grilled Skirt Steak**

Chimichurri and Cilantro Rice with Black Beans

**Dessert**

Red Berries Cheesecake

choice of red or white wine available with your entrée



**ALSO AT LUNCH:**

- Find out why **John Knox Village** is so popular
- See renderings and floor plans for the coming expansion
- Meet some of the fantastic people who call **JKV** home
- Get answers to your important questions
- Learn about pricing on existing homes

For event details and to RSVP, **call (954) 871-2655 today.**

Tables fill quickly—don't delay!

**johnknoxvillage.com | jkvgrows.com**

John Knox Village, 651 SW 6th Street, Pompano Beach



## These March Events Hit The Right Notes



**All March Long**  
**ArtSage at John Knox Village**  
 651 SW 6th Street  
 Pompano Beach, FL 33060  
 Call (954) 783-4040  
 www.johnknoxvillage.com  
 See page 2 and 5 for information.

**March 6**  
**Georgia on My Mind: Celebrating the Music of Ray Charles**  
**Parker Playhouse**  
 707 NE 8th St.  
 Ft. Lauderdale, FL 33304  
 (954) 462-0222  
 www.browardcenter.org  
 8 p.m. Tickets from \$43

**March 10**  
**Symphony of the Americas:**  
**Amaturo 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 \$50

**March 11**  
**Gold Coast Jazz:**  
**Terrell Stafford Quintet**  
**A Tribute to the Music of Billy Strayhorn and Lee Morgan**  
**Amaturo Theater at The Broward Center for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7:45 p.m. Tickets from \$55

**March 18**  
**Harry Connick, Jr.**  
**True Love: An Intimate Performance**  
**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 \$55

**March 22**  
**Itzhak Perlman With Rohan De Silva**  
**Au-Rene Theater at The Broward Center for the Performing Arts**  
 201 Southwest 5th Avenue  
 Ft. Lauderdale, FL 33312  
 (954) 462-0222  
 www.browardcenter.org  
 7 p.m. Tickets from \$35

### Now Exhibiting In The Pompano Beach Cultural Center

- Vantage Point by Ya La'ford: Unique Installation Process Encourages Exploration of Geometric Forms - And -
- Thought Patterns by Lori Arbel. Open Monday through Friday: 10 a.m. to 6 p.m. Saturday & Sunday: Open for Performances

## Sudoku

Answers On Page 10.

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

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

## Feeling Secure About The SECURE Act?

### Changes In RMDs And IRAs That Affect All Seniors And Retirees

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



**Kaley N. Barbera**

On Dec. 20, 2019, President Donald Trump signed into law the *Setting Every Community Up for Retirement Enhancement Act* ("SECURE Act").

This massive budget bill was focused on expanding opportunities to increase retirement savings, but with the good must come some of the bad.

Although increasing opportunities to save, this bill also repeals the life expectancy payout

for beneficiaries of these plans, with the exception of a few types of beneficiaries (described below). This particular change has caused the most buzz in the estate planning arena. This article will highlight some of the main changes that the SECURE Act brought to us:

#### Required Minimum Distributions

- The new age that you must begin to take required minimum distributions (RMDs) from your qualified plan, such as an IRA, changed from 70½ to 72. This change only impacts those who did not turn 70½ prior to Jan. 1, 2020. If you turned 70½ prior to that date, then you will continue to take your RMDs and will be unaffected by this change.

- **Before SECURE**, the trigger age was the year you turned 70½. After SECURE, this change does allow individuals to defer their distributions and thus stretch out the tax deferral and growth until age 72 (or in the case of some plans if the individual is still working, then after the year in which the individual retires, if later).

#### Age Cap For Traditional IRAs Removed

- For tax years beginning after 2019, SECURE repeals the age restriction on contributions to Traditional IRAs. Beginning in 2020, any worker can contribute to a Traditional IRA regardless of their age.

- **Prior to SECURE**, an individual could not contribute to a Traditional IRA in, or after, the year in which the individual reached age 70½. Keep in mind that this change will only impact individuals who had not reached age 70½ by Jan. 1, 2020.



