



JOHN KNOX VILLAGE

Gazette

A Life Plan Continuing Care Retirement Community

where possibility *plays!*

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In Celebration Of 'A Dream'

America's Civil Rights Leader Honored On National Holiday Jan. 15



The inspiration for the Martin Luther King, Jr. Memorial in Washington, D.C. is taken from a line in Dr. King's "I Have a Dream" speech: "With this faith, we will be able to hew out of the mountain of despair a stone of hope."

Nona Smith
 Gazette Contributor

Martin Luther King Jr. was born Jan. 15, 1929 in Atlanta, GA. His father and grandfather were both active in the Baptist ministry. King earned his own Bachelor of Divinity degree in 1951 and his Doctor of Philosophy from Boston University in 1955. While in Boston, he met and married Coretta Scott in 1953. She was a fellowship student at the New England Conservatory of Music in Boston. They had four children.

In a period of soul-searching during his college studies, Dr. King had, in his own words, "despaired of the power of love in solving social problems." It was during this period of self-reflection that he was

introduced to the life of Mohandas Karamchand Gandhi in a sermon by Mordecai Johnson, President of Howard University.

Dr. King was excited and moved by the content of Howard's sermon and resolved to research the life of the Indian nationalist leader and learn more on the nonviolent resistance at the core of Gandhi's radical philosophy. His skepticism on the power of love was overcome by the potency of nonviolent resistance. Dr. King came to realize that Gandhi was the first person in history who used the Christian ethic of love and turn-the-other-cheek as strong instruments for social change. He concluded that Gandhi's technique of nonviolent resistance was

See "Dr. King" On Page 2

Married 50 Years Or More? Join Us Feb. 6

Renew Your Vows With Us In The Village Centre Auditorium



Mark Rayner, Director of Administration Woodlands, introduces Dee and Ron Davis.

Marty Lee
 Gazette Contributor

As the new year begins, the plans for celebration take on a renewed enthusiasm. In marking the Golden Jubilee Anniversary of John Knox Village, we are inviting you to join us. Make your plans to celebrate our 50th Anniversary as a premier South Florida life plan community as our guest.

Wedding Vow Renewal

Have you and your spouse reached your Golden Wedding Anniversary? If so, you are invited to join us in the John Knox Village Centre Auditorium on Tuesday, Feb. 6 at 2 p.m.

John Knox Village will host a wedding vow renewal ceremony for all couples who have been married 50 years or more. This will be a great opportunity to join others who have celebrated

their golden milestone.

If you would like to participate, please call John Knox Village Marketing at (954) 783-4040 and let us know your names and how long married. We will put you on our honoree list. Please bring along your wedding photo from that special day, so we can display it on stage along with the many others who are being honored during the event.

The Wedding Vow Renewal
 See "Wedding Vows" On Page 4

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We, As A People, Will Get To The Promised Land

From "Dr. King" On Page 1

the only viable way to overcome the problems faced by people of color in the United States.

Nonviolent Protests

After completing his theological studies, it was by chance Dr. King had his first opportunity to test his nonviolent resistance theories and began his involvement in the civil rights movement. Early in his time as pastor of a Baptist church in Montgomery, AL, a black woman named Rosa Parks refused to give up her seat on a public city bus to a white passenger and consequently was arrested for violating the city's "Jim Crow" segregation laws. To highlight the inhumane treatment of a black woman, King led a boycott of the city's buses. The boycott lasted for over a year and finally ended successfully in the desegregation of Montgomery's public bus system. The Montgomery campaign had united the black community as the civil rights movement gained momentum under Dr. King's leadership.

"The experience in Montgomery," King later wrote, "did more to clarify my thinking in regard to the question of nonviolence than all the books I had read. Nonviolence became more than a method to which I gave intellectual assent; it became a commitment to a way of life." The essay appeared in *The Century Magazine* in 1958 under the title of "Pilgrimage to Nonviolence." The Montgomery victory also brought King to national prominence as a fluent and stirring orator and dynamic leader. During the height of the civil rights movement in the Sixties, King put his doctrine of nonviolence to the test often, as he was arrested 30 times for participating in demonstrations.

I Have A Dream

In 1963, he wrote the "Letter from Birmingham City Jail," with the goal to completely end the system of segregation in every aspect of public life and in job discrimination. Also in 1963, King led a massive march on Washington, D.C., where he delivered his now famous "I Have a Dream" speech on the steps of the Lincoln Memorial to an interracial crowd. With this speech he added civil rights squarely on the national agenda. The March on Washington for Jobs and Freedom took place on Aug. 28, 1963, and his extraordinary speech included these beautiful words: "I have a dream that one day this nation will rise up, live out the true meaning of its creed: 'We hold these truths to be self-evident, that all men are created equal.'" These are the words that Dr. King spoke to the heart of inequality and racism.

On April 3, 1968, Dr. King visited Mason Temple Church in Memphis TN, where he gave his most poignant speech: "I've Seen the Prom-



Martin Luther King, Jr. and Coretta Scott King. Source: Herman Hiller / New York World-Telegram & Sun - Library of Congress Prints and Photographs Division.

ised Land," also called the "I've Been to the Mountaintop" speech. He closed with these memorable and powerful words: "And He's allowed me to go up to the mountain. And I've looked over. And I've seen the promised land. I may not get there with you. But I want you to know tonight, that we, as a people will get to the promised land. So I'm happy tonight. I'm not worried about anything. I'm not fearing any man. Mine eyes have seen the glory of the coming of the Lord." This was Dr. King's last speech. He was assassinated the next day.

The Monument To Dr. King

The Martin Luther King Memorial on the National Mall opened to the public in 2011. The memorial is the fourth in Washington, D.C. to honor a non-president and the first to honor a man of color. The site was designed as a lasting tribute to Dr. King's legacy and will forever serve as a monument to the freedom, opportunity and justice for which he stood.

The centerpiece of the memorial is a 30-foot statue of Dr. King, featuring his likeness carved into the Stone of Hope, which is close to two large boulders, known as the Mountain of Despair. Together, they represent the soul-stirring words from Dr. King's "I Have a Dream" speech. Text from this speech is cut into the rock of the Stone: "Out of the mountain of despair, a stone of hope." Quotes from Dr. King's most memorable speeches are carved into display walls, where visitors can read his words and marvel on all he had accomplished in his life, which abruptly ended when he was only 39.

Dr. Martin Luther King, Jr was named one of The 20 Most Influential Americans of All Time by *TIME* magazine and he was awarded the 1964 Nobel Peace Prize for his efforts.

JKV-NSU Partnership As Natural As A Brush Stroke

Powerful Collaboration Of Two Important Groups



Emily McCrater

Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

Art is proven to be an outstanding way to improve quality of life, and beginning this

month, *Gazette* readers can enhance their lives like the residents of John Knox Village, with exciting access to the arts as part of a new partnership with NSU Art Museum Ft. Lauderdale.

The first of its kind partnership, created in recognition of the Golden Jubilee Anniversary of John Knox Village and 60th Anniversary of NSU Art Museum Ft. Lauderdale includes: On-campus programming, museum visits and free museum admission for JKV residents through Dec. 31, 2018.

"This is a perfect opportunity to formally collaborate with NSU Art Museum Ft. Lauderdale," said Monica McAfee, Sales and Marketing Director at JKV. "We are especially looking forward to creating multi-generational, interactive art programming to support both organizations and serve multiple constituencies. Many John Knox Village residents and their family members have been pioneers and supporters of the Museum and vice versa. This is a very exciting time for both organizations."

Additionally, NSU Art Museum's new Creativity Exploration program will be incorporated in its tours for Village residents, with special creative exercises designed to reduce stress and increase overall well-being.

