



JOHN KNOX VILLAGE

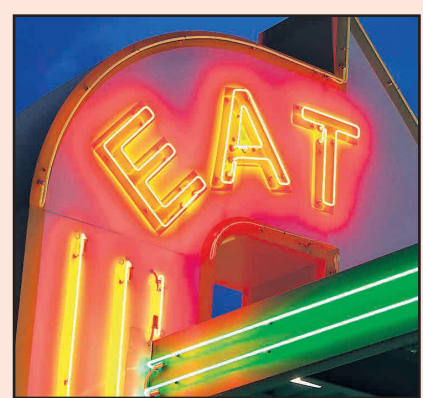
Gazette

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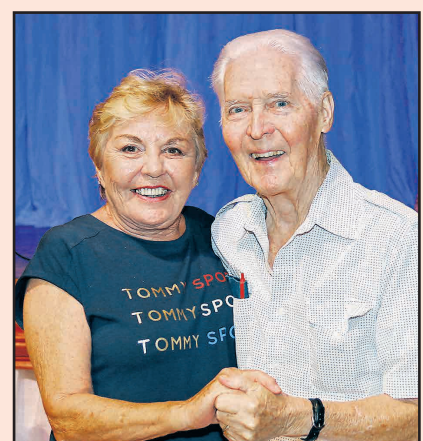
where possibility *plays!*

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The Holidays: From Broomsticks To Scraggly Trees



We all have memories of a special holiday experience. Silver Scribes share their memorable holiday moments.

Marty Lee
Gazette Contributor

As the years pass by, we tend to forget about the holiday gifts, but it is the experiences of family and friends that remain fixed fervently in our minds and hearts. The Chia Pet, Veg-O-Matic, Clapper and Pocket Fisherman have all been forgotten, yet we remember our first grandchild's Christmas with great detail.

We all have memories: Some precious and adorable, while others are filled with Jean Shepherd-like humor. The following are just a few contributions from the Silver Scribes, the writing group of budding authors who meet monthly at John Knox Village. Hopefully these will stimulate your own memories of holidays past.

The Broomstick Christmas Tree

"Daddy, why can't we have a green Christmas tree?"

Our four-year-old daughter looked out our car window at the local Christmas tree lot, with longing in her eyes.

"Honey, live Christmas trees make you and daddy sneeze and wheeze."

A genetic gift in our family history was asthma, and our two girls and I suffered when pine trees were near. We'd been using a silver aluminum tree for several Christmas seasons. However, the danger of electrical shorts meant it couldn't have lights fastened to its branches. Two little girls and their daddy agreed: A silver tree with a rotating colored spotlight didn't look like Christmas.

This year might be different. A new artificial tree had appeared in stores. It was green, with plastic-like needles on different sized branches that stuck into holes on its pole.

The picture on the box was beautiful. The sample tree in the store looked lovely, but that night, early

See "Holiday Memories" On Page 2

The Star Of Bethlehem Miracle Or Celestial Phenomenon?

Nona Smith
Gazette Contributor

During the holiday season, bright stars shine on top of Christmas trees in Christian homes around much of the world. Those celebrating the holiday sing about the "Star of Wonder," a bright star in the east, that led the way for the Three Wise Men, or Magi, to the town of Bethlehem, where Christ was born. The celebrants are commemorating the Star of Bethlehem described by the Apostle Matthew in the New Testament. Is the star's Biblical description an inspiring mystery, or does it contain astronomical truth?

For eons believers, doubters and scientific minds have wondered at the Biblical account of the birth of Christ and the appearance of the portentous star. The Biblical passages tell of an unusual celestial phenomenon or an incredible astronomical event at Christ's birth. For many doubters, the star can easily be dismissed as myth. For believers, the certitude of the mystical event is based on faith. But for the historical scholar, who searches for answers by combining astronomical data, historical facts and an open mind, the possible answer results in fascinating possibilities.

The Star of Bethlehem As A Celestial Phenomenon

The star appears in the Book of Matthew in the New Testament, where it led the Wise Men to follow its shining path and seek out King Herod to ask him if he knew about the newborn King of the Jews. This news alarmed Herod so much that he ordered all male infants under the age of two killed. The Wise Men continued to follow the star until it led them to Bethlehem, where they saw the Child and presented him with rare gifts of gold, frankincense, and myrrh.

See "Star of Bethlehem" On Page 4



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I'll Be Home For Christmas...If Only In My Dreams

From "Holiday Memories" On Page 1

in December, the new green tree in our living room looked a lot like a skinny green hat rack. Even decorated with shiny balls and lights, the tree looked anything but real. However, it was green, and while mom and dad softly laughed at its appearance, our daughters both loved it.

A Miracle Found On 34th Street

A few weeks passed. After New Year, I was driving down a street in town and glimpsed an exciting treasure. Out on the curb by a garbage can lay a straggly green artificial tree looking a lot like ours.

I stopped the car, got out and checked the tree over.

It did look like ours. Maybe it was a little fatter, but it wore the same style needles. Glancing around to be sure no one was watching, I quickly shoved the discarded tree onto the back seat of my car. I took it home after work, disassembled it and

stored it with our tree in the garage.

The next October, I spread the branches of both trees on the floor of my workshop.

Starting at the top, I drilled new holes on the "broomstick" trunk and inserted the double set of branches. Then, numbering each branch and hole, I packed up our new tree for Christmas.

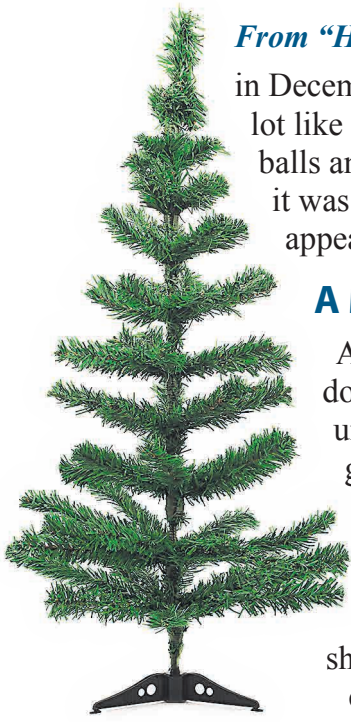
A few days after Thanksgiving, our family celebrated "decoration" day for Christmas. While mother and the girls unpacked decoration boxes, I carried my masterpiece to the living room and assembled it in front of the window.

It still was pretty skinny, but it was a full, well-endowed work of art. When we loaded it with lights, colored ornaments, icicles and garlands, the tree glowed forth in Christmas splendor.

Both girls loved it. Mother sometimes giggled when she walked past. But for me, Santa and two little girls, it was beautiful.

Best of all, I got it cheap.

– David Haun



Nonno's Italian Home At Christmas

Nicoletta Scorce
Gazette Contributor

From birth to age 13½, I lived in my grandfather's household in Roccarainola, province of Naples, Italy. Grandfather "Nonno" was a mailman and a baker. There were 10 of

us at home: Nonno, four aunts, two uncles, my mother, my brother and me. This family was noisy, loving and there was lots of laughter.

The most important memory of Nonno's house was the large room that opened onto the narrow street at 33 Via Vincenzo De Simone. It was in this room that we all met for breakfast, lunch and dinner. One of my uncles was a Franciscan Monk and he took great pride in preparing a large Christmas Nativity scene in one of the corners of the room.

Christmas Eve was a special time. This night was treated as a religious and a family affair: The Nativity scene was the focus of the room. The painted deep blue papier-mâché background with a sky full of stars made Herod's Castle stand out. We used peat moss over large rocks for the mountain slope, small rocks and branches for trees, and various statues made up the village population.

My uncle used all the silver paper from inside medicine boxes and placed them sporadically, making small lakes along the desert for the shepherds and their flocks to drink from. On the very top there was a small bridge. Along the way to the manger, there were some white spots representing snow. The manger was full of hay with the cow and donkey, while the Holy Family – Mary and Joseph waited for the birth of Baby Jesus.