Revisit your retirement plans with your financial adviser, as to RMD and IRA changes in the SECURE Act.

#### Distribution Rules

- **Prior to SECURE**, a non-spouse beneficiary of an inherited retirement account (such as an IRA, Roth IRA or 401(k)) was able to "stretch out" the distributions over that beneficiary's lifetime. This allowed for continued tax-deferred status and growth with the beneficiary gradually taking out distributions over their life expectancy.

**Pre-SECURE Example:** If Linda designates her granddaughter Stella as a beneficiary on her IRA and this IRA is worth \$500,000 at Linda's passing, then under the pre-SECURE rules, Stella would be able to stretch out the distributions from this IRA over her lifetime which would allow for continued growth and tax deferral.

- **Post-SECURE** has changed this rule to a maximum 10-year post-death payout period for designated beneficiaries (with a few exceptions, below).

**Post-SECURE Example:** Under the new SECURE regime, if Stella is the designated beneficiary of grandma Linda's IRA, then Stella must withdraw the entire \$500,000 within 10 years of Linda's passing.

- **SECURE will not affect certain designated beneficiaries** (now called eligible designated beneficiaries), who will continue to be able to take advantage of the stretch out lifetime distribution rules. These special designated beneficiaries are:

- **The surviving spouse**
- **A minor child (until such child reaches the age of majority at which point the 10-year rule kicks in)**
- **A disabled beneficiary**
- **A chronically ill beneficiary**
- **A less than 10 years younger beneficiary (such as a sibling or friend, for example).**

#### Eligible Designated Beneficiary

**EXAMPLE:** Vito names his sister, Carmella, as the beneficiary of his IRA. Carmella is only two years younger than Vito. At Vito's death, Carmella is able to use the lifetime distribution rules and stretch out the distributions from Vito's IRA over her lifetime and will NOT be subject to the 10 year distribution rule since Carmella is an eligible designated beneficiary and is less than 10 years younger than Vito.

SECURE has brought with it many changes both good and bad for the taxpayer. The most important thing will be to meet with your tax advisor and estate planning attorney to plan with these new changes and to figure out how they will impact you.

*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

## Lessons And Inspiration Learned From St. Patrick

**Dr. Roberta Gilbert**  
Gazette Contributor



*Dr. Roberta Gilbert*

Top of the mornin' to you. Soon, many of us will be searching our closets, and then marching proudly around in the wearin' of the green. March is the month, and the 17th, the day of St. Patrick. What do we know about him? Wikipedia, my trusty go-to source tells me that he lived somewhere around the 4th or 5th century and was a British subject as a child. But at about age 16, he was abducted by pirates and taken to Ireland, where he was made a slave, tending farm animals. He himself thought and wrote that "the Lord had mercy" on his youth and ignorance in Ireland, affording him the opportunity to be forgiven of his sins and "convert to Christianity." After six years of servitude, he freed himself and got back to his people in Britain.

There, he got an education, became a priest and eventually a bishop in the Roman Catholic Church. He then returned to Ireland where he ministered to ordinary people much of the rest of his life. Some credit him with bringing Christianity to Ireland. He is also said to have cleared Ireland of reptiles. Eventually he came to be revered as the patron saint of Ireland. His sainthood is recognized in the Catholic as well as the Eastern Orthodox, Anglican and Lutheran Church communities. March 17 is the date we celebrate St. Patrick's Day.

I am wondering if St. Patrick's Day in the United States could become a day to highlight human trafficking, as well as slavery. We often think of ourselves as enlightened and smarter than those old people of dusty history. But the story of the life of St. Patrick tells us that this evil has been with us for a

very, very long time. This causes me to question how far we have really come towards a civilized society. Not very, I'd say.

