



JOHN KNOX VILLAGE

A Life Plan Continuing Care Retirement Community

Gazette

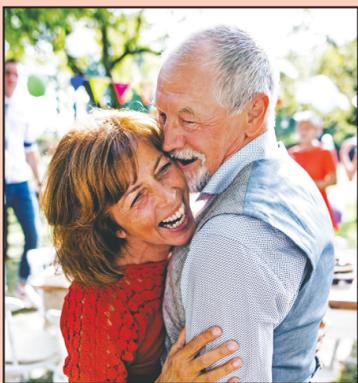
where possibility *plays!*

Published Monthly by John Knox Village • 651 S.W. Sixth Street, Pompano Beach, Florida 33060

IN THIS MONTH'S ISSUE



- JKV Vets Remember* 2
- Women's Right To Vote* 3
- Chef Mark's In Good Taste Recipe* 4
- Book Review* 4
- Silence Is Not An Option* 5
- Race Relations Series* 5
- Sail JKV's 7 C's* 6



- Boost Brain Power* 8
- Passwords, Our Nightmare* ... 9
- Be A Savvy Senior* 9
- A General's Thoughts* 10
- Women In Literature* 10
- Socially Distanced Tech* ... 11
- Train Your Brain* 12
- The Featured Poinciana Apartment Home* 12

web JohnKnoxVillage.com
JohnKnoxVillage

NONPROFIT ORGANIZATION U.S. POSTAGE PAID FT. LAUD., FL PERMIT NO. 48

John Knox Village of Florida, Inc.
651 S.W. Sixth Street
Pompano Beach, FL 33060

Getting In On Ground Floor Is Easy, Fully Refundable

Pavilion, 2 New Apartment Buildings Coming To Westlake At JKV



Westlake at John Knox Village will feature 150 new independent living apartment homes.

Rob Seitz
Gazette Contributor

Getting in on the ground floor has never been a more apropos statement at John Knox Village, South Florida's premier Life Plan Retirement Community, located in exciting Pompano Beach.

Preliminary work has begun on JKV's most ambitious project in its 53-year history—Westlake at John Knox Village.

To be located in the heart of its 70-acre botanical campus, this \$100-million-plus project starts with the Westlake Pavilion. Rising at the northwestern corner of the project—when completed residents will enjoy a 400-seat performing arts center, an art studio, a bar and several casual and finer dining venues, located inside, outside and nearby.

Enhanced Waterways

Running concurrently with the Pavilion project will be a redesign of the Village's waterway system. The two current lakes—Rex Foster and Lake Maggie—will be rerouted to

provide everyone on campus with more expansive and enhanced water views.

The crown jewel will be the two new Independent Living residential apartment buildings—The Vue and The Terrace at Westlake.

“Not even the COVID-19 situation has slowed down interest in the John Knox Village Westlake project,” JKV's Chief Marketing and Innovation Officer Monica McAfee told *The Gazette*. “JKV's wonderful 53-year reputation of resort-style living, combined with 5-star internationally recognized health care makes the Village, and our new Westlake project, appealing to members of the greater community looking for an exciting lifestyle, with the peace of mind that comes from knowing everything will be taken care of.”

“Now is the time to ‘literally’ get in on the ground floor of the Westlake project. Those adventurers who have already signed up know they are first in line when it comes time to choose a particular apartment model, location and view.”

See “Preview” on page 2

Celebrating The Greatest Generation

JKV Veterans Remember 75th Anniversary Of The End Of World War II

Marty Lee
Gazette Contributor

August 1945 was a pivotal month in world history. A month in which the awesome power of the atom bomb was unleashed, ending the conflicts of World War II.

First discovered in a laboratory in Berlin, Germany, in 1938 by scientists Otto Hahn, Lise Meitner and Fritz Strassman, nuclear fission made the first atomic bomb possible. The Nazis in Germany under Adolf Hitler were fast approaching development of their own nuclear weapon, however as overwhelming forces moved on Germany with the Soviets from the East and the Allies from the West, the war in Europe ended on May 7, 1945 with the unconditional surrender by Germany.

On Aug. 14, 1945, Japan surrendered after enduring the devastating nuclear bombings of Hiroshima and Nagasaki bringing an end to the world-wide struggle called World War II. The official documents were signed on the USS Missouri on Sept. 2, 1945 in Tokyo Bay, officially ending the worldwide conflict.

On this 75th Anniversary of the end to World War II, let us honor all those brave men and women who served the cause of freedom and liberty in a common bond to free the world of tyranny. History is to be remembered and studied – not to be selective in its value – but to look at the entire picture as an intermeshed fabric: Where all the parts, no matter how small, combined to form the results which we honor this month.

See “WW II” On Page 2



One of the most iconic photographs in American history is the raising of the flag at Iwo Jima on Feb. 23, 1945. Photo by Joe Rosenthal. Image source: Wikimedia Commons.

Preview The Future Plans At John Knox Village

From "Preview" On Page 1

Priority deposits are now being taken as folks get in the queue for one of the 150 new Independent Living apartment homes. A fully refundable \$100 Priority Deposit secures your place in selecting your favorite floor plan and new home.

Spacious Modern Floor Plans

The new Westlake homes will boast 1,231 to 2,259 square feet of light-filled living throughout the spacious open floor plans. A number of homes will have access to private gardens, along with towering floor-to-ceiling windows, balconies and water views.

As JKV's newest residents, Westlakers—as they will affectionately be known—will also enjoy choosing and customizing their new homes from a selection of one and two-bedroom floor plans, many with dens, and all thoughtfully designed for the entertaining of friends and family. Two penthouses are also in the unit mix.

Additional amenities in Westlake will include covered parking, as well as first-floor common space offering a Bistro-like restaurant and mini-theatre to art studio, business offices and a Sacred Space.



The Pavilion at John Knox Village will feature a waterfront walkway with casual dining.

Through all the changes, one constant remains for residents and that is the peace of mind that comes from living in a Life Plan Retirement Community with its all-inclusive comprehensive long-term care

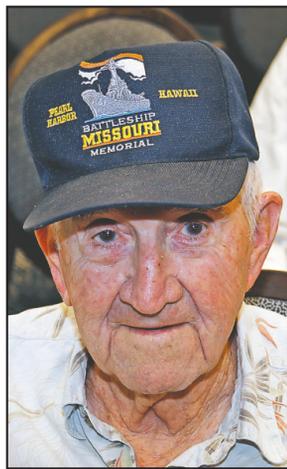
insurance policy.

To learn more visit www.JohnKnoxVillage.com or www.JKVGrows.com, or call (954) 783-4040. See page 8 of *The Gazette* for event details.

JKV Veterans Remember

From "WW II" On Page 1

John Knox Village is honored to be home to a number of World War II veterans. As time passes, these heroes are all in their 90s and 100s. Here are just four stories of our World War II veterans who are integral friends and family at JKV.



Bill Davidson

JKV resident Bill Davidson was attending Memphis State University in Tennessee when WWII broke out. Born in 1922, he graduated in 1942, enlisted in the Navy and went to officer's training at Columbia University. He joined active service as an Ensign in 1943.

Bill spent much of his active duty aboard the USS Kenton, an

amphibious assault ship designed to transport troops and their combat equipment and land them on hostile shores with the ships' integral landing craft. Bill said they ferried troops to Pearl Harbor, Guam, the Philippines and Okinawa.

While in Okinawa, Bill recalls a close call in battle. "We had a little action at Okinawa, when kamikaze planes appeared all around us. My battle station was on top at a 20mm gun. A kamikaze plane was coming right at us, but the gunner hit him and altered his course slightly. The plane crashed into our anchor chain. That was how close it came.

"In June, 1945 of that year, we were in Pearl Harbor, and had heard 'the war would be over before October.' In July, I was probably in San Francisco, and heard about the bomb, but did not know when.

"We got the news on Aug. 14 about the surrender and got orders to pick up troops and take them to Japan as occupational forces. We were in a storm traveling from Seattle to Japan, could only make 4 knots in waves as much as 60 feet. We limped into Yokohama, Japan. The Japanese residents were starving so we gave them all the food we had and kept just enough to us get back to the states."

Bill served on active duty for seven years, then went into the Navy Reserves. He retired as a Lieutenant Commander in 1967.

Edwin Stevens

Edwin Stevens celebrated his 100th birthday this March. He has lived independently at Cassels Tower at JKV since 2014. He graduated from the University of North Carolina (UNC) in 1941.

Cognizant of the war in Europe, Edwin said, "I was finishing at Chapel Hill when World War II started in Europe. Rather than being drafted, I joined the Naval Air Corps and was in flight training in Jacksonville, FL when Pearl Harbor was attacked."



He said his reaction was one of "surprise and the feeling of urgent duty as a Naval cadet."

Edwin shipped out for aircraft duty aboard the USS Enterprise and participated in the Battle of Santa Cruz in October 1942. During that sea battle the Aircraft Carrier USS Hornet was sunk, and the Enterprise was heavily damaged. "While the Enterprise was being repaired," Edwin said. "My air group was stationed in the Guadalcanal land base." Edwin participated in battles flying a Douglas SBD Dauntless dive bomber as the Japanese tried to take Guadalcanal and the Solomon Islands. Then he returned to the States as a flight instructor in Deland, FL.