An Italian Christmas Eve Tradition

On Christmas Eve, it was a custom that as soon as a child could write, he or she was guided by the adults in composing a letter of thanks to the head of the household. Since Nonno was the one raising us, we children poured our hearts out, praising the wonderful man that he was, and we thanked God for having given him to us.

The letter would be placed under his plate on Christmas Eve. When the main course was finished, and the plate was removed: Voilà the letter.



Nonno would feign surprise as he immediately identified the childish penmanship. He would say, "A letter for me? I wonder who could have written this letter." Once the missive was identified, we were asked to

read it aloud by standing tall on our chair. We tearfully read the heartfelt words. Everyone at the table would get emotional. My mother was the one who always lost it, since each year without my father at the head of the table was a reminder of: Who knows when we would ever see him again?

Without too much prompting, we wanted to write much more than required by highlighting all of my grandfather's virtues and to tell him how much we loved him and how he would be missed, if and when, we would ever go to America. The letter, of course, carried a reciprocal monetary value (a gift back from Nonno) and it was about Cinque Lire, the value of about \$40 by today's calculation.

Back in 1943, we had not yet learned about Toys R Us, so out of respect we would hand the money for my mother to hold. Many customs have come and gone, but I can never forget Natale [the Italian word for Christmas] in Nonno's house.

"I can never forget Natale in Nonno's house."

A Ritzy Holiday Entry Into 'Opulence'



Marty Lee
Gazette Contributor

For our family of nine: Mom, dad and seven kids, Sunday nights

were special, because on Sunday mornings, we would clip coupons from the Milwaukee Journal for "7 Hamburgers In A Bag For \$1 At George Webb." On our Sunday drive home from Grandma's house, we would stop at George Webb's for a couple bags of burgers and pick up a half-gallon of Neapolitan ice cream at Walgreens. Then dad would navigate the final miles to our house, where we would gather around the dining room table to devour the freshly grilled burgers.

Family legend has it, that one Christmas (due

to forgetting to thaw the turkey), our family packed into the 1954 Ford Customline for a holiday meal to remember: A veritable feast to honor Adepghagia in all her glory. This time our destination would not be George Webb's, but rather a classy restaurant where we would sit down and be served by an attentive service staff, who would cater our holiday repast.

Dad carefully maneuvered the four-door Ford (shod in bald, secondhand retreaded snow tires), to the Taj Mahal of our dreams: The Ritz Restaurant on Kinnickinnic Ave. in Bay View, WI.

As a wise young man of perhaps seven years, I had heard the word "Ritz," used to describe places of unimaginable beauty, and over-the-top opulence. So naturally, I associated the "Ritz Restaurant" with gastronomical delight in palatial surroundings.

My Entry Into A World Of Opulence

Dad parked the car in a snowbank, just yards from the ever-beckoning door. The red and green neon lights flashed in a hypnotic symmetry: E A T _ I T Z ... E A T _ I T Z (for some reason the R was not lighting). Even without the "R," the invitation to E A T _ I T Z, was a tantalizing welcome to our family to enjoy hospitality, celebration and culinary nirvana.

While mom and the young-uns slid into the plastic taped booth, the "men:" My dad, my older brother and I mounted the round (and equally well-taped) plastic and chrome stools at the counter.

I looked around and absorbed the beauty of

my surroundings – Christmas specials written in white, green and red chalk on a blackboard – "Meatloaf Dinner \$1.95, Kishka Delight \$1.50, Scrambled Eggs and Kielbasa \$1.25." Elaborate velvet-flocked wallpaper peeled at the corners of the walls. More plastic tape nestled the cracked red vinyl padded booth seats, while the beauty of chipped Formica adorned the tables and countertops. Eureka, I finally understood the full rich meaning of a word that was both an adjective and a noun, as I was immersed in the glory of the "Ritzy Ritz."

I Have Finally Arrived

Ah, I thought to myself after a long seven-year journey in life, I have reached the pinnacle, the apex, the zenith. I have finally arrived, "I am at the Ritz." Later in her years, my mom would often use the term, "I feel so uppity when dining at the Ritz."

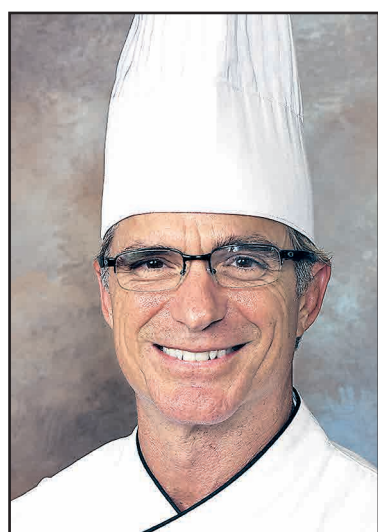
This would be a very special family meal – our first holiday dining experience together, in the elegance of a classy bistro – Christmas Dinner at the Ritz.

As we paged the enormous menu – evaluating taste, visual appeal and value – our family had finally reached a consensus verdict on what would be a Christmas dinner that I remember fondly to this day – more than 50 years later.

"What'll the family have dear?" Flo, the waitress, asked my dad. With great exuberance and in a booming voice that would have inspired even Enrico Caruso, my dad proudly proclaimed, "Hamburgers for everyone."

In Good Taste: Shrimp Recipe Has The Right Stuff...ing

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

With Thanksgiving past and more holiday meals ahead, some may begin dreading another plateful of stuffing. That is until you try John Knox Village Executive Chef Mark Gullusci's stuffed shrimp recipe.

Quick, delicious and healthy, it will also allow you

to push your bowl back out for another serving.

High in several vitamins and minerals, shrimp is also a rich source of protein and eating them helps promote heart and brain health due to their Omega-3 content. Yummy!

Stuffed Shrimp: Yield 36 shrimp

• 16/20 shrimp - approximately 2.25 lbs.

(36 shrimp)

- 2 oz. whole butter
- ¼ cup chopped celery
- ¼ cup chopped onions



- ¼ cup carrots
- 1 tbsp. minced garlic
- 1 cup clam juice
- 8 oz. special crab meat
- 1 tbsp. clam base
- 1 cup Panko bread crumbs
- 1/8 tsp. white pepper
- ½ tsp. oregano

Method Of Preparation:

Thaw shrimp, score back of shrimp with a paring knife to prevent curling. Lay shrimp flat on sheet tray.

To prepare stuffing: Melt butter in skillet and add garlic and cook for 2 minutes. Add onions, celery and carrots and sweat for 4 minutes.

Add clam juice and base and bring to boil, add remaining ingredients and incorporate. Allow to cool, place in pastry bag and pipe onto shrimp. To cook: Bake in a 350-degree oven approximately 15 minutes until stuffing reaches over 140 degrees.

(This recipe, first published in 2016, has been so popular with Gazette readers we decided to reprint it for the 2018 holiday season. Enjoy!)

Poinsettias: Deck The Halls With Scarlet Allure



One of the most recognizable holiday plants is the bright and cheerful poinsettia with its scarlet leaves, tiny yellow flowers and emerald greenery. The plant has a long and interesting history. Native to Central America, the poinsettia flourished in the Southern Mexico area of Taxco del Alarcon. The Aztecs used the plant as decoration but also put it to practical use. They extracted a purplish dye for use in textiles and cosmetics from the plant's bracts. The milky white sap, today called latex, was made into a preparation to treat fevers.

The poinsettia may have remained a regional plant had it not been for the efforts of Joel Roberts Poinsett (1779-1851). The son of a French physician, Poinsett was appointed as the first United States Ambassador to Mexico (1825-1829) by President James Madison. Poinsett had attended medical school himself, but his real love was botany. Dr. Poinsett had hothouses on his Greenville, SC plantation, and while visiting the Taxco area in 1828, he became enchanted by the brilliant red blooms he saw there. He brought back cuttings of the plants to South Carolina, where they prospered. He began propagating the plants and sending them to friends and botanical gardens. From its beginning in the Carolinas, the love of poinsettias grew into a world-wide phenomenon.

Today's poinsettias come in a variety of colors and are an indispensable part of our holiday décor. Combined with other plants such as ivy and holly, poinsettias create an elegant holiday display.