"We are delighted to collaborate with John Knox Village on this wonderful partnership that will provide an array of enjoyable and educational experiences," said Bonnie Clearwater, NSU Art Museum Director and Chief Curator. "Many of the Museum's founders and leaders who have been important to our history are current or former residents of John Knox Village. During this anniversary year, we especially look forward to welcoming both old and new friends to share in the arts."

Tea and Art History is one of NSU Art Mu-

seum's popular afternoon programs. The program features a traditional English tea followed by lively lectures by Senior Curator Barbara Buhler Lynes, Ph.D.

On Wednesday, Jan. 17, Dr. Lynes will discuss the art of Edward Hopper. For tickets, call the Art Museum at (954) 262-0258.

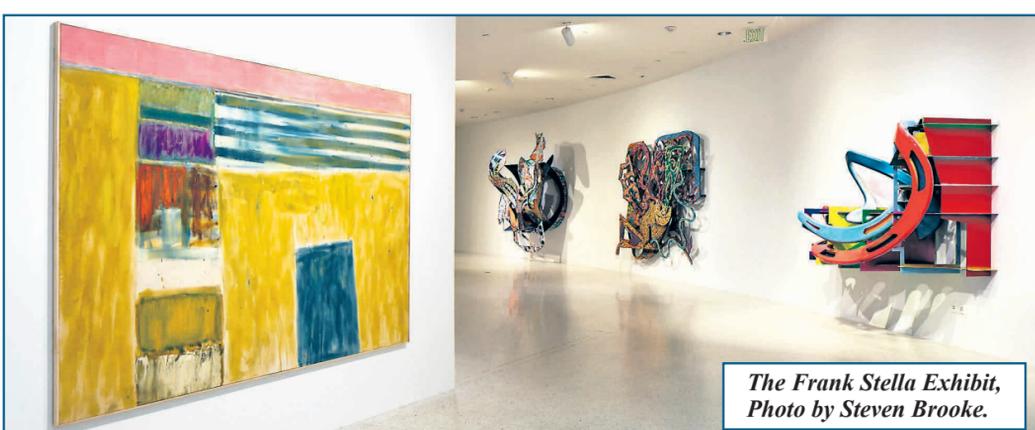
Currently on view at the NSU Art Museum is "Frank Stella: Experiment and Change," a major exhibition spanning legendary artist Frank Stella's 60-year career from the late 1950s to the present. Composed of approximately 300 paintings, sculptures and drawings, the exhibition, on view through July 8, offers insight into Stella's trajectory from minimalism to maximalism and includes never before seen items from his "working archive."

Opening on Feb. 4 is the exhibition "Midnight in Paris and New York: Scenes from the Fin-de-Siècle," exploring a fascinating and influential period through paintings, prints, drawings, architectural designs and the decorative arts.

For more information on John Knox Village call (954) 783-4040 or visit www.JohnKnoxVillage.com. NSU Art Museum Ft. Lauderdale is located at One East Las Olas Blvd. Ft. Lauderdale. For more information, please visit www.NSUArtMuseum.org or call (954) 525-5500.



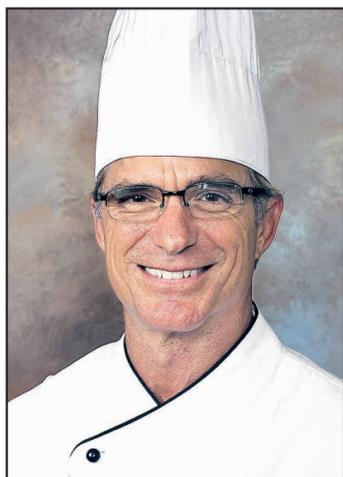
Bonnie Clearwater, NSU Art Museum Director and Chief Curator.



The Frank Stella Exhibit, Photo by Steven Brooke.

In Good Taste: Chef Mark's Chicken Recipe Takes You To Island Of Capri

Rob Seitz
Gazette Contributor



*John Knox Village
Executive Chef Mark Gullusci*

Caprese is a one-skillet meal marvel. The chicken is seasoned, cooked until golden, and then transferred to a warmed plate. The skillet gets deglazed with balsamic vinegar and garlic. The Caprese (Italian meaning "Salad of Capri") portion includes the Marsala wine, cherry tomatoes and fresh mozzarella cheese.

Chef Mark introduced the recipe to Elders in John Knox Village's skilled nursing center,

It sounds exotic. It's definitely Italian. And when John Knox Village Executive Chef Mark Gullusci gets his hands on the main ingredients, you can count on it also being delicious.

Chef Mark's Chicken

The Woodlands and recently began serving it to JKV's nearly 900-strong independent living residents, to rave reviews.

"This is a great dish. We started serving this in the Woodlands homes and then to residents in our Dining Room," he told *The Gazette*. "The mixture of the sweet wine with the balsamic vinegar balances nicely.

"I don't need to tell you how nice tomatoes, basil and garlic go together and then add fresh mozzarella... heaven." Make that *Delizioso!*



Method Of Preparation:

Season chicken with salt and pepper, Heat 1 tbsp. blended oil in skillet. Brown on each side, about 2 minutes. Remove from pan. Set aside, add 1 more tbsp. oil to same pan, add garlic, cook 1 minute. Be extra careful not to burn the garlic, you want a light browning on the garlic.

Add cherry tomatoes, Marsala wine, balsamic vinegar, half of the fresh basil, place the chicken breasts on top of the tomatoes, put cheese on top of chicken, add more basil on top of chicken and cheese, cover, turn off heat and melt cheese. Let rest for 5 minutes before serving.

Chicken Caprese: Yield 6

- 6 boneless skinless chicken breasts
- ½ cup fresh chiffonade of basil (thinly sliced pieces fresh basil)
- 1 cup balsamic vinegar
- ½ cup Marsala wine (optional, but makes it better!)
- 1/2 cup chopped garlic
- 6 slices fresh mozzarella cheese
- 2 cups halved cherry tomatoes
- Kosher salt
- Ground black pepper

Book Review

Last Days Of Night

By Graham Moore

Donna DeLeo Bruno
Gazette Contributor

Graham Moore's fascinating historical novel "*Last Days of Night*." Of course, the title refers to the invention of the light bulb which forever changed our world. The main focus of this book is the epic battle between Thomas Edison and George Westinghouse over who first invented electricity. It was the largest patent suit in our national history. Although Edison held the patent, Westinghouse argued that he invented the precursor of light bulb patterns. While Edison insisted he "was there first," Westinghouse asserted that he did not copy Edison's design, but improved upon it.

Edison, Westinghouse And Tesla

"Edison is not suing me; he is suing progress," said Westinghouse. Entering the picture is the eccentric genius Nicola Tesla who formerly worked for Westinghouse, but in his own lab at Fisk University invented the "shadowgraph," the precursor to the modern X-ray. While Westinghouse was a craftsman and Edison essentially a salesman, both interested in making a fortune, Tesla was a visionary who cared nothing about money. His only desire was to putter in his lab surrounded by brilliant students.

Thrown into the mix was Alexander Graham Bell, who invented the telephone but did not own one himself, because he found them "annoying, horrid things, infernally loud, that never stopped ringing!" Bell simply enjoyed tinkering with things all day, disinterested with bickering over who was first to "run a current through which wire."

The big argument between Edison and Westinghouse had to do with DC vs. AC (direct current versus alternating current). Both were totally focused on winning the patent lawsuit. Bell felt that "winning is to sit in the dark and

create things." He did not care who was first.

Enter into this story the wealthy and powerful industrialist J.P. Morgan who will initially back Edison. There will be spies and "moles" hired in this battle and a mental breakdown for Tesla after a suspicious fire that destroyed his laboratory, possibly by arson. The stakes are high among these tremendous egos in this "War of the Currents."