In Nov. 1944, Edwin went back to the Pacific on a small aircraft carrier the USS Ommaney Bay. "She was heavily damaged in a kamikaze attack. The order to abandon was given. We went into the water for several hours and were rescued by a destroyer and later transferred to a cruiser." The Ommaney Bay lost 95 men and was scuttled on Jan. 4, 1945.

Edwin returned to the States and again served as a flight instructor for the remainder of the war.

In August 1946 Edwin left the Navy, took advantage of the GI bill, went to Columbia University and got his master's degree in accounting. Edwin went on to work in New York City for Colgate Palmolive for 35 years and retired to Lauderdale-by-the-Sea.

Merrill A. "Pete" Deitrich

Pete Deitrich was a student at Bloomsburg Teachers College in Bloomsburg, PA in the early 40s. "I remember being in American Government class in December 1941, when war was declared on Japan," Pete said. "The teacher, Mr. Pehm, put it on the radio. I was shocked. I do not recall hearing about the bombing of Pearl Harbor."

"I didn't want to become a teacher, so when I graduated [in 1942], the military seemed the best way to continue my career choice. I had hitchhiked to Philadelphia to sign up while I was still a student. I had learned flying a Piper Cub in college in a civilian flight program, and I liked it. I wanted to become a Navy pilot. I thought I would be doing something good for myself as a career choice.

"After long training including flight school in Pensacola and Chicago, I decided to fly with the Marines because they were going to have twin engine planes.

"In the fall of 1942, I sailed from San Diego as a Second Lieutenant to Samoa, then to Wallis Island. Then I was sent back to the States to Quantico for further training.

"I saw combat as part of the landing force of the First Marine Regiment on Peleliu on D+1, Sept. 16, 1944. The Japanese had mined the beaches. I was one of the lucky ones who was not injured in the landing.

Peleliu had a large airport [1000 planes] and not much else except tunnels and trench system of caves full of Japanese. I was by then promoted to First Lieutenant and was a Watch Officer, which meant I oversaw the airfield.



"After my one-year tour of duty was up [and after the war was over], I was in Guam trying to return to the States, but I couldn't get a flight because they were crowded with military and prisoners being sent back. Finally, I got on a ship to California. I was discharged from Military having achieved the rank of Captain.

Merrill A. "Pete" Deitrich celebrated his 100th birthday on June 3. He has been a resident of JKV since 2014.

Kazuo Denis "Denny" Inouye

JKV resident, "Denny" Inouye was part of the occupation forces that went to Japan after the surrender. However, his path to Japan is an extraordinary story in itself.

Kazuo Denis Inouye was born in Sacramento, CA. on March 21, 1926. "Both of my parents, immigrants from Japan, were migratory farm laborers and followed the crop according to the season," Denny told *The Gazette*.

He was an American citizen by birth, yet his family split time between the States and Japan. Some of his siblings were born in the U.S., while others in Japan.

Denny explains the circumstances: "My father was the oldest male in the family and in Japanese tradition of that era, he was to inherit the family farm. He came to this country to earn his riches and to return to Japan to retire. The war ended that dream."

"In 1941, I was in senior high school and did not pay attention to the current events, but that changed on Dec. 7. Pearl Harbor was being attacked by the Japanese. What would happen to us by going to school on Monday?

"On Feb. 19, 1942, Executive Order 9066 was signed by President Franklin Roosevelt [resulting in the relocation of 100,000 persons of Japanese ancestry to relocation centers, known as internment camps]. On May 13, our evacuation date was set. We took with us 'only what you can carry' as was stated in the order. We were transferred to the Tule Lake Relocation Center located approximately 30 miles south of Klamath Falls, OR, where we stayed in for the duration of the war.

"Our family moved back to Sacramento after the war to rebuild our lives. I received my draft notice and joined the army in 1946. I was sent to Ft. Bragg, NC for my basic training, but was cut short since the occupation forces needed replacements. Luckily, I was sent to Japan and I was able to meet up with my siblings.

"In Japan, I met my future wife, but we could not get married due to U.S. Immigration and Naturalization Law. By 1951, the McCarran-Walter Act was passed, and this enabled me to marry my wife in 1954."

Back in the States, Denny was a photographer and then entered dental school. He practiced dentistry from 1964 to 1996 in Lauderdale Lakes. The Inouyes moved to John Knox Village in November 2003.

As we celebrate the 75th anniversary of the end of World War II, let us all stand and honor our veterans of every ethnicity and religion. As Denny said, "I still remember my Japanese-born father standing with his right hand over his heart when the American Flag passed in front of him, on Armistice Day to commemorate World War I."



Celebrating 100 Years Of The 19th Amendment

No State Can Be A True Democracy In Which One-Half Of The People Are Denied The Right To Vote

Nona Cree Smith
Gazette Contributor

It's hard to believe that women have only been able to vote in U.S. elections for 100 years, and that Mississippi did not ratify the 19th Amendment, which gave women voting rights, until 1984. In fact, women were only allowed to have a credit card in their own name since 1974.

Throughout most of Western history, a woman's role in life had been subservient to men, supposedly satisfied with the joys of domesticity, child rearing and field work, while public life was the realm for men. Even in the late 1800s, women were prevented from conducting business without a male representative, had little or no access to advanced education and were not welcome in most professions. These restrictions caused growing dissatisfaction with the status quo and the women's suffrage movement became a many decades-long fight to win the right to vote for women in the United States.

Women's Rights Movement Begins

The campaign for women's suffrage began in earnest in the decades before the Civil War. At the same time, reform groups were springing up in the United States and women played prominent roles in temperance leagues, religious movements, moral-reform societies and anti-slavery organizations. As they became more active, the women began to chafe against their designated roles as modest wives and mothers concerned only with home and family. There was an awareness growing of the importance of being a woman and a citizen, which contributed to a new way of thinking about a woman's role in life.



Women's Suffrage Parade in New York City, May 6, 1912. Image source: Public Domain.

equality for emancipated slaves. They also raised familiar questions about suffrage and citizenship of woman.

Some women's suffrage advocates believed that this was their chance to push lawmakers for truly universal suffrage. As a result, they did not support the 15th Amendment (the right to vote by former slaves). In 1869, a new group called the National Wom-

an suffrage advocates, and even men thought they could make use of the enormous voting bloc the suffragettes would bring on behalf of their various causes including, unfortunately, that the white women would "ensure immediate and durable white supremacy, honestly attained."

The National Woman's Party

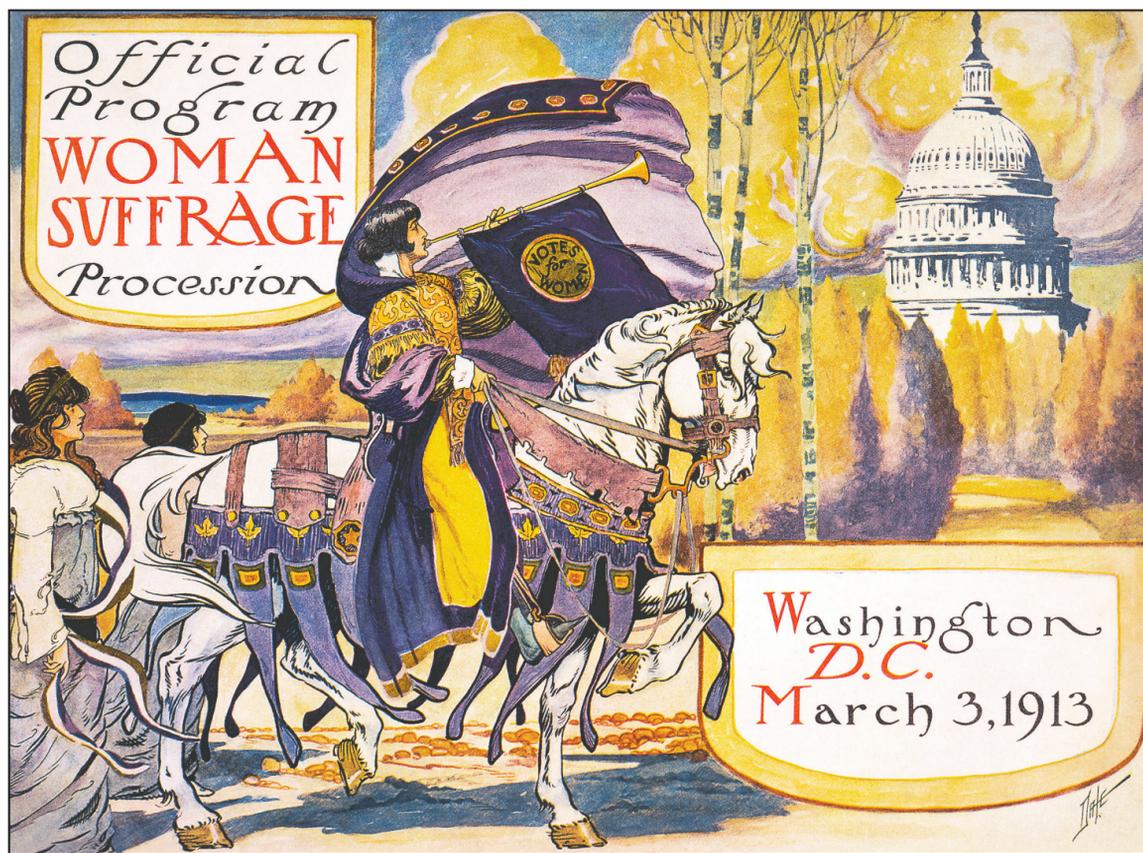
By the start of the 20th century, the role of women in American society was changing. Women were working away from the home, getting a better education, bearing fewer children and three states (Colorado, Utah, and Idaho) had yielded to the demand for female enfranchisement. In 1916, the National Woman's Party (NWP) decided to speed things up by adopting a more aggressive approach to women's suffrage. Instead of questionnaires and lobbying, its members picketed the White House, marched in protests, and staged acts of civil disobedience.