Book Review

The Christmas Sweater

By: Glenn Beck

Donna DeLeo Bruno
Gazette Contributor

Based on a true story, "The Christmas Sweater," by TV and radio host Glen Beck, deserves to become a holiday classic. Twelve-year-old Eddie is eagerly anticipating Christmas morning mainly because he expects to receive a very cool, red Huffy bike he has been admiring for months in the window of the local sporting goods store.

Since his father's death, he has chosen to ignore the difficulty for his mom who is working four jobs just to keep them housed and fed. He misses his father terribly; but even when the family was complete, Eddie seethed with embarrassment because he lacked the basic items other kids had. One of the things Eddie considers most demeaning was that while his friends had real boots, he had to cover his shoes with plastic bags from his father's bakery to keep out the ice and snow. Despite all the evidence that there was no money for extravagant gifts or toys, Eddie maintains his hope that somehow his mother will miraculously satisfy his craving for this bike which in his mind has taken on epic proportions.

On Christmas morning, Eddie unwraps mom's gift for him: A lovingly hand-knitted sweater on which she has been working for months. Eddie is not only keenly disappointed, but enraged and angry that his life is so meager

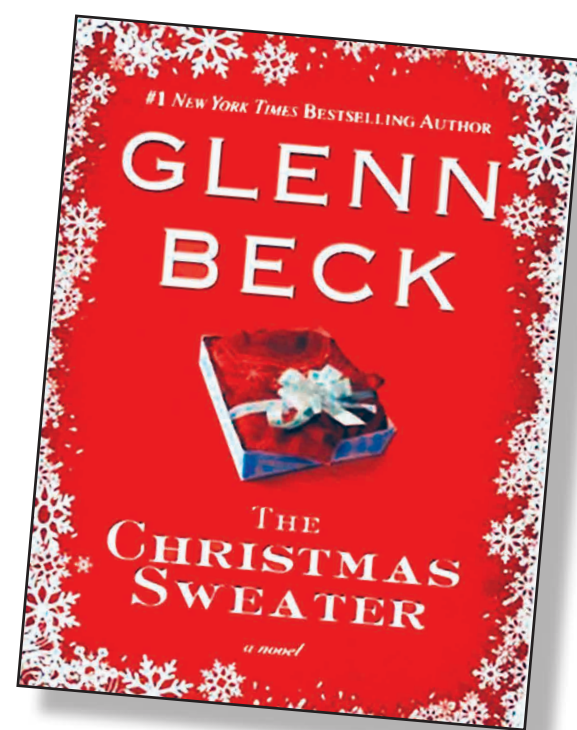
and devoid of fun. Focused on his own angst, he does not immediately see his mother's hurt, but when he does, he totally ignores it, running to his room and discarding his sweater in a heap on the floor. Eddie makes no attempt to ease his mother's pain. When they go later to his grandparents' farm for holiday dinner and the exchange of modest gifts, he continues his sullen remarks and makes everyone miserable.

What he cannot possibly know is that the red Huffy bike is lovingly covered and hidden in grandpa's barn. But his behavior is so selfish and unacceptable to grandpa, that he chooses not to indulge his beloved grandchild, particularly when he sees the tears shed by his Eddie's mother who is overwhelmed by fatigue and worry and sadness. When Eddie demands that they cut short their visit and return home, his mother meekly protests that she is exhausted and had planned for them to spend the night at the farm. Grandpa is so distressed at Eddie's bratty behavior and disregard for his mother, that he agrees that perhaps Eddie and his mom should head home despite the snow and frigid temperatures. He has no intention of rewarding his grandson with the dearly bought bike.

So begins the next sad chapter of Eddie's life, a car accident claims the life of his mom, for which all will suffer heartbreak – his grandfather, grandmother, and most of all Eddie himself.

This is a story of forgiveness and redemption – of an immature boy who feels cheated by life and is oblivious to the blessings around him until he nearly destroys himself and all who love him.

The reader struggles with Eddie through his pain, guilt and conflict; grieves with his grandparents at the loss of their daughter, and the wayward route of their grandson as he lashes out at them, God, life, the world – all who have let him down. It will be a long road



and a long time before Eddie realizes that it is not what you are dealt that determines your life, but rather how you react to what is thrown your way.

This is one poignant, dramatic story – a sort of coming-of-age tale – where Eddie will have to struggle through what is left of his youth to arrive at manhood with a new awareness of how to survive in life with its inherent tragedy and loss. His will be an extremely hard-earned lesson.

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

O Star Of Wonder, Star Of Night, Star With Royal Beauty Bright

From "Star of Bethlehem" On Page 1

According to Dr. Nick Strobel, Professor at Bakersfield (CA) College, some astronomers have taken the reign of Herod as the time parameter for the appearance of the star. The fact that Herod had massacred male children under the age of two, established that the Christ child was probably a toddler, not a newborn when they visited Him. With this information, scientists scanned the skies using advanced subscription software and old astrological and astronomical charts for likely candidates to reconstruct the locations of celestial objects thousands of years in the past that could have been the shining Star of Bethlehem.

A Comet, Supernova Or Meteor?

Natural events that might have been considered essential omens and described as the bright stars included exploding stars, such as novae and supernovae, comets like Halley's Comet which was visible in 12 B.C., and meteors. For some, the star was not a star at all, but the planet Jupiter. Or more precisely, it was the conjunction or proximity of Jupiter with two other planets, Saturn and Mars. Planets were "wandering stars" to the ancients, and to many, they bore great astrological or mystical significance. Astronomers know that there was a series of such conjunctions in 6 and 5 B.C.

Johannes Kepler, the noted German mathematician, astronomer, and astrologer, advanced the view that the Star of Bethlehem may have been a nova occurring in or near the conjunction of bright planets. Several striking planetary conjunctions also took place within 10 years of the historical point now consid-



The Adoration of the Magi by Marco Pino (1521 - 1582).

ered as the beginning of the Christian era. A triple conjunction in early 6 B.C., in which Mars, Jupiter and Saturn stood at the points of a triangle, has often been mentioned as a possible explanation of the star.

Good Will Towards Men

For now, we either accept scientific conjecture on the Star of Bethlehem or the Biblical version. Unless indisputable archaeological discovery is found to settle the question, the

mystery of Star of Bethlehem will remain in the realm of faith. Science cannot explain it as any known physical object, history does not offer an accurate record and religion provides only an untestable miraculous celestial occurrence. Although there is little agreement on the nature of the star or even its actual sighting more than 2,000 years ago, all sides can agree on the message the star heralded: "...On earth peace, good will toward men." (Luke 2:14)

Broadway Star Bringing 'Christmas In The Village'

Enjoy An Elegant Holiday Experience Saturday, Dec. 15



"Christmas in the Village" will feature Broadway star Kimilee Bryant, along with numerous world-class musical artists for a memorable holiday concert.

Special To The Gazette

If you are looking for the perfect night of entertainment to get you into the holiday spirit, plan to attend The Venetian Arts Society's (VAS) "Christmas in the Village" at John Knox Village. This elegant holiday experience will feature musical artists from some of the world's great stages. The evening begins at 6 p.m. in the Village Centre Auditorium with wine and hors d'oeuvres, followed at 7, with the signature intimate and interactive Salon Concert.

A World-Class Holiday Concert

The 2018 "Christmas in the Village" features Broadway star Kimilee Bryant, acclaimed pianist Stacie Haneline, The Stradivarius String Quartet, harpist Esther Underhay and The JKV Choristers. Following the Holiday Salon Concert, there will be champagne, dessert and the opportunity to meet the artists.

VAS is a South Florida fine arts organization that provides unique opportunities for an intimate and interactive artistic experience with the performers, stimulating conversation and a connection with artists and like-minded arts enthusiasts.

VAS's 21st Century version of the "Art Salon" is a performance/educational/social concept with a mission to unify the world by celebrating the multi-cultural and inter-generational diversity of our community through inter-disciplinary arts. "Please join us for a

complete artistic experience with food, wine, and stimulating conversation; where art complements art, synthesizing the total artistic, social, multi-generational and educational experience," said VAS Executive Director Willie Riddle.

