



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

where possibility *plays!*

Gazette

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Veterans Day 2020: Honoring Those Who Served

*In Flanders field the poppies blow
Between the crosses, row on row
That mark our place, and in the sky,
The larks, still bravely singing, fly ...*

— John McCrae

Nona Cree Smith
Gazette Contributor

World War I, also known as the Great War, began in 1914 after the assassination of Archduke Franz Ferdinand of Austria. During the conflict, Germany, Austria-Hungary, Bulgaria and the Ottoman Empire (the Central Powers) fought against Great Britain, France, Russia, Italy, Romania, Japan and the United States (the Allied Powers).

In 1918, World War I ceased fire by a truce, at the 11th hour of the 11th day of the 11th month, the "War to End all Wars" ended on what was initially called Armistice Day.

The world celebrated the end of a long, bloody, four-year war. When the truce was signed in the forest in Compiègne, France, the bells rang from church steeples, factory whistles blew and there was a moment of silence in tribute to all those who had died in the most brutal and destructive conflict the world had ever seen. The official end to World War I, however, did not happen until Jun. 28, 1919 with the signing of the Treaty of Versailles between the Allied forces and the defeated Germans.

Later in 1919, President Woodrow Wilson proclaimed Nov. 11, as the first official national commemoration of "Armistice Day" with the following words: "To us in America, the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of the nations..."

A Poem For The Ages

There were many pivotal encounters during World War I that have been memorialized for the ages. In November 1914, some of the worst battles of the war were fought at Ypres, Belgium. Germany invaded the northern borders of France and Belgium, trying to make headway to the port town of Calais, but was met with the mighty forces of the French, British and Canadian allies (the U.S. did not join the conflict until 1917, after the sinking of the Lusitania by a German submarine). The fighting was savage, and thousands of soldiers were lost. The results of the carnage produced one of the most revered war poems in history: "In Flanders Fields" by Canadian physician Lieutenant Colonel John McCrae. He was inspired to write the heartfelt verses on May 3, 1915, after burying his friend and fellow soldier Lieutenant Alexis Helmer.

See "Veterans Day" on page 2

Glades Grill Heats Up Food Scene At JKV's New \$6.9 Million Aquatic Complex

Westlake Projects, Restaurants, More Jewels In The Making

Rob Seitz
Gazette Contributor

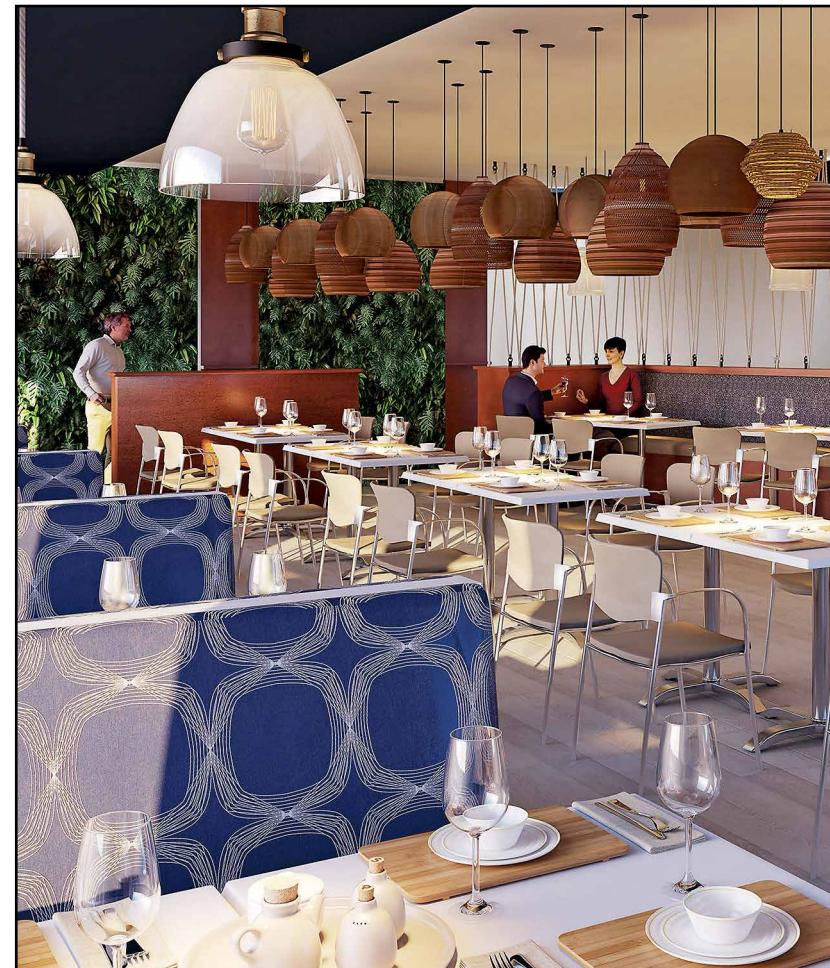
Residents, new and current, can almost smell the aroma of hardwood smoked chicken wings, blackened grouper and more wafting from the Glades Grill—John Knox Village's newest dining venue.

The Glades Grill is part of JKV's new \$6.9 million Aquatic Complex. It is the latest jewel on the 70-acre campus and includes a resort-style pool, a four-lane 75-foot-long lap pool, Stryker's Poolside Sports Pub, a Jacuzzi, fire pit and two each Pickleball and bocce ball courts. Sun sails are installed over the resort pool to provide a shady alternative.

"As our premier dining venue, Glades Grill will showcase fresh, seasonal, organic and more healthful menu choices than we've previously offered," Director of Dining Services Joe Mallen told *The Gazette*. The Glades Grill will serve 60 indoor guests and more than 90 guests at Stryker's Poolside Pub with dining overlooking all the action at the Aquatic Complex.

Residents, family and guests can enjoy cocktails at Stryker's, a poolside pub named after JKV President Gerry Stryker, who provided a sizable gift to the Aquatic Complex project.

See "Expansion" On Page 3



The Glades Grill adjacent to the Aquatic Complex will grand open later this month.

The 11th Hour Of The 11th Day Of The 11th Month

From "Veterans Day" On Page 1

McCrae noticed fields of red poppies had sprung up on ravaged battlefields. Poppy seeds can lay dormant in the ground for seasons, until the soil is disturbed by tilling or digging. The horrendous fighting stirred the soil and the seeds grew into beautiful red poppies. The poem inspired the use of the poppy flower as a universal symbol of remembrance for the war dead.