In 1917 America entered World War I, and women were vital to the war effort, that helped break down most of the remaining opposition to women's suffrage. By 1918, women had acquired equal suffrage with men in 15 states, and both the Democratic and Republican parties openly endorsed female enfranchisement.

In January 1918, the woman suffrage amendment passed the House of Representatives with the necessary two-thirds majority vote. In June 1919, it was approved by the Senate and sent to the states for ratification. Campaigns were waged by suffragists around the country to secure ratification, and on Aug. 18, 1920, Tennessee became the 36th state to ratify the amendment, giving it the two-thirds majority necessary to make it the law of the land.

The proclamation was signed by Secretary of State Bainbridge Colby on Aug. 26, 1920. The 19th Amendment granted women the right to vote, and reads:

"The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any state on account of sex. Congress shall have power to enforce this article by appropriate legislation."



The 1913 Woman Suffrage Procession in Washington, D.C., was organized by Alice Paul. Image source: Wikimedia Commons.

It Started With A Social Gathering In Seneca Falls, NY

In July 1848, Elizabeth Cady Stanton and Lucretia Mott invited a group of fellow abolitionists to Seneca Falls, NY to discuss the problem of women's rights. Mrs. Stanton had an enlightened father and enjoyed a good education and a happy marriage, while Mrs. Mott was a devoted Quaker and passionately believed that all people were equal. Lucretia spent much of her time working for social and political reforms for women, blacks and other marginalized groups.

The focus of the Seneca Falls Convention was that American women were autonomous individuals who deserved their own political identities. "We hold these truths to be self-evident," proclaimed the Declaration of Sentiments that the Seneca delegates produced, "that **all men and women** are created equal, that they are endowed by their creator with certain inalienable rights, that among these are life, liberty, and the pursuit of happiness." In other words, women deserved the right to vote.

Civil War And Civil Rights

During the 1850s, the women's rights movement became more prominent, but lost some ground when the Civil War began. With the presidency of Abraham Lincoln, and the abolition of slavery the 13th Amendment, 14th Amendment and the 15th Amendment were ratified. Collectively known as the Civil War Amendments, they were designed to ensure

an Suffrage Association (NSWA) was founded by Elizabeth Cady Stanton and Susan B. Anthony. They began to fight for a universal-suffrage amendment to the U.S. Constitution. Other women leaders thought it was unfair to endanger black enfranchisement by tying it to a controversial campaign for female suffrage. This pro-15th-Amendment faction formed a group called the American Woman Suffrage Association (AWSA) and lobbied state governments to enact laws granting women the right to vote. While the two groups had a common goal of gaining women the right to vote, they chose different methods of action.

The Progressive Suffrage Campaign

However, the animosity eventually faded, and in 1890 the two groups merged to form the National American Woman Suffrage Association (NAWSA) with Elizabeth Cady Stanton as the organization's first president. By then, the suffragists' approach had changed. Instead of demanding the same rights as men because women and men were "created equal," the activists argued that women deserved the right to vote because they were different from men. They promoted domestic ability as a virtue and it worked politically, because the movement became viewed as a purer, more moral venture. This new view appealed

Sudoku

Answers On Page 10.

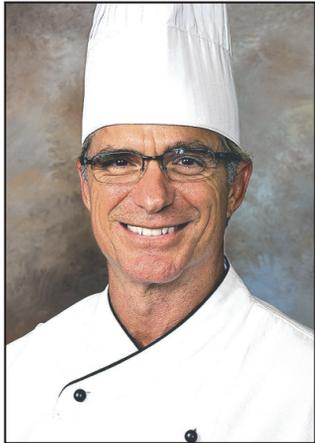
Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

In Good Taste: 5 Ingredients, 15 Minutes, Your Friends Will Think You Cooked All Day

Rob Seitz

Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

John Knox Village Executive Chef Mark Gullusci has yet another super easy and delicious pasta dish for you this month.

How easy you may ask? There are only five ingredients. How delicious is it? Well, bacon and Pecorino Romano cheese ARE two of those five elements.

Add to the fact the dish comes together in 15 minutes or less. Plus, did we mention there's bacon?

If using a raw egg makes you a bit nervous it actually gets cooked through completely from the residual heat and some leftover pasta water. You do need to work quickly, though, so you do not end up with scrambled eggs.

Let your friends continue thinking you toiled all day in the kitchen.

Pasta Carbonara (Yields 4 Servings)

- 8 ounces spaghetti
- 4 ounces or 4 slices bacon, chopped
- 2 cups Pecorino Romano cheese, a salty, hard Italian cheese made from sheep's milk.
- 2 tbsp. course ground black pepper
- 2 whole eggs

Method Of Preparation:

Boil salted water in a pot. In a skillet, with medium heat, start cooking the bacon until desired crispiness. Turn off the heat. In a small bowl, add eggs, 1 tsp. of black pepper, and half of the cheese and mix to a paste. When the pasta is cooked how you



Chef Mark's Pasta Carbonara is a delicious, quick and easy meal.

like it (I prefer al dente or firm to the bite), then do NOT strain. Remove the pasta from the boiling water with tongs and place immediately into the skillet with the bacon.

Place about a half-cup of the pasta water into the skillet, add the egg and cheese mixture and mix well. Place in a bowl and top with the remaining cheese and some more black pepper.

While JKV residents enjoy Chef Mark's culinary creations on a nightly basis, you can now see him in action. A video of Chef making this dish can be found on the John Knox Village YouTube channel. Enjoy his Pasta Carbonara cooking demonstration at www.youtube.com/user/JohnKnoxVillage/videos

Book Review

The Road to Character

By David Brooks

Donna DeLeo Bruno

Gazette Contributor

In this book, David Brooks, a best-selling author and New York Times columnist, turns his attention to the struggle of some accomplished and revered individuals in developing character – integrity, honesty, courage. He differentiates between Adam I and Adam II. The first refers to the competitive, career-oriented, ambitious part of our natures, while Adam II refers to our deeper, finer moral qualities.

Brooks asserts that, in the past, the latter traits were considered more important, while today we live in a culture that emphasizes vanity and ego. As an example, he compares the members of President Dwight D. Eisenhower's Cabinet of whom only one wrote a memoir; to Ronald Reagan's Cabinet of whom 26 out of 30 wrote memoirs, most of which were "self-advertising."

There has been a shift from humility to narcissism. A 1976 Gallup poll found "fame" ranked lowest out of 15 desires; while in 2007, 51 percent reported fame as a primary goal. In a more recent poll in which middle-school girls were asked with whom they would most like to dine, Jennifer Lopez was their first choice, Jesus Christ their second, and Paris Hilton their third.

Moreover, twice as many said they would prefer to be Justin Bieber's personal assistant than go to Harvard. Even the televangelist Joel Osteen preaches, "God didn't create you to be average. You were made to excel" – all of which comprises Brooks' assertion that the emphasis in recent years has shifted to personal glorification – the "Me" Generation.

Dwight D. Eisenhower

For one study, he chooses Dwight D. Eisenhower, who as a boy had a severe temper. When his father forbade him at age 10 to accompany his older brothers on Halloween Eve, Dwight repeatedly punched a tree so hard that it left his fists bloody, badly bruised, and cut. His father whipped him with a hickory stick for his unacceptable violent outburst, but his beloved and gentle mother, while applying salve and bandages to his injured hands, remonstrated him to beware of his anger and hatred. "Hatred is a futile thing," she said. Of all her boys, he had to learn about controlling his passion.

At 76, Ike looked back on that moment as one of the most valuable in his life. Because he realized he had the capacity for rage, which many of his military subordinates were aware of, he learned to control these emotions that would interfere with the clear-headedness needed for the job of commander in Europe.

General George Marshall was another military commander who had to assiduously mold his own character. He lagged academically, was labeled a "dunce," was extremely self-conscious, and aware that he would only succeed through dogged determination and discipline. At the Virginia Military Institute, he was derided by other students and assigned demeaning tasks, yet eventually over a lifetime he found courage, honor, and a lofty purpose in life through carefully honed discipline. Unlike more pompous men who sought glory, his instructions for his funeral were for that of any ordinary U.S. Army officer – no fuss, no ceremony, no eulogy – short service including only family.