Featuring Kimilee Bryant

"Christmas in the Village" is headlined by Kimilee Bryant, native of Greenville, SC. Kimilee has performed the role of "Christine Daae" in Andrew Lloyd Webber's "The Phantom of the Opera" on Broadway, Switzerland, Toronto and to critical acclaim on the U.S. National Tour. She is the only former "Christine" to return to Broadway and play all three leading roles (Christine, Carlotta, and Madame Giry) in the longest-running show in Broadway history.

In "The Pirate Queen" (Broadway), she covered the role of Queen Elizabeth I. Other NYC credits include Josephine in "H.M.S. Pinafore," Mabel in "The Pirates of Penzance," Casilda in "The Gondoliers," Ida in "Princess Ida," and performed in "Bye, Bye Birdie" at the New York City Center; plus many more lead roles.

She debuted at Lincoln Center as soloist for The National Chorale at Avery Fisher Hall and appeared as soloist in a staged production of Handel's "Messiah," which

was also performed at The Utrecht Early Music Festival in Holland.

Kimilee was Miss South Carolina 1989 and won two talent scholarships at the Miss America pageant. She then went on to earn her Master of Music degree from The Manhattan School of Music.

Kimilee will be accompanied by the versatile pianist Stacie Haneline, who maintains an active recital career in symphonic, chamber, opera, vocal and instrumental repertoire. Haneline has served as a collaborative pianist for the Sydney Opera House, the University of Australia, New York City Opera, Kennedy Center, Hawaii Opera, Virginia Symphony, Virginia Opera, Brooklyn Academy of Music, Brevard Music Center, Omaha Symphony and Opera Omaha.

Joining in the talent-laden program are harpist Esther Underhay, the Stradivarius String Quartet and the vocal offerings of the JKV Choristers.

As a reader of The Gazette, the JKV Marketing Department has reserved a select number of complimentary tickets. Seating is limited, so please call the Marketing Department at (954) 783-4040 to reserve your seat for this world-class performance.

This will be a concert to remember for years to come. Please plan to be our guest on Dec. 15 at 6 p.m. and enjoy the spirit and hospitality of "Christmas in the Village."



Harpist Esther Underhay will also be a featured artist at the "Christmas in the Village" performance.

Join Us At John Knox Village For These December Events

Celebrate Hanukkah With Us, Each of Eight Nights, Beginning Sunday, Dec. 2 at 5:30 p.m. at John Knox Village.

Gather with us each night to celebrate the eight-day festival. The festivities begin the first night, Dec. 2, at 5:30 p.m., and will include prayers, the lighting of the menorah and musical performances by John Knox Village singing groups: The Note-ables and The Villagers. Plans call for latkes with apple sauce or sour cream and cider to be served the first night. The menorah lighting will take place outside Cassels Tower. **Call John Knox Village at (954) 783-4040 to RSVP.**

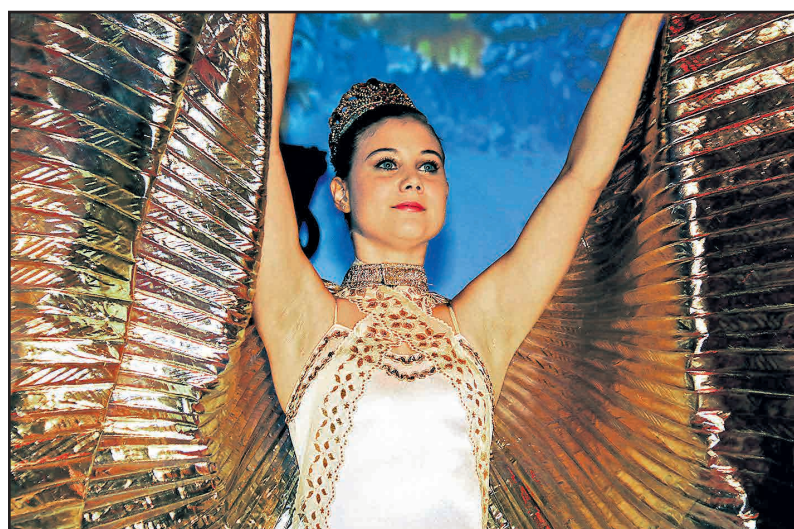


Be Our Guest for a Lunch And Learn on Tuesday, Dec. 11 at 10:30 a.m. Meet in The Woodlands' Life Enrichment Center

Discover the benefits of resort-like, stress-free living, while enjoying the peace of mind of an exceptional plan for future health care needs should they arise. Enjoy a complimentary lunch and guided tour of our tropically landscaped campus and newly renovated designer-inspired model apartment homes. Meet Village residents who will be happy to answer all your questions. **Call John Knox Village at (954) 783-4040 to RSVP.**

JKV Hosting Broadway Singer for 'Christmas In The Village' Saturday, Dec. 15 at 6 p.m.

John Knox Village and the Venetian Arts Society present the Café Salon "Christmas in the Village," with a cast of world-class musical artists. Headlined by Broadway star Kimilee Bryant, this special holiday performance is sure to get you into the festive spirit. Plan to arrive at 6 p.m. for a wine and cheese reception, followed by the performance at 7. Stay after the show for dessert, beverages and meet the artists. See the story on page 4 in this issue of *The Gazette* for full details. **Seating is very limited. Call the JKV Marketing Department today for reservations (954) 783-4040.**

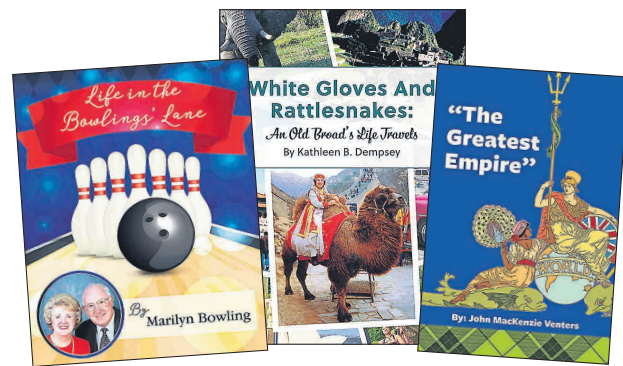


JKV's Progressive Holiday Open House Tuesday, Dec. 18 at 2 p.m. Meet in The Woodlands' Lobby

Meet John Knox Village residents and fellow guests, and begin your afternoon in The Woodlands. Take your time as you enjoy a "progressive" Holiday Open House where you can view several designer-inspired model apartments and villa homes. As you tour the Open House, enjoy a series of delectable appetizers and beverages along the way. Consultants will answer all your questions. Since this is the final Open House of the year, you will want to get information on the tax benefits available to you as a resident of John Knox Village. **Call John Knox Village at (954) 783-4040 to RSVP.**

Learn How to Publish Your Memoirs Thursday, Dec. 20: Silver Scribes Book Class at 11 a.m. in the Cassels Tower Party Room

Join our group of Silver Scribes – budding authors who are publishing their literary works. Have you ever wanted to write your autobiography or short stories, but have no idea how to prepare the book, design the cover and get it printed? Join our Silver Scribes and we'll take over the technical publishing of your life story. Want to learn about your digital camera? Bring your camera with you. Meet in the Cassels Tower Party Room at John Knox Village. **Call to reserve your place for the class (954) 783-4040.**



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Crossword Puzzle Of The Month



ACROSS

- 1. Abridged (abbr.)
- 4. Alaska Hawaii Std. Time (abbr.)
- 8. Wound crust
- 12. Bikini top
- 13. Servant of Adriana
- 14. Canine animal
- 15. Cistern
- 16. Fruit
- 17. Bowfin
- 18. Bulky
- 20. Electric unit
- 21. Sharpshooter
- 22. Hang
- 25. Sergeant fish
- 28. Garden pond fish
- 29. To (Scot.)
- 30. Ungula
- 31. Male person
- 32. Gr. community