In all, there were 312 simultaneous lawsuits. There will be "shocking" episodes (forgive the pun), with experiments involving dogs. Top this with the first use of the electric chair on a prisoner on death row. The vividly horrendous failure, which took three attempts before the individual was finally executed will also "shock" the reader. There is another subplot involving the romance between Westinghouse's young and inexperienced lawyer Paul Cravath and the "aristocratic" Agnes Huntington who is hiding some secrets of her own.

In truth, this young lawyer fresh out of Columbia Law School will prove himself up to the legal task assigned him and will eventually become head of one of the most prestigious law firms in America. In fact, he will organize his firm much like these scientists did with the underlings in their labs, and so created the basis for the modern-day law firms.

In all, this is a most interesting and informative book based on actual people and events that brought electricity to America, changing our lives and future forever. Theirs was a monumental technological achievement and Moore, the author, does it justice. In addition, he does a compelling job of portraying the ruthless, entrepreneurial competition that fueled these men at the beginning of the 21st Century.

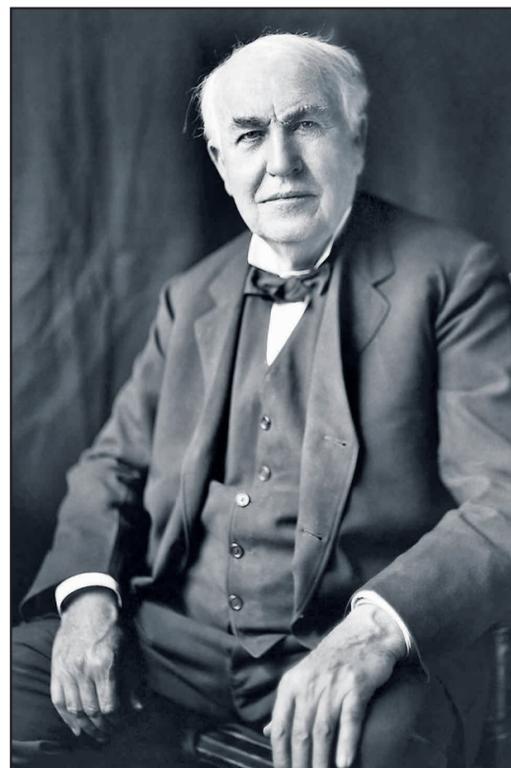
Moore has taken what could have been an intense and dry scientific narrative and given it life through the personalities of these authentic characters.

The Drive To Invent And Create

I especially liked the quoted remarks by the various inventors which preface each chapter and assist in revealing character: "No experiments are wasted...I have not failed. I've just found 10,000 ways that don't work," and "just because something doesn't do what you planned it to, doesn't mean it's useless," or "show me a thoroughly satisfied man and I will show you a failure."

Best of all that I liked were the following two: "The history of science, like the history of all human ideas, is a history of irresponsible dreams," (Karl Popper). And "If you look closely, most overnight successes took a

"If you look closely, most overnight successes took a long time."



Portrait of Thomas Edison circa 1922. Source: Wikimedia Commons, the free media repository.

long time," (Steve Jobs). These last two summarize the content of this book. These unique men – scientists all – were fueled by curiosity and what at the time seemed impossible and "irresponsible dreams;" but from their dreams and wild imaginations came all the miraculous inventions that power our everyday lives. As Steve Jobs points out, it took many men, countless hours – even their entire lives – a very "long time" to realize their successes that propel our world today.

This is a great book which reads like an exciting, suspenseful mystery with characters "bigger than life," which they actually were. Exceptionally well-researched, the author takes basic facts and embellishes them to create an outstanding novel with several cleverly interwoven plots. Fascinating and intelligent! Historical fiction at its best.

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 Scribers group, guiding authors in publishing their books as part of the Senior Connection Club.

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A Golden Wedding Anniversary Celebration

From "Wedding Vows" On Page 1

ceremony will commence, as each couple is introduced in alphabetical order. The honored couples will walk down the aisle to the Village Centre Auditorium stage. Once all couples are gathered together, John Knox Village Spiritual Life Director Rev. Darryl Powell will lead the group in an exchange of renewed marriage vows.

The afternoon's festivities will also include a cutting of the cake by the longest married couple, a toast and a first dance.

Wedding Vow Renewal

The Wedding Vow Renewal ceremony has been a regular feature since 1998 and has generally been celebrated every five years to coincide with the major anniversaries of John Knox Village.

In observing its Golden Jubilee, John Knox Village is eager to share the moment with 50 couples each celebrating more than 50 years of marriage.

Carol and Rudy Frei

Among the many couples expected to be honored are Carol and Rudy Frei. The Freis participated in the previous vow renewal held five years ago in The Village when 32 couples celebrated 45 or more years of marriage.



Carol and Rudy Frei.



With God's grace, The Woodlands at JKV residents, Irwin and Paula Woolf will cut the cake as the longest married couple celebrating 79 years.

Carol recalls first meeting Rudy at Pinecliff Lake in West Milford, NJ, where their parents owned summer homes right next door. It was many years later when they reconnected and their romance blossomed.

Rudy "popped the question" when Carol, then a teacher in Bennington, VT, visited him at his Medical School in Basel, Switzerland. Carol accepted and they were married in a church wedding in Basel on Oct. 31, 1959.

Carol said that their secrets to a long and successful marriage is: "Faith, trust, communication and honesty."

The Freis have four children and 15 grandchildren. "The oldest grandchild has special needs," Carol said. "The next is studying to be a priest in Rome, whom we saw last summer in Italy. Eight others are in college. Five others are in high school or grammar school."

Dee And Ron Davis

Dee and Ron Davis met at a fraternity dance at Baldwin-Wallace College in Berea, OH. Their sweetheart romance led to the altar in Ron's hometown church in East Liverpool, OH in 1954.

Both longtime educators in the Broward County School system, the Davises are retired, but still very active in their home at John Knox Village. Their secret to marriage? Ron said, "Respect and support of each person's pursuit

of his or her interests and activities."

The Davises have two children and three grandchildren.

Paula And Irwin Woolf

In a column written for the Pompano Pelican, July 12, 2013, writer and John Knox Village resident, Phyllis Neuberger interviewed Paula and Irwin Woolf. They cut the wedding cake as the longest married couple at the event. The Woolfs find understanding to be the most important element in their long-married life.

"There's no magic," Paula told Phyllis.

"What we have both tried to do is to be kind and considerate of each other. Understand the needs of your spouse. Accept that you cannot always have your way. Cooperate."

With God's grace, Paula and Irwin will again join us and have the honor of cutting the wedding cake.

As a *Gazette* reader, if you have been married 50 or more years, please join us for this unique event. Meet other couples who have enjoyed a long and successful marriage. Share a toast and enjoy the first dance. All participating couples will also be given a commemorative portrait taken during the event.

Please call John Knox Village Marketing at (954) 783-4040 for information and to reserve your place for the Wedding Vow Renewal event on Tuesday, Feb. 6 at 2 p.m.

Save These Dates For Golden Jubilee Events



JOHN KNOX
VILLAGE
50TH ANNIVERSARY

John Knox Village has a variety of events planned for you to enjoy as we celebrate our Golden Anniversary Jubilee. In addition to the Wedding Vow Renewal planned for Feb. 6, we invite you to join us for one or more of the upcoming events planned in the coming months.

Lunch And Learn: Feb. 6

A monthly gathering at JKV, Lunch and Learn is a great way to discover the benefits of a life plan community. Enjoy a delicious lunch, speak with our life plan counselors, take a tour and meet our residents, who will be happy to answer all your questions.

Mardi Gras: Feb. 13

Always a great time: The Village Mardi Gras Happy Hour will get you in the partying

and dancing spirit of New Orleans. The event begins at 4 p.m. in the Village Centre Auditorium. We'll hand out the Mardi Gras beads; you supply the enthusiasm for the Cajun food, Zydeco music and Louisiana drinks.

