



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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JKV Antique & Classic Auto Show Celebrates A Nostalgic 15-Year History



The 15th Annual JKV Antique & Classic Auto Show featured nearly 50 cars from the Model A's of the '20s to modern classics.

Marty Lee
Gazette Contributor

In 2005, new residents Dr. Paul and Sally Loree suggested an idea to Bob Milanovich, John Knox Village Marketing Director at that time: "Why not have an antique and classic auto show here in the Village?"

Now celebrating its 15th year, the Annual JKV Antique & Classic Auto Show has become a "must see" on the events calendar. Paul said, when they moved to JKV in 2004, they brought a 1938 Lincoln Model K Touring Cabriolet by Brunn. Subsequently he has replaced the Lincoln with: "A 1941 Cadillac Series 62 Formal Sedan by Derham – the last remaining such custom bodied '41 Cadillac built that year."

Paul's love affair with antique cars

is well established. "When I was back in Buffalo [NY] during my working years, I had 10 antique and classic cars ranging from a 1909 Model T Ford to a 1965 Lincoln Continental convertible sedan."

Now, as a JKV resident, Paul has maintained his contacts with other antique car owners.

"My fellow members of the local AACA (Antique Automobile Club of America) and CCCA (Classic Car Club of America) were known to me from my years living in Ft. Lauderdale," Paul said. "We used their rosters to solicit registrants at the beginning. We have lots of repeats and those who were told how great our show is."

Paul is not the only JKV resident who enjoys antique car collecting. David

Thomson owns a blue 1928 Ford Model A, which was on display during the Antique & Classic Auto Show. David has always been handy around cars, ever since he began working in a service station at 15 years of age. Through the years, David has owned a 1936 Ford, '53 Chevy, '45 Military Jeep and a '28 Bugatti.

"I have had a love affair with older cars," David said. "I try to do all the repairs myself. The minor ones can be fixed without much trouble."

But when there is a fix-it problem there is always advice to be had locally. "There are many antique car clubs around and we belong to the local Model A Restorers' Club here in Pompano. The club provides support for

See "Antique Cars" On Page 2

Perfume: The Sweet Smell of Success

Think Of Something Extravagant For Mother's Day

'What do I wear to bed? Why, Chanel No. 5, of course!'

– Marilyn Monroe

Nona Cree Smith
Gazette Contributor

The sale of fragrances in the United States is a successful market, racking almost \$8 billion in sales, according to www.statista.com and it is expected to keep growing. After all, everyone wants to smell good. Most women enjoy little luxuries like perfume. We usually can't afford a couture outfit, but we can buy a beautifully designed bottle of couture perfume.

Reams have been written about the psychology of perfume and its importance in our lives. To me, it's perfume's power to enchant and turn ordinary moments into something magical. It can evoke pleasant memories of friends, lovers and family. Guerlain's "Shalimar" reminds me of my lovely young mother as she would swoop to hug me in a cloud of exotic scent. Or my daughter's love of the ocean and beach is clearly reflected by her choice of perfume in Bobbi Brown's "Beach."

"It is as important for a woman to have a beautiful perfume as it is for her to have beautiful clothes" stated Christian Dior, the fashion designer when he introduced his "New Look" collection and iconic Miss Dior perfume in 1947.

In launching his very modern combination of florals sharpened by oakmoss, the fashion designer was following Coco Chanel, who enjoyed enormous success with Chanel No. 5, described as 'a bouquet of abstract flowers' when she introduced the perfume in 1921. Its scent was as innovative in its ingredients as Coco's chic couture of pants, the little black dress, tweed suits and costume jewelry.

The Long, Long History of Perfume

Perfume's history goes back more than 5,000 years – from ancient Egypt, Greece and Rome, and more recently to France, where Louis XIV's court was known as "la cour parfumée." Perfume reached new heights of popularity at Versailles, where the king demanded a different fragrance for every day.

We know the ancient people used perfume to honor their gods, to seduce, for pure pleasure, as a status marker and for personal hygiene. Hieroglyphics in Egyptian and Mesopotamian tombs verify the making of perfume as long ago as 3,000 BC. The priests used resins to sweeten the smell of sacrificial offerings. Pharaohs were entombed with fragrances such as frankincense and jasmine. When archeologists first opened ancient tombs in 1897, the scents retained their aromas, giving us an idea of how history smelled. Fragrant oils and resins weren't just reserved for burial and spiritual rituals, they also enhanced daily life. The ancients understood enticing scents could maintain a harmonious balance between body and soul and were useful as an antiseptic.



See "Perfume" On Page 4

'We'll Have Fun, Fun, Fun Now That Daddy Took The T-Bird Away' – The Beach Boys

From "Antique Cars" On Page 1

the members in the form of advice and helping make repairs." With six different Model A's showcased at the JKV show, there was a great representation among members of the club.

Father And Son Hobby

For father Don and son Dirk DeJong, antique car collecting is a way to stay connected. Don and his wife Joyce live at John Knox Village, while son Dirk is the CEO of Furman Insurance in Pompano Beach. Dirk also has been on the JKV Board of Directors for more than 10 years.

Dirk recalls his first car experience, "When I was a senior in high school, my dad bought me a 1956 Chevy convertible. It was red and white, but was full of rust. We worked on it together, but never finished the project because of title issues with the car."

Through the years, collecting cars has been a way of life for father and son. "In our free time, my dad and I work on and tour in collector cars together," Dirk said.

This year, the DeJongs were awarded First Prize in the "People's Choice" competition. Their 1940 Buick Roadmaster Convertible Phaeton was voted the fan favorite in balloting by the guests at the show.

Don and Dirk also own two other classic automobiles: A 1970 Buick Skylark Convertible and the actual 1991 Chevy Lumina that Ricky Rudd drove during the NASCAR Campaign. According to www.racing-reference.info.com, Rudd won at Darlington (S.C.) with this Number 5 Tide sponsored Chevy.

The DeJongs participate in several car shows every year with their Buick, but as Dirk says, the annual JKV Classic & Antique Auto Show is, "my favorite of all the car shows during the year. The car owners love doing the show, and I know most of the exhibitors



Model A Ford owner David Thomson meets with Dirk and Don DeJong in front of the DeJongs' 1940 Buick Roadmaster Convertible Phaeton. David and Don are JKV residents, while Dirk serves on the Village's Board of Directors.

from the Antique Automobile Club of America, Ft. Lauderdale Region. I heard nothing but raves from the residents. It is a great event."

Lifelong Car Collector

One Ft. Lauderdale resident who has been showcasing his cars since the first year of the JKV Auto Show is Art Polacheck. At age 90, Art is an avid car collector.

"I have 15 of these old timers," Art said. "I used to collect cars from the '20s, '30s and '40s but with today's roads, I stick with the '50s and '60s. We can get up to speed with those and get along with traffic."

Art showcased his 1963 Red Chevy Corvette Stingray at the show. "The '63 'Vette was the first year of the Stingray style," Art said. "They were made from

'63 to '67. My '63 model is the showcase that everyone wants to buy."



Auto show originator Dr. Paul Loree with JKV President & CEO Gerry Stryker.

View more photos of the John Knox Village Antique & Classic Auto Show on Facebook at www.facebook.com/JohnKnoxVillage



The ever popular Ford Mustangs had their own corner at the JKV Antique & Classic Auto Show.

First Car Memories 🤔 😊 😎

Marty Lee
Gazette Contributor

Each month a group of dedicated senior writers gather to share memories and hone their writing skills at the Silver Scribes book publishing class. Several of the writers shared memories of their first cars.

Happy 16th By Tony Janik

What's better than getting your driver's license on your 16th birthday? Getting your first car on your 16th birthday.

Precious document in my wallet, Dad had me drive to his friend's used car lot. Since I was a new driver, dad figured chances were pretty good that I would have an accident, so he thought I should have a big car for added protection.

Driving my new (for me at least) 1949 hunter green Buick Super 4-door sedan, I was extremely proud to follow dad home to get ready for my birthday party. I really felt grown up as I handed the keys to the valet in front of the Statler Hotel, where we celebrated in the elegant Terrace Room Night Club. Dad snuck me a glass of champagne to toast my "becoming a man." I didn't tell him that mom had beaten him to the punch.

After over a year of fun with the car: Graduating from high school, starting college, dates, trips and drives to look at the scenic changes of the seasons, mom and dad announced that they were going to Mexico for a few weeks' vacation. I was going to be in charge of the businesses and finances at home. I was also going to be driving dad's Ford. He thought the Buick would be more comfortable for the long trip.