It became a tradition for people to buy felt poppies from the veterans of World War I, with the proceeds used to help war veterans.

The Treaty's Aftermath – World War II

The Versailles Treaty formally ended World War I, but many historians say it also laid the foundation for World War II. The Allies were harsh in their punishment of Germany, as they held the country responsible for the millions of dead and the decimated farmlands, destroyed towns and villages around Europe.

The Treaty allowed for confiscated and occupied German land. It took over colonies, disbanded the armed forces and weapons were taken away, its proud navy stripped of large vessels, fined Germany billions in reparations, tried Kaiser Wilhelm II for war crimes and forced him to abdicate.

Though there was a real desire for peace in the wake of the cataclysmic World War I, the Treaty did not achieve its intended goals.

The inordinate reparations slowed Germany's industrial production and other factors made the economy descend into hyperinflation in the 1920s. Furious right-wing German politicians used the Treaty to stir up nationalist feelings. There were few jobs, the price of food and basic goods was high. People were dissatisfied with the government and voted into power the man who promised to rip up the Treaty of Versailles. Adolf Hitler became Chancellor of Germany in 1933.

Hitler immediately went to work to rebuild the military, build warships and created the Reich Luftwaffe. He allied with Italy and Japan to create the infamous Axis. Then when he was ready, German troops invaded Poland on Sept. 1, 1939. And thus, started World War II.

The outbreak of full-scale conflict between Japan and China in July 1937, had little direct impact on the U.S. and its people. Neither did Germany's pre-war aggression in the 1930s: Sending troops into the Rhineland in 1936, unification of Austria and the destruction of Czechoslovakia in 1938. Even when

Germany invaded Poland in September 1939, the Declaration of War by Britain and France seemed to have little impact in the U.S.

President Franklin D. Roosevelt took a public opposition to the aggressive, warlike actions of Germany, Japan and Italy and he also condemned the nature of the Nazi government.

"Passionately though we may desire detachment, we are forced to realize that every word that comes through the air, every ship that sails the sea, every battle that is fought does affect the American future," Roosevelt said.

America remained on the fence about joining the war and becoming an ally, but Germany swiftly occupied France and began to take control of western and central Europe.

When the Japanese bombed Pearl Harbor on Dec. 7, 1941, and Germany declared war against the U.S. on Dec. 11, 1941, America finally joined the allies in a common defense, bringing the awesome power and strength of a mighty nation to the war. Through victorious allied battles in Europe and the Pacific, World War II ended in Europe on May 8, 1945 and on Sept. 2, 1945 in the Pacific.

A Multi-National Holiday

While Armistice Day originally honored veterans of World War I – World War II and the Korean War prompted veterans service organizations to urge Congress to amend the commemoration by changing the word "Armistice" to "Veterans," so the day would honor American veterans of all wars. On June 1, 1954, the day was officially changed to Veterans Day.

For years, the official Veterans Day's date kept changing to everyone's confusion. It became apparent that most U.S. citizens wanted to celebrate Veterans



John Knox Village resident and veteran Dick Mellett with JKV Board of Directors President and veteran Paul Simpson during last year's Veterans Day ceremony.

Day on Nov. 11, because of that date's historical and patriotic significance.

On Sept. 20, 1975, President Gerald Ford signed the law which returned the annual observance to its original date starting in 1978. Hence, we celebrate the service of all veterans, both in war and peace on Nov. 11.

Our allies also have similar holidays to honor their veterans, with many countries celebrating their veterans on Nov. 11. The name of the day and the types of commemorations differ. Canada and Australia both call Nov. 11 "Remembrance Day."

Great Britain calls it "Remembrance Day" also, but observes it on the Sunday closest to Nov. 11 with parades, services and two minutes of silence in London. Red poppies are sold, and everyone proudly wears one, in large part due to John McCrae's poem "*In Flanders Fields*."

***If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields***

We honor the service of all veterans in times of war and peace. We salute you all in heartfelt appreciation.

Thanks To JKV Veterans For Their Service

Marty Lee Gazette Contributor

In the 102 years since the end of hostilities

in World War I, Nov. 11 has found a permanent place on the United States calendar as Veterans Day. This is the day we honor all Americans who have served in our country's military in time of war and peace.

John Knox Village is honored to count among its residents, more than 100 men and women veterans who served in all branches of the military – some dating back to World War II. Here are just four of the stories.



Veteran David Bayer

David Bayer: U.S. Navy '53 - '75

David Bayer was accepted into the U.S. Navy's Officers Candidate School in 1953. He served as an officer on several ships as well as land-based positions during his military career. The John Knox Village Cassels Tower resident retired from the U.S. Navy in 1975 as a Captain.

"Veterans Day serves as a special reminder for me to honor and appreciate all my fellow veterans who have served," David said. "Because of these veterans, I feel a strong sense of gratitude, not only for those things from which we are free, but because of the opportunities for our country to lead the cause for world peace, justice and unity. We can make the world a better place."

"I appreciate the privilege of having served my country, and especially for the support of my family for the hardships that they endured during my 22 years of active duty."

Dick Mellett: U.S. Army '64 - '86

Dick Mellett went through four years of ROTC at Penn State University and received a commission as 2nd Lieutenant upon graduation.

Dick served 22 years in the U.S. Army Corps of Engineers with tours in Germany, Thailand, Vietnam and South Korea with several stateside tours including: The Chief of Engineers Office in Washington, DC. He retired with the rank of Lieutenant Colonel.

As the Cassels Tower resident looks to Veterans Day, he says, "I reflect back on my 22 years of service to my country and the many friends I made while in the Army, some of whom, we still see today. It is also a chance for our community to recognize the service of veterans."

Kit Frazer: Gold Star Wife

Kit Frazer grew up in an army family. Born in St. Louis, MO, she started grade school in Japan, went to high school in Munich, Germany, and spent two years in Tehran, Iran. Returning



Gold Star Wife Kit Frazer

with her family back to Ft. Knox, KY, she met her husband, a pilot, Eldon B. Oakley on a blind date.

"We met in November and we got married in May." Kit followed her husband to Korea in 1963, where he was a pilot flying the DMZ. Then back to the States at Ft. Rucker, AL. Her husband instructed flight training on the Huey helicopter; then to Vietnam where he flew Medivac helicopters.