Cultivating Potential Into Character

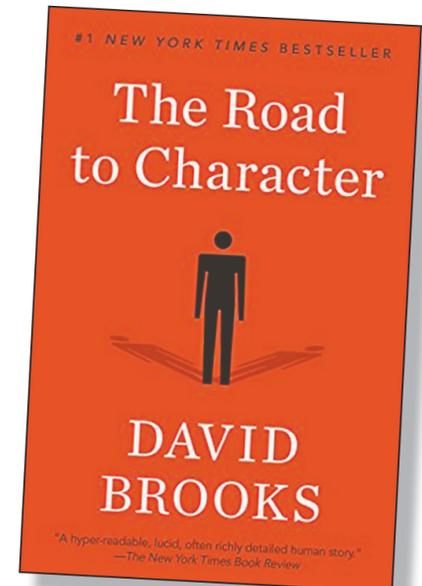
These were men without hubris, born with great potential that was cultivated over years of exercising their will to control their flaws. In addition, Brooks includes Frances Perkins as another example of one whose character was developed over years of hard work and effort to employ her talents and aptitudes as a labor activist.

Originally labeled "lazy" by a teacher, Frances was forced to work repeatedly on boring and precise recitations of Latin verb conjugations until she burst into tears. Attending Mt. Holyoke College set her on the path of selfless service to the less fortunate. After working to improve the lot of railroad porters, Frances was appointed to FDR's Cabinet. Her vocation had submerged any earlier self-indulgence to which she may have been prone.

Brooks continues with other examples such as African American union organizer and Civil Rights leader A. Philip Randolph who transcended his humble beginnings to exhibit a dignity, civility, and politeness – a certain cultivated manner which served as his primary tool in his work for civil rights.

The Road To Character In History

Subsequent chapters focus on the character development of other accomplished people from the past: British novelist Mary Ann Evans, who wrote under the pen name as George Eliot; St. Augustine and his lifelong struggle to decenter himself and replace it with God in order to attain an inner peace. Samuel Johnson, organizer of the British Dictionary and freelance writer, also underwent a massive transformation through sheer will and tenacity to overcome pride, impatience, rudeness, indolence, rebelliousness and short attention span.



Other chapters deal with the French writer Michel de Montaigne and later, a comparison between two renowned quarterbacks in the 1969 Super Bowl II – Johnny Unitas and Joe Namath, the first raised in a strict Catholic school that emphasized self-effacement and humility, the other a flamboyant star, outrageously entertaining, the center of attention on and off the field.

The author summarizes the shift from a moral climate of earlier times that valued noble self-restraint to present day self-indulgence and how our concept of "character" has changed, a shift from "Little Me" to "Big Me." Even Dr. Seuss promoted the latter concept in his 1990 classic "Oh! The Places You'll go!" often given as a gift at graduation, celebrating personal success.

This is a book of substance, one that makes you think, stimulates assessment of your life, its direction, your goals. It is replete with valid examples of individuals who were beset with unhappiness, depression, unfulfillment, unrestricted appetites that consumed their energies, and who through struggle and introspection, found joy, peace and satisfaction in knowing why we are here and what truth we choose to serve. David Brooks' "The Road to Character" is a truly eloquent study of man's inner nature – good and bad – and the cultivation of virtues that lead to a rich inner life.

Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books.

'I Have Come To The Conclusion That Silence Is Not An Option'

JKV CEO Message To The Community

Gerry Stryker
JKV President & CEO



Gerry Stryker

For the past 53 years, John Knox Village has been an active, civic-minded community partner in South Florida. As we face these unprecedented times in our country's history, I have come to the conclusion that silence is not an option. After listening to the media, listening to conversations at JKV among staff, residents and within my own family, I felt compelled to write and acknowledge the injustice around the death of George Floyd, a black man, at the hands of police in Minneapolis, Minnesota.

Diversity Is The Basis Of Humanity

Racism has been going on for a long time. Now it can be filmed. Now people discuss it openly. The expressions of "Black Lives Matter" and "No Justice, No Peace" are personal to me. My family is diverse. My sister is married to a wonderful black man she met over 20 years ago. Our family was blessed when they gave birth to a baby girl named Faith. Faith, now 15, has been an activist for injustice, equality and bullying in her local upstate New York Community.

My oldest niece married a talented black man who is an accomplished police officer for the York Police Department in Pennsylvania. They gave birth to Alex, a handsome young boy, who at two years of age is curious to what these moments and expressions mean.

A recent CBS poll was shared during a Sunday episode of CBS News Sunday Morning. The survey question was "Compared to Life today, the Future of the next generation will be...?"

- The data revealed:
- **Better 28%**
- **Worse 47%**
- **The Same 20%**

These results are very concerning to me. Our commitment to



JKV's President and CEO Gerry Stryker (right) shares a visit to Disney World with his 15-year-old niece Faith.

action is important! Many of us are soul-searching, having tough, uncomfortable conversations with ourselves and one another.

Oprah Winfrey shared recently, "It is incumbent on all of us to not just be outraged when we see injustice. It is not enough to just say it is so terrible. We need to speak up and say that will not happen on my watch. We're going to do the work that it takes, to dismantle in our own way."

That is how we can begin to make real change happen. Change starts with accountability, to ourselves and those around us. We all have a part to play in transforming the big picture.

Martin Luther King wanted everyone to have a

voice. He was quoted sharing, "It's not the violence of the few that scares me, it's the silence of the many."

My Wish To Change The Culture

Please join me in this commitment of changing the culture of "Us Versus Them."

To making a difference with human dignity. That "Good Will" is within all our hearts.

So, when we respond to the question, "What kind of country do you want to live in?"

We respond, "A country that respects and achieves equality for all."

JKV Directors and Managers have been scheduling team meetings with an agenda focusing on Racial Injustices in our country, state, city and, of course, the Village. We are working directly with local not-for-profit organizations on this initiative that is having a direct impact on our local future generations.

Below please read a story about first steps JKV is taking to address this issue of great importance.

With gratitude and respect,

Gerry Stryker

President & CEO
John Knox Village

web JohnKnoxVillage.com
f t y JohnKnoxVillage

651 SW 6th Street, Pompano Beach, FL 33060
(954) 783-4040



John Knox Village is an all-inclusive community where diversity is welcomed and honored in our commitment to residents and employees alike.

JKV Inaugurates Race Relations Series

Rob Seitz
Gazette Contributor

As part of John Knox Village's core values of continuous growth and lifelong learning, Pompano

Beach's premier Life Plan Continuing Care retirement community stands on the forefront of creating positive change through healthy dialogue inside and outside the Village.

JKV created a six-part Race Relations series titled: "Understanding and Closing the Divide: Understanding Race Relations in America."

Opening A Dialogue For Understanding

The first session was called "Creating a Safe Space for Acknowledgement, Understanding, Empathy and Respect" and included among the panelists Broward Sheriff Gregory Tony, North Broward Preparatory School teacher and TEDx speaker Akeem Ceden, Mental Health Counselor Marsha Wilson and JKV Human Resources Director Wendy Bednarcik.

The second was held at the end of last month and included JKV Production and Events Manager Joshua "Teddy" Tennie and resident Ed Weeks discussing "Continuing the Dialogue: How did We Get Here?"

August's session—titled "Unconscious and Conscious Bias includes Education and Verbiage"—will be held on Thursday, the 27th at 2 p.m.

The theme for Series 4 to be held Sept. 24 is "JKV Impacting Change Through Working Together;" the Oct. 29 session will be on "Mental Health Aspects," and the series concludes on Nov. 19 when "Next Steps" will be discussed and include



JKV's video and media production specialist, Thomas Rodriguez (left) prepares to broadcast one of JKV's race relations programs promoting understanding and inclusion along with Rev. Dr. Bridgette Sullenger, JKV Spiritual Life Director (center) and Jamsyn Becker, JKV Life Enrichment Manager.

JKV President & CEO Gerry Stryker and JKV Chief Marketing & Innovation Officer Monica McAfee.

You Are Invited To Zoom Into The Webinars

All sessions have been, and will be held, "virtually" through Zoom Webinar. Gazette readers wishing to listen in on one or all of the sessions are asked to call the JKV Marketing Department at (954) 783-4040 to receive Zoom login information.



JOHN KNOX VILLAGE
A Life Plan Community • Pompano Beach • Where Possibility Plays



Sail
the
Seven
"C's"

No passport required.

Care
Community
Connectedness
Creativity
Culture
Credibility
Confidence

Join us for an on-site, personalized **one-on-one tour**.

Guests will be screened at the entry gate, with temperatures taken. Face coverings will be provided if the guests do not have one. A Life Plan Counselor will then meet guests at the JKV Discovery Center and 6-foot physical distancing will be maintained throughout the visit.

Schedule your visit today
(954) 783-4040

John Knox Village, is an internationally award-winning Life Plan Community of choice for those seeking an upscale, enriched lifestyle which provides long-term medical care. For over 50 years JKV has set the bar when it comes to delivering an all-inclusive, resort lifestyle designed for living life to the fullest at each stage of retirement.

Stay engaged, be informed,
live your best life.

Your safety and well-being remain
our top priority.

651 SW 6th Street
Pompano Beach, FL 33060

web JKVgrows.com
 [JohnKnoxVillage](#)



JOHN KNOX VILLAGE

A Life Plan Community • Pompano Beach • Where Possibility Plays

Baby it's Hot Outside



Chill Out at John Knox Village (with Careful COVID Physical Distancing)

**Guests will be screened at the entry gate, with temperatures taken. Face coverings will be provided if the guests do not have one. A Life-Plan Counselor will then meet guests at the JKV Welcome and Innovation Center and 6-foot physical distancing will be maintained throughout the visit.*

You're invited to participate in a small, private tour of our hottest models. Savor specialty drinks and delectable bites. Very limited space. RSVP today.