Almost a week after they left, I returned home from school and saw a brand new 1956 Plymouth parked in the driveway. Guess who totaled the Buick?

My Car Stayed Parked By David Haun

It was August 1953. I was 16 years old and had my driver's license for four months. Dad had loaned me enough money to buy my first car. Now I was a "man" and the proud owner of a 1937 Ford two-door with a V8 engine and aluminum heads.

I drove my beautiful hand-painted gray Ford automobile to high school. A few days later, waiting at a traffic light, a schoolmate pulled up in his car, challenging me to a race. We sped down Third Avenue toward Broward Boulevard. Suddenly I heard a "Whoop" and saw in my mirror a red light flashing behind me. Busted!

We pulled our cars to the curb. The policeman walked to my friend John's window, talked a bit, and handed him a ticket. Then the law walked to my door and asked about my car as he checked my license. Then he wrote some information on his pad and handed my license back. I thought "I've won...no ticket!"

But then, with a small smile, the officer spoke. "Oh, by the way, you're too young for me to give you a ticket. So, you're going to receive a summons to visit the juvenile judge. You'll lose your license, so drive carefully. Then he turned and walked back to his car.

I went to juvenile court, and sure enough, lost my license for several months. It was painful. It's hard to have a date on a bicycle.

Years passed, I was married and had two children. One day my dad and I were drinking coffee, reminiscing about my childhood years. I remembered my court date and how it pained me to hand over my license.



David and Twylah Haun

Dad took a sip of coffee, smiled and said, "You never did hear about that day, did you? You didn't know, but the judge and I played golf together. The judge asked me as we played that weekend, what I'd suggest he do about you?"

"What do you usually do?" dad asked.

"Depends on the case. Sometimes I warn the kid. Sometimes I'll take his license for a few weeks." The judge continued, "What would you suggest?"

"What's the biggest penalty you hand down?"

"Several months with no license."

As dad and I sat together that day drinking coffee, dad smiled, and said, "Guess what I suggested he do?"

My First Car By Kathleen Dempsey

My first car was a Triumph TR3 two-seat convertible with red leather bucket seats and black paint. When I got it, I was over the moon. I had worked teenage summers as a waitress to earn the money.

There was only one little problem: I had no idea how to drive a stick shift. I learned to drive in my parents' big four-door automatic shift family car. So, when I tried to drive my newly purchased sporty vehicle home (and for the next few days), my dad teased me that I had bought a car with 'rabbit gas.' It jumped and jerked down the road as I tried to master the clutch and gear shift. Thankfully that was summertime.

When classes began again, I proudly drove it every morning and parked in the back field designated for high school seniors. I was editor of the monthly school newspaper, so I usually stayed after classes to work on it. One day I came out to leave and my car was gone. A short search revealed it sitting on top of a huge pile of wood designated for the Thanksgiving Homecoming Rally Bonfire. The football team had practice nearby, and it was pretty obvious from their huge grins who the guilty parties were.

I marched over to their coach and asked to "borrow the boys." When he gave me a quizzical look, I pointed out my pride and joy perched atop the woodpile. Coach hustled his gang over there, and my car was quickly rescued. I smiled and thanked the team. Up to that time I am pretty sure I had been perceived as a nerd, but after being a good sport about the car prank, I was suddenly 'in.'

In Good Taste: Chef Mark's Award-Winning Crabby Recipe Is A Shore Thing

Rob Seitz
Gazette Contributor

For many reasons the John Knox Village Culinary Team was eager to showcase a new dish at the recent 24th Annual Museum of Discovery and Science's Wine, Spirits and Culinary Celebration.

Led by Executive Chef Mark Gullusci and Catering Director Susanne Russell, JKV bested all but one of more than 40 of South Florida's premier restaurants – coming in Second Place for the second year in a row.

That was one reason, however Chef Gullusci also explained another, larger reason: "This was our third year of participating in the MODS event and we continue to demystify the perception some people still have about us," Chef told The Gazette. "John Knox Village is NOT your grandmother's retirement home. We offer a wide variety of delicious options on a daily basis to our residents.

"With nearly 1,000 residents and at three meals a day, I dare say we are one of the largest 'restaurants' in terms of meals prepared on a daily basis, however our quality never suffers."

Prior to the event, the team put their creative culinary toques (chef's hats) together and came up with "A Shore Thing Crab Cone."

As Chef illustrates below, the refreshingly, delicious dish is "shorely" easy to prepare—and quite enjoyable on a beautiful, breezy day by the water!

Shore Thing Crab Salad With Lemon Saffron Aioli Yields 4 Servings

• 1 lb. super lump crab meat
(This is the grade JKV used at the MODS event). It goes up to colossal crab meat, obviously the higher grade the higher price, so purchase what you can afford or are willing to spend.



The JKV Catering Staff celebrates its 2nd Place Award at the MODS Wine, Spirits and Culinary Celebration. L to R: Samuel McQuennie, Executive Chef Mark Gullusci, Director of Catering Susanne Russell, and Doris Castano.

- 3 ripe Roma tomatoes, quarter, remove seeds and membrane, and dice
- 2 ripe avocados, cubed
- 1 ripe mango, peeled and cubed
- 1 grapefruit, segmented
- 1 bunch of scallions, sliced on bias

Aioli Ingredients

- 1 cup mayonnaise
- Juice and zest of 2 lemons
- 1 teaspoon saffron (derived from the flower of *Crocus Sativas*) is available at most super markets
- Kosher salt and ground black pepper to taste

Aioli Preparation Method:

In a small bowl combine all the ingredients and let sit 20 minutes, mix again as the saffron will dissolve.

Salad Preparation:

To make the salad, open the can of crabmeat and carefully place in bowl. You don't want to break the pieces. Add remaining ingredients and gently fold in aioli. Refrigerate for 20 minutes, so the flavors intensify. Serve in a martini glass or small bowl. Enjoy!

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A Mother's Reflection On Being A Mom And A Grandma

Happy Mother's Day To All The Moms And Grandmoms

Donna DeLeo Bruno
Gazette Contributor

To give the gift of life is to transcend the bonds of earth. It is miraculous and awe-inspiring – a gift, a privilege, a responsibility. Often a young woman, in her desire to be the perfect mother, is insecure in her ability to provide all that her baby needs. She would be wise to relax and enjoy her infant who at this stage only requires nutrition and lots and lots of cuddling, cooing and holding.

I could never follow the dictates of letting my babies cry as it caused me pain. I spoiled them, I suppose, with too much holding, rocking, carrying. My younger son was a sort of an "appendage" for

his first four years, but isn't that what "mothering" is all about – to nurture, console, soothe, comfort and love, right?

The Constant Vigilance Of Motherhood

Later, when my boys were toddlers, I recall being in constant motion, following them everywhere lest they fall, crawling up and down stairs, getting into cupboards, any small cranny in which they could fit.

I took my eyes off one for only a moment and he had disappeared. I searched in every room, every closet, every cubicle, bathtub, shower, behind the bar. He was just two and barely able to reach the doorknob.

In a panic, I assumed he had let himself out of the house and flew next door to the neighbor who regarded me as "crazed," when I said that I had lost my child. She accompanied me back to the house after searching all around the yard. By now 15 minutes had elapsed and I was ready to summon the police when we heard a hiccup – then another – coming from the fireplace.

We approached the raised brick hearth on which sat a very thick, wide black mesh iron screen and peered into the depth of it to see my son covered in soot, sitting cross-legged Indian-style in the grate.

Mean Parents Anonymous

He was the child who also managed to squeeze his head between the narrow spokes of the staircase, his tiny head lodged tightly choking off his air. As I panicked, it was my older child who noticed the space between the spindles was wider at the top than at the bottom and eased his baby brother upward so that the head just barely squeezed through.

One fine day, the older brother ran away, leaving in the mailbox a letter addressed to "Mean Parents Anonymous," because little brother was getting all the attention and he felt neglected. Fortunately, he only got as far as the neighbor up the street. Those years were exhausting.

Later, it was dealing with sports injuries and broken hearts, and even later angst and anxiety about college acceptance. Yes, mothers need to be all things – cooks, referees, nurses, chauffeurs, teachers, cheerleaders, financiers, child psychologists, etc. Indeed, parenting has its challenges, but the key was savoring those special moments that defined their lives. I was wise to realize that "the work will wait while you

show the child the rainbow, but the rainbow won't wait while you do the work" (Patricia Clafford). The following poem by Alice E. Chase sums up the fact that we travel the road of parenthood just once, and it is the wise mother who realizes this early on.