"After Vietnam he was assigned to Bangkok, Thailand, as the commanding officer of the aviation attachment," she said. "Exactly one year to the day (he had been promoted to Lieutenant Colonel just two weeks earlier), he was killed in a jeep accident in 1969."

As Veterans Day approaches, the South Garden Villa resident says, "I want my husband Eldon B. Oakley, to be remembered as a man who loved his country and was willing to give his life in the ultimate sacrifice. I will also think of my dad and be thankful to all our veterans because they are the ones who preserve the freedom we have."

David Thomson: Army Nat'l Guard '53 - '55 & Army '55 - '57

David enlisted into the Army National Guard in January 1953 and was drafted into the U.S. Army in 1955.

While in the Army, David was stationed at the Hanau Army Airfield, outside of Frankfurt, Germany. While on duty, David was a truck and Jeep mechanic and left the service as a Private First Class.

The South Garden Villa resident thinks about all those who served in the military during war and peacetime. "Veterans Day means to me, that those of us who served and those that gave their lives for the freedom of our country, receive the honor and respect that is due them and their families."

If you are a military veteran, see the accompanying flyer contained in this issue of *The Gazette*. Join us at a COVID-careful ceremony honoring our servicemen and women at John Knox Village on Veterans Day at 11 a.m. in the Village Centre Auditorium. Call (954) 783-4040 for information.



Veteran David Thomson

Get In On The Ground Floor Of Westlake At John Knox Village

From "Expansion" On Page 1

"Once construction is completed and final inspections are approved, the Aquatic Complex will be open for business," said Thom Price, Director of Plant Operations. "Besides relaxing, dining and drinking, residents and guests will be able to swim in our saline pools either on their own or by participating in many of the water programs offered by our Fitness Professionals."

Performing Arts Center And Restaurants

Price will not have long to bask in the success of the Aquatic Complex's completion, though. Construction of the Westlake Pavilion is underway. The 24,637-square foot project includes a 400-seat Performing Arts Center, two new indoor and lakeside restaurants—the Pearl and Seaglass—a Nautilus Bar and a pre- and post-event Gallery Space.

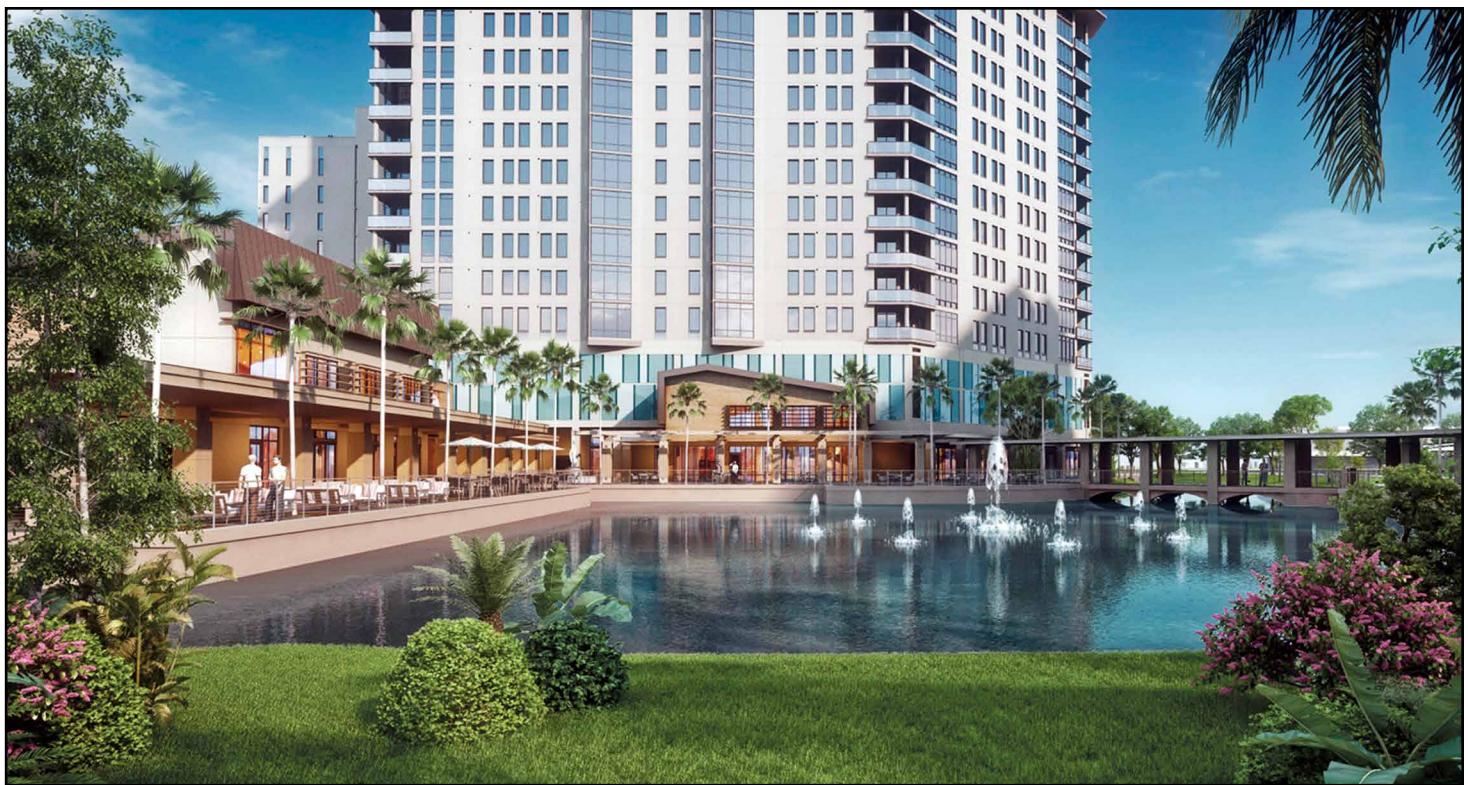
Running concurrently with the Pavilion project will be a redesign of the Village's water system. The campus' two current lakes—Rex Foster and Lake Maggie—will be rerouted to provide everyone on campus with more expansive and enhanced water views.

Westlake Project Now Underway

The Pavilion is part of JKV's most ambitious project in its 53-year history—Westlake at John Knox Village. The project's crown jewels will be the two



The John Knox Village Aquatic Complex is nearing completion.