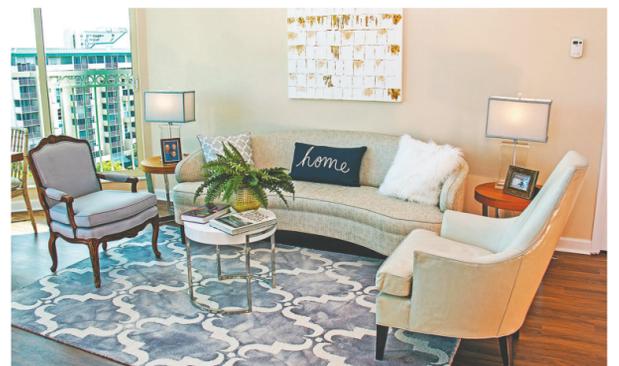
3 DATES:
Wednesday,
August 12th
Wednesday,
August 19th
Wednesday,
August 26th

Choose one:
Brunch Tour
9:30AM or 11:00AM
Sip a mimosa and nibble on freshly baked treats
Cocktail Hour Tour
2:30PM or 4:00PM
Enjoy a specially-crafted cocktail with savory, delicious appetizers

Small groups of less than 10 using physical distancing protocols. Thorough cleaning between tours will be strictly enforced.

*Space is limited. Please RSVP by calling **954-783-4040***

**Guests will be screened at the gate. Face coverings are required.*



JOHN KNOX VILLAGE

Where possibility plays



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

Boost Your Brain Power

Tips For Greater Functioning

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Who doesn't want a better functioning brain? Better memory, better mood, faster processing speed, better executive function? Everyone I know wants to lower their risk of developing dementia.

The prospect of losing one's mental capacities is terrifying, and the rates of Alzheimer's and other dementias are rising. Dementia is tragic, but there are many things that we can do to lower our risk and the sooner we embrace those habits, the

greater our chances of success.

Proper Nutrition For Brain Health

For one, our brains needs variety of nutrients to function at its best, from healthy fats (like fish oils, nuts, olive oil and avocado), through protein (grass fed beef, organic free range poultry and clean fish), micronutrients like vitamins and minerals, to colorful polyphenols from fruits, vegetables and spices. Compared to the United States, the rates of Alzheimer's are much lower in countries like India, which is believed to be thanks to their consumption of spices. Indeed, many spices have neuroprotective effects and they protect our brains in a variety of ways.

The hallmarks of Alzheimer's dementia are two abnormal proteins: Beta-amyloid and phosphorylated protein tau, which cause inflammatory plaques and tangles in the brain, preventing brain cells from communicating to each other. Many spices and herbs lower the production and accumulation of amyloid and minimize the damage caused by it. The most studied spice in this respect is turmeric, the orange yellow colored ingredient of curries. In addition to anti-amyloid properties, it also lowers blood sugar – the other major villain in premature brain aging and inflammation. It is well established that diabetes and even pre-diabetes are risk factor for dementia. Curcumin, one the most researched compounds in turmeric, has been shown to slow progression of prediabetes to diabetes and even can treat depression.

Cinnamon is another delicious way to lower blood sugar and decrease brain amyloid.

Secrets Of Colorful Natural Edibles

Polyphenols, which give plants color (like in blueberries, raspberries, blackberries, green tea and even coffee) protect our brains thanks to their antioxidant effects, but also through boosting the beneficial bacteria in our intestines, the gut microbiome. These probiotic bacteria, in turn, help us liberate and absorb nutrients from foods, besides themselves producing vitamins and other beneficial compounds that benefit our brain, promote learning and memory.

For centuries, many herbs have been used to promote brain health and longevity, such as Ashwagandha, Bacopa, Holy Basil and Gotu Kola. Rosemary, lemon balm, peppermint and sage are more commonly known brain benefiting culinary herbs in the Western hemisphere.

Just as important as including brain healthy foods in our diet is to avoid brain harmful foods – refined sugar and sweetened beverages, fast and fried food, artificial sweeteners (many of which are harmful to our microbiome) and excessive alcohol.

As many as 40 percent of elderly in the United States are deficient in zinc, magnesium and vitamin D. Ask your physician about the right multivitamin for

you, especially if you take any medications that lower stomach acid (proton pump inhibitors like Prilosec or Protonix). Vitamin B12, another crucial vitamin for the brain, is often low in vegans or vegetarians, people who take proton pump inhibitors or those on metformin for diabetes or prediabetes.

Staying physically active benefits our brains in many ways too – exercise helps us regulate blood sugar, prevent obesity but it also stimulates neurogenesis and neuroplasticity, two key processes for brain rejuvenation and repair. Neurogenesis essentially means growth of new brain cells, from stem cells that we have in different parts of our body at any age. Neuroplasticity helps us rewire and reconnect brain cells when necessary. Along with exercise, being in a loving relationship, intimacy and sex are other powerful boosters of neurogenesis and neuroplasticity. Tai Chi is a gentle form of meditative movement based on martial arts that is particularly beneficial for our brains (and bones), but I am a big fan of walking, too. Centenarians from Blue Zones, the parts of the world with most longevity, all walk several thousands of steps each day. And their brains stay younger thanks to that.

Benefits Of Deep Sleep

Let us not forget about sleep. Sleep is crucial for brain health. When we are in deep sleep, usually in the first few hours of the night, our brain's lymphatic system is actively pumping out toxins, such as amyloid, out of the brain. This deep sleep is precious, but we only spend about 10 percent of our sleep in it. Unfortunately, many of us have bad habits that further diminish deep sleep, such as having a night cap of alcohol or watching electronic screens before sleep. The blue light from our screens tells our brain to get up, not to fall asleep.

For this reason, if you happen to have had cataract surgery, your eye doctor likely replaced the cataract affected lens with a blue light blocking artificial lens. Pretty cool, right? But our sleep can get impaired by so many other things – do not let anything disturb it. If your partner snores, get him/her checked for sleep apnea and consider separate bedrooms to minimize sleep fragmentation.

Do not let your animals sleep in the same bed with you, they will often wake you up several times per night. Go to sleep at regular times, and keep your bedroom dark and comfortably cool – around 68 F. Do not eat close to bedtime to minimize the chance of reflux but even the heat created by digestive processes can make it harder to sleep.

Melatonin, the powerful hormone that helps us sleep and sets the body's clock (besides many other functions), needs dark to be produced – and peaks



Deep sleep is crucial for brain health.



Add music and even dancing to your daily routine.

around 3 a.m. Interestingly, the more bright natural light we are exposed to during the day (such as blue sky when we go for a morning walk), the more melatonin we produce at night. Try to spend as much time in nature every day as possible, we were not meant to spend our lives indoors.

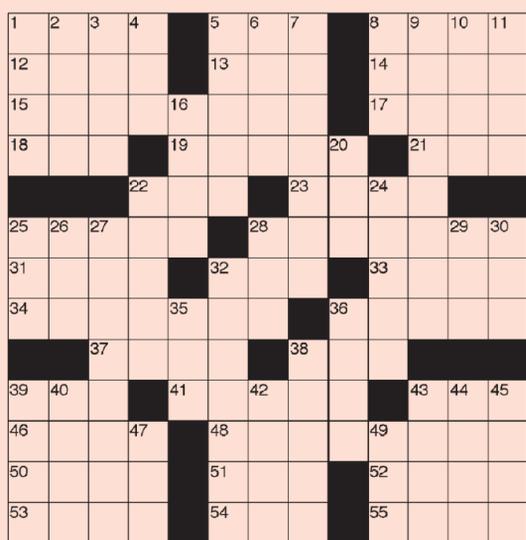
Minimize chronic stress and stay socially connected. Conversations, games, and laughter help our brains to create new connections between cells and suppress inflammatory genes. The more our brain cells network – the more synapses, or connections we have in the brain, the more resilient we may be against Alzheimer's. That is one of the reasons why people with higher education tend to be affected by Alzheimer's less or later in life than those with lower education. Having more connections between brain cells is like having more money in the bank. If somebody steals one dollar a day when you have billions, you may never notice, but if you have just a couple hundred dollars you will notice someone is stealing very quickly. Therefore, never stop learning, and keep "putting more money in the bank" – read, write, draw, paint - keep using your brain in as many ways as possible.

Rock Out To Your Favorite Tunes

The next miraculous "nourishment" for our brain is music. Listening to our favorite music helps to minimize stress and may even help us to remember. If you have not seen the movie "Alive Inside," watch it tonight. You will see how powerful music is for our brain – helping a gentleman with severe Alzheimer's (who could barely speak) remember who he was and even crack some jokes, as well as helping a woman with advanced Parkinson's disease get up from her wheelchair and dance. Music should be a part of our life every day, indeed just like a vitamin.

Above all, never stop being curious about the world – there are so many things to keep us inspired and in awe. Do not become a couch potato just because you are getting older. Some of the smartest older people I have ever met, kept working or volunteering into their 90s.

Dr. Tereza Hubkova is former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS. Before the pandemic gripped the world, Dr. Hubkova was scheduled to be a guest presenter at John Knox Village for its residents and members of the greater community, including the Lifelong Learning Institute at Nova Southeastern University. Dr. Hubkova wrote this article for The Gazette.