To My Grown-up Son

My hands were busy through the day,
I didn't have much time to play
The little games you asked me to,
I didn't have much time for you.
I'd wash your clothes; I'd sew and cook,
But when you'd bring your picture book
And asked me, please, to share your fun,
I'd say, "A little later, son."
I'd tuck you in all safe at night,
And hear your prayers, turn out the light,
Then tiptoe softly to the door,
I wish I'd stayed a minute more.
For life is short, the years rush past,
A little boy grows up so fast,
No longer is he at your side,
His precious secrets to confide.
The picture books are put away,
There are no longer games to play,
No goodnight kiss, no prayers to hear,
That all belongs to yesteryear.

For new parents, hug that child and spoil him or her with affection. Give your undivided attention.

Grandparents, it is not too late. You have a second chance. I can attest to the fact that grandparenting is as good, even better, than parenting. You have all the delights without the responsibility or discipline. Tell them they are special, that they are loved unconditionally, treasured, cherished. I spoiled my kids with time and attention and now my grandkids; I have no regrets. My sons became upright, hard-working, responsible adults. I relished the role of mother and now savor every moment as a grandmother. "Grandma" is the sweetest name I have ever been called.

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.



'A Rose By Any Other Name Would Smell As Sweet'

From "Perfume" On Page 1

The Seductive Art Of Perfume

In 41 BC, Cleopatra, Queen of Egypt, was summoned to Tarsus by the Roman Mark Antony. She is said to have arrived by sailing the Cydnus River in a decorated barge with heavily scented purple sails and swathed in roses. Mark Antony didn't stand a chance against the seductive sensory overload of heavy scents, and a beautiful woman at the height of her power:

*"The barge she sat in, like a burnish'd throne,
Burned on the water: the poop was beaten gold;
Purple the sails, and so perfumed that
The winds were lovesick with them."*

-- William Shakespeare: "Antony and Cleopatra"

In Greece, worshipping and pleasing the gods and goddesses with perfumes and incense had been a long tradition. A variety of fragrances were used lavishly in religious ceremonies and for bathing. The Greeks played a vital role in perfume's history. They picked flowers such as iris, cistus, roses, myrtle, hyacinth and narcissus, ground them with resins and suspended them in oil to be used on the skin and hair.

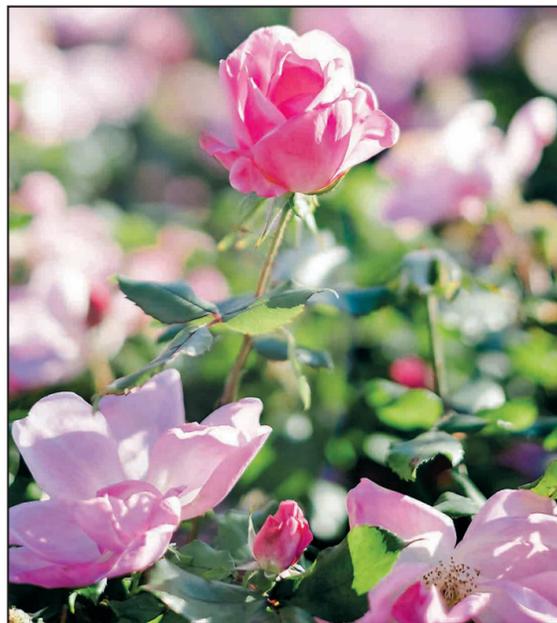
The Romans may not have invented perfumery, but they gave it its name: Per fumum "through the smoke." Rome became a powerful epicenter in the ancient world. Its conquests, from Asia to Britain, brought affluence and opulence to the citizens with exotic perfumes playing a luxurious role.

Bathing in public baths was an essential ritual in Ancient Rome, where great importance was placed on cleanliness and smelling pleasant. The Romans used fragrant balms, oils and perfumes on their skin, hair and in their homes. Emperor Nero loved the aroma of roses so much, he had silver pipes installed in his villas so rosewater could be spritzed on his guests.

Decadence and indulgence eventually brought about the Fall of the Roman Empire, and with its demise, such luxuries as perfume became redundant.

The Middle (Or Dark) Ages

The early Middle Ages was a period in European history when learning and civilization declined. Rome



May roses in bloom in Grasse, France.

had fallen with no other dominant authority to take its place. Life became focused on subsistence farming. Perfume production came to a standstill. Incense was still used in churches and monks cultivated fragrant gardens, but everyday life was smelly even for royalty.

While Europeans lived without perfume, Eastern cultures revered and revelled in it. In India, fragrances were made from a variety of aromatic elements to be used in tantric rituals. The Chinese used scents to perfume their homes, clothes and temples. Incense was a ritualist part of early Japanese life.

By the 11th century, the Crusaders brought many treasures back to Europe, including aromatic plants, materials and a technique for distilling rose petals. The Italians perfected the distillation process by merely cooling the tube which carried the distilled vapors. They called this the liquid "aqua mirabilis" or "aqua vitae." In the 14th century, perfume was used as a body splash and as a breath freshener.

The Birth Of Perfumery

While mankind had used incense and perfumes for centuries, it wasn't until 1370 that perfumery, as we know it today, was born. Queen Elizabeth of Poland and Hungary ordered a fragrance to be made from a fusion of lavender and rosemary. The perfume was called "Queen of Hungary's Water." It is the oldest known perfume and can still be bought today.

The perfume industry flourished once more in Italy, as intrepid explorers criss-crossed the world in search of new lands, gold and exotic plants. Explorers like Vasco da Gama, Ferdinand Magellan and Christopher Columbus brought vanilla, balsam, cardamom, sandalwood, clove and cocoa from the New World to Europe.

Expeditions were sent to the East to bring back live flowering citrus plants, not only for their fruit, but also for the delicately fragrant flowers. With perfect timing, the distillers were becoming expert at creating essential oils from frankincense, oud, cedarwood, cardamom, nutmeg and anise. Hygiene had not improved much, and heavy perfumes were still used to mask body and street odors – which made strong scents like tuberose, jasmine and musk popular. Queen Elizabeth I used rose-scented pompadours and sachets liberally and turned them into fashionable accessories.

Catherine De Medici: The Idea That Changed Everything

Catherine De Medici was an Italian noblewoman, who in 1533 at the age of 14, became Queen of France by marriage to King Henry II. Catherine grew up amidst the opulent splendor of her Medici family in Italy. When she left to marry Henry, she took a court that included artists, poets and dancing masters, even her own perfumer: René de Florentin who had his own laboratory, where he created Catherine's famous scented gloves to mask the crude smell of tannery leather.



The Meeting of Antony and Cleopatra, by Lawrence Alma-Tadema, 1884.

Grasse, formerly the renowned center of the leather tanning industry, gradually became the perfume center of France, as the demand for fashionable scented gloves and garments grew. Grasse had the perfect climate and location to grow fragrant flowers.

The distinctive flowers in the Grasse area, such as lavender, myrtle, roses, orange blossoms and jasmine became the local treasures and the basis of a booming industry. From the production of the perfumes and raw material to the manufacturing of extracts, all the expertise and technology of perfumery became headquartered in Grasse. Major brands like Chanel still grow their own fields of Rosa centifolia (May rose). A small processing plant adjacent to the rose fields ensures the freshly harvested flower petals quickly become the highly aromatic essential oil used exclusively in Chanel perfumes.

A Nose By Any Other Name

A nose (the nickname for a perfumer) is someone trained to develop new blends used in perfumes and scents for soaps, shampoos and candles.

At any given time, there are thousands of noses in the world, but only a handful of truly talented individuals who are famous in their own right. Traditionally, a nose would have trained as an apprentice, working with another perfumer to learn the intricacies of the trade. In addition to being able to identify and blend scents, a nose must include knowledge of production costs, the stability of a perfume and how it will interact with other substances. Modern noses typically pursue advanced degrees in chemistry, in addition to training in the perfume industry. Many add studies in psychology and marketing to round out their unique abilities.

The Full Circle Of Perfume

Initially, all perfumes were natural – the Egyptians, Romans, early French and Italian perfumers did perfectly well without the synthetics relied upon by many noses today. But in line with the demand for "clean" skin and hair care, today's customers want pure, natural perfume too – going full-circle.