Parade Of Homes: Feb. 20

Be our guest for our semi-annual Parade of Homes beginning at 2 p.m. Guests will gather in The Woodlands' lobby to register and then campus shuttles will take them on a tour of the 70-acre campus. Enjoy the tropical landscaping and swan-filled lakes of The Village, and visit more than 10 designer-inspired apartment and villa home models.

ArtSage: March 11 - 17

This inspiring and educational week of Spoleto inspired events focuses on art, music, food, seminars and lectures. The upcoming February and March *Gazettes* will include a complete schedule of ArtSage events.

Walk In The Park: March 17

Invite your family and friends for this signature Golden Anniversary Jubilee event. The entire Village will be transformed into a fairground of entertainment, food, exhibits and much more. Enjoy more than 30 antique and classic cars that will also be on display. See you at John Knox Village.



The Mennes Family enjoying "Walk In The Park" 2013.

Join Us At John Knox Village For These January Events

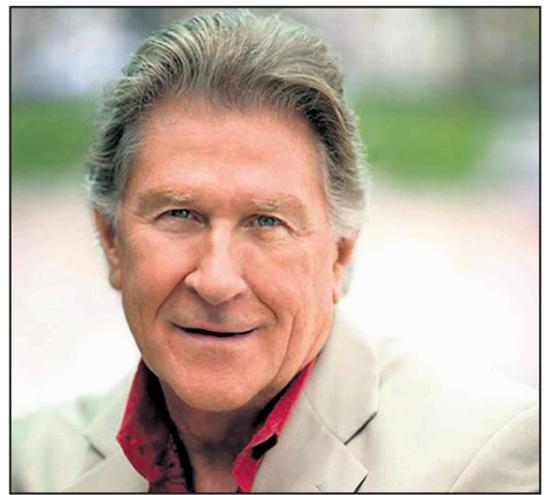


You Are Invited to a Lunch and Learn on Tuesday, Jan. 9 at 10:30 a.m. in The Woodlands' Life Enrichment Center

Plan to attend the January gathering to learn about John Knox Village and to enjoy a delightful lunch. Hear about the benefits of a life plan continuing care retirement community and get all the details of life at John Knox Village. Take a tour of the lush, tropically landscaped campus and visit several newly renovated one and two-bedroom model homes. Meet Village residents, who will be happy to answer all your questions. *Call the Marketing Department (954) 783-4040 for reservations.*

Be Our Guest to Meet an Opera Legend: The American Verdi Baritone Sherrill Milnes on Tuesday, Jan. 16 at 6 p.m. in The Pompano Beach Cultural Center

John Knox Village, in partnership with The Venetian Arts Society, will present a retrospective of one of opera's legendary stars: The American baritone Sherrill Milnes. Mr. Milnes sang over 650 performances at the Met, won three Grammy Awards and is the most recorded American singer of his time. He performed and recorded with the likes of Domingo, Pavarotti, Caballé, Sutherland, Sills, Horne, Price and Tebaldi. The evening's events begin with a wine social at 6 p.m., followed by the Salon Concert program at 7 p.m. *Call the Marketing Department (954) 783-4040 for reservations.*



Join Us for an Informative Seminar: "There's No Downside to Downsizing" Tuesday, Jan. 30 at 2 p.m. in The John Knox Village Centre Auditorium

There are so many benefits to downsizing your home environment to free up your life for greater well-being and aspirational benefits. Learn how to efficiently simplify your life to enhance your lifestyle. Be our guest for an informative seminar "There's No Downside to Downsizing," presented by a local downsizing and moving expert. The two-hour seminar will include high tea and a selection of delicious desserts.

Call John Knox Village at (954) 783-4040 for reservations to this essential seminar for tips on simplifying your life.



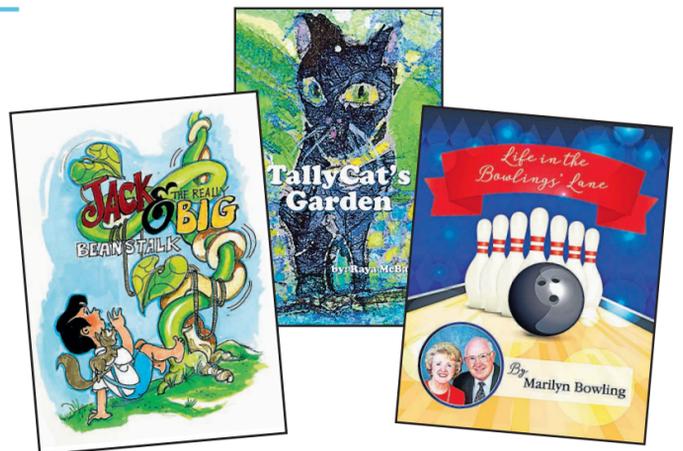
SENIOR + CONNECTION

You Are Invited on Thursday, Jan. 25

- Silver Scribes Book Class at 10 a.m.
- Digital Photo Class at Noon

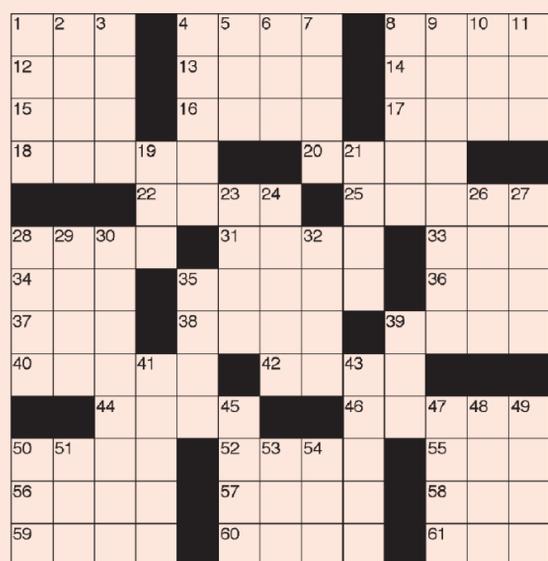
Have you ever wanted to publish your autobiography, novel or collection of short stories but have no idea how? All you have to do is join our Silver Scribes and do the writing. We'll take over the technical publishing of your life story.

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



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Crossword Puzzle Of The Month



ACROSS

- Compass direction
- Bedouin headband cord
- Short takeoff and landing (abbr.)
- Sound perception
- Bowling alley
- Fertilizer ingredient
- Slugger's stat
- Killer whale
- Earth
- Neckwear
- Whisp of smoke
- Irish exclamation
- Mede
- Seven (pref.)
- Boven (Scot.)
- Pool rod
- Land measure