### Modifying Bad Behavior

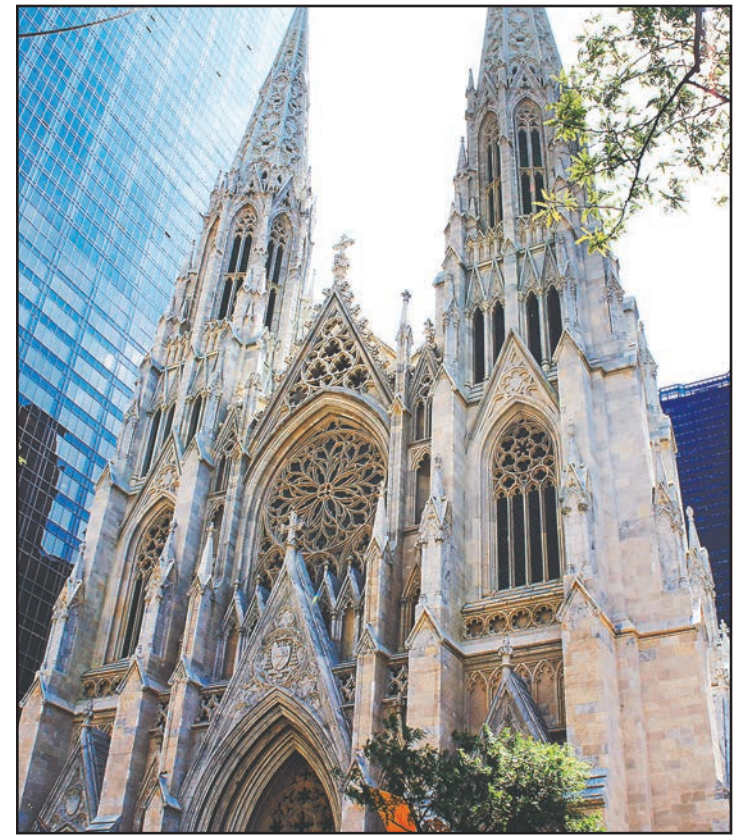
Psychiatry has not done very well in the area of bad behavior. Probably the most prominent psychiatrist in the U.S., Dr. Carl Menninger, in his book "Whatever Became of Sin?" alluded to this. I knew him a bit and happened to know that he had received a large government grant to find ways of helping those in prison to reform. He stated that psychiatrists never got very far with that. In the book he seemed to be saying that religious conversion seemed to do more for bad-behaving prisoners than psychiatric treatment ever did. I actually did hear him say that in a lecture.

From what I also hear on the subject in documentaries on TV, this may be the case. Statistics for turning lives around are quite amazing. One of the leaders in an addiction program sat in our living room one evening, telling of their statistics. I was very interested, because whenever I had asked a lecturer in psychiatry about this, I never got an answer higher than "10 percent of people in treatment programs continue good results the rest of their lives." It was about the same for Alcoholics Anonymous. Pretty dismal, right?

### Is Religion Key To Our Behavior?

The program being discussed that evening in our home was housed in a mission on "The Bowery" in New York City. It taught people about the Bible and Christianity. That program was getting 85 percent non-recidivism after five years. They continue to follow up in research.

It impressed me, too. Yes, I often wonder about putting some of the wonderful programs that we hear about, together. Those would be the spiritual aspects along with the job programs, and academic degrees that are already in place in some prisons. And what if we put the little that we psychiatrists have learned about people in trouble with the law? What I mean by that is that they are almost all cut off—out of contact with their families of origin.



*St. Patrick's Cathedral in New York City.*

What would happen if we taught them what we think we know about getting back in touch with their family, along with the other freeing principles contained in family systems theory? Like, for example, what the theory teaches us about how you approach people who are tired of you. Or what happens in humans when they become anxious?

St. Patrick is a great example of starting out wherever you start out, rather than crying and complaining about the cards we are dealt. He seems to show us that by doing the best we can, day after day, and by taking advantage of opportunities as they show up, we can rise to great heights. For Patrick, he became a bishop and religious leader. For most of us, though, the satisfying, joyous, wonderful, crazy happy heights of knowing we helped in some way, is enough.

*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.*

## The Art of Village Vida – The Illusion of Control

**Anne Goldberg**  
Gazette Contributor



*Anne Goldberg  
The Savvy Senior*

We can lead others by example. We can teach others. We can enlighten others, but we cannot control anyone else. In fact, when it comes to control, the absolute, only thing any one of us can control on this good, green earth, is how we think and what we say and do. We have the same degree of control over the weather as we do over others, which is, of course, absolutely no control whatsoever. If you think you can control others, it's an illusion. You may manipulate or exert a power play, but in the

truest sense of the word, control is an inside job.