Bailey Contemporary Arts Features Tropical Botanics

Kay Renz
Special To The Gazette

Bailey Contemporary Arts (BaCA) in Pompano Beach presents "Tamiami Trail: In the Beginning," an exhibition of original artworks by members of the Miami-based Tropical Botanic Artists collective. The exhibit will be on view in the West Gallery/Blooming Bean Coffee Roasters until May 31.

The botanical subjects were selected to mark the 100th Anniversary, in 2015, of the start of work on Tamiami Trail, a roadway begun in 1915 in Miami. Today, it stretches across the Everglades from Miami to Naples and northward to Tampa, through areas that were largely wilderness a century ago. The exhibition's more than 30 plant portraits depict species found then and now in multiple vegetation zones along the route. Due to human intervention and changes in water flow, some of the plants illustrated are rare or endangered, and their predominant locations may have shifted, but all still grow in South Florida's landscape.

"We invite our community to dive deep into the discerning talents of the artists capturing the essence of South Florida in plant form," said Phyllis Korab, Cultural Affairs Director. "Far beyond 'flower painting,' botanical artists show the fascinating and soul-stirring intersection of science and art."

Presented with support from the Florida Keys Council of the Arts, the exhibition is the result of the artists' collaboration with Dr. Evelyn Gaiser of Florida International University, who is principal investigator for the local Florida Coastal Everglades Long Term Ecological Research program.

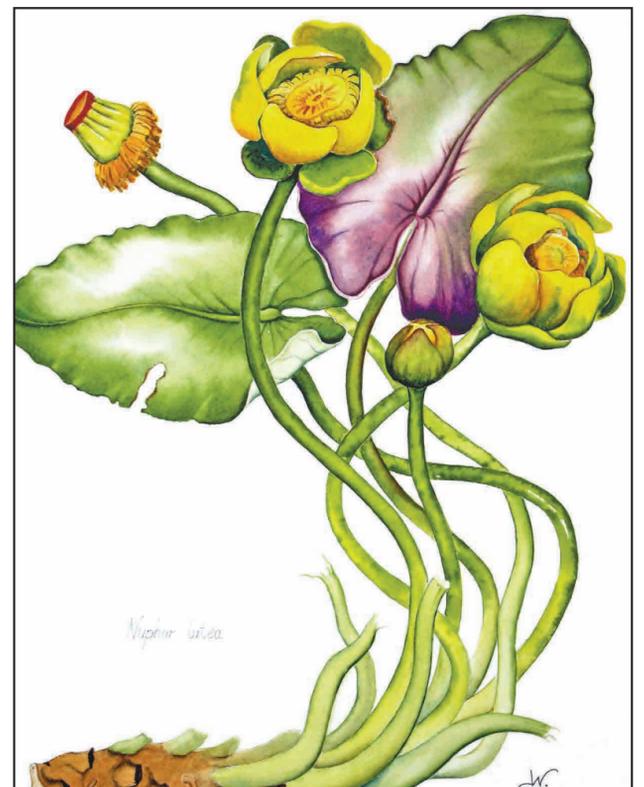
Artists whose works are featured in the exhibition are: Margie Bauer, Kristi Bettendorf, Beverly Borland, Silvia Bota, Marie Chaney, Susan Cummins, Jeanie Daniel Duck, Julio Figueroa, Pauline A. Goldsmith, Leo Hernandez, Elsa Nadal, Carol Onstad, Laurie Richardson, Donna Torres and Jedda Wong.

About Tropical Botanical Artists

The Tropical Botanic Artists collective was established in Miami, FL in 2006, to highlight the beauty of tropical plants through art. Its members come from all walks of life and each brings a unique viewpoint to his or her work. They share a love of the natural world and that fascination is reflected in their art: www.tropicalbotanicartists.com

Regular business hours: Tuesday through Friday: 10 a.m. – 6 p.m., Saturday: 10 a.m. – 4 p.m., Sundays & Mondays: Closed.

Bailey Contemporary Arts is located at 41 NE 1st St., Pompano Beach, FL 33060. For more information call (954) 786-7879.



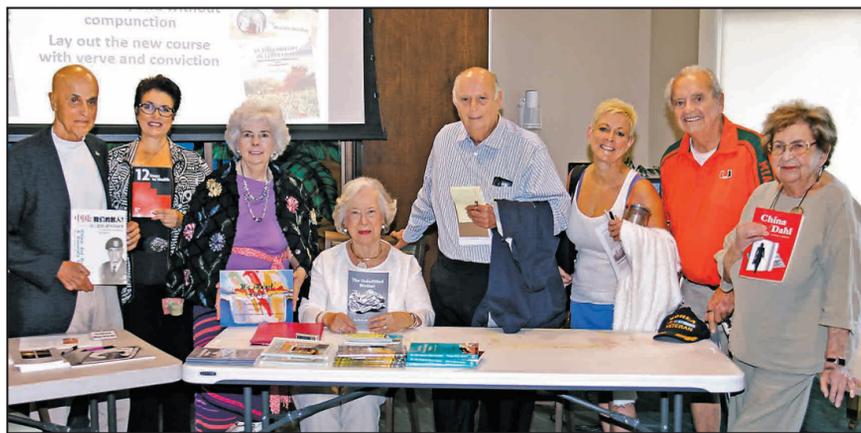
Among the many Tropical Botanical Artists featured at BaCA is Jedda Wong and this work entitled, "Spatterdock."

Join Us In May For These John Knox Village Events

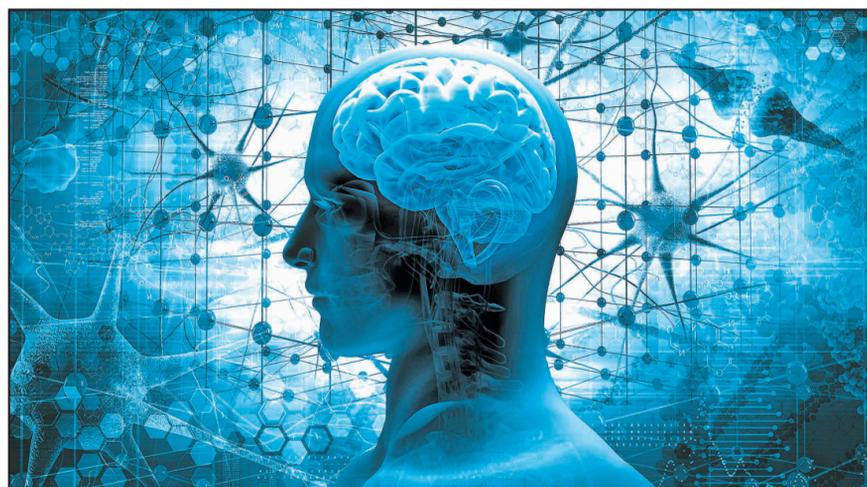
Special Dual Program: Train Your Brain's® 'Build Your Story' Meets Silver Scrubers Book Publishing Wednesday, May 15 at 1 p.m. in the Lakeside Dining Room

JKV's Brain Coach, author Phyllis Strupp has long taught the importance of exercising the brain to build and improve upon its functionality as we age. She is a proponent of writing as one of the best activities to maintain and increase brain health. In this special two-hour seminar, Phyllis will first teach you how to "Build Your Story." Her presentation will be followed by Marty Lee, founder of the Silver Scrubers program, who will guide and encourage seniors to write and publish their autobiographies. The Silver Scrubers takes care of all the technical aspects of publishing; all you need to do is write your story. Plan to attend this first of a kind special program.

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



Pictured above are some of the senior authors who, independently or through Silver Scrubers, have published or are in the process of publishing their books. Silver Scrubers began in 2015 and has enabled many new authors to write and publish their literary works. If you have thought about writing your autobiography to leave a lasting legacy of your life for your children, grandchildren, extended family and friends, this session will be an essential component in achieving that goal.