Artist's rendering of the waterfront walkways at the Pavilion at John Knox Village.

independent living residential buildings—The Vue and The Terrace—adding 150 new, customizable state-of-the-art apartments, featuring seven open-air floorplans ranging in size from 1,231 to 2,259 square feet, and covered parking.

"Now is 'literally' the time to get in on the ground floor of the Westlake at John Knox Village project," said JKV Chief Marketing & Innovation Officer Monica McAfee. She added that people interested in becoming one of the priority depositors, affectionately referred to as Westlakers, need only to put down a \$100 **fully refundable** deposit. Call the JKV Marketing Department at (954) 783-4040 to learn more.

First-floor common areas of the Vue will boast many new amenities, including a high-tech production theater, technology hub, business center, art studio, Sacred space, club room, library, a bakery, a coffee and wine bar shop called the French Press and the Westlake Eatery, a fast-casual restaurant serving freshly made fare all day.

"As we open additional dining venues, we want each one to differentiate itself and have its own character and personality," said Dining Director Mallen. "The Glades Grill is next in this exciting journey."

Exceptional Life-Plan Opportunity

JKV is home to more than 1,000 residents in coastal Pompano Beach, FL. Independent Living residents enjoy their times in gorgeous Garden Villas, as well as four apartment buildings—Heritage Tower, East Lake, Village Towers and Cassels Tower.

The Village also offers the peace of mind for residents that comes from knowing all future, higher-levels of health care are taken care of at its on-campus assisted living facility, Gardens West, and two skilled nursing centers—The Woodlands and Seaside Cove, both of which also provide award-winning short-term rehabilitation care to members of the greater community.

To learn more about John Knox Village, the Westlake projects or short-term rehab care, call the Marketing Department at (954) 783-4040, or visit www.JohnKnoxVillage.com or www.jkvgrows.com.

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Holiday Shopping In The Age Of Pandemic Will It Ever Return To The Way It Was?

Nona Cree Smith
Gazette Contributor

The rapid spread of the highly contagious COVID-19 virus has had a massive impact on our lives, many of us staying at home for days, if not weeks. The effect of sheltering in place has greatly impacted the retail industry, causing many shops, stores and boutiques to close.

Some stores, even large malls, have decided to reopen cautiously with stringent safety measures in place. But will that be enough to lure shoppers back to the brick-and-mortar shops and giant malls? So far it has not, and many of the remaining stores, such as former retail giants like Lord & Taylor and Sears, might shutter forever if things do not improve.

Predictions about when things will "go back to normal" vary. It is clearly going to be a long journey; with many experts stating we may not return to 'normal' until mid-2021 or when a vaccine is readily available.

Shopping Was Our Cardio

I fondly reminisce back to the good old days of shopping. My daughter Chelsea and I were super shoppers. We loved to walk around malls window shopping, or finding off-the-beaten path boutiques for unusual gifts. Ever since I plunked Chelsea down on Santa's lap at the age of three, we have bonded over Saturday lunch and together time, simply shopping.

Our favorite store was Jacobson's in North Palm Beach's Oakbrook Square. From Chelsea's kindergarten photo outfit, prom and graduation dresses, her honeymoon trousseau, Lily Pulitzer maternity overalls, and the grandsons' baby outfits, Jacobson's had everything we needed to be fashionably au courant. Sadly, the store closed. But we discovered The Galleria in Ft. Lauderdale and spent many happy hours shopping there for holiday outfits and gifts. In the



The author's daughter, Chelsea, visits Santa at Sears to share her Christmas wish list during the mid '70s.

carefree mid-1980s, my friend Dee, Chelsea and I shopped until our credit cards screamed for mercy.

When we decided on lunch, we had to order two large booths, one for the three of us, and one for our many shopping bags and packages.

Sadly, and for the foreseeable future, COVID-19 has caused family shopping trips to be a thing of the past.

Retail has made the giant leap to cyber-shopping. It has been reported in *The New York Times* that retail sales are down as much as 35 percent in 2020, and that luxury stores have very weak sales and many have or will file for bankruptcy. Businesses that had minimal or no e-commerce online were hit the hardest.

In fact, retail's worst sales were also great for online sellers. Prada's online income doubled. Bottega Veneta's tripled. And farfetch.com, the digital marketplace that allows designer vendors to sell their goods online, has seen a surge in business. Unfortunately, the same cannot be said for stores such as Kohl's and J.C. Penney, both retail giants have struggled to stay open. Kohl's added some creative ways to increase foot traffic by partnering with Amazon. If you have an Amazon return, just drop it at your nearest Kohl's store and it will be returned for you. I have done that a couple of times and it is very efficient.

A common 2020 refrain has been that the pandemic just accelerated a shopping shift that had begun when the internet became more user friendly, Wi-Fi increased accessibility and speed, causing brick-and-mortar stores to continue to close at an alarming rate.

Black Friday Is Not Cancelled – It's Just Different

I remember the excitement of reviewing all the newspaper's advertising on Thanksgiving Day and plotting my attack on the malls and stores on Black Friday: Hunting down great sales, toy bargains and the perfect gifts for family and friends.

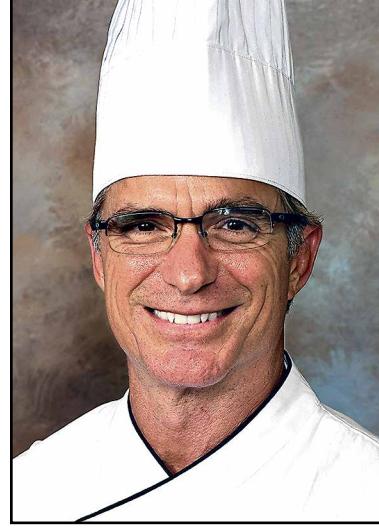
This year, COVID-19 will make the holiday season shopping different and not as much fun. Retailers have to provide a safe shopping environment for customers and an enticing selection of merchandise, as the import supply chain has slowed down.

Many shoppers may just stay at home, shop online and have merchandise delivered or opt for the store's curbside pickup.

I used to love Black Friday shopping and hopefully, we will be back to fairly normal shopping habits in 2021, albeit in a much different COVID-careful manner.

In Good Taste: Healthy Holiday Beefless Burgers Packed With Veggies, Flavors

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullucci

Even in these uncharted COVID-19 times, the holidays are replete with time-honored traditions that include favorite meals, often packed with calorie-filled starches, gravies, not-so-lean meats, sweets and extra servings.