DOWN

- 33. Diminutive (suf.)
- 34. Body of water
- 35. Same (Lat.)
- 36. Sweet potato
- 38. Loose woman
- 39. Tread softly
- 40. Rimu (2 words)
- 44. Scent
- 46. Goodbye (Ital.)
- 47. Amateur Athletic Assn. (abbr.)
- 48. P.I. knife
- 49. Enclosed (abbr.)
- 50. Soldiers
- 51. Earthly paradise
- 52. Turk. title
- 53. Hymn

DOWN

- 1. Eastern bishop's title
- 2. Finely dressed (Scot.)
- 3. Afflict
- 4. Paco
- 5. Hour (Fr.)
- 6. Jackfish
- 7. Three (pref.)
- 8. Marsh
- 9. Ran
- 10. Caliph
- 11. Bachelor of Fine Arts (abbr.)
- 19. Stray child
- 20. Male friend (Fr.)
- 22. Iodine (pref.)
- 23. Nominat
- 24. Consider
- 25. Bait fish
- 26. Girlfriend of Alley Oop
- 27. Mast (2 words)
- 28. "The Jungle Book" python
- 31. Pasture
- 32. Dank
- 34. Standard (abbr.)
- 35. Phantoms
- 37. Brother of Moses
- 38. Shore
- 40. Circle
- 41. False friend
- 42. Freshwater worm
- 43. Repose
- 44. Laconian clan group
- 45. Department of Defense (abbr.)
- 46. Council for Econ. Advisors (abbr.)

Answers On Page 11.

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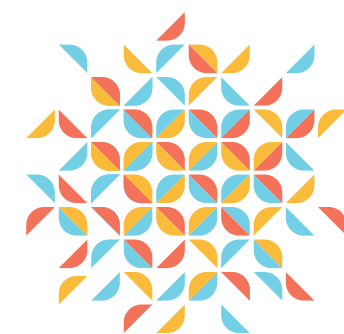
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Pompano Beach, FL 33060

web JohnKnoxVillage.com
 JohnKnoxVillage

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 in 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.

From Music To Ballet To Boat Parades: Check Out This Month's Events

December 4 & 9
Symphony of the Americas
Amaturo Theatre at
The Broward Center
for the Performing Arts
 201 Southwest 5th Avenue
 Ft. Lauderdale, FL 33312
 (954) 462-0222
 www.browardcenter.org

Dec. 4: 7:45 p.m. Dec. 9: 3 p.m.
 Tickets from \$50

December 5
Gold Coast Jazz
Amaturo 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



December 14 - 16
Arts Ballet Theatre Of Florida
The Nutcracker
Parker Playhouse
 707 NE 8th St.
 Fort Lauderdale, FL 33304
 (954) 462-0222
 www.browardcenter.org

Eves. & Mat. Tickets from \$21.50



December 14
Pompano Beach & Lighthouse
Point Boat Parade

The boat parade follows a route from Lake Santa Barbara and then north on the Intracoastal Waterway.
 (954) 941-2940
 www.pompanobeachchamber.com

Starts at 7 p.m.

December 15
The Seminole Hard Rock
Winterfest Boat Parade

The Parade stages on the New River then east to the Intracoastal Waterway and north to Lake Santa Barbara in Pompano Beach.
 (954) 767-0686
 www.winterfestparade.com

Starts at 7 p.m.

December 18 - January 20
Hamilton

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

Eves. & Mat. Tickets from \$78

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

Check with your local community calendars for special Holiday Events including boat parades in Ft. Lauderdale and Pompano Beach, community Holiday Parades and tree lightings.

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.

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

End Of Year Estate And Tax Planning Strategies

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



Kaley N. Barbera

As we approach the close of 2018, most of us are focused on holiday gatherings and New Year's resolutions, but the estate planning attorney is often focused on what clients should consider for both estate and tax planning at year end. Below are some considerations for the end of 2018:

Annual Beneficiary Review

The end of the year is a good time to make certain that all of your beneficiaries are up to date on any financial accounts, retirement accounts, annuities and life insurance policies, to name a few. Make sure that you have both a primary beneficiary and a contingent beneficiary listed on such accounts. In addition, check to make sure that the beneficiaries listed in your estate planning documents are still correct or if you need to make any adjustments.

Review Financial Accounts

Make sure to do a year-end review with your financial advisor to discuss the potential conversion of eligible retirement accounts into Roth IRA's, if beneficial, as well as discuss how the new tax laws may affect you.

Year-End Gifting

With the passing of the Tax Cuts and Jobs Act (TCJA) in December of 2017, the annual gift tax exclusion was raised to \$15,000. Therefore, this is a good time to consider gifting opportunities. Clients who have estates over or approaching \$11.18 million (\$22 million for spouses) can use annual gifting to drive down the value of their estate and avoid an impending estate tax. Annual gifting can also be utilized for individuals not concerned with estate tax so that they can provide gifts to children, grandchildren or important people in their lives annually without having to file a gift tax return (provided the gifts to each individual do not exceed \$15,000). Consider too, that this \$15,000 gift can be placed in 529 Accounts which are set up for children and/or grandchildren.

Identify Opportunities For Harvesting Tax Losses

Consult with your financial advisor to see if there are opportunities to use tax-loss harvesting sales to offset capital gains in your portfolio.

Charitable Giving

Prior to the passing of the TCJA, many taxpayers itemized their deductions on tax returns. Now that the standard deduction has almost doubled, many taxpayers and clients will not be itemizing their de-



ductions, which greatly impacts the way individuals make charitable donations. If you will be taking the standard deduction in 2018 there are a few ways to continue to receive a benefit with charitable planning. If you are 70½ or older, you can distribute funds from an IRA tax free to a qualified charity (up to \$100,000 per IRA owner). Another option is to bunch multiple years of charitable gifts into one year in order to itemize deductions on that year's tax return. For example, instead of a couple gifting \$10,000 annually to a qualified charity, this couple could consider gifting \$30,000 in one year, representing three years' worth of gifts. The couple would benefit from itemizing deductions that tax year and then could claim the higher standard deduction the next two years.

These are just a few of the year-end techniques to be thinking about as we approach the end of 2018. In between the family gatherings and celebrations, take a moment to think about some of these important financial and estate planning considerations.

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

Kaley N. Barbera is a senior associate at the law firm of Snyder & Snyder, P.A. in Davie, FL, where she concentrates on estate planning with an emphasis on special needs planning, art succession planning focusing on how to transfer art, artifacts and collectibles in a tax efficient manner, estate administration and trust administration.

She is a member of both The Florida and the New York Bar. Kaley is a graduate of the University of Miami, where she received her Bachelor's degree in English Literature and her J.D. from New York Law School. She also earned her LL.M. in estate planning from the University of Miami Law School. You can email your questions for Kaley to Kaley@snyderlawpa.com.

The Doctor Is In

Getting In Tune With Your Environment

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

This monthly column has been examining the meaning of each of the Seven Dimensions of Wellness. The next “leaf” in the cluster is Environmental Wellness. That is a really big subject: Let’s take it in the many parts it might represent.

Also, what about forgiveness becoming a part of our environment? Forgiving and then forgetting can help, not only our own health, but potentially that of many others, when we do not poison the atmosphere with negative thinking, and endocrine production within ourselves.

Gossip (talking about someone not present) is a favorite form of communication among humans. Is it always the best way to go?

Intellectual Environment

How often does conversation involve a good book or movie, and then take off into the issues they raise? That kind of conversation—about ideas and thinking, is a step above what I sometimes hear—people, relationships, or emotional issues gone on and on. Do we try to take our conversations to a level of the intellect—issues, stories, history, or do we stay with the mundane, every day, boring stuff? Problem-solving thinking and talking are good for the brain because of the challenges they provide.

What about when someone is negative to me?

Again, forgiveness goes a long way. In an elder population, many of us may not feel so well all the time. Sometimes negative words grow out of simple aches and pains that a person may be experiencing that day. Chalking it up and forgetting about it is often the way to go for me.

What about when I don’t feel heard?

Many times, people believe their ideas and suggestions fall on deaf ears, but often they don’t. I made two suggestions recently in the John Knox Village dining room about the salad bar that were instituted within days.