Viktor Frankl was a respected Austrian neuro-psychiatrist in 1942, when he, his wife, parents and sister were herded into cattle cars and transferred to a Jewish ghetto in Poland. His father died on the journey and Viktor subsequently spent seven months in an assortment of concentration camps. When he was liberated, he learned that the rest of his family perished. As a culmination of his experiences, he wrote, "Man's Search for Meaning," and one of his most famous quotes is, "When we are no longer able to change a situation, we are challenged to change ourselves."

### Take Control Of Your Life

How are you challenged these days? What events are conspiring to leave you feeling out of control? Can you realize that the control you seek has to do with how you think about whatever it is that's going on? I recently spent two weeks babysitting my three granddaughters, all under the age of five. The experience resulted in a beautiful bonding with the girls ... and a pain in my back that has knocked me off my game, resulting from frequently hoisting them upon my left hip. It really hurts to walk and move,



*Be positive and be in control of your emotions. Choose to be happy for all the good in your life.*

yet, I have stayed in a good mood while in such pain. Why? Because my mood is in my control and if I get cranky, I won't be pleasant to be around. And if I'm not pleasant to be around, my boyfriend and other loved ones won't be so inclined to spend time with me. And if that happens, then I know that depression is soon to follow because humans – all of us – derive our greatest satisfactions from the relationships we have with other humans. So I choose to feel happy for all the good in my life, rather than crappy for this miserable pain. It is a conscious and deliberate choice.

### Focus On The Good

What choices are you making? Are you feeling happy or crappy? Think about the considerable good in your life; family and friends, community, financial freedom, warm, fresh air and blue skies. Focus on the good. Make it bigger in your mind and the pain and discomfort will fade slightly into the background. What you put your attention on, what you think about, is biggest in your consciousness. Don't

focus on the pain. Is it easy? Not always. Is it doable? Yep. Taking action (like getting PT, or eating to reduce inflammation) helps when things go awry. Along with managing what and how you think, being in action helps you to feel more in control.

Be a Savvy Senior. Be grateful for what you have and know that you can control your own thoughts, words and deeds. Choose the good ones and notice how much better you can feel.

*Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on "The Art of Living Longer," with decluttering & organizing, and with "Tell Your Story Videos," preserving the stories and wisdom of your life for future generations. Visit: [www.SavvySeniorServices.com](http://www.SavvySeniorServices.com)*

# We Don't See All The Wounds

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

I recently was honored as a keynote speaker at the World Stem Cell Summit in Miami Beach. The Summit is a project of the Regenerative Medicine Foundation, whose mission is to accelerate regenerative medicine to improve health and deliver cures.

As a retired U.S. Army Major General, I have seen and experienced first hand, the affects of brain trauma. In my speech, I focused upon the causes, and the often misdiagnosed, effects of what I call invisible brain injuries.

### Invisible Wounds

Many of us suffer from invisible wounds. Trauma to the head causes injury to the brain that affects many organs in our bodies.

Our soliders come back from wars with baggage. For me, hydrocephalus (water in the brain) has sent me to surgery to repair my esophagus and urinary problems. I often visit the doctor with headaches that come unannounced and partially immobilize me.

We hope for a cure that will negate the need for brain surgery to drain the excessive fluid in the brain. (A 21-year-old has had more than 120 surgeries to repair her shunts.) Hopefully, stem cell research may be our savior. Until then, I will continue with acupuncture and craniosacral massages that seem to lessen the frequency and the intensities of the headaches.

### Misdiagnoses

Many of us, who have suffered from brain injury, whether on the battlefield or at home, are misdiagnosed.

The following is the story of Sgt. James Spence, who would deploy to Iraq twice for a total of over 27 months in combat, returning for a final time in October of 2008. In Iraq, he would experience firefights, rocket-propelled grenade attacks, as well as the improvised explosive device or I.E.D. "Thankfully, and unlike so many of my brothers, I left Iraq with no obvious physical damage. I had no idea that would eventually change in time," Sgt. Spence said.