To help in a small measure, John Knox Village Executive Chef Mark Gullucci offers this hearty, healthy and flavorful veggie burger recipe.

Chef Mark's major goal when creating this recipe was—if he was going to call it a veggie burger—to make certain it actually had vegetables in it. He succeeded. His has five cups of vegetables.

Many recipes are almost 100 percent beans, and while this recipe includes 1 cup of them, they are far from the star. Although a regular hamburger is easier to make, there is nothing difficult to this process.

A food processor helps chop the veggies, so they look like coarse crumbs. Eggs and Panko bread-crums help firm up the middles of the burgers, so they stay tighter when you take a bite.

Once you make the burger mixture, you can keep it in the fridge for 24 hours, or you can form the patties, cook them and freeze for up to three months—until the holidays are over.

Veggie Burger (Yields 4 Servings)

- 1 cup pulsed or finely chopped broccoli
- 1 cup diced red onion
- 1 cup sliced Cremini button mushrooms
- 3 cloves minced garlic
- 1 cup cooked quinoa
- 1 cup black beans



Chef Mark's veggie burger is a satisfying plant-based treat that even the greatest burger-lover will enjoy.

- ¼ cup shredded Parmesan cheese
- 1 cup Panko breadcrumbs
- 4 eggs
- 2 tbsp. Worcestershire sauce
- ¼ tsp. ground black pepper
- ½ tsp. granulated garlic
- ½ tsp. granulated onion
- ½ tsp. kosher salt

Method Of Preparation:

Sauté mushrooms in skillet with 1 tbsp. olive oil for 3 minutes, add garlic and sauté another minute or 2 to bring out garlic flavor. Set aside to cool.

Meanwhile place the broccoli, red onions, quinoa, eggs, cheese and seasonings into mixing bowl. Pulse the black beans in a food processor until they are course. Once the mushrooms are cool, do the same to them. Add remaining ingredients and blend well.

Form four 5-ounce patties. Heat 1 tbsp. blended oil in a skillet and brown the patties on each side for approximately 2 minutes until a crust is formed. Place in a 350-degree oven for 7 minutes or until internal temperature reaches 155 degrees using a probe thermometer.

Serve on your choice of bread/bun with sliced onion, lettuce or arugula and sliced tomato.

To see Chef Mark's veggie burger cooking demonstration and much more, visit the John Knox Village YouTube channel at: www.youtube.com/user/JohnKnoxVillage/videos

Book Review

Two Souls Indivisible

The Friendship That Saved Two POWs in Vietnam

By James S. Hirsch

Donna DeLeo Bruno
Gazette Contributor

This is the remarkable and harrowing story of two POWs, Porter Halyburton, a white gentlemanly Navy lieutenant flyer – college graduate, poet, and scholar, – and Fred Cherry, a black major in the U.S. Air Force, considered “one of their best combat pilots.” Both were shot down over Vietnam, confined and tortured for seven years.

The abuse by their captors was brutal, Cherry was on the brink of death more than once. After four years of solitary confinement in an extremely dark, cramped cell with a freezing concrete floor overrun by insects and vermin, Halyburton’s resolve to live was waning. At the very nadir of his existence, he was moved to a different cell where a very seriously injured, feverish Cherry – his shoulder wrenched from its socket, arm dangling limp – was hovering between life and death. Cherry had come from Room 18, which had soundproofed walls to deaden the screams of those being interrogated and tortured. The guard’s order to Halyburton: “Take care of Cherry,” And so began one of the most remarkable encounters in military history.

Unlikely Alliance

At first, each was wary of the other. A Southerner, Halyburton had never known a black pilot or any black who outranked him. He had heard that blacks did not have the depth perception necessary for fly-

ing, so he was suspicious. Similarly, Cherry distrusted the white Navy officer who assumed he was a spook to trick him into giving information.

Cherry had already suffered the “fan belt treatment” – hit with bamboo and rubber strips – but he refused to sign statements condemning his government. For 90 days, Cherry was put in leg irons and chained to his bed board, but despite intense agony, defied his captors by knocking his head against the cement wall, transmitting by code information about enemy tactics to other prisoners. His resilience and resourcefulness made him a legend.

Halyburton had suffered his own torture elsewhere. His arms behind his back, ratchet cuffs attached to his wrists were slid down to his forearms. Draping a rope, they tied his neck to his leg irons. Pulling the rope forced him to bend forward, causing great stress on his body and tightening the cuffs around his forearms.

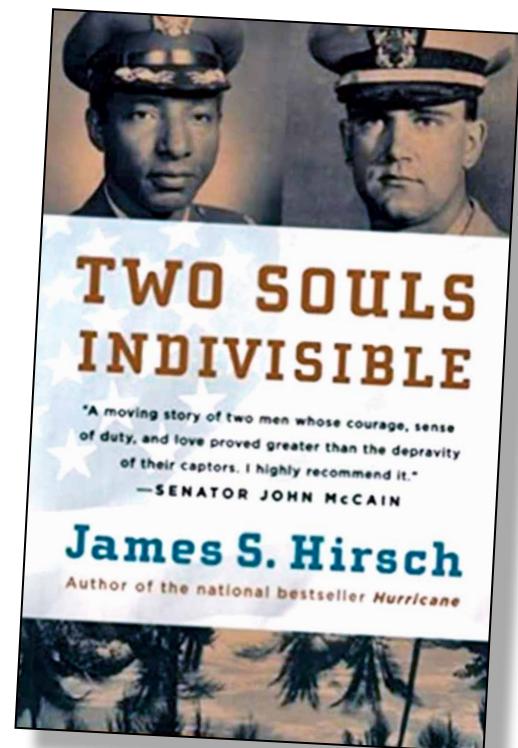
The Path To Mutual Survival

Most awe-inspiring is how these two men were victorious in their exercise of humanity over sadistic inhumanity. Each gave the other incentive to resist and endure. In Cherry’s most weakened state – at 85 pounds, frail, wasted, unable to stand – his friend lifted him over a bucket pulled to the side of the bed to defecate. He washed him daily, treated his constantly bloody shoulder and bedsores, and screamed and demanded medical treatment. For hours all through the night, Halyburton lifted and released a too-tight cast that was suffocating Cherry each time he breathed.