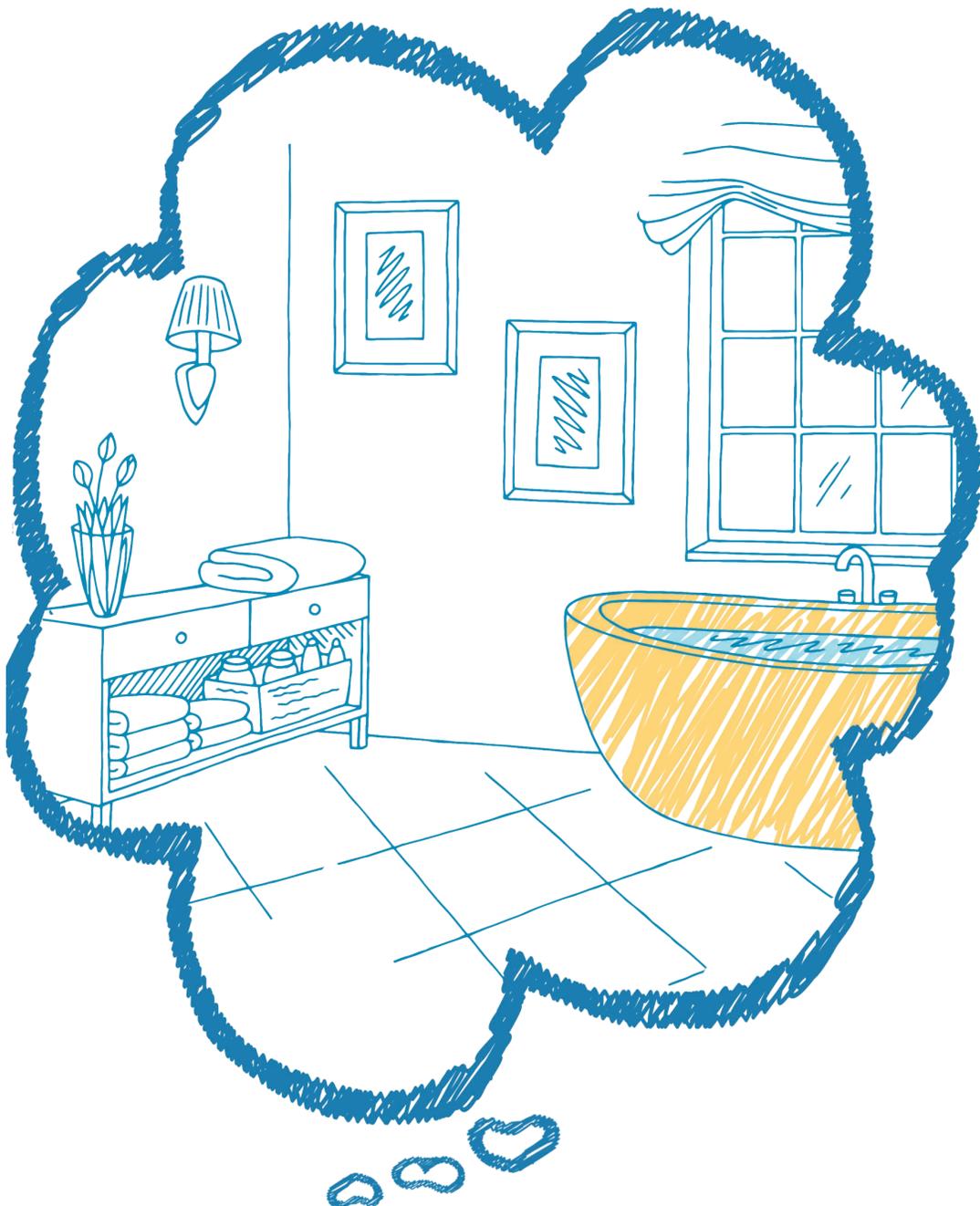
DOWN

- Winch
- Pounds (abbr.)
- Mountain on Crete
- Great (Ger.)
- Sleep symbols
- Blacksnake
- Gob
- Within (pref.)
- Irish writing
- Adroit
- Indian red powder
- Wood sorrel
- Severe
- Geological vein angle
- Medieval money
- Distant (pref.)
- Grandson of Eve
- Political party

DOWN

- Bondsman
- Babist
- Viking
- Verbally
- Alligator fish
- Ancient (abbr.)
- Plant growth
- Perspiration
- Three-wheeled vehicle
- Poetic contraction
- Latitude (abbr.)
- Cloche
- Freedman in Kentish law
- Father: Arabic
- Bore
- Alb (arch.)
- Headland
- Filament
- Mother of Brunhilde
- Placid
- Son of Isaac
- Red deer
- Zero population growth (abbr.)
- Between (Fr.)
- Customs
- US dam
- Gangster
- Field
- Lady's title
- Banned pesticide
- Equal opportunity employer (abbr.)
- Romanian money
- Modified Esperanto

Answers On Page 10.



CAROL FREI
John Knox Village Resident
Since 2011

Start Your New Year Right! & SAVE 75K!

TAKE ADVANTAGE OF
NEW YEAR INCENTIVES!

“Where’s Mary Poppins when I need her?”

John Knox Village does all the household chores so I can spend time doing everything I want to do!

Find out how Carol leaves her worries behind and **celebrate our Golden Anniversary with up to \$75,000 in Savings on select designer-ready apartment and villa homes.** Save 4 ways with Entrance Deposit, Monthly Fees, Professional Design Services and Moving Expenses*



Call Today!

(954) 783-4040

*Must settle by Jan. 31st, 2018



From Music To Theatre: Check Out These January Events

January 5 - 7
Riverdance
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
 Eves. & Mat. Tickets from \$30

January 12 - 21
It's Only A Play:
By Curtain Call Playhouse
Pompano Beach Culture Center
 50 W. Atlantic Blvd.
 Pompano Beach, FL 33060
 (954) 839-9578
 www.ccpompano.org
 Eves. at 8 p.m. & Matinees at 2 p.m.
 Tickets from \$20

January 25
Black Violin:
Classical Boom Tour
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 \$15

Events listed were current at press time, however are subject to change.

Please contact each venue for the latest information.

Please look on page 9 of The Gazette for more information and listings of South Florida Art Fairs and Festivals.



January 18 - February 4
The Bridges of Madison County
Amaturo Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 Eves. at 7:30 p.m. & Matinees (call for times) Tickets from \$47

January 9
Symphony Of The Americas: Orchestra Meets Jazz
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 \$50

January 18
Art Garfunkel:
Up Close And Personal
Parker Playhouse
 707 NE 8th St.
 Fort Lauderdale, FL 33304
 (954) 462-0222
 www.browardcenter.org
 8 p.m. Tickets from \$42.50

January 10
Gold Coast Jazz:
Cyrille Aimee & Shelly Berg Trio
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 \$27.50

January 23
South Florida Symphony & Martha Graham Dance Company:
Dance Of Life
Au-Rene Theater at The Broward Center for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org
 7:30 p.m. Tickets from \$25

Sudoku

Answers On Page 10.

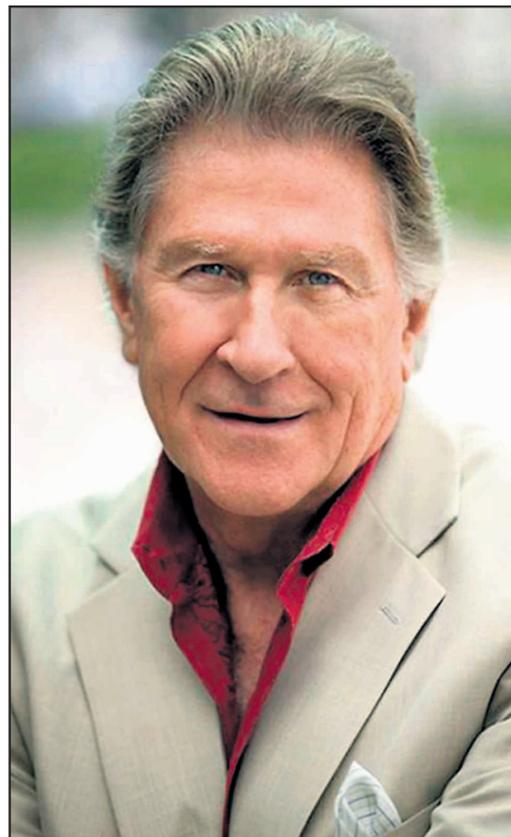
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	5		7					
		4			2	9	8	3
	2			8	3			

A Correction: In the November Issue of *The Gazette* feature story: "The Cassini-Huygens Mission To Saturn," the noted Dutch astronomer Christiaan Huygens was misidentified as being of Italian origin. Our apologies for this error.