Be Our Guest for Lunch And Train Your Brain® Program Thursday, May 16 at 10:30 a.m. in the Lakeside Dining Room

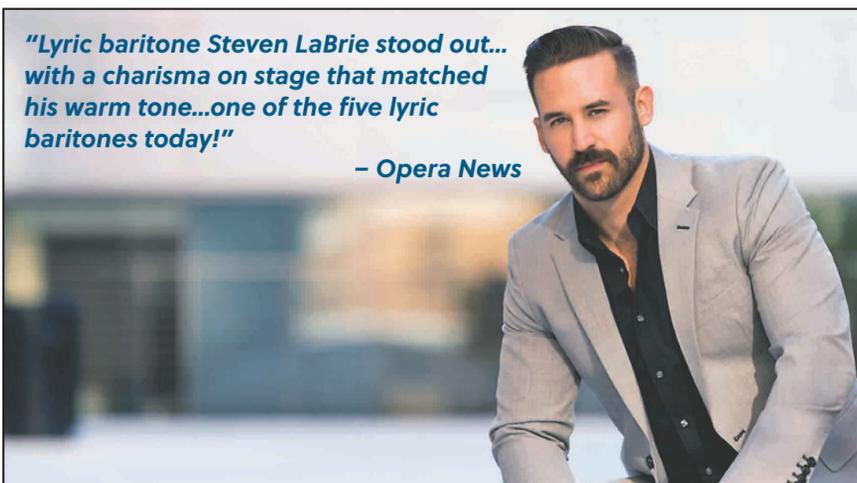
John Knox Village is the only Life-Plan Retirement Community in Florida to offer the exclusive Train Your Brain® program. Phyllis Strupp, founder of the program, will be guest presenter helping participants boost their memory, provide additional mental motivation and illustrate how "use it or lose it" is good advice for brain fitness. You will also tour designer-ready apartments and enjoy a delightful lunch. Seating is limited. Join us for this educational program and lunch.

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

John Knox Village And Venetian Arts Society Present Baritone Steven LaBrie Tuesday, May 28 at 6 p.m. at NSU Art Museum Fort Lauderdale

Please join John Knox Village and the Venetian Arts Society on Tuesday, May 28 for a concert by baritone Steven LaBrie, accompanied by pianist Roberto Berrocal. The cultural experience begins with a wine and hors d'oeuvres reception at 6 p.m. at NSU Art Museum Fort Lauderdale. The concert starts at 7 p.m. Then remain after the concert for champagne, dessert and the opportunity to meet the artists. See the story on page 9 for more details. A limited number of complimentary seats is available for guests of John Knox Village.

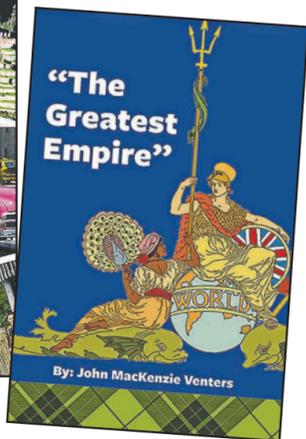
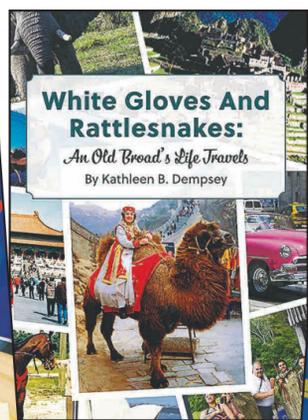
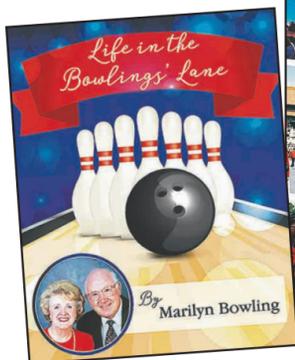
Call John Knox Village at (954) 783-4040 for ticket information.



"Lyric baritone Steven LaBrie stood out... with a charisma on stage that matched his warm tone...one of the five lyric baritones today!"

- Opera News

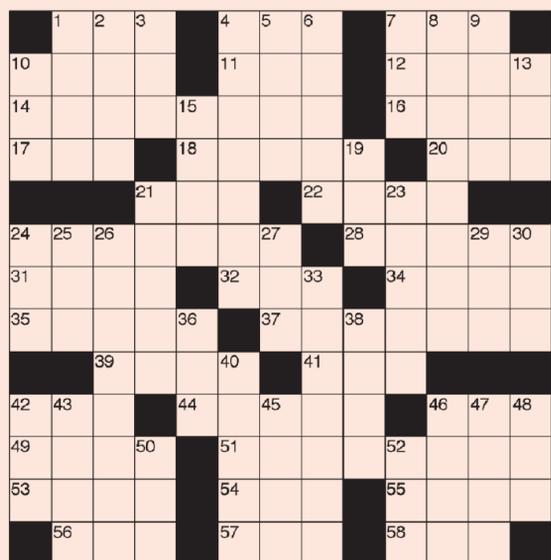
NEW TIME NEW PLACE



Learn How to Publish Your Life Story Thursday, May 30 at 10 a.m. in the Village Towers Party Room

Even if you didn't join us at the May 15 special program: "Train Your Brain's® 'Build Your Story' Meets Silver Scrubers Book Publishing," you'll want to come on Thursday, May 30 to learn the finer points of publishing your book. Join our group of Silver Scrubers – budding authors who are creating 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? Our Silver Scrubers program will take over the technical publishing of your life story. Remember the time and location for this month. Meet in the John Knox Village Towers Party Room at 10 a.m.

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



Crossword Puzzle Of The Month

ACROSS

1. Federal Aviation Admin. (abbr.)
4. Sinbad's bird
7. Postpaid (abbr.)
10. Festival
11. Amateur Boxing Assn. (abbr.)
12. Islamic teacher
14. Mensa (2 words)
16. Maori seagoing canoe
17. Sheep's cry
18. Portion out
20. Tactical Air Command (abbr.)
21. Birds (pref.)
22. Fist
24. Bait
28. Funeral oration

DOWN

1. FDR's dog
2. Alberta (abbr.)
3. Narrower than AA
4. Naut. rope
5. Old Gr. coin
6. Fowl
7. Animal's foot
8. Dais
9. Wild mango fruit
10. Witless chatter
13. Son of, in Gaelic names
15. Harangue
19. Golf peg
21. Vestment
23. Pseudonym
24. Hat
25. Pray (pref.)
26. Turnip
27. Knot lace
29. General Accounting Office (abbr.)
30. Poetic contraction
33. Knight
36. Hours (abbr.)
38. Geological epoch
40. Fruit
42. Mother of Hezekia
43. Eucalyptus secretion
45. Olive genus
46. River into the Yellow Sea
47. Eight (Lat.)
48. Insect
50. Longitude (abbr.)
52. Public Broadcasting Service (abbr.)

Answers On Page 11.



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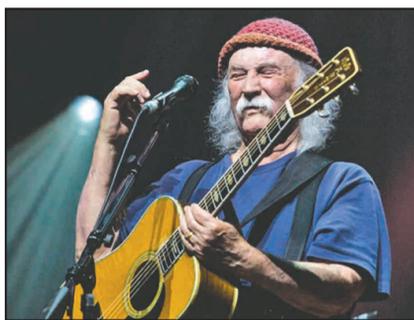


John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided the community prior to these requirements going into effect. Additionally, our ability to verify whether these requirements have been met is limited to the information we receive from various credit and screening services used.

Enjoy Jazz, Opera, Dance And Rock: Check Out This Month's Events

May 3

Gold Coast Jazz:
Tamir Hendelman Trio
 Amaturu Theatre 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



May 9 & 11

Florida Grand Opera:
Werther
 Au-Rene Theatre at
 The Broward Center
 for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$21

May 17

Dance Now! Miami:
Amaturu Theatre 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 \$35

May 21

David Crosby & Friends
 Parker Playhouse
 707 NE 8th St.
 Fort Lauderdale, FL 33304
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$47.50

May 26

23rd Annual Festival Yachad –
Israeli Dance Festival
Au-Rene Theatre 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 \$10

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.

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

Last Chance For Renoir At NSU Art Museum

NSU ART MUSEUM

FORT LAUDERDALE

Jessica Graves

Public Relations Director
 NSU Art Museum
 Fort Lauderdale

This is your last chance to see the works of William J. Glackens and Pierre-Auguste Renoir

before the exhibit closes on May 19.

This outstanding exhibition featuring paintings from leading private collections and museums, including NSU Art Museum's own world-renowned Glackens collection, illuminates the significant influence Renoir had on Glackens' artistic development, and provides a fascinating window into American art collecting from the late 19th to early 20th centuries.

Also, on view is "Remember to React," the first comprehensive installation of NSU Art Museum's permanent collection with works by artists Elaine de Kooning, Frida Kahlo, Pablo Picasso, Robert Rauschenberg, Diego Rivera, Cindy Sherman, Andy Warhol and many more.