"I had been experiencing what I believed were migraine headaches, as well as an occasional inability to focus my vision. At the hospital, after a short exam, I was prescribed allergy medication. I would take the allergy medicines only to feel the headaches continue to increase in severity. Eventually, I would resort to over-the-counter headache medication in an attempt to relieve these headaches. Nothing worked. The headaches would get more excruciating.

"They would come and go in waves. By the end of a training day, I would

find myself in the passenger seat of our vehicle, curled into the fetal position and unable to function until the pain would temporarily cease, only to come back even stronger soon after.

"Finally, it became unbearable. I asked for a ride to the nearest emergency room. Upon my arrival, the E.R. doctor ordered a CT scan and quickly diagnosed me with hydrocephalus, a word and condition that I had never even heard of before.

"For the next three to four months, multiple attempts were made to adjust the setting in my programmable valve shunt, but if any of those adjustments alleviated one symptom, they seemed to cause another – bouts of nausea, headaches, and sharp, stabbing pain in my abdomen were prominent. Another was a general feeling of fogginess.

"It was determined that the tubing that sits under my skin going into my abdominal cavity had somehow formed a kink. This had completely blocked any drainage of the CSF (cerebrospinal fluid) that continued to build up within my brain. I was in surgery early the next morning and my neurosurgeon then replaced the entirety of the tubing as well as the programmable shunt valve.

"This brings me to today. Besides the fresh, u-shaped scar on the top of my head, it would be hard to tell there is anything wrong with me.

"I believe hydrocephalus affects everyone living with it just a little bit differently and I've been extremely fortunate compared to others with this condition. Regardless of how hydrocephalus affects everyone who suffers from it, the point is that it does affect everyone and it is going to continue to affect everyone in its own way until a cure is found."



*Sgt. James Spence is one of the many military men and women who have suffered brain trauma.*

*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.*

## Magic Of Spring, Lucky Charms At NSU Art Museum

**Jessica Graves**  
Public Relations Manager,  
NSU Art Museum Fort Lauderdale

**NSU ART MUSEUM**  
**FORT LAUDERDALE**

Plan a visit to enjoy the exhibitions at the NSU Art Museum Fort Lauderdale. Museum hours are Sunday: Noon - 5 p.m., Tuesday-Saturday: 11 a.m. - 5 p.m. and closed on Mondays.

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

**Free First Thursdays Starry Nights, Presented by AutoNation: Thurs., March 5 from 4 to 8 p.m.**

Enjoy NSU Art Museum Fort Lauderdale's exhibitions, 2-for-1 drinks in the Museum Café and hands-on art projects. Free admission.

**Art of Wine & Food: "Magic of Spring" Thurs., March 5 from 6 to 8 p.m.**

Sample and compare four fabulous wines to usher in the beauty of spring with small bites served to pair with each wine. Arrive early at 5:30 p.m. for a docent-led tour of the highlights of the exhibition "Happy!" RSVP online or call (954) 262-0258. \$40 per person; \$30 for members at the Patron level and above. Limited seating, advance paid reservations required.

**Bank of America Museums on Us: Sat. & Sun., March 7 & 8**

Bank of America cardholders receive free admission to the Museum.

**Second Sunday Film Series: "Picture of His Life" Sun., March 8 at 1:30 p.m. Tour And 2:30 p.m. Film**

Join NSU Art Museum and David Posnack JCC for a Sunday afternoon of art and film. Enjoy a guided tour of the Museum's exhibition, "I Paint My Reality: Surrealism in Latin America" at 1:30 p.m., followed by a screening of "Picture of His Life" at 2:30 p.m.

This fascinating portrait of world-renowned Israeli wildlife photographer Amos Nachoum follows him



*Pictured is the "Friends of the Museum" auxiliary group at NSU Art Museum Fort Lauderdale.*

as he prepares for the most challenging expedition of his career: Photographing a polar bear in its natural habitat underwater in the Canadian Arctic. 72 minutes Hebrew, English, Inuktitut with English subtitles.

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 for non-members.