Legendary Opera Star To Make JKV Appearance

The American Verdi Baritone Sherrill Milnes Will Meet With South Florida Opera Fans



Opera's Sherrill Milnes is renowned as the American Verdi Baritone.

Manager of Classical South Florida 89.7 FM.

Mr. Milnes will follow up the Tuesday night event with an informal "Conversation with Sherrill Milnes," the following day at John Knox Village in the Village Towers Lobby at 11 a.m. The morning's conversation will be hosted by Susan Danis, the General Director/CEO of Florida Grand Opera.

Foremost Operatic Baritone

According to Willie Riddle, Venetian Arts Society Executive Director, Sherrill Milnes is universally acclaimed as the foremost operatic baritone of his generation.

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

"He sang over 650 performances at the Met, where he was honored with 16 new productions, seven opening nights, and 10 national telecasts. As a leading artist in all of the world's great opera houses, Mr. Milnes performed and recorded with the likes of Domingo, Pavarotti, Caballé, Sutherland, Sills, Horne, Price, and Tebaldi. He is the winner of three Grammy Awards and the most recorded American singer of his time. In 2008, he received the Opera News Award for Distinguished Achievement.

"Driven by his dedication to make the vocal arts vibrant, vital and entertaining in today's world, Mr. Milnes continues to give master classes, judge competitions, and mentor new generations of singers. With his wife, Maria Zouves, he co-founded and runs the Sherrill Milnes VOICE Programs: VOICEexperience Foundation and the Savannah VOICE Festival, providing training for aspiring young artists

while fostering new audiences for the arts."

An American Original

Milnes is a true American icon, born in Downers Grove, IL in 1935, where his parents were dairy farmers. Sherrill took an interest in music and was a prodigious musician as a child, playing piano, violin, viola, double bass, clarinet and tuba.

Sherrill will celebrate his 83rd birthday on Jan. 10, just a few days before his appearance in Pompano Beach.

Sherrill's visit will be reminiscent of the great Prima Donna Renata Scotto's two-day appearance at John Knox Village for a retrospective and master class on the event of

her 84th birthday in February 2017.

Meet and greet one of America's great opera stars, and attend either or both events.

Join Us For This Retrospective

The "Video Retrospective of the Legendary American Verdi Baritone Sherrill Milnes" on Jan. 16 at 6 p.m. will be held at the Pompano Beach Cultural Center, 50 SW 1st Ave. in Pompano Beach. Admission for VAS members is \$25, and non-members \$40.

"A Conversation with Sherrill Milnes" is scheduled for Wednesday, Jan. 17 at 11 a.m. in the John Knox Village, Village Towers Lobby located at 671 Lakeside Circle, Pompano Beach. Admission for VAS members is \$10, and non-members \$15. For more information and to reserve your tickets please visit the Venetian Arts Society website: www.venetianartsociety.org

Or for more immediate information and to make reservations, please contact the John Knox Village Marketing Department at (954) 783-4040.

Marty Lee
 Gazette Contributor

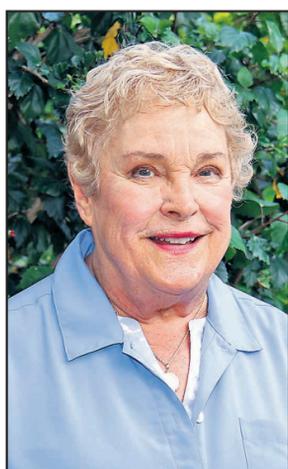
John Knox Village, in partnership with The Venetian Arts Society, will present a retrospective of one of the legendary opera stars of our time: The American baritone Sherrill Milnes. The evening's program will be held at the Pompano Beach Cultural Center on Tuesday, Jan. 16 with a wine social at 6 p.m., followed by the Salon Concert program at 7.

The major portion of the evening's festivities will be a video retrospective of the guest of honor, Mr. Milnes. The Master of Ceremonies will be Jason Hughes, former General

The Doctor Is In

High-Level Leaders Are Relationship Masters

Dr. Roberta Gilbert
Gazette Contributor



This month, we wind up the three-part series on high-level leaders. The first, on emotional choice, or control, introduced the idea that the high-level leader can decide whether to be in emotions or in intellect. He or she does not spread emotion around the workplace nor take it on from others. The

second, showcased guiding principles as basic to his or her leadership.

What do we mean by high or low-level leadership anyway? We don't have to think long before we can come up with examples of low-level leaders. Hitler, for example. He led by emotions. Just listen to some of the old movies of Hitler's speeches. They were intensely emotional: The opposite of a high-level leader. Examples of high-level leaders are harder to find, but we can aspire to it.

A high-level leader chooses calm emotions whenever possible, as we have seen. True calm is highly attractive, so people want to be around this person. That is the definition of high-level leadership – when we have so much control of our emotional selves that people want to be around us. So, as it turns out, that in leadership we are not so much trying to control others as we are able to be in control of self. Not only that, but when a leader like this is at the top of the organizational chart, the whole group benefits. It becomes emotionally calmer, getting on with its mission, guided by its principles. It doesn't have to spend so much time on relationship issues. There definitely is a "trickle down" effect.

How do high-level leaders relate to others? They are relationship masters. In my practice in the Washington, D.C. area, I knew a few. They are rare, but they can be found. They have at least three characteristics:

- Separate boundaries
- Open communications
- Equal postures

These relationship goals are characteristic of high-level people in all their relationships, starting with their families. Let's look at each more closely.

Separate Boundaries

These words do not connote distance. On the contrary, these leaders are in good contact with

people, especially the heads of various sub-groups of their organization. What "separate boundaries" means is that they do not spread emotions, nor do they soak them up from others. They have good boundaries where emotions and principles are concerned. They know, "this is what I can and cannot do" or "will and will not do," and they are good at letting others know, without beating them over the head about it, what their parameters are. For example, one pastor who came to our seminars would say, when interviewed for a new position, "I put God first, myself and my kids second. You would be third." She said she never was turned down for an appointment. People can understand boundaries and most are good at respecting them. When they don't, it is usually because they haven't been spelled out.

Open Communications

Openness is about contact and communications. The great leaders are in contact with as many people as possible. Business people often call it "schmoozing." In a small business or congregation, one can be in touch with almost everyone regularly. In large organizations, though, there is usually only time to meet with the leaders of the subgroups on a regular, one-on-one basis. The most common difficulty I saw with pastors of large congregations was that associate pastors were not in good communication with their lead pastor. That one was easily remedied. Getting the appointment books synchronized, they scheduled regular one-to-one meetings, regardless of a perceived need. They did need them whether they knew it or not. They needed to make regular, meaningful contact no matter what, getting down to brass tacks. That is, not avoiding discussions of issues emerging in the group.

At higher levels of personal functioning, anything can be discussed, and confidentiality is sacred. Unfortunately, most people are at modest or lower levels, and so the degree of openness must be thought through and careful attention given to wordings and which subjects can be taken up.

A great new book about communications in relationships, is "The Power of the Zip" by Jill Melton. A friend sent it to me. I think you will enjoy it.

Equality

If one is in a leadership position, how can there be equality in relationships? Well, we are talking about how people relate, not their position. While people may not be equals on the organizational chart, or in decision-making, all people can be related to, in their humanity, as equals. Whatever our position.

Most relationships have a degree of dominance by one person and submission by the other. Some have this see-saw arranged differ-

ently for different areas to share the work load.