May Event Highlights

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

Free First Thursdays Starry Nights, Presented by AutoNation: Thursday, May 2 from 4 to 8 p.m. Free

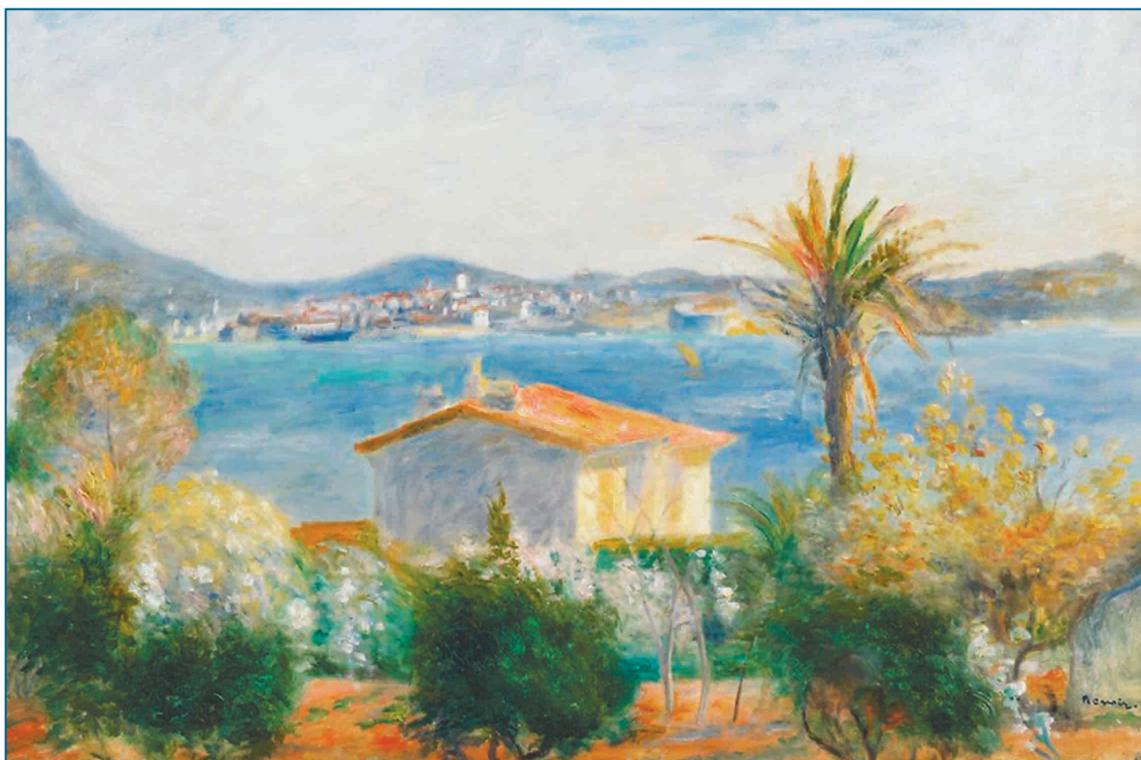
View NSU Art Museum Fort Lauderdale's current exhibitions and enjoy 2-for-1 drinks in the Museum Café, free admission to exhibitions and hands-on art projects for all ages. Currently on view: William Glackens and Pierre-Auguste Renoir, and "Remember to React."

Art of Wine & Food: Chill Out for Summer: Thursday, May 2 from 6 to 8 p.m.

Join Todd Alleman from Trincherro Family Estates as he presents a variety of Doña Paula wines paired with small bites. Arrive at 5:30 p.m. to enjoy a docent-led tour of Latin American art on view in "Remember to React."

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

NSU Lecture Series: African Art and Peace-Building With Ismael Muingi, Ph.D. Saturday, May 11 from 2 to 3 p.m. Free



Pierre Auguste-Renoir, *Tamaris, France, c. 1885*. Oil on canvas. Minneapolis Institute of Art, Bequest of Mrs. Peter Folliott; 2006.9.2 Photo: Minneapolis Institute of Art.

This discussion by Ismael Muingi, associate professor of conflict analysis and African studies at Nova Southeastern University, will explore representation and meaning in African art forms as they relate to peacebuilding and social harmony.

Creativity Exploration: Giving and Receiving: Saturday, May 11 from Noon to 1:30 p.m.

Join a mindful art-making exercise inspired by gratitude for the work of our hands and by the unique fingerprints we leave on the world, as you experience the benefits of creative exploration and the mind-to-body experience with art educator Lark Keeler, a specialist in mindfulness education. \$10 for members; \$15 for non-members.

Second Sunday Film Series: "The Last Resort" Sunday, May 12 at 1:30 p.m. Tour / 2:30 p.m. Film Screening

Enjoy a docent-led highlight tour of Latin American art on view in the exhibition "Remember to React," followed by a screening of the film "The Last Resort," a wistful portrait of Miami Beach's community of Jewish retirees during the 1970s and 1980s. Dennis Scholl, director of "The Last Resort" will give a short introduction at 2 p.m., and do a Q&A after the film screening.

In celebration of Mother's Day, take advantage of "Movie and a Nosh" for mom. The Museum Café will offer menu items such as mini bagels and smoke salmon, mini black and white cookies, cream soda, etc.

Film: Museum members \$9; non-members \$11. Film and tour: Museum members tour free; \$22 non-members.

A Sense of Pride: Visual Activists and New Identities, Presented by the Conni Gordon Creativity Matters Symposium: Saturday, May 18 from 11 a.m. to 5 p.m. Free

One-day symposium featuring panels, workshops and performances with local and national LGBTQ artists, curators and activists focused on current issues in the LGBTQ community.

Free Fort Lauderdale Neighbor Days: Saturday, May 25 and Sunday, May 26 from Noon to 5 p.m. Free

Tell friends and family: Fort Lauderdale residents receive FREE admission to the Museum on Fort Lauderdale Neighbor Day. Proof of address required.

Venetian Arts Society Recital: Tuesday, May 28 from 6 to 9 p.m.

Venetian Arts Society presents a John Knox Village Venetian Salon Recital.

Enjoy an evening of wine and hors d'oeuvres followed by a performance by baritone Steven LaBrie and pianist Roberto Berrocal. \$35 for Venetian Arts Society, John Knox Village and Museum members; \$50 for General Public.

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

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The Doctor Is In

The Importance Of The Family In Overall Wellness

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

While family systems theory was being formulated, Dr. Murray Bowen, the originator of the theory, moved his research from the famed Menninger Clinic to the National Institutes of Health. He had been given a wing of the hospital and a grant of money in order to study families with a schizophrenic child.

At that time, mothers were given most of the credit and blame for child-rearing. Some mothers were even given the pejorative term “schizophrenogenic mothers” by psychiatry.

Bowen continued the studies he had begun at Menninger by admitting mothers and their schizophrenic children to the NIH. It did not take long for him to see that mothers were only part of the family story. Shortly after that realization, he saw that he needed to admit the entire family in order to see the true picture.

He had almost immediately seen that the mothers’ thinking, anxiety level and behavior was profoundly influenced by their relationships with their husbands. In fact, all the relationships in the nuclear family affected all the others.

So, he began admitting entire families to the institution. Fathers (in those days fewer women worked outside the home) went to work as usual. Staff observed what they could learn. Thus, the new science of family systems theory was born.

In the years he conducted his studies there, he concluded that one cannot understand any individual well without an understanding of as many of the nuclear family relationships as possible, and the movement of anxiety among the members of the group. In addition, movement of anxiety between the generations of the parents’ extended families was even found to be important to the functioning of those in the nuclear family.

Staff anxiety was found to have an effect on the functioning of those in nuclear families who lived in the hospital, as well.

Our Roles In Today’s Family

In our time, many mothers work outside the home. This has overburdened many families in a way that may not have been envisioned at the beginning of this movement. Single parent homes, drug addiction or other illnesses in parents may lessen or destroy parenting energy and effort.

Grandparents are sometimes called upon to rear

grandchildren. This phenomenon reminds us of the higher mammal research, where a grandparent generation is often called into play when parents become tired. Humans may not always want the job but see no other way out. Some fairly prominent persons have been reared by a grandparent generation.

For example, Clarence Thomas of the Supreme Court discusses this in his autobiography. At my age, I would like to attribute this kind of an outcome to the phenomenal wisdom of older people.

The older I become, the more I appreciate, admire and ask for the wisdom of those a little older than me. Studying residents of nursing homes, it was found that the more decision-making the resident was given, the better they functioned.