When our ideas aren’t heard, we have to ask ourselves if they are worth pursuing. If not, the solution is simple. Drop it. If they are, though, then we may keep on bringing them up. One of my friends mentioned speeding cars in many meetings. He was not heard for a long time. But now, we see signs flashing at us when we go too fast. I think they have made a difference, making for a safer environment. My friend had kept on with his suggestions until he was heard.



One caveat—the environment is not always the problem!

Some people have a tendency to blame the environment for everything that goes wrong. It is either the fault of someone or something around them. They never see the part they play in the difficulty. At the other extreme, some people always blame themselves. There must be a happy medium in there somewhere. Thinking things over and asking myself some good questions can work wonders in getting to solutions, environmental and otherwise.

The Family

It is worth remembering that the most important environments in which to implement all these ideas are to those of our families. This month is supposed to be happy and celebratory. For many it triggers unhappiness. Some are no longer at the table. Or some may be too far away to be present. Some may be emotionally cut off. How do we handle all this? We used to think talking about it made it better. Factually, when we did the research, we found that talk might only intensify the feelings.

What helps? Perhaps a little self-talk is useful here. When we get out of the rut of feeling sorry for ourselves, and start to think of what we do have, and how we are blessed, life looks somewhat different. At that point we can make a contribution to our environment. When we remember to think it over before speaking, asking ourselves if we are spreading anxiety around, keeping talk positive and encouraging whenever possible in our families (including our friendship families), that is when we change self at a very deep and important level. It’s always a good project, since self is the only environment we can really impact.

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.

Physical Environment

Our physical environment often involves rules. Some we like, but some we may not. We must remember that rules usually have a history and are made for our protection.

The physical environment is all around us, so it is constantly evaluated and updated, partly because new inventions can make life better and easier. Think about a new lighting system that almost turns our nights into days, or solar energy powering our community. As technology continues, we’ll have many more wonderful opportunities to update.

Emotional Environment

Another environment that we may not think about, is the emotional environment. Do we stop to think, before spreading our word of the day? Emotions are contagious. When we voice our anxiety, it is catching by the other. Do we have a responsibility to stay as calm as possible when talking with others? Calm is catching too.



Environmental Wellness can include much more than a walk in nature.

Financial Benefits Of Living At A Place Like JKV

Rob Seitz
Gazette Contributor

Within the senior living industry, residences such as John Knox Village are referred to as Life Plan Communities. As the moniker implies, places such as JKV offer its residents a Life Plan or care for a lifetime.

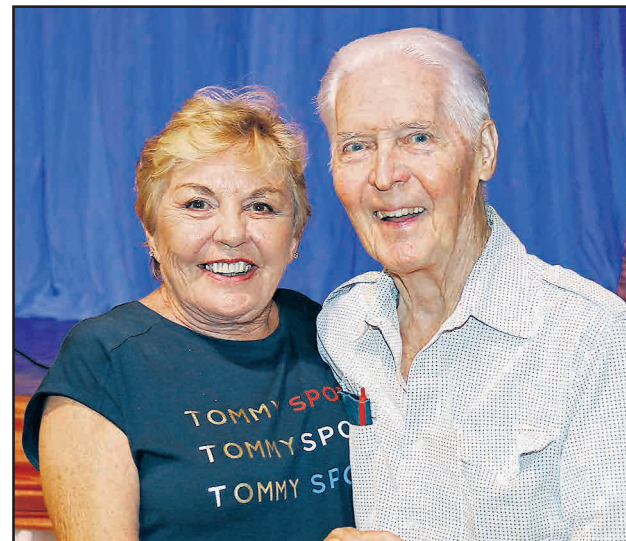
Once new residents are accepted there are no financial or time limitations on the long-term care they receive.

With the assurance of a Life Plan, residents’ only concern is maintaining their total wellness. JKV offers South Florida’s greatest value in a Life Plan Community because of its integration with campus Life Enrichment programs, including among other things, its exclusive Train Your Brain® program.

Some of the many benefits to JKV’s Life Plan include:

- **Makes good financial sense, even for those with long-term care insurance.**
- **Saves on taxes, since a portion of an Entrance Fee and Monthly Service fees qualify as federal income tax deductions.**
- **Helps spare loved ones from making difficult health care decisions during a time of crisis and assures you have access to quality care during such a crisis.**

- **Provides a predictable level of health care expenses, even as health needs change.**
- **Emphasizes nutritional dining and easy access to wellness and fitness activities, forming the basis for a longer, healthier life.**
- **Provides a maintenance-free lifestyle in a community of like-minded individuals.**
- **Preserves a financial estate for future generations and avoids the devastation of paying out-of-pocket expenses for health care costs.**



To see if a Life Plan Community, such as John Knox Village, is the right next step in your life’s journey please call (954) 783-4040 to request an informational brochure or visit our website at www.JohnKnoxVillage.com

JKV’s Exclusive Train Your Brain Program

John Knox Village’s exclusive Train Your Brain® program offers residents and Village guests an opportunity to discover brain-training secrets that sharpen memory and help brains get better with age.

In partnership with TYB founder, award-winning author and brain coach Phyllis Strupp, the program offers a new approach to “use it or lose it,” for the five lobes of everyone’s brains and is only available in Florida at JKV.

During its workshops, participants learn proven strategies for developing a brain’s performance—at any age—that will:

- **Improve Memory** • **Increase Vitality** • **Promote Faster Learning** • **Sharpen the Mind**

To learn more about upcoming Train Your Brain® workshops, call John Knox Village at (954) 783-4040.

The Greatest Casualty Is To Be Forgotten

Washington D.C. Gathering Honors Our Fallen Friends

Burn Loeffke
Gazette Contributor



We spent an October weekend in Washington D.C., honoring classmates from the White House Fellows who had died in Vietnam. We cried, we laughed, and we remembered. We ended the weekend with a toast to those who are no longer with us.

Today we are all back home to our families and friends. Now, what? We ought to honor the dead by remembering the living. There were 7,000 service members who committed suicide in 2017. Many of them felt helpless and hopeless. Seven thousand suicides in a year is more than the number we lost in battle in Iraq. Let's remember the living who need a visit in the hospitals and nursing homes.

John Knox Village has an annual ceremony honoring volunteers who are called Silver Angels. Two angels in my White House Fellows class were Charles Gentry, who is no longer with us, and Tom O'Brien who continues to inspire us.

Charles was a helicopter pilot with many combat missions who was shot while flying his helicopter and crashed. He suffered horrible wounds. All through the White House Fellows year we never saw him complain or be sad. We all knew he was in terrible pain, but he never let on, instead he was always positive.

Tom, also a veteran, is a living angel and an inspiration. He is generous, selfless and always made us laugh. We sat together on a bus traveling to our final interview in Virginia – both of us competing for the same White House appointment. Dr. Milton Friedman, the famous economist and a member of President Ronald Reagan's Economic Policy Advisory Board, was one of the commissioners who would interview us.

All I knew about economics was how to balance a checkbook. My recent past was only focused on surviving combat in Vietnam. For one hour, Tom briefed me on economics and gave me answers to questions. He did this knowing that he was



Image courtesy of
Wounded Warrior Project.

WOUNDED WARRIOR PROJECT®

You can honor the fallen veterans by remembering the living. The Wounded Warrior Project is an organization dedicated to that mission.

helping a competitor for a one-year assignment in the White House. When I interviewed with Dr. Friedman, he was impressed that a soldier who just came out of the jungles of Vietnam knew so much about economics. Thank you, Tom O'Brien.

This ends with a pledge to live up to the slogan that a duty of a leader is to "Keep Hope Alive." My pledge is to keep hope alive by helping those who are suffering from head trauma. We can all help by contributing to the Wounded Warrior Project. Review the mission of this charitable project at www.woundedwarriorproject.org.

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.

JKV Partners With Vietnam War Commemoration Program

Marty Lee
Gazette Contributor

December is here, and a time of anticipation and reflection of home and family for the upcoming holidays. Yet as family, we still remember the sacrifices our men and women in military service have given to our country.

During last month's Veterans Day observance at John Knox Village, more than 150 residents were honored for their service in war, including WWII, the Korean War, and Vietnam, and during the peace times in between. We were gratified to also honor several veterans from outside the Village who joined us on Veterans Day.