After seven years as a prisoner of war, Cherry was released with the first group of American POWs to be sent home in February 1973. Cherry was very pleased to meet up with his old friend and cellmate, Halyburton, at a military hospital in the Philippines, at Clark Air Base.

Reviewer's Personal Memories

I was privileged to know Porter Halyburton as a neighbor and attended a ceremony at the Naval War College in Newport, RI. Their respect and love for one another was palpable. Halyburton said, “their



friendship renewed his spirit and motivated him to find meaning in captivity...the task of caring for Cherry gave a definite purpose to my immediate existence.”

Cherry, who during his youth and later in the military had been the victim of racial discrimination, shed tears to again see this white man, who so gently bathed and ministered him in confinement.

“You saved my life,” declared Cherry embracing Halyburton on that stage. “It was a privilege,” responded Halyburton. What most impressed me was that in the horrendous atmosphere of a prison camp, together – black and white – created a more perfect America than Cherry had ever found back home in America itself.

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

5th Annual Active Aging Week Was A 'Virtual' Success

Jamisyn Becker
Gazette Contributor

The Life Enrichment team at John Knox Village was so excited to be able to plan this year's

5th Annual Active Aging Week.

As many know, this year has presented all of us with new challenges, but that did not stop the team from delivering the same high-caliber, robust activity schedule for residents to enjoy during the week.

There was a combination of live in-person events, and others offered "virtually" on Zoom. This "new way of doing things" has pushed many of us to go outside of our previous comfort zones and grow in ways we never knew we could.

Some of us have stretched ourselves to learn new technology. That, in itself, is Active Aging at its best.

This year's Active Aging Week brought many events from which to choose. Some favorites from the week were our virtual cooking classes with Carol Green, our in-person cooking demo with our very own Executive Chef Mark Gullusci, while others enjoyed the Fitness Challenge and Dance Around the Clock events.

We were also fortunate to have a variety of lectures, notably, "Boosting your Immune System" with regular *Gazette* contributor and Medical Director of Advent Health, The Center for Whole Person Health, Dr. Tereza Hubkova and "Making SENSE of Brain Health" with Dr. Linda Sasser.

The week concluded with a "Soiree Under the Stars" – an outdoor celebration at our new Welcome and Innovation Center, where residents and the team were able to safely gather and celebrate the week and the opportunity to be together again.



Mitch the Magician entertained in the Village Centre Auditorium with COVID-careful shows during Active Aging Week.

Residents Embraced Active Aging Week

Heritage Tower resident Liz Lycke has enjoyed the lifestyle and events at JKV for four years. She actively participated in many events during this year's COVID-careful Active Aging Week. Liz said she was "absolutely amazed at the imagination of the events and how we were all kept entertained."

Liz feels safe and comfortable during these pandemic times at JKV. "The management took action early on and were ahead of the curve. Everything is under control, and I take advantage of the home delivery of meals. I've tried all the dishes and appreciate the tremendous selection."

She gives the Life Enrichment team high praise for its perseverance and adaptation in bringing events to the residents. "We have so many choices, and I appreciate the aerobics opportunities, the music and dance events outside."

During Active Aging Week, Liz participated in the brain training classes and the lecture on improving the immune system, but one live event brought a bit more normalcy to life at JKV.

"My favorite event was the Friday night soiree," she said. "It was wonderful to have a great time while social distancing and meeting in-person with fellow residents and staff."

Fellow resident Andrea Hipskind is one of the most active members of the JKV community. She is a frequent attendee to a variety of on-campus events. Active Aging Week gave Andrea the opportunity to expand her horizons.

"I signed up for everything that I could attend in person," Andrea said. "I loved Carol Green's Zoom cooking sessions. I always enjoy Mitch the Magician and I liked the decluttering class on Zoom."

"The week of events was outstanding. Lots of kudos to the Life Enrichment team in figuring out how to do all this. It could not have been easy."

"For example, Carol Green's cooking sessions were Zoomed, so rather than watching Carol live in front of me, she was Zoomed right to the big screen in the Auditorium, where I could actually see her working even closer than if she were here in person."

"I loved the closing night's soiree. It was a terrific time, meeting with each other again while social distancing. It was almost like being back to normal."



Heritage Tower resident Sandy Sprague poses for her caricature by artist Angela Wilkins during the evening soiree at the new Welcome and Innovation Center.

It's so great to laugh and engage, even while masked and at a distance of six feet. Laughter is the whole reason for my being right now, so Active Aging Week was the elixir that brought me joy and laughter."



JKV resident Ruth Brown and Ginger pose for their portrait during JKV's "Furever Friends" pet photography sessions.



JKV residents, family and friends gather together at the new Welcome and Innovation Center during Active Aging Week.

"I would like to take the opportunity to thank everyone for participating in this week of events, whether in person or in the comfort of your homes on Zoom. I am especially proud and thankful to the Life Enrichment team—Yael Fishman, Bea St. Pierre, Jacquee Thompson and Nicholas Sconiers, and our Production and Events Manager, Teddy Tennie, who worked tirelessly to continue to think outside of the box and provide innovative programming during this unprecedented time. Thanks also to our Marketing team: Kim Morgan, Rob Seitz, Thomas Rodriguez, Mark Lewkowicz and Marty Lee working behind the scenes to create our collateral and capture the moments throughout the week on video and camera. It has been so great to be able to see each other in-person again and enjoy these moments together. Let us all raise our glass and toast to continuing to age actively together."