The Wisdom Of Elders And Children

The point has been well made that sometimes children need to step in and function for older people “since they functioned for us when we were young.” Maybe this idea has been too well put across. Instead of asking questions of elders about what they want, thus asking them to step up and make decisions, sometimes I have seen people coming in and taking over, making the decisions for them. It can be a posture of “big me, little you,” (or over-functioning, in theory). This may make the offspring feel good but leave the elder discounted and functioning less well.

When my parents considered coming to a continuing care, or life-plan community, dad was all in favor, but mom dug in her heels. I was elected by my family to see what could be done with her. I planned a visit to their home, but before I went, I thought through some principles for the visit that I would try to observe.

1. *It would take as long as it would take. I would try not to be in a hurry with my parents but respect their need for process.*
2. *I would listen more than I would talk.*
3. *I would respect their ideas.*
4. *I would ask questions rather than discounting them by telling them how things were going to be.*
5. *I would try to stay out of their emotional intensities. That is, stay connected with their emotions but not take them on.*

With these ideas in mind, I went to see my parents. I said, “Some of the family seem to think the two of you would be better served in a different kind of community.” Actually, one of my brothers had a new center picked out near him.

Mother challenged me: “What is wrong with where we are?”

I answered “Some communities will have a little more help available when you need it. And, it is

against the rules for you to live here when neither of you can drive.”

At this point, mom began to cry. Time for me to be calm but connected. Later in the discussion, I asked, “Steve has a place in mind. Would you be willing to simply look at it?”

Mom surprised me by saying, “Well I guess there’d be no harm in looking.”

After they were able to see the center that Steve was thinking about, they were all in. About a year later, mom apologized to me for putting up obstacles at the beginning of the process. They lived at this center for several years. Mom said they loved it there. My brother, nearby, had tea with them every morning on his way to work. I happily continued to learn from my relationship with each of them. They lived contentedly, and involved with others, into their nineties.

What does family systems theory teach us about relationships with mothers, grandmothers or anyone? At the very least it teaches us to:

1. *Stay out of postures and patterns, conflict, distance, over- or under-functioning, or triangling.*
2. *Aim for a level of better maturity when dealing with others. Establish a position of calm, neutral, presence. Stay connected with them, even during periods of emotional intensity or crisis.*



Mother’s Day is a great time to honor the relationship among grandmothers, mothers and daughters.

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.

John Knox Village And The Venetian Arts Society Invite You To Enjoy Steven LaBrie In Concert On May 28



Baritone Steven LaBrie

Special To
The Gazette

John Knox Village and the Venetian Arts Society present baritone Steven LaBrie in concert accompanied by pianist

Roberto Berrocal. The cultural experience begins at 6 p.m., Tuesday, May 28, at NSU Art Museum Fort Lauderdale with wine, hors d’oeuvres and fun,

plus stimulating conversation with one of the most diverse and sophisticated groups of people one will find anywhere.

At 7 p.m. attendees will move into the theater for the “Salon Concert” and the rare opportunity for the guests to be a part of the artistic process and to interact with the artists in an intimate atmosphere. The relaxed, yet focused, setting creates for everyone, whether novice or connoisseur, a nurturing and all-encompassing artistic, educational and social experience: Showing us a new way to dream.

Steven LaBrie In Concert

Mr. LaBrie has received numerous awards and honors including a Top Prize award and an Encouragement Grant from the George London Music Foundation in 2016, Second Place from the Gerda Lissner International Vocal Competition, as well as the Judges Award with the Opera Index Competition.

In 2010, he was an Encouragement Award winner in Washington, D.C. for the Metropolitan Opera National Council. He was also awarded First Place in the Dallas Opera Guild Vocal Competition and Second Place in the Palm Beach Opera Competition in 2008, where he performed in the Grand Winner’s Concert accompanied by the Palm Beach Opera Orchestra. That same year, he was awarded Second Place at the Parkinson Competition and was a recipient of the Sergio Franchi Scholarship.

In 2006, Mr. LaBrie was Third-Place winner of

the Dallas Opera Vocal Competition, where he was also awarded The Mozart Award for Best Aria Interpretation.

Additionally, he has been awarded the Grand Prize at the Florida Grand Opera Young Patronesses of the Opera Competition, Fourth Prize at both the Licia Albanese Puccini Foundation Competition and the Giulio Gari Foundation Competition. Steven also won the 2015 Gilda Morelli Prize for Best Vocal and Dramatic Interpretation of an Aria at the Concurso Nacional de Canto Carlo Morelli in Mexico City, which was especially chosen by tenor Francisco Araiza.

Enjoy The Concert On May 28

Tickets for VAS/JKV/MOA (Museum of Art) members are \$35, general admission is \$50. **JKV has a limited number of complimentary tickets for outside guests.**

Stay after the performance to enjoy champagne and dessert and to meet the artist.

The concert will take place at: **NSU Art Museum Fort Lauderdale, One East Olas Blvd., Ft. Lauderdale, 33301.**

Call the John Knox Village Marketing Department at (954) 783-4040 for information about your complimentary ticket.

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

'Not Available, Call Back Later'

Burn Loeffke
Gazette Contributor



If you call me during my reading time, what you will hear on my phone message is: "I'm not available. Call back later."

Exercising my mind is a priority. Reading and writing is great exercise for our brains. Research tells us that: "Processing written material from letters to words, to sentences, then to stories activates neurons. The brain begins transmitting the information and, in the process, gets a workout [adapted from a Readers Digest article]."

Even more interesting is what happens when we read about a physical activity like riding a horse. The part of the brain responsible for motor activity is energized and thinks we are riding a horse.

A week ago, I was reading about my horse, Tenerife. It brought memories of my youth and three-day horseback rides in the mountains of Colombia. The trips would end at the ocean, galloping on the beach and swimming with our horses.

For a time, I was reliving the many experiences

I had with Tenerife, like watching an outdoor movie on our horses. These memories put smiles on my face.

Another brain exercise I do daily, is learn new Chinese ideograms. Chinese have ideograms instead of words. For example, the ideogram for 'Happiness' is 4 ideograms. (See graphic to the left.)

All the ideograms together make a 5th ideogram which is happiness (Fu). [1] The meaning is clear if we have clothes, [2] a roof over our heads, [3] mouths to feed and [4] a field from where we can grow food, we are happy. Learning Chinese produces more neurons and the dendrites that connect them.



Thirteen-year-old Burn Loeffke riding Tenerife, his beloved horse.

This may explain why Chinese and Japanese do so well in school. Learning Chinese produces more neurons that help remember other materials.

See how well you do. Look at the 4 ideograms for a minute, then see how fast you can copy them without looking.

Bottom Line: For a strong brain: Read, write and join the next John Knox Village Silver Scribes gathering on May 30.

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.



信 智 明 示 神
福

Happiness

Get Tech Before Traveling Internationally

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

As the days of spring tick away, you may be making plans to travel out of the country this summer. International travel with your smart device requires some planning and testing before you leave the USA.

If you intend to keep the same program of Internet contact and social media engagement, you need to check with your carrier to see if your smartphone will work in the country you are visiting and what costs you will incur.

If you are going to be a regular global traveler consider an Apple iPad with the cellular option built in. This allows you to buy high-speed data globally as you need it. If you're an avid Amazon book reader, they offer a Kindle with built-in 3G. This allows your new books to be delivered worldwide without the need to connect to wireless.

Check With Your Service Provider

When traveling abroad, most American cell carriers offer a \$10 a day, 24-hour pass. Usually it includes dialing the United States at no cost and the same text plan as at home. Confirm the amount of high-speed data you can use by calling your carrier. Data is the most expensive item globally.

T-Mobile is currently the international winner for travelers. They provide free unlimited slow-speed data, unlimited text and all phone calls are 25 cents per minute no matter where you call. Because T-Mobile provides slow-speed data, you should download "WhatsApp." This is currently the most popular texting and phone call capable application worldwide.

Have your friends and family download "WhatsApp" on their phones before you leave. If you use T-Mobile you will have ubiquitous coverage, or you can wait until you find a Wi-Fi spot in your hotel. Then you can text and talk for hours for free to whomever you have in your phonebook who is also using "WhatsApp."



Before you travel internationally, be sure to call your service provider, and update your smartphone apps.

Practice before you leave, put your phone in airplane mode at home. Test your favorite applications. Do they work? Play your music, is it there? If not, how will you access your apps overseas? While you are at home, you may never realize the amount of data transfer that happens behind the scenes.