Honor is part of the fabric of life at JKV, and in that dedication to honor, the Village is partnering with The United States of America Vietnam War Commemoration Program. Any readers of *The Gazette* who remember the sentiment of our nation in the '60s and early '70s, will also remember that our surviving men and women from the Vietnam War often returned home without fanfare, without parades and without ceremonies of public thanks.

Partners In Commemoration

As a member of the Commemorative Partner Program, JKV is part of the "initiative to assist a grateful nation in thanking and honoring Vietnam veterans and their families in the hometown where they live."

The mission of the Vietnam War Commemoration program fulfills the following five objectives:

1. To thank and honor Vietnam veterans and their families.

2. To highlight the services of our Armed Forces and the contributions of federal agencies, governmental and non-governmental organizations during the war.
3. To pay tribute to wartime contributions made at home by American citizens.
4. To highlight technology, science and medical advances made during the war.
5. To recognize the contributions and sacrifices made by our Allies.

The program honors all military veterans who were in active service during any of the years between 1955 and 1975. John Knox Village has established a Military Task Force in partnership with the local chapter of the

Daughters of the American Revolution, who will work together to oversee John Knox Village sponsored military honor events including: Vietnam Veterans Day, Memorial Day, Flag Day and Veterans Day.

Join With Us In Honor

We invite readers of *The Gazette* who are military veterans to join us in our honor events. If you served in the Armed Forces during 1955 to 1975, or are a family member of a deceased veteran, please call (954) 783-4040 and ask to be placed on our Military Honors list. You will be invited to all Commemorative Partner Program events and will be honored for your years in service.



The Villagers Men's Chorus and JROTC Color Guard stand at attention during last year's John Knox Village Veterans Day Observance.

Holiday Season Techie Gift Ideas

Each Year The Amazing World Of Technology Makes Our Lives Easier

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

There are family members and friends who seem to have everything. What to give them as a holiday gift?

Gift cards are a great way to solve the problem of what to buy and to save money at the same time. The warehouse clubs: BJ's, Costco and Sam's Club offer many brands' gift cards, but at a discount off their retail counterparts. A

good example is the Costco Blue Apron card. Get \$150 retail value, but only pay about \$90 on the website. Check out the websites or the in-warehouse racks. Movie Tickets, California Kitchen, Apple gift cards and Boston Market to name a few, also offer a 20 percent savings. That's real cash.

Online Shopping

Brookstone was formerly one of the more popular stores during the holidays in malls across America. The company has closed its retail stores but continues as an online presence. Check their website at www.brookstone.com, for some interesting gift ideas for home, fitness, outdoor, technology and more.

Jet.com, which is Walmart's answer to Amazon.com, offers many incentives to buy early and avoid the in-store lines. You can place an order, click the "pickup discount" button and just go pick it up at your nearest Walmart. Since they do not have to ship it, they pass on the savings to you.

Apple products will, of course, be a hit but don't run to the store. Google "Apple Refurbished," then when you are on the Apple website save 5 to 20 percent on the exact same

product, with the exact same warranty – just a more limited selection.

Voice assistants, those small speakers that allow you to ask questions, such as the time, the weather and sports scores, are hot gift items. They will read books aloud without having to pay for the voice editions of books. Google has the product called Google Home \$49 and responds to the words, "Hey Google." It is geared to answering more detailed questions, but like the Amazon product has more features than can be listed here.

Amazon's versions called Echo (\$49 to \$229) is a much larger product family. It lets you change the response names between Alexa, Computer, Echo or Amazon. This helps calling the devices different names in different rooms, so they don't all go off at the same time. Both the Home and the Echo allow you to turn on lights, play music and make phone calls. Add items to a shopping list and to your calendar, all using your voice. The Echo Show \$229 includes a small TV screen so you can watch movies directly on the device.

Even An Alexa Microwave

Amazon has introduced some unique products. The most ridiculed has been the Amazon Basics Microwave. This \$59.99 microwave uses the Alexa speech commands to cook. But this product is a great help if you have vision issues and cannot see numbers on a microwave or have dexterity issues and your fingers have trouble pressing the touch pad.

For folks who like visual reminders, Amazon offers a \$29 wall clock with the built-in Alexa Assistant. It shows a ring of blinking LED lights around the edge for the timers you have



U.S. online spending during the holiday shopping season is likely to grow 14.8 percent this year to \$124.1 billion, according to Reuters.

set. This way you know when the food is done cooking or it's time to get the laundry out of the machine. It solves the problem of daylight saving time – automatically adjusting the time in the spring and fall so you don't have to do it yourself.

The Echo line of voice assistants start at \$49, add the Echo Connect \$35 which plugs into your home phone system. If you fall and need help, simply yell out, "Alexa dial 911." Assistance will come directly to your home, as your address will be included in the set-up process.

Happy Holidays to all and Happy Techie Shopping.

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 will attempt to include answers in future articles.



Tina Koenig
Communications and Public Relations Manager, NSU Art Museum Fort Lauderdale

Spend the holidays appreciating art, friends and family at NSU Art Museum. In addition to the current exhibitions, the Museum has opened Pop Up Paris, an exclusive shop themed to the Glackens & Renoir exhibition. Enjoy art, shopping and a delicious lunch in the café.

to the current exhibitions, the Museum has opened Pop Up Paris, an exclusive shop themed to the Glackens & Renoir exhibition. Enjoy art, shopping and a delicious lunch in the café.

Currently On View

"William J. Glackens and Pierre-Auguste Renoir: Affinities and Distinctions" brings together thirty works by each artist that illuminate Renoir's influence on Glackens' artistic development. It also reveals how changes in Glackens' work after 1920 illustrate his response to Renoir's late work, as well as that of other important European modernists, to forge his own distinctive American modernism.

"Remember to React: 60 Years of Collecting" is presented on the occasion of NSU Museum's 60th anniversary. This exhibition traces the collection's growth from its establishment in 1958 to today. In celebration of its 60th anniversary, the Museum is screening a documentary about its history (includes interviews with several John Knox Village residents) and has installed a timeline on the first floor.

Shop With Style

World-class holiday shopping is just off Las Olas Boulevard in NSU Art Museum's new Pop Up Paris gift shop. Feel like you're shopping in the City of Light without leaving Fort Lauderdale. The Museum has curated an exclusive

Glackens, Renoir Featured During NSU Art Museum's 60th

collection of one-of-a-kind gifts themed to the Glackens & Renoir exhibition.

Among the unique items are designer Wendy Stevens' hand-fabricated line of ultra-modern stainless steel handbags specially created for Pop Up Paris, located on the second floor of the museum. You'll find the perfect scarf, beret, book or holiday gift for friends and family.

Second Sunday Film Series

Sunday, Dec. 9, tours begin at 1 p.m. Film begins at 1:30 p.m.

Visit the Museum every second Sunday of the month for a docent-led tour of "William J. Glackens and Pierre-Auguste Renoir: Affinities and Distinctions," followed by a film screening. The featured film for December is "Big Sonia."

Art Of Wine And Food Series: Light Up The Holidays

Thursday, Dec. 6, from 6 to 8 p.m.

Join in the monthly wine pairing series, as guests sample four great varietals of wine

perfect for the holidays. Small bites will be served to pair with each wine. Arrive at 5:30 for a docent-led tour featuring highlights of the Museum's current exhibitions.

Cost is \$40 per person; \$25 for members at the Patron level and above. Limited seating, advanced paid reservations required, please call (954) 262-0258.



The Pop Up Paris gift shop at NSU Art Museum offers unique gifts for the holidays.