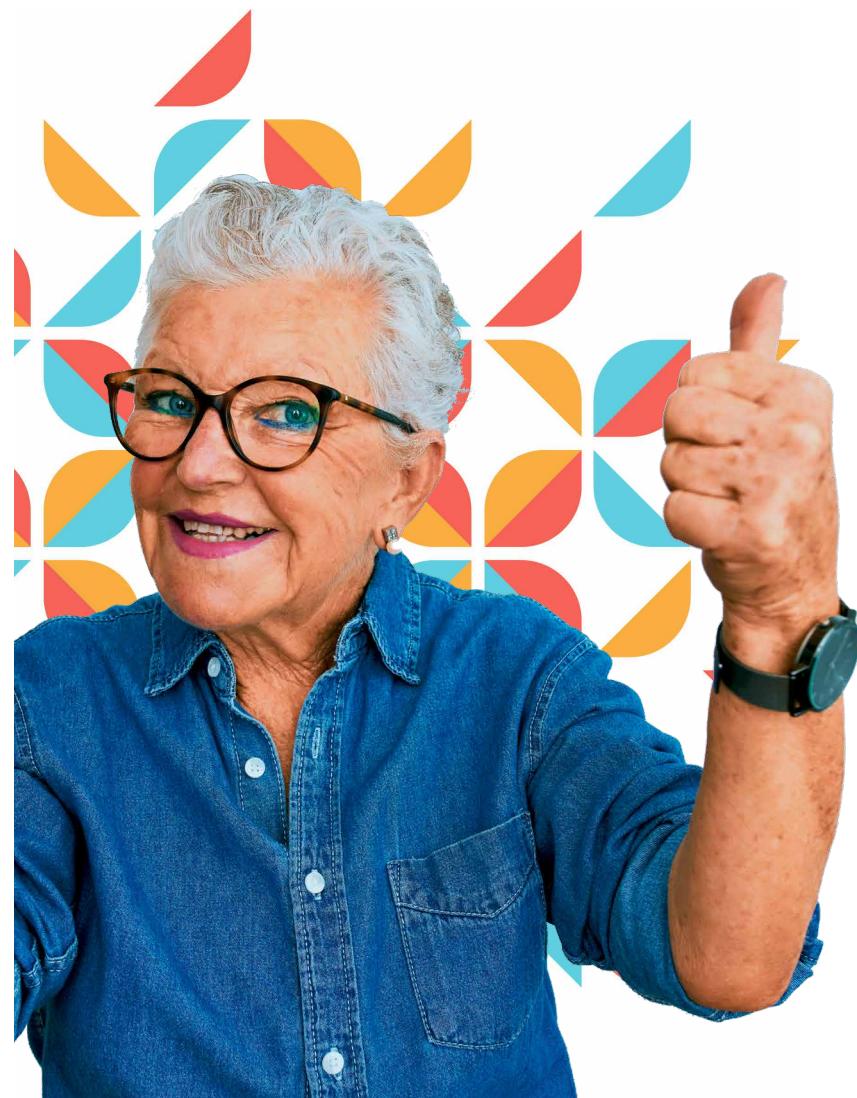
– Jamisyn Becker,
JKV's Life Enrichment Manager

Sudoku

Answers On Page 10.