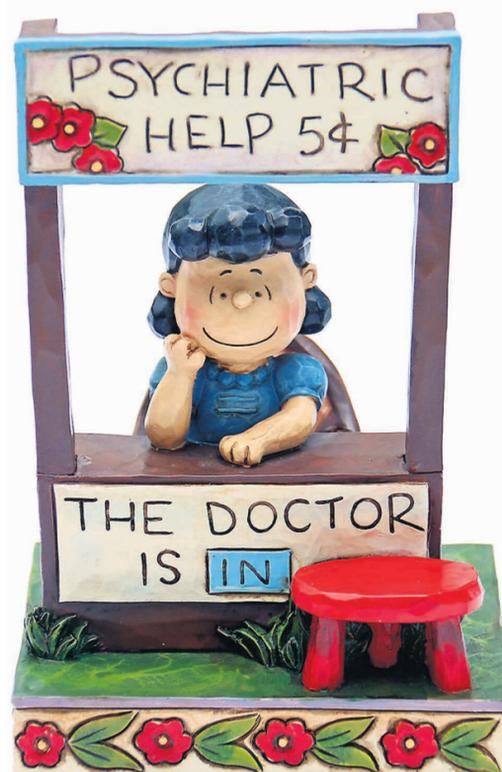
For example, while one spouse may handle financial decisions, the other may take care of the menus or food-gathering. Ideally, they each ask for input from the other often. Also, the dominance/submission balance between people may change from time to time, but some are skewed towards one making all the decisions for everything.

Higher level relationships tend to spread responsibilities between each other. If they both agree on how these are apportioned out, everything is smooth. If one treats the other as inadequate, or inferior, or helpless, and it becomes a pattern, there may be trouble.

At a higher level of emotional functioning, (the high-level leaders) people relate to each other as equals. They seek input from as many in the group as possible. They are not threatened by what they hear. They give their own ideas in a way that is not threatening and opens others to give their opinions.

An equal posture in relationships fosters openness. Openness encourages equality. And all is more possible if one's boundaries are clear to self and stated when needed. It is interesting to see how all three of these characteristics of the high-level leader work together and promote each other.

If you have a question or comment for this column, email Dr. Gilbert at rgilbert09@gmail.com.



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.

South Florida Art Fairs



The winter season is upon us, and our South Florida arts & entertainment fairs and festivals are in full swing. Here is a partial listing of the area's January art fairs:

**January 6 & 7
Ft. Lauderdale**

30th Annual Las Olas Art Fair - Part 1
600 East Las Olas Blvd.
10 a.m. to 5 p.m.
150 Exhibitors
For more info: www.artfestival.com

**January 13 & 14
Boca Raton**

31st Annual Boca Fest
At the Town Center Mall
6000 Glades Road
10 a.m. to 5 p.m.
150 Exhibitors
For more info: www.artfestival.com

**January 13 & 14
Coral Gables**

67th Annual Beaux Arts Festival of Art
Lowe Art Museum, U. of Miami Campus
10 a.m. to 5 p.m.
250 Exhibitors

Presented in a beautiful setting on the University of Miami campus, wintering artists unfurl their newest works for patrons.
For more info: www.beauxartsmiami.org

**January 18 - 21
West Palm Beach**

Art Palm Beach 21st Edition
Palm Beach County Convention Center
650 Okeechobee Blvd.
Thursday, Friday & Saturday: Noon to 7 p.m.
Sunday: Noon to 6 p.m.
A modern and contemporary art fair.
For more info: www.nextlevelfairs.com

**January 20 & 21
Delray Beach**

29th Annual Downtown Delray Beach Festival of the Arts
Downtown Delray Beach along East Atlantic Ave. from U.S. 1 to A1A
10 a.m. to 5 p.m.
150 Exhibitors
For more info: www.artfestival.com

**January 27 & 28
Boca Raton**

9th Annual Boca Raton Fine Art Show
Sanborn Square
72 N. Federal Hwy.
10 a.m. to 5 p.m. Up to 160 Artists
For more info: www.hotworks.org

JKV Is Living Well With Carmel

Unclutter Your Life To Start The New Year

“The Best Things in Life Aren’t Things.” – Art Buchwald

Carmel Baronoff
Gazette Contributor



When you hit 50 and beyond, let’s face it, you’ve got stuff. Lots of stuff. In fact, there may be a lifetime worth of just...stuff. If you were to classify the possessions in your home, you might come up with the valuable, the sentimental, the useful, the “haven’t seen that in ages,”

the out of date and useless and then there is downright junk.

How does this all happen? How do we have what amounts to an overload of possessions? Throughout our lives we accumulate, inherit, collect and even hoard items which amount to mountains of clutter. These possessions, if not controlled, can end up possessing you.

Just to shed light on this problem in the U.S., here are five interesting statistics I found from Joshua Becker for Becoming Minimalist:

According to the *Los Angeles Times*, there are 300,000 items in the average American home.

The average size of the American home has nearly tripled in size over the past 50 years (*NPR*).

And still, one out of every 10 Americans rents off-site storage – the fastest growing segment of the commercial real estate industry over the past four decades (*New York Times Magazine*).

While 25 percent of people with two-car garages don’t have room to park cars inside them, only 32 percent have room for one vehicle (U.S. Department of Energy).

The United States has upward of 50,000 storage facilities, more than five times the number of Starbucks. Currently, there is 7.3 square feet of self-storage space for every man, woman and child in the nation. Thus, it is physically possible that every American could stand – all at the same time – under the total canopy of self-storage roofing (SSA).

So you can see from the above statistics, we in America love our things, but the truth is: Excessive clutter can cause stress and affect the many aspects of one’s life, from your finances to your mental health. And I’m not referring to the extreme hoarding cases you see on TV. I’m talking about everyday clutter.

Clutter around the house will weigh you down and distract you. If you are trying to concentrate on a task, you may find yourself thinking about how you need to get rid of that pile of old clothes in the closet, the antique dishes you never use in the cabinet or that suitcase of old childhood games in the garage. Oh, and what about the stuff in the attic? The reason we often avoid tackling the elimination of our stuff is the problem of what to do with it.

Going through rooms, closets and bathrooms seems insurmountable. It can also become emotional, as it’s often a sentimental journey down memory lane. I mean how can you give away grandma’s cookie dish or your prom dress or all those old love letters under your bed? OK, now I’m getting dramatic. But you get the picture. It’s hard to pare down your life. With that said, I’m here to tell you that when you do, you’ll feel liberated.

Take The First Step

The best way to declutter your life is to take a deep breath and approach it one step at a time: Drawer by drawer, room by room. To help you get the process rolling, I went through some of my favorite tips from zenhabits.net,



to help you overcome the chaos of clutter, so you can enjoy a simpler, less stressful life.

Remember, start now. Simplifying is a lot harder as you get older. Besides, don’t you want the luxury of years feeling free?

Start Decluttering

How do you get started? As simply as you possibly can:

- **Take just 10 minutes today to sort through a pile, or declutter a shelf or table or countertop.**
- **Put everything into one pile, and start with the first thing you pick up (no putting things back in the pile).**
- **Ask yourself: do you really need this? Do you use it regularly? Do you love it? If the answer to any of these is no, then recycle, donate or give it to someone who might want it. Put it in a box for these purposes.**
- **Put things back that you need/use/love, with space between things. This is their “home” and you should always put them back there.**
- **Stop after 10 minutes, continue tomorrow for another 10 minutes, and so on, one small spot in your home at a time.**
- **If you want to do more than 10 minutes, go ahead, but be careful not to overdo it in the beginning or you’ll think it’s difficult and not want to continue.**

Keep Going

Once you’ve gotten the ball rolling, here’s how to keep going:

- **Keep decluttering in small bits. Pick an area to focus on each week.**
- **Don’t worry about perfection. Just get it simpler. You can always declutter more later.**
- **Put your box of donation/recycling/giving away in your trunk, to get rid of next time you’re out. Email friends/family to ask if they want things – often you can find a good home for perfectly good things you don’t really use (that workout equipment).**
- **If you’re on the fence, use a Maybe Box. Put things that you think you might need in a box, mark it with today’s**

date, put a reminder on your calendar six months from now to check on the Maybe Box. If you haven’t used it in six months, chances are you don’t need it and can get rid of it.