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

A	B	R		A	H	S	T		S	C	A	B		
B	R	A		L	U	C	E		W	O	L	F		
B	A	C		P	E	A	R		A	M	I	A		
A	W	K		W	A	R	D		A	M	P			
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C	O	B	I	A		K	O	I		T	A	E		
H	O	O	F		L	A	D		D	E	M	E		
U	L	A		S	E	A		E	A	D	E	M		
B	A	T	A	T	A		B	I	M					
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4	7	2	1	9	8	3	6	5
7	3	9	2	6	1	5	4	8
8	4	6	7	5	9	2	1	3
5	2	1	4	8	3	6	9	7
6	9	7	5	1	4	8	3	2
3	1	4	8	7	2	9	5	6
2	5	8	9	3	6	1	7	4

A Holiday Brain Tune-Up

Monthly Tip To Building Brain Wealth

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Do you experience forgetfulness or fretfulness? Confusion or lack of focus? Don't worry, there's nothing wrong with your brain, it might just need a tune-up...and the Holiday Season is the perfect time to get one.

This is the perfect time of year to get FREE brain

medication that is produced by your own brain.

Serotonin, known as the "happiness hormone," improves sleep, learning, memory, mood and healing. It is generated by pleasurable social activity, such as chitchatting at holiday gatherings, singing, smiling and sharing heart-warming memories about the past with friends and family.

Oxytocin, nicknamed the "cuddle hormone," reduces anxiety, pain and inflammation, and boosts digestion and healing. This powerful, feel-good neurotransmitter drives the unsurpassed health benefits of social connection. Oxytocin floods the brain when you spend quality time with trusted friends and loved ones. Just gazing at the pictures of loved ones who live far away or who have passed away can boost oxytocin.

If the holidays bring the blues, minimize time alone and time spent in front of screens (computers, phones, tablets, TV, movies), because these activities are known to crash brain serotonin levels. Help your serotonin

levels bounce back with one or more of these activities:

1. Attend a concert or play
2. Get a massage
3. Participate in holiday celebrations
4. Reminisce about happy events with friends and family
5. Sing in a group
6. Take a walk or do other physical exercise
7. Write down five things you are thankful for each day

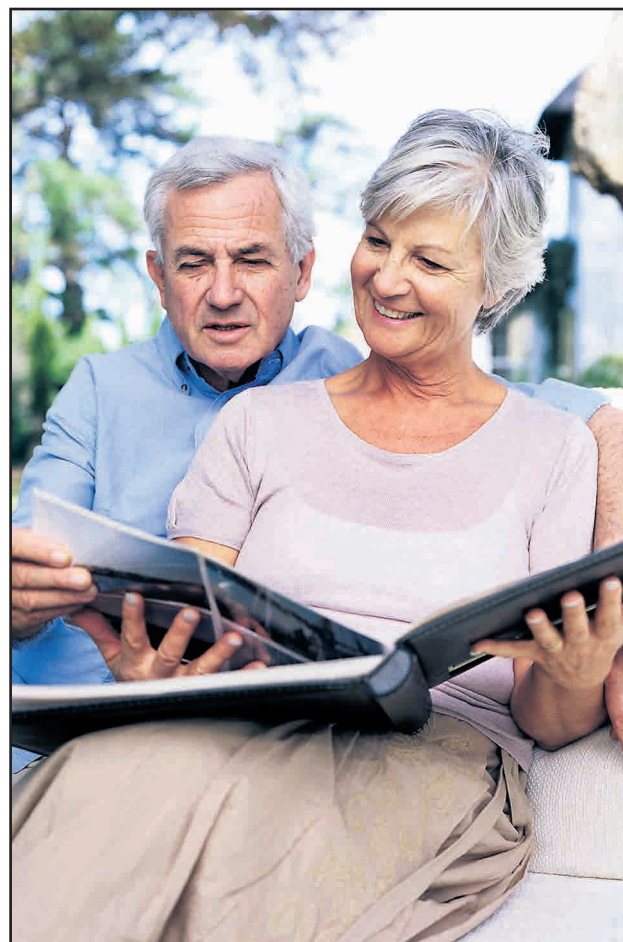
For more tips on activities that produce these feel-good, internally-generated medicines called serotonin and oxytocin, read between the lines as you sing this:

DECK MY BRAIN: A Brainy Carol

*Deck my brain with boughs of happy,
Fa la la la la la la la la.
Tis the season to be zappy,
Fa la la la la la la la la.
Don we now our gay appearance,
Fa la la, la la la, la la la.
To avoid fear's interference,
Fa la la la la, la la la la.
See the blazing mind within us,
Fa la la la la, la la la la.
Strike the harp and join the chorus,
Fa la la la la, la la la la.*

*Follow me in merry measure,
Fa la la la la, la la la la.
While I tell of the brain's treasure,
Fa la la la la, la la la la.
Fast away the old year passes,
Fa la la la la, la la la la.
Hail the new, sign up for classes,
Fa la la la la, la la la la.
Sing we joyous, all together,
Fa la la la la, la la la la.
Heedless of the blues and weather,
Fa la la la la, la la la la.*

HAPPY HOLIDAYS!



Looking over photo albums and reminiscing over happy times and events is a great way to keep your brain in tune during the holidays.

John Knox Village is the only Life Plan Retirement Community in Florida to offer Phyllis' exclusive Train Your Brain® workshop. To learn more about an upcoming two-hour workshop that will identify your brain's strengths and opportunities call (954) 784-4040.

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's website: www.brainwealth.org

Spacious And Convenient Apartment Home Living: The Mangrove Is A Great 2 Bedroom, 2 Bath Choice

For John Knox Village residents, one of the more popular choices in apartment home living, The Mangrove, is available at two locations: In either the panoramic 16-story Cassels Tower, or the three-story East Lake overlooking the sunsets across Lake Maggie. Plan to tour this Mangrove apartment home, experience the special ambiance of the Village and enjoy a complimentary meal in JKV's Palm Bistro.

Mangrove Model 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

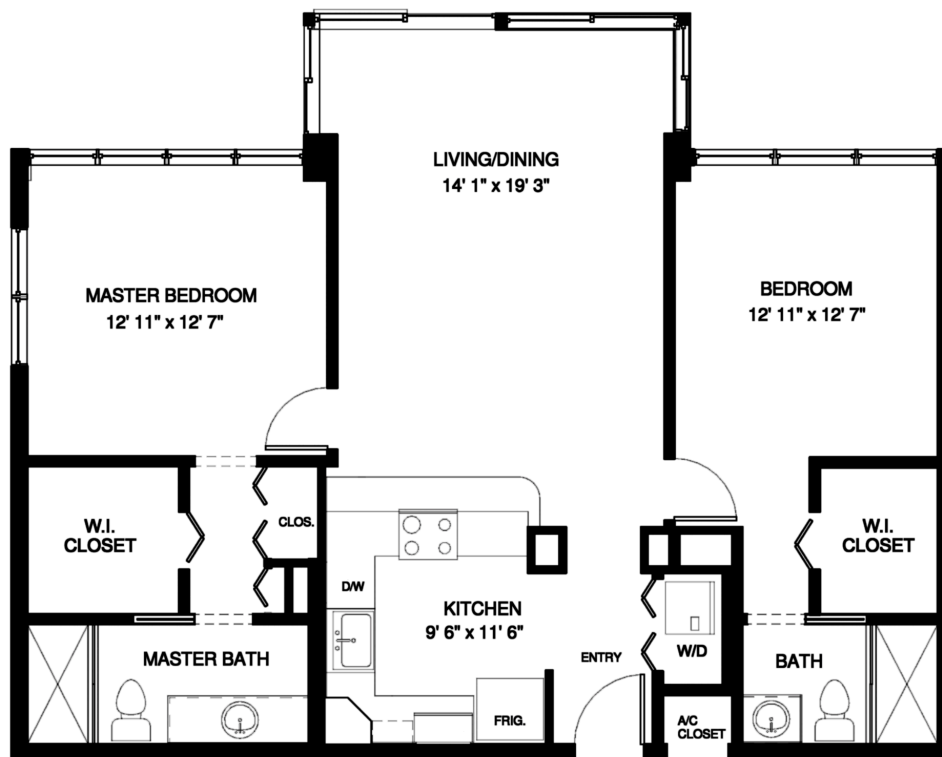
As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more.

Call (954) 783-4040 to speak with a Life Plan Consultant today.



The view overlooking Lake Maggie from a Mangrove apartment home in East Lake.

The Mangrove Apartment Home
2 Bedroom / 2 Bath – 1,143 Sq. Ft.



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