**Creativity Exploration: "Lucky Charms" Sat., March 14 from Noon to 1:30 p.m.**

Explore ancient and contemporary amulets, talismans and charms, and make your own art to bring

luck to your home. Creativity Exploration workshops promote the benefits of creative exploration and the mind-to-body experience. Sessions expand perception of forms while increasing brain connectivity through visual and cognitive stimulation. Workshops are led by educator Lark Keeler, a specialist in mindfulness education.

Limited space. Advance reservations required. \$10 museum members and **John Knox Village residents**; \$15 non-members.

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

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

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

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

# Essential Knowledge About Your Browser

## Understanding The Balance Between Internet Freedom And Privacy

**Maurice Scaglione**  
Gazette Contributor



*Maurice Scaglione*

Is 2020 the year to get Brave? Why do you ask? It has to do with how the internet is making money for companies. We will explain more about getting Brave further on, however first, here's a lesson on how your browser is tracking your information.

You and your personal web history are worth billions of dollars for target advertisers. The revenue model that pays you dividends in your portfolio, if you own Google, Facebook, etc., is based on serving up advertising.

Seventy-five percent of Facebook users do not

realize that the advertisements they see are tailored specifically for them based on the likes and dislikes they clicked on when surfing Facebook. By giving up personal information on the internet, websites and applications remain free. Without companies trying to sell us something, just like on TV, everything free from games to most websites, would have to move to a paid model. Every free game application or website you use comes at a price. Your data is bartered like a commodity by technology companies. Each demographic based on age, sex and where you live is sold.

### The Browser Is Your Internet Gateway

What is the vehicle by which all this data is collected? It's the browser: Safari on the Mac, Firefox, Google Chrome, Internet Explorer, Opera and finally Microsoft Edge on Windows 10, to name a few.

Browsers are software that passes on all our personal information to your internet service provider, cell phone carrier and the technology companies on the web. Each time you go to a web page, a piece of software called a tracker from dozens of sites share your data. Ever go looking for a cruise package and notice for the next month all you see are cruise advertisements on the right-hand side of your searches? This is done with what is called a cookie. Cookies are not bad. They expedite your return to favorite websites to

give you a better experience. Whether on a computer, smartphone or tablet, browsers are the vehicles to get your answers surfing the web, reading your email or researching your topics on the internet.

You can pay for cleaner.com that deletes tracking information when you close a web page. You can start what you think is a private window called incognito but much data about you is still leaking.

Which browser you use will depend on the default set by your smartphone or computer maker. Some banks force you to use a specific browser that is tuned to work better with their servers. By not using the recommended browser you may not succeed in printing your boarding pass or getting your checking account balance. Sometimes a page will not render and articles will not display correctly.

### Is There A Way To Maintain Privacy?

What do we do to balance privacy with the usefulness of the web? You don't have to change your current browser at all, there is nothing wrong with how the advertising model works. Just realize you are the product being sold and not getting paid.

But it does have a technical effect on your devices. These advertising servers running on each page you visit slow down your device. Secondly, malware, including ransomware gains entrance to your computer because some of these advertising servers are infected.

You can lock down your current browser with advertising blocker software such as AdBlock Plus. Google has found this such a threat to their business model, that in 2020, they will prevent the installation of such blockers on Chrome, the browser they provide for free. So they realize this is a financial threat.

But the easy way around this is to use a new kind of browser dedicated by default to privacy, tracker elimination and advertising control. Here is where we explain the answer to the teaser question: "Is 2020



*Your browser is the gateway to all the information available on the internet. It is important to be aware, however, that without taking the necessary steps to assure your privacy, you are tracked everywhere you go on the internet.*

the year to get Brave?" Brave is the browser that is dedicated to your privacy. Give it a try.

On your smartphone go to the app store and search for "brave browser." On your computer go to www.brave.com and download the "brave browser." Run the installation and use it when you can. You will see a lion in the upper right with a number in it telling you the number of advertisers blocked on each page. Now go to foxnews.com, msnbc.com, espn.com or cnet.com and notice over 20 trackers were blocked from taking your private information.