Crossword Puzzle Of The Month

ACROSS

- Tibetan priest
- More than enough
- Ancient Heb. month
- Son of Samuel
- Television channel
- Before (Lat.)
- Dissertation
- Two-horse chariot
- A (Ger.)
- Braid linen tape
- Male cat
- Card game
- Balto-Slav
- Rain tree
- Iron lung
- Smile
- Hours (abbr.)
- Insect
- Active
- Nutlike drupe
- Diagonal (abbr.)
- River into the North Sea
- Health resort
- Chronicles (abbr.)
- Affirmative
- Senior (Fr.)
- Sloe (2 words)
- Caliph
- Pointed (pref.)
- Aweto
- Celia
- Favorable vote
- Eight (pref.)

DOWN

- Dead
- Shelter (Fr.)
- Air
- Amer. Automobile Assn. (abbr.)
- Arawakan language
- City on the Irtys
- Eye of an insect
- All points bulletin (abbr.)
- Fr. historical provinces
- Foe of Othello
- Ray
- Noun-forming (suf.)
- Always
- Haw. porch
- Clemenceau's nickname
- Signed (abbr.)
- Adjective-forming (suf.)
- Phil. island
- Civil Rights Commission (abbr.)
- "Casablanca" character
- As written in music
- Pike
- Son of (Scot.)
- Look after
- Evil intent, in law
- Cross oneself
- SW US cotton
- "Dream Girl" playwright
- Fish sauce
- Mongol tent
- Blood disease (suf.)
- Ger. spa
- Indo-Chin. language

Answers On Page 10.

Passwords, Our Nightmare

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

The tech things that drive people crazy are passwords. It does not matter if it is on the computer, smartphone or tablet, they are a nightmare. But it does not have to be that way.

Many companies make password managers that simplify this problem. Let us once and for all remember our passwords and have them easily entered as we need them.

People often tell me they have no idea what the password to email might be since the computer usually just logs in. Your email password is the most important password you have

since many services use it to confirm your identity.

No idea what some of your passwords might be? Well, it turns out the worst place to save your passwords is your browser. And some of the passwords might be hiding there.

Go into the browser settings and look at the stored passwords. You may have to click on what looks like an eye to view them.

Password Managers On Computers

There are many password managers on the market. Make sure you trust the one you are about to use. LastPass has been fully vetted, is encrypted and 100 percent safe. So much so, that if you lose your main password they cannot recover it for you. All your passwords are safely gone forever. Another amazingly useful feature of a password manager is that it will generate new passwords so you don't have to invent them.

Although you can create your account on a phone or tablet, let's start on your computer. Open the browser you use most, Safari, Chrome, Edge, etc. and go to www.lastpass.com. Click on the big red, "Get LastPass for Free," and create an account with your current working email address. Come up with a new long password. This is going to be the key to the kingdom. Do not use the same password you used for the last 30 years on every website. **A suggestion: Use names that make sense to you, that you can remember.** What makes a password strong is length, not complexity. Perhaps you have 4 grandchildren. Use the 4 names and then the year you were born. Perhaps the first three

cars you owned and the year you were born. Here are examples: *MaryJaneWilliamTom1935* or *Pontiac-FordChevy1935*.

By using capital letters, you have made this a very strong password. Go to your email account, read the confirmation from LastPass and click on the link to confirm your account.

Now that you have confirmed your email, return to your browser for the final setup. The browser you used will have a login at the upper right. It is a red square with three white dots, enter your email address. If you are the only one who uses this computer and you feel safe, have LastPass remember the password by entering a check in the box. **Be warned, if you check this box whoever uses this computer gets automatically logged into all your websites.**

From now on, the first time you log onto a website that the browser knows the password, or when you manually enter a password in the upper right corner you will see a pop up asking, "would you like me to save this to LastPass?" Click on "add."

As a result, when you save a password on your computer, your smartphone, or your tablet they are available across all devices and updated everywhere.

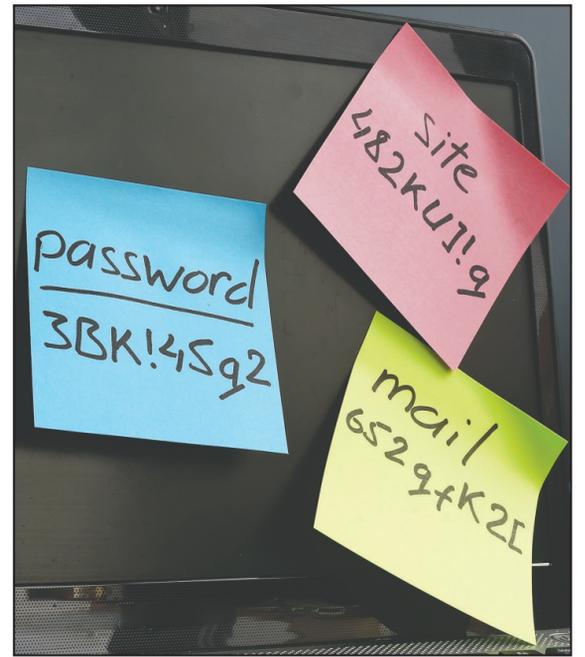
In the future when you return to a website, you will see your details already filled in the username and password fields or a grayed out little box to the right, similar to the red LastPass icon. DON'T type your name or password, instead: Click on the grey box and it will pop up the information you entered last time.

Password Managing On iPhones/iPads

For this to work on the iPhone/iPad make sure that you have a pin number set up. Face ID if your phone has it or your fingerprint stored. If you don't know how to do any of this, go to YouTube.com and in the search field type "iPhone set up Touch ID," "iPhone set up Face ID," "iPhone set up passcode," make sure you remember these numbers. (For the 6 digits I suggest your birthday, i.e. 052130). Also consider the LastPass tutorial on YouTube.com.

On the iPhone or iPad's main page, click the blue box called "App Store." In the lower right corner click on the magnify glass called Search, at the top is a gray area under the word, Search. Touch that box and type LastPass. It will bring you to another page, click "Get," wait for it to download. Then click open. Enter your email address and password that you have created. You may during this process be asked to type in your password for your Apple ID.

The last step is to enable autofill for LastPass in your iPhone settings. Go to settings, "passwords and



A strong password is your key to digital security.

accounts." Make sure "Autofill passwords" are on with a green color, uncheck everything, and make sure only LastPass has a checkmark.

From now on, when you go to certain applications and websites, you will log in automatically, or else notice at the bottom of the screen the word, "Password." Click on that and select the username you need.

When you need a complete list of all your passwords go to lastpass.com and print them out. It will always be updated.

Password Managing On Android Phones

On Android phones, go to the Play Store where you download applications. Search for LastPass, install it, log in with the credentials from the website, or create them on the phone. To finalize the setup, click enable when it offers to autofill with LastPass. Put a check in the autofill service by selecting LastPass.

Agree that yes you trust this application. On the next screen select LastPass as the autofill service and say ok to use LastPass.

May your passwords now bring you happiness.

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

Sneezing And The Power Of The Mind

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

Recently, I was out bike riding on a beautiful Saturday morning. I was feeling free as a bird and started to get a bit cocky. With my newfound confidence, I did something, that upon reflection perhaps was not the wisest move, as my bike slipped out from under me and I fell hard, breaking two ribs.

This may seem like a non-sequitur, but I sneeze every morning. It has been like that for years. I bring it up because a very interesting thing happened after the accident. I

did not sneeze for 10 days. I was really afraid of the explosive pain that would ensue... and I simply did not sneeze until I was healed enough so the pain was manageable. It was not conscious. I did not say, "I'm not going to sneeze" and yet, that's what happened.

What Controls Our Reactions?

It struck me as simply remarkable that there was a power within me that unconsciously ruled my reflexes in a way to avoid pain. In this particular case my subconscious thinking helped me, but more often, our subconscious minds rule us in ways that do not typically help. I am happy to say that after 3½ weeks, I'm back on the bike – although minus the acrobatics.

It is estimated that humans have around 65,000 thoughts a day, which translates to about a thought a

second. And for most of those seconds our minds are engaged in default thinking. Default thinking? That is the limited thinking about yourself you learned as a child.

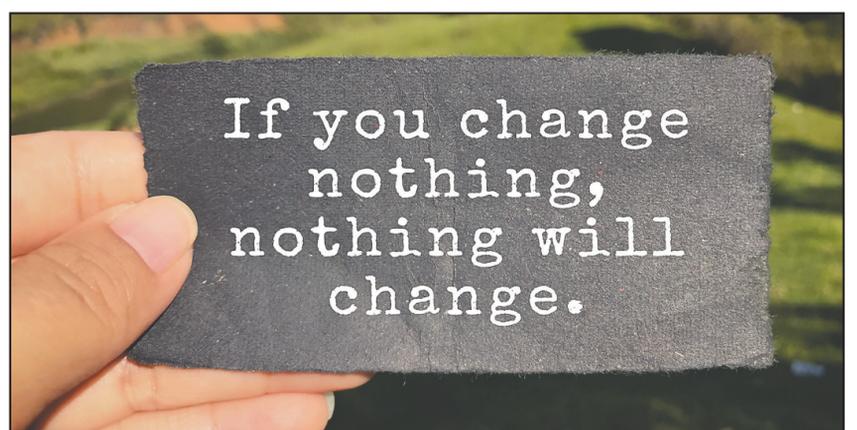
Your Life's Outlook Begins Early On

Were you taught nothing was impossible or everything is impossible? Did you learn that you should always try or were you taught not to bother, because you will never be able to do whatever it was you wanted to do anyway? Were you encouraged or discouraged from pursuing your dreams? These are some of the differences in parental attitudes that form and shape us. Added to their influence are the early experiences of family, friends and school. These combined experiences formed our beliefs about our abilities, our worthiness and our ability to love and be loved.