Benefits Of Setting To Airplane Mode

Airplane mode on a phone is your 100 percent guarantee that you will not incur costs. This means the device is not communicating with the world. With airplane mode on, you can turn on the Wi-Fi: Attach to wireless network at your local library or coffee shop. If you practice now, when you get to your hotel/ship, you will be proficient. Learn how to enter the user name and password provided by the host. On a cruise ship, where they sometimes charge by the minute, confirm with the Internet person on how to logout. This will protect your minutes used. Often it is as simple as typing Logout.com in the browser, but the downside of airplane mode is that you will not receive phone calls or use text messages. What I do instead is turn off mobile data. This means I can still make and receive calls and text messages but the expensive data, which is often limited to 500mb per 24-hour period, is not quickly used up.

On iPhone go to settings/cellular/cellular data and turn it off. Remember that when you want to use

your data to return here. This needs to be on to use maps for directions overseas. Turn cellular data on and most importantly make sure roaming is on. If you have an Android device, such as LG or Samsung, call your cell phone company and confirm the settings. They have roaming normally set to off. That is a problem if you hope to make calls or use data when overseas.

Cell phones, while at home, read the day and time from the network. The cell tower on a cruise ship will at some point show the wrong day/time. If you rely on the phone as your primary clock, it will be a problem at some point.

Set the time on your phone to manual, not automatic. On iPhone go to settings/general/data and time/where it says: Set Automatically, slide that off. You don't want to see green and below it, pick your time zone. Just remember to return here if your cruise travels across time zones as you need to adjust it.

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.

Pictures At An Exhibition: ArtSage Week Redux

Marty Lee
Gazette Contributor

It was a week filled with art, music, theater, lectures and exhibitions: The Third Annual ArtSage

featured a seven-course banquet for every artistic taste. From a sampling of the visual arts in painting, sketches and photography, to the art of letter writing and publishing your memoirs, to classical ballet and modern dance, Shakespearean recitations, jazz, classical and rock music: There was something for everyone at ArtSage.

Fashioned after the 40-year-old Charleston, SC "Spoleto Festival USA," John Knox Village's Annual ArtSage has its sights set on becoming one of the area's premier performing and fine arts festivals.

Many of the ArtSage events encouraged participation. Residents and guests joined with Chef Mark Gullusci, as he exhibited his culinary arts: Chef Mark did the cooking, and the guests shared in the sampling of his delicious offerings. Writers joined with author Ash Davis to rekindle the lost art of letter writing. Experienced dancers joined neophytes as they honed their skills in learning the Tango from husband and wife instructors Manny and Fabiola Castaneda.



Pianist Margarita Loukachkina with her husband, violinist Nikita Borisevich mesmerized the audience with a stunning repertoire at the Pompano Beach Cultural Center in a signature John Knox Village – Venetian Arts Society Salon Concert. The Venetian Arts Society's Executive Director Willie Riddle (right) introduces the Borisevich Duo.



The Jazz Trio from Dillard High School drew rave reviews during their Gardens West concert.

Many on-campus events were scheduled 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.

Dillard High School Jazz Trio

There were so many high points to the week, but nothing commands an audience's attention more than a great musical performance. Three young men from the Dillard High School (Ft. Lauderdale) Jazz Trio wowed the audience at Gardens West with a jazz presentation of familiar themes, as well as new arrangements. Miles Lennox on piano, Nolan Nwachukwu on bass and Miguel Russell on drums brought the audience to its feet in both dance and applause with their jazz improvisations.

Borisevich Duo: Dynamic Violinist And Pianist Couple

In one of the most inspiring performances in the long association between the Venetian Arts Society and John Knox Village, the husband and wife duo of violinist Nikita Borisevich and pianist Margarita Loukachkina held the audience spellbound at the Pompano Beach Cultural Center. The duo took us on a musical tour of Europe and Israel, stopping along the way to perform classic flourishes and folk themes from the many countries on their performance visit.

The Many Performers And Artists Who Shared Their Inspiration

With so many exhibitions and performances, it is difficult to list them all. Many thanks to all our participants. We look forward to ArtSage 2020 and hope you will join us next year for this weeklong artistic tour de force.



Fabiola and Manny Castaneda gave a few pointers on the art of ballroom dancing: The Tango.



Emily Ricca Dance Theatre's Jess Hammel and Emily Ricca inspired us with an emotional pas de deux.



Gaile and Carl Boomhower got their family portrait with Lil' Bit during the Furry Friend Pet Photo session.

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

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

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

It Takes A Village To Train A Brain

Adults Can Learn Brain Training Tips From Kids

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

As a volunteer, I work with a local group that teaches fourth-grade students about desert ecology and water conservation. In the science classrooms where we teach, I often see posters that illustrate different aspects of human anatomy, including the brain and the central nervous system.

The times, they are a-changing. When I was in elementary school in the 1960s, we didn't learn much of anything about the human brain.

Now, the average 10-year old knows far more

about how to manage his or her nervous system than the average 80-year old.

The kids have been learning some good stuff about our brains that we all should know. Fortunately, mentoring can work up and down the intergenerational ladder. Here are some important tips we can learn from the youngest among us:

Stay Positive

At a recent conference for educators, a speaker reported on her efforts to teach children between the ages of three to five about the brain. After several sessions, here's what the kids had to say about their brains:

- I want to grow my brain bigger.
- I am a neuron maker.
- My neurons will be really big, when I am age 100.

These youngsters accepted the idea that neuroplasticity helps our brains get better with age. Young children can be less "ageist" than many adults. The older brain can be more powerful than a younger brain, but most adults seem to think the opposite is true.

Stay Motivated

A program entitled "Brainology" helps students in

grades four to nine understand how lazy brains can be trained to perform better. It lists the challenges for which kids need brain training (summarized below):

- Focus and concentration
- Remembering
- Difficulties with certain subjects

Distractions

- Feeling inadequate compared to others
- Not enough help from others
- Inadequate study skills
- Lack of interest/motivation

This list sounds quite similar to what adults in senior living communities often need help with, but the kids are more encouraged and motivated to train the brain to work more efficiently. If adults have trouble remembering, they often take the lazy way out, blaming their age or Alzheimer's rather than pushing themselves.

Stay Active

Several years ago, I got a call from Albert, the 19-year-old son of a good friend. He said, "I want to hear about this brain stuff you are doing." I was astonished, as no teenager I knew had ever seemed particularly curious about our brain.

At the time, Albert was a student at a local community college, developing a career as a musician and living at home. When we got together, I asked him what he was hoping to get out of our time together.

He said he was doing well at school, and his musical career was also going well, however, a teacher had asked him to play with a professional band at a fundraiser for the school, and he felt it was taking him too long to learn new songs, compared to the other musicians. He wondered if his brain could learn faster to help him keep up.

I affirmed his curiosity, and asked if he was nervous about playing in a bigger league. He said, "Maybe." We discussed how too much anxiety interferes with the brain's ability to learn, and that the best antidote for anxiety is physical activity. He had gotten away from exercise, so he decided to return to running to boost his brain and learning ability.

The next month, Albert had two solos at the fundraiser, a sign of how much confidence the professional band had in him. He later formed a new band under his own name, with one of his teachers playing in it.

The effect of physical exercise on our brain is a widely researched topic. While exercise alone cannot



Get involved and stay mentally and physically active with your kids and grandkids.

guarantee brain health, it has been shown to reduce anxiety and protect neurons from toxic stress hormones and inflammation. The key is to stay mentally and physically active as we age, and that takes a village too: A John Knox Village.

John Knox Village is the only Life-Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. See page 5 of the Gazette for dates and times of upcoming two-hour workshops that will identify your brain's strengths and opportunities. Call (954) 783-4040 for reservations.

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her 2016 book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it" based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: www.brainwealth.org

The Cypress Garden Villa Is A Great Choice For Single-Story Living

If you are accustomed to living in a single-family home and prefer the convenience of a single-story ground-level residence, the featured Cypress Garden Villa may be a perfect choice. The joy of the one-bedroom and one and a half-bath design is the carefree floor plan you'll savor. 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. Enjoy economical living, while still having the complete Life-Plan guarantee that every resident at John Knox Village enjoys.

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

The Conch 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.



Convenient and economical, The Cypress offers ground-level villa living.

The Cypress
1 Bedroom / 1 1/2 Bath Garden Villa
988 Sq. Ft.