If you want extreme privacy, in the upper right corner click the 3 lines and select "New Private Window" or "New Private Window with Tor." All your searches will now be more private. If a page does not render properly, click on the lion in the upper right, slide the red bar to the left where it says, "Shields up for this site." Turn it off for that site.

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



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# Stories: The Antidote To Inflammaging

## ArtSage Can Help You SuperAge

**Phyllis Strupp**  
Gazette Contributor



*Phyllis Strupp*

Your personal story plays a leading role in your brain's ability to work well as long as you live. Why? Because the "default network" brain activity that generates your personal life story is highly energetic. If we manage this energy effectively, our brains will be continually rejuvenated as we age. If we don't, our brain's useful life (brainspan) may fall short of our lifespan due to inflammaging (chronic inflammation which accelerates aging).

### Everyone Has A Story

Many people think they don't have a story, but we all do nonetheless. The human brain's ultimate job is to knit together a personal life story. This personal story allows us to share our wisdom—which is the point of having our very own story. The essence of being a member of homo sapiens sapiens—a double-wise person—is to share wisdom from your story.

The default network, the seat of consciousness, organizes not only your personal story, but other key aspects of your sense of self as well: Your memories, your relationships, your identity, your motivation, your interests, your self-awareness, your ability to move through time and space.

The default network is far too powerful to be handled by the individual alone. This activity is regulated by balancing the needs and desires of "me" with the needs and desires of "we." SuperAgers, people

who live long and well over age 80, are the masters of default network activity. They have more brain connections in the "we" part of the brain than people 40 years their junior.

### Relationships Shape Your Story

Our stories and ourselves are shaped by our relationships with others as we search for love and meaning every day. Alzheimer's disease targets the default network and gradually disorganizes the brain activity that underlies personal memories. No memories, no story, no self. My story is my self. Your story is your self.

Some 95 percent of Alzheimer's cases arise after age 65, thought to be a product of lifestyle, cultural, environmental and psychosocial factors that are not well understood. Inflammaging is a known enabler of many age-related health challenges, including Alzheimer's. Given how Alzheimer's death rates vary from country to country and city to city, cultural attitudes and environmental factors that contribute to inflammaging may play a bigger role than individual factors.

For at least 50,000 years, human groups have relied on rituals involving storytelling to combat loneliness and negative emotions – two major drivers of inflammaging. Elders have always played a key role in ritualized storytelling that provides shared social meaning.

Inflammaging teaches us that we are not designed to age alone. We need to share meaning with other people through stories – our default network says so.

Live performances that relay stories through music, song, dance and theater provide exercise for the default network, our inner storyteller, and keep us wise in mind and young at heart.

### Take Advantage of ArtSage At JKV

At JKV, ArtSage activities during the month of March give you many opportunities to just say no to inflammaging, and just say yes to stories. Join the SuperAgers and delight your default network with some new types of artistic experiences this month.

New stories can help build your personal story in surprising new ways. Enjoy the story.



*You are invited to John Knox Village for the many events planned during ArtSage this month. See page 2 of The Gazette for a listing of events.*

**John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. Call (954) 783-4040 for information on upcoming Train Your Brain® workshops.**

*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)*

## Enjoy Single-Story Living In The Cypress Garden Villa

### Take Advantage Of Limited Time Savings On The Cypress And Select Villas

If you are accustomed to living in a single-family home and prefer the convenience of a single-story ground-level residence, this month's featured Cypress Garden Villa may be a perfect choice. The joy of the one-bedroom, and one and a half-bath design is in the carefree floor plan. At John Knox Village, all home maintenance, both inside and out, is included. When you decide to leave for an extended vacation trip, just lock the door and JKV will take care of everything. Savor economical living, while still having the complete life-plan security that every resident at JKV enjoys.

See the ad on page 11 of *The Gazette* for savings on the Cypress Garden Villa and a select group of additional villas.

Tour this Cypress Garden Villa, experience the special ambiance of the Village, and enjoy a complimentary meal in JKV's Palm Bistro.

### The Cypress Villa 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 the Marketing Department at (954) 783-4040 for more information.



*Convenient and economical, The Cypress offers comfortable, carefree single-story villa living.*

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