It gets even more interesting when you consider that 70 percent of human thoughts are negative and 95 percent of them are the same thoughts we were thinking yesterday.¹

You know that constant chatter in your head? Well, if you can recognize that you are enmeshed in negative, self-critical and/or self-doubting behavior, know that you are normal. Knowing this is so important to being able to shift yourself into more intentional, deliberate, positive thinking. And it is intentional, deliberate thinking that is responsible for a greater feeling of well-being. Fostering a feeling of well-being makes it easier to navigate through these precarious and changing times.

Be a Savvy Senior. Recognize when you are think-



ing a negative thought. Observe it. You can even marvel at its persistence. Then, let it go. Send it back to the native nothingness from which it came and replace it with a thought that makes you smile. Whether something is true or a fantasy you enjoy, it doesn't matter. It only matters that the thoughts you think bring happy thoughts with them. With each positive thought, you are making a deposit in your emotional bank account that will result in your having greater resiliency.

1. Psychology Today, How Negative is Your 'Mental Chatter'? Raj Raghunathan Ph.D.

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

Life, Liberty And Pursuit Of Happiness

Celebrating Two Anniversaries In The Cause For Equality And Freedom

Burn Loeffke
Co-written by Marty Lee
Gazette Contributors



Burn Loeffke

This month we celebrate two monumental events in the 244-year history of our great nation: The 100th anniversary of the ratification of Amendment 19, and the 75th anniversary of the end of World War II. So many people use the term, "Everything happens for a reason." From a historical perspective, we understand that events are intermeshed, and that one thing leads to another. In another term: "Cause and Effect." Perhaps without the passage of the 19th Amendment, and prior to that, the 15th Amendment (ensuring the right to vote regardless of race), we might not be celebrating the successful outcome of World War II.

Women In War

It is important to note that the passage of Amendment 19, in many ways, was a just result of the enormous effort and sacrifice women made during World War I. Women's contributions accelerated into the Second World War, when "Rosie the Riveter" represented the women's domestic workforce. By 1943, more than 300,000 women worked in the U.S. aircraft industry, which made up 65 percent of the industry's total workforce. Many women also served prominent roles in the U.S. military. Since the motto of the time was to "free a man up to fight," women filled other important positions in the military from intelligence to nurses to aviators in the Women Airforce Service Pilots (WASP). The WASP ferried the military planes domestically from manufacturing plants to air bases throughout the U.S.

Lessons Of World War II

I was young boy, living in Colombia, South America with my American father and Spanish mother during World War II. I eventually moved to France, and then to the U.S., where I was accepted to Peekskill Military Academy in Peekskill, NY. I was a pretty good competitive swimmer in those days, and often competed successfully as a high schooler against the cadets just up the road at West Point. My swimming ability caught the eye of the West Point swimming coach and he helped to secure my appointment to the Academy.

As a cadet, Class of 1957, World War II was still very fresh in our studies at West Point. Whenever I walked to classes, I passed statues of our great World War II Generals: Dwight D. Eisenhower, Supreme Allied Commander Europe; Douglas McArthur, Supreme Commander for the Allied Powers South West Pacific; George Patton, who served in North Africa and Europe. But it was more than just these great generals who won the war.



General Douglas McArthur signs the documents as Japan formally surrenders on Sept. 2, 1945 aboard the U.S.S. Missouri. Image source: Wikimedia Commons.

It was the unified force of all Americans and our Allies who sacrificed their blood, sweat, tears and lives in the interest of freedom.

More Than 16,000,000 Americans Served In Military

We owe our greatest honor to all who served in World War II, which included men and women of all races and religions. Count them among the 16,000,000 military who served during the war including: *Native Americans*, of whom the most famous were the Navajo Code Talkers; *African Americans*, 1,000,000 served, famously among them were the Tuskegee Airmen; *Hispanic Americans*, nearly 500,000 served in all elements of the American armed forces; *Japanese Americans*, who fought bravely in Europe, including Medal of Honor Awardee Pfc. Sadao Munemori, who lost his life saving other soldiers in battle.

History teaches us valuable lessons, and it is incumbent upon us to learn those lessons – not just selectively, but in totality. The noted journalist, Tom Brokaw, is credited with calling those American men and women who stepped up in the name of freedom in the late 1930s and early 1940s, "The Greatest Generation."

It was an era where all American men and women – Black, Indigenous Peoples, Asians, Brown and White – united under one ideal of freedom: "That all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness."

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. 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.

Women Who Wrote Under A Male Nom De Plume

Nona Cree Smith
Gazette Contributor

On page 3 of *The Gazette*, this writer documents women's efforts for equality in voting rights.

There was also a time when many women authors used a masculine name, in order to have equality in getting their works published. Even today, when looking for a wider audience for their work, some women authors use a male nom de plume or a unisex name.

J. K. Rowling

The woman behind the phenomenally successful "Harry Potter" series is J. K. Rowling. She intentionally used the ambiguous initials for her name, Joanna Rowling, and added the K to honor her grandmother Kathleen, at the suggestion of her publishers. They were worried that boys would be less likely to buy the books if they knew she was a female author. She also used the pseudonym Robert Galbraith for her crime mystery "The Cuckoo's Calling."

The Bronte Sisters

Considered to be among the greatest novelists of our times, sisters Charlotte, Emily and Anne Bronte first published their imaginative works like Charlotte's "Jane Eyre" or Emily's gothic work "Wuthering Heights" under the male pseudonyms of Currier, Ellis and Acton Bell. According to Charlotte, "while we did not like to declare ourselves women, because — without at that time suspecting that our mode of writing and thinking was not what is called 'feminine' — we had a vague impression that authoresses are liable to be looked on with prejudice."

George Sand

Born in Paris in 1804, as Amantine Lucile Aurore Dupin, she chose the pen name George Sand for her vast oeuvre of novels and essays including "Indiana" and "The Devil's Pool." She was one of France's most celebrated writers, a true free spirit who favored men's clothes for comfort, smoked in public and enjoyed many affairs including with composer and pianist Frédéric Chopin and the writer Alfred de Musset.

A. M. Barnard

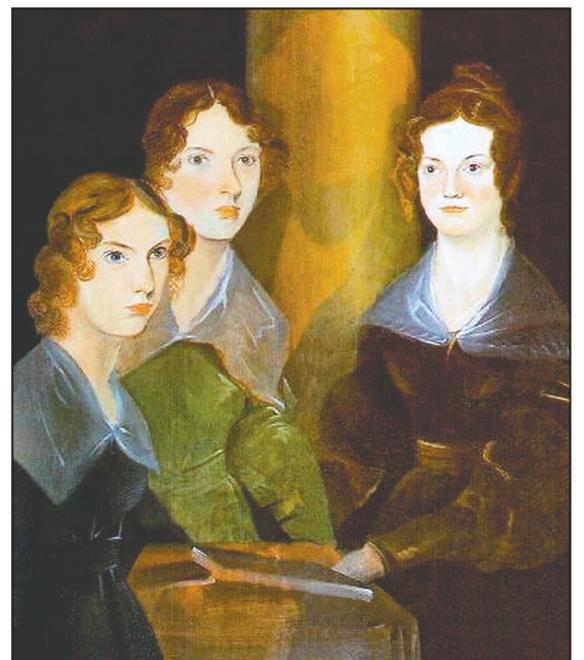
The author of the beloved book "Little Women," Louisa May Alcott also wrote short stories under the pen name of A. M. Barnard. The male alias was a necessity to earn a living and to fund the writing she was passionate about under her own name.

Isak Dinesen

Danish writer Karen Blixen wrote the memoirs — "Out of Africa" and "Shadows on the Grass," detailing her time living in Kenya — as Isak Dinesen. She also used a number of pen names throughout her career. Blixen's most well-known male nom de plume was Isak Dinesen, which she adopted for the American publication of her books.

George Eliot

Mary Ann Evans was born in Warwickshire, England and used the male pen name George Eliot to avoid being stereotyped as a writer of woman's fiction. Her first novel under her pen name was "Adam Bede" and it became a success. She would go on to write "Silas Marner" and "Middlemarch" which are thought to be literary masterpieces.



Painting of the Bronte Sisters. Image source: Wikimedia Commons

Answers to Sudoku on Page 3 and Crossword Puzzle on Page 8.

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

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

Technology Helps Residents Stay Apart, To Stay Together

Life Enrichment Team Embraces Adage 'Necessity Is The Mother Of Invention'

Marty Lee
Gazette Contributor

John Knox Village residents are a very social group. However, when the COVID-19 crisis hit in early March: Physical

distancing guidelines cancelled events, educational classes, concerts, entertainment...even social dining in the Palm Bistro and Lakeside Dining Room. This meant every facet of the very social lifestyle at JKV had to change, and change, literally, overnight.