- **Get help. Sometimes you just can’t bear to part with something yourself, but if you can get an outside person to make the decision (friend or family member), they are usually much more dispassionate and ruthless.**
- **Enjoy the space. Once you’ve decluttered an area, really focus on how much you love the simplified space. Once you’re hooked on this simplicity, you’re more likely to keep going.**

Live your dreams... Carmel

Join Us For A ‘There’s No Downside To Downsizing’ Seminar

Get decluttering & downsizing tips from a local expert

Tuesday, Jan. 30
John Knox Village
Centre Auditorium
2 - 4 p.m.

Enjoy a high tea & delicious desserts. Call the Marketing Office to Reserve Your Spot.

(954) 783-4040

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

web JohnKnoxVillage.com

JohnKnoxVillage

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

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New Year, New Tech...Well Just Like New

Ask Abby Stokes: Your Friendly Guide To Everything Digital

Abby Stokes
Gazette Contributor



While ringing in the new year, make a resolution to help your technology run like new. If your computer, tablet or smartphone is running more slowly than when it was new, it may not need to be replaced. Instead, it may just require some housecleaning. No better time

than the start of the new year to tackle the task.

Back Up for Safe Keeping

Before you do any tech house cleaning be sure to back up the photos and documents you have on your handheld devices and computer so there's no risk of them disappearing while you bring things up-to-date. If you have photos and documents that live only on your smartphone or tablet, it's time to sync your device with your computer, so those items get stored in a second location. Not only will they now be saved on your computer, but you can now delete them from your phone or tablet to open up more space on your device.

If you're not sure how to store things to the cloud, you can (usually) simply plug your device into your computer using the USB cord and everything will transfer (also known as sync) over to the computer for safe storage.

To back up your computer you can utilize an external hard drive. The external hard drive can even be set up to do back ups on a regular, scheduled basis, so you don't have to think about when to back up next. If it's a once in a lifetime photo that you have stored, be sure to



From memory cards, to USB flash drives, to USB hard drives there are many devices to back up data.

have it processed onto photo paper rather than print from your home printer to guarantee its longevity.

Update Your Technology

You may have ignored the notices to update your smartphone, tablet or computer over the year. I know, I dismiss them more often than not. My trick is to wait at least a couple weeks before doing the updates to hear if there are any glitches that need to be resolved. It is important, however, to eventually do the updates.

The latest, greatest version of the operating system for your gadget often contains important updates and fixes bugs to help your technology run more smoothly and quickly. If you're not comfortable doing the updating yourself, then call in the cavalry. Invite someone who is more tech-savvy than you to a nice dinner in exchange for their help in updating your devices. It's a win-win proposition.

Clean Out Your Storage

Much like your closet, your technology gets filled with junk you don't wear...I mean use, anymore. Why not get rid of the unused and make room for the stuff you'd like to add? Tread slowly and methodically. You must be more cautious with your technology than you

might be with that DayGlo sweater you don't wear anymore or that macaroni bracelet you've been hanging onto for decades. Do NOT delete anything from your technology that you don't understand or know about.

Rule of thumb: If you didn't add it, don't delete it. What you may delete could play a crucial role, behind the scenes, to the functioning of your device. However, the old photos, documents, downloads, apps or programs that you installed and no longer useful, can be tossed to make room for what is to come this year.

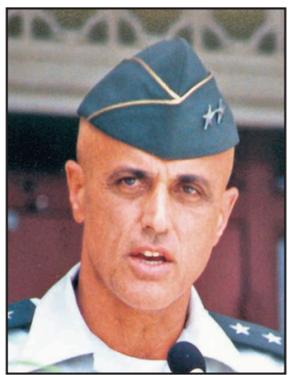
Think of it like a weight loss program for your technology. Every year your gadgets add a few pounds and the start of the New Year is a great time to trim down in anticipation of what you'll need in the future. Wishing you all the best with you and your technology in 2018.

Abby Stokes, author of "Is This Thing On?" A Friendly Guide to Everything Digital for Newbies, Technophobes, and the Kicking & Screaming and its companion website AskAbbyStokes.com, is the Johnny Appleseed of Technology, single-handedly helping more than 300,000 people cross the digital divide. A firm believer that "if my mother can learn the computer anyone can." Abby splits her time between New York City and Niantic, CT.

'I'm Hurting. Then There Were No Headaches'

Steps to Health by Burn Loeffke 'Warrior to Healer'

Burn Loeffke
Gazette Contributor



"The results showed over 30 percent improvement in range of motion and in brain reaction speed."

How did this happen?

In the middle of November, I traveled to Upledger Institute in Palm Beach Gardens, FL for a five-day seminar

for wounded veterans. Upledger is famous for alleviating pain, whether physical or mental, using a technique called craniosacral massage. I wrote about this in last month's *Gazette* issue.

We all had different medical challenges. Mine were recurring headaches caused by frequent trauma to the head, wounds, helicopter crashes and parachute accidents. Other veterans had physical and mental challenges.

One of the therapists was a Ph.D. Chiropractor. She mentioned that her specialty was treating animals, as well as humans. I wonder if she had chosen to treat me because of her experience with animals. Sandra, and her colleague Mandy, spent many hours working on me. A procedure Sandra used was inserting her hands into my mouth and readjusting bones of my face. She then gently massaged the surface of my skull. At the same time Mandy was massaging the sacrum (the bottom of the spine). I felt a slight discomfort in my head for the rest of the day. But the next morning, I woke up feeling that a fog had lifted from the right side of my head and the headaches were gone. The other veterans had similar results.

We were tested on several reactions that were muscular, skeletal and neurological, the first day and again on day five. My results showed an improvement of 30 percent in range of motion and in brain reaction speed. We all showed improvement. Along with the hands-on treatments there were sessions that taught us to talk to our pain, as well as using visualization techniques.

It has been a week since the program. I'm not completely cured. There has been one headache, but it was mild compared to before. I am a work in progress.

Craniosacral Therapy Can Help With:

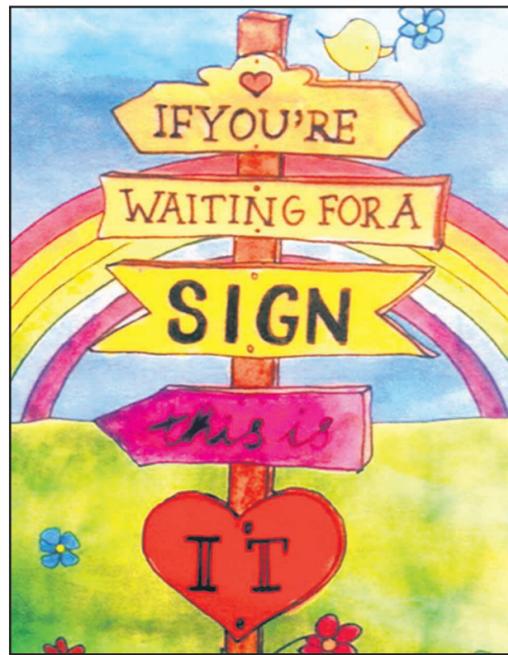
- Headaches
- Chronic neck and back pain
- Fatigue
- Orthopedic problems
- Many other challenges

There are many ways to healing. An illustration on the wall (photo right) at Upledger caught my eye. For me it means to be happy. We need to act with our hearts by helping and thinking of others. This is an important form of healing.

To learn more on useful therapies visit: www.upledgerclinic.com



Therapists at the Upledger Institute perform therapeutic massage therapy on Burn Loeffke.



The illustration that caught Burn's eye.

Burn Loeffke is 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.

Today, as a senior, he starts his day at Hollywood Beach, FL with 200 crunches, 10 minutes of stretching and then, 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.