JKV Life Enrichment Coordinator Yael Fishman said at that time, the entire department was involved in ArtSage – a month devoted to exhibitions, concerts and lectures on all things art. “We were planning and executing events, promoting those events, working with vendors, planning concerts and fabulous dinner outings to French restaurants,” Yael said. “We were bringing in our usual college lecturers to engage our seniors in lifelong learning classes. Arts and culture were flowing. And then Coronavirus happened.

“Suddenly we had had to stop on a dime and brake hard. And it literally left us all stunned. How do you run an event department when you can’t plan any events? I felt like a painter whose canvas had just been taken away. After taking a few days to cancel everything, we regrouped. We had to rethink everything. How could we be useful to our residents and keep them safe, now that events were off the table?”

“Like many of us, and many businesses, we had to take a look at who we serve, and figure out — how can we best serve them?”

With 6-foot physical distancing guidelines in place, one of the most important elements to implement was effective communications: How does the staff of JKV inform nearly 1000 residents how to stay safe, AND maintain a semblance of normalcy in their daily lives during a pandemic, including arranging shopping for groceries and paper products, ordering meals for home delivery, prescriptions and medications, plus keeping in touch with family and friends?

Digital Technology

Much of the communication efforts needed to quickly transform into a constant flow of digital information, rather than simply word of mouth, interpersonal visitations, posters and flyers. Fortunately, Nick Sconiers, JKV Technology Coordinator, was up to the task.

Nick said that his typical pre-pandemic interac-



Members of the Life Enrichment Team celebrating during a 2019 pre-COVID-19 event. Left to right: Marsha Dixon, Yael Fishman, Nick Sconiers, Jacquee Thompson, Jamisyn Becker, Teddy Tennie and Bea St. Pierre.

tions with residents included in-person classes on technology-related devices, iPhones, tablets, computers, etc. But once the COVID-19 guidelines were in place, residents had to become familiar, on a daily basis, with the digital lines of communication open to them. Residents also needed to become familiar with software and apps that might be new to them like: Zoom, FaceTime and InstaCart.

JKV’s Major Information Sources

“We use four major platforms to communicate to residents,” Nick said. “Channel 8001 [in-house television channel] to display information, but also used to air pre-recorded meetings and events for displaying in-home for residents, JKVConnect and JKVResidents to broadcast announcements such as daily COVID-19 updates and all related recorded meetings, and the company YouTube channel which archives all recorded meetings, concerts and promotional content as well.”

Nick recorded six videos to instruct residents how to video chat with friends and family with programs such as: Hangouts on Android and Apple devices, WhatsApp on Android and Apple devices, and also

FaceTime on all Apple devices.

“We showed how to connect to JKVConnect and the John Knox Village YouTube channel,” Nick told *The Gazette*. “Lastly, I did a total of six socially distanced classes to bring residents up to speed on how to utilize the Zoom web conferencing platform.”

Nick said it is gratifying to assist residents in their technology needs, thereby opening communication doors while maintaining social distancing. “I had a resident with an Android device who struggled with video chatting with family,” Nick said. “I introduced her to Facebook Messenger which allows her, in two simple clicks, to easily video chat with family members who have Facebook accounts. She has been using this method since it was introduced to her back in April.”

Readers of *The Gazette* who may still be struggling with technology can take a few tips from Nick. “I would encourage anyone with a smartphone or tablet to utilize video-chatting apps that are pre-installed on their devices. For Apple users: Use FaceTime. For Android users: Use Hangouts. This will cut out an extra step in having to download other apps, since those are already pre-installed on the device.

“I would also encourage anyone who is not fully aware of the power of their smartphone or tablet, to use this time to become more familiar with their devices. Technology can be fun, and while I do understand the barriers in learning, repetition is the father of learning and it is key when learning how to operate devices.”

If you are aged 62 or greater, and would appreciate the daily care and concern of more than 800 staff members, now would be the time to contact John Knox Village. The JKV Emergency Preparedness team (EP) has developed and implemented protocols for the safety of residents and staff alike during this health crisis. Once you are a resident of JKV, your life-plan will also include a comprehensive long-term care insurance policy.

Review the information on pages 6 and 7 of *The Gazette* for details on scheduling a COVID-19 Careful Physical Distancing tour.

web JohnKnoxVillage.com

JohnKnoxVillage

651 SW 6th Street, Pompano Beach, FL 33060
(954) 783-4040



JKV’s Technology Coordinator Nicholas Sconiers assists Village Towers resident Harriet Sams with her Instacart grocery order.



John Knox Village is one of South Florida’s premier Life-Plan Continuing Care Retirement Communities and is home to nearly 1,000 residents. More than 800 staff members are dedicated to resident care, safety and security.



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

Diversity Is Our Shared Human Story

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Several years ago, a chatty cab driver named Joe was taking me to the Phoenix airport. He was not much for traffic rules and had quite the bag of tricks for getting around them. He said that in the remote Oregon town he was from, any time a government official came over the mountain, it was never good news, so he took regulations with a grain of salt.

Despite his small-town roots, Joe was very cosmopolitan in

his opinions about other people. Several years earlier, he had learned from a TV show that all people alive today descended from a small group in Africa who survived an environmental catastrophe long ago. He decided that since we were all so closely related genetically, it was ridiculous to fight about such things as race, religion, gender, nationality, and other superficial differences.

Our Triumph Over Extinction

Indeed, our genes reveal this story of human kinship. Some 70,000 years ago, a catastrophic volcanic winter almost killed off the human species. Several thousand savvy survivors of this dramatic cooling retreated to central Africa and endured lean times together for many years. This close call created an unusual pattern in our DNA, referred to as a genetic bottleneck. Each of the 7.8 billion people alive today is 99.9 percent biochemically similar to every other human, regardless of apparent differences. This level of genetic similarity is unknown in other species.

Our brain carries the mark of this narrow victory as well. We would not be here if our brain had not pulled its weight and bailed us out. Somehow, our ancestors partnered with our brain to cheat extinction without the aid of books, computers, college, smartphones, artificial intelligence, or anything else we associate with “intelligence” today. Perhaps our desperate

brains led us to new ways to care and share, allowing the community’s elders to master fear, greed, and scarcity with wisdom and justice.

Whatever happened 70,000 years ago, it was an epic success. This ancient triumph over extinction passed on to us a brain that is even more hungry for love and service to others than for food. Our brains know that whenever the lava hits the fan again, so to speak, we can count on each other more than anything else.

Interdependence Is Our Greatness

Well, the lava has hit the fan again, this time in the form of a pandemic. Once again, we are reminded of our common humanity. In every corner of the globe, people have immune systems that can fail. People can get sick and die from the coronavirus. People have to rely on others for help. People don’t like social distancing. People don’t like being cooped up. People don’t like being treated like second-class citizens, for healthcare or anything else. People want truth, wisdom, and justice from their leaders.

At times like this, the differences between us fade away. If you were critically ill and needed to be on a respirator, would you really care if the doctor who could help you is a male or female, straight or gay, white or black, believer or atheist? You could die waiting for the “right” doctor to help you.

Our brains know the truth. The greatness of our shared human story is our interdependence. We need each other, for better, for worse, for richer, for poorer, in sickness and in health, to love and to cherish, till death do us part.

Many people show just how natural this heartfelt interdependence is for the human brain. They see another person with respect and empathy, and are



The greatness of our shared human story is our interdependence.

delighted by differences in appearance, beliefs, customs, and perspective. These tolerant people are often engaged with the arts, where human differences have been explored safely for over 50,000 years. It’s no coincidence that social engagement, conversation, and the arts are great forms of brain exercise.

We all deserve the same opportunities for life, liberty, and the pursuit of happiness. We all deserve voting rights, fair wages and health care. We all have a part to play in creating a just society that mirrors the truth of our shared survival story and genetic heritage.

We can bloom where we are planted, treating everyone we interact with by phone, letter, email, text, Zoom, or in-person as part of our extended family—because they are.

Let’s get busy, before the lava hits the fan yet again. These are the best of times.

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

Tour The Poinciana: A Most Popular Home

John Knox Village will be ready for you, when you are ready to make the move to life-plan security. You do not have to be isolated and full of worry during the current physical distancing guidelines. John Knox Village will care for your needs today, tomorrow and every day in the future.

Take advantage of an exceptional opportunity to move into this featured Poinciana Apartment Home in JKV’s Heritage Tower. Call the Marketing Department at (954) 783-4040 to get all the details.

Poinciana Apartment Home Features:

- **Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave**
 - LED kitchen lighting
- **Under-mount stainless steel sink w/spray faucet and disposal**
- **Quartz/granite kitchen countertops**
- **Choice of upgraded backsplashes**
 - Choice of kitchen hardware
 - Generous cabinet selections

Master Suite

- Spacious walk-in closet
- Baseboard molding
- Walk-in shower

Bright, Spacious Interior

- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

As a JKV resident, you’ll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call the Marketing Department at (954) 783-4040 for more information.

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

JohnKnoxVillage

651 SW 6th Street, Pompano Beach, FL 33060
(954) 783-4040



The Poinciana Apartment Home offers impressive views from floor-to-ceiling bay windows.

The Poinciana
2 Bedroom / 2 Bath – 1,385 Sq. Ft.