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

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

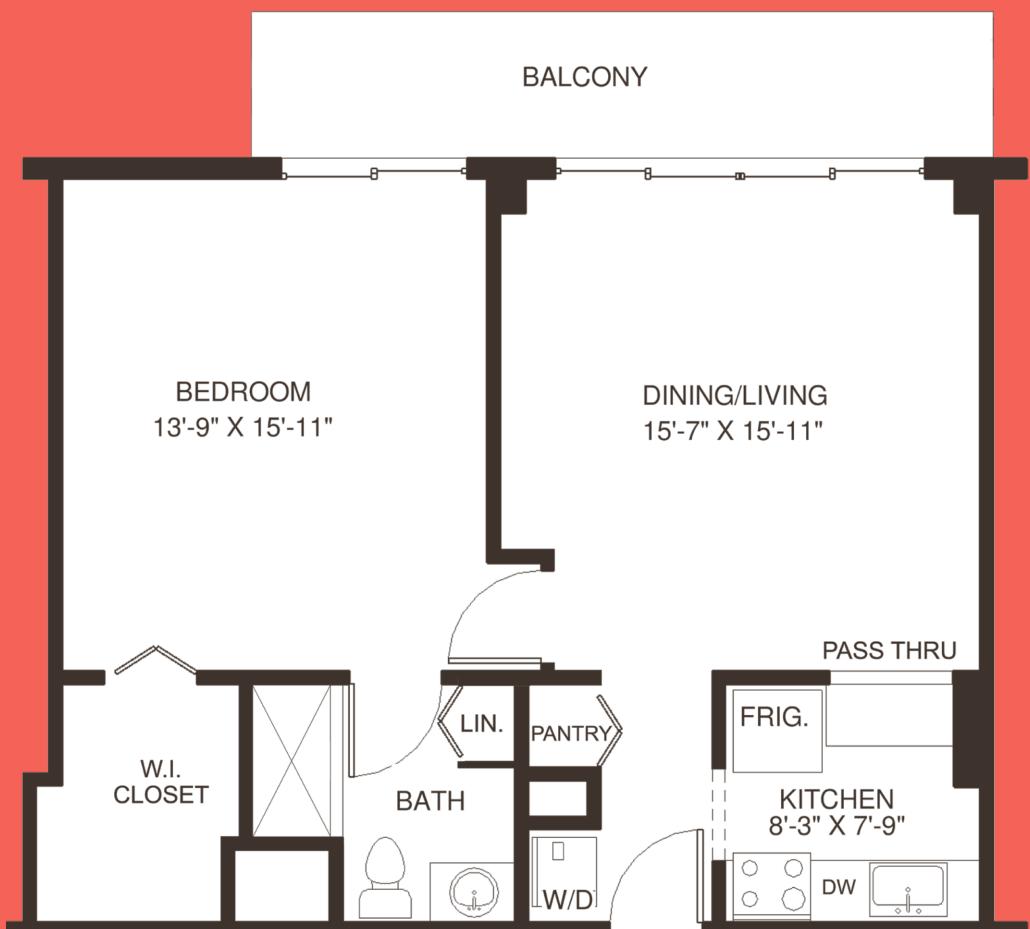


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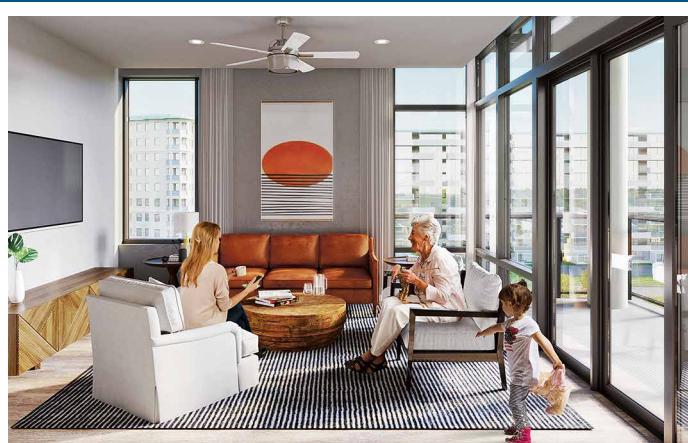
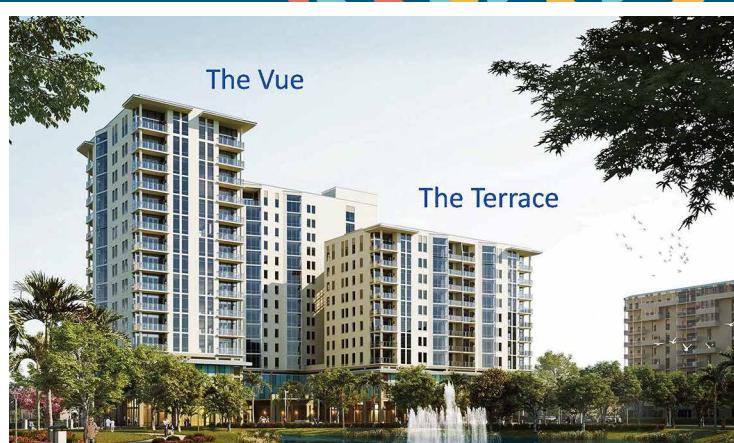
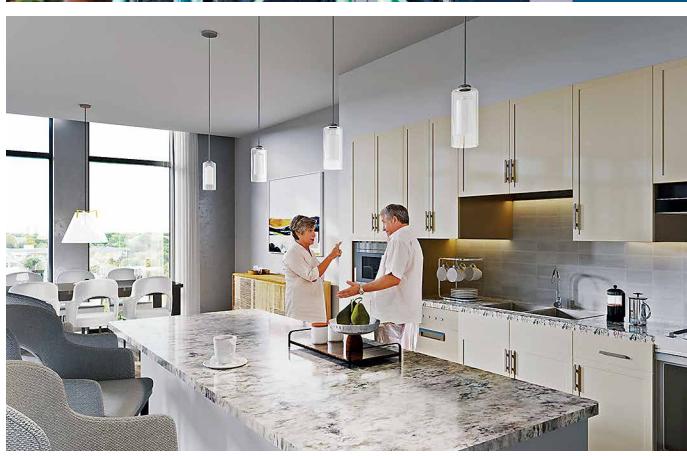
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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial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

Thanksgiving In The Times Of Pandemic

Be Mindful Of Your Health During The Upcoming Holidays

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

The holidays will likely be a little different this year with the SARS-CoV 2 virus causing COVID-19 still among us.

Even if a vaccine gets released in record time, we will not know how effective or safe it will be for quite some time, so being cautious will be still hugely important.

Deciding to stay at home alone or to visit family or friends is not an easy, nor potentially inconsequential decision.

Holidays can exacerbate the feelings of loneliness for those who cannot, or do not have anybody to share them with. And loneliness is not good for our health. In fact, the effect of loneliness on our risk of becoming sick or dying is on par with obesity, high blood pressure, smoking or being physically inactive. Loneliness undermines our immune systems, making us more vulnerable to infections, but also negatively impacting our cognitive capacities and mood.

Safely Reconnecting During Holidays

But for those over 65, or with pre-existing conditions, sharing a Thanksgiving meal with loved ones could come at the highest price. For many, reconnecting with family and friends will be safer virtually, this year. Thankfully, we have the technology that allows us to stay connected even when we are hundreds of miles apart.

Whatever your decision about holidays will be this year, here are some other things to bear in mind:

Large meals, or meals that increase our blood sugar too much, make our immune system temporarily paralyzed. Macrophages, the cells capable of detecting, hunting down and eliminating germs, get less effective when surrounded by sugar. They are also less effective in "cleaning up after the battle," leading to more tissue damage and a perpetual inflammation. I will skip the dessert, personally, this year, and enjoy a variety of unique vegetable side dishes, which are my favorite part of the Thanksgiving meal anyways.

Be Mindful Of Your Health

Alcohol is another immune suppressant to be especially mindful of this year. Alcohol disrupts our sleep, and sleep deprivation sends our immune system down the drain. A single night of sleep restric-



Holiday gatherings and the family Thanksgiving meal may not be as traditional as the scene above. This year we may gather together over Zoom to share greetings and conversations while social distancing.

tion to just four hours of sleep, suppresses the activity of our natural killer cells – the cells that neutralize viruses and fight cancer, by a whopping 70 percent. Besides alcohol, sugary desserts, coffee, and eating late at night all disrupt our sleep as well.

When we sleep (at night, that is, when it is dark), we produce an important neurohormone called melatonin – another major player in our response to viral infections. Low melatonin has been associated with a more severe COVID, and if we do not get enough sleep to make sufficient melatonin, we are putting ourselves at further risk.

Exposure to artificial light in the evening interferes with our circadian rhythm and melatonin production, so switch off your TV and put away your electronics before dusk. Ask your physician if taking melatonin supplement might be right for you (some scientists believe we are all depleted of melatonin since the invention of electricity, but some may be at an even higher risk, like those working night shifts or taking medications like beta-blockers). Make sure, that if you take melatonin, that it comes from a reputable company as the levels and quality between different supplements fluctuate widely.

Be Cautious As You Travel

Whether you decide to travel and be around other people this holiday season, check your vitamin D level and your zinc level. Make sure that your vitamin D level is at least 38 ng/ml, which cuts the risk of upper respiratory viral infections in healthy volunteers by half, and make sure your serum zinc is between 0.66 mcg/mL and 1.1 mcg/mL, as low zinc makes it easier for viruses to replicate (among other

negative effects on our health). Have foods with vitamin C or take a vitamin C supplement two to three times a day, as vitamin C has a short half-life. For instance, you can have berries, kiwi or citrus fruit with breakfast, and broccoli, bell peppers, Brussels sprouts, leafy greens and other vegetables with lunch and dinner. Vitamin C seems to reduce the severity and duration of colds but may be particularly important in those who are hospitalized.

If you do travel, you might want to pack some Echinacea and Elderberry with you, in case you do get sick, but also consider taking Astragalus (*Astragalus membranaceus*) and garlic preventively, if ok with your physician. In one study, taking daily garlic extract between November and February reduced frequency of colds by 37 percent (and as a bonus the odor might keep others physically distanced from you as well).

However different, or hard it is this year, do not skip Thanksgiving. It is important for us to reflect and express gratitude. Love, gratitude and appreciation boost our immunity and are what life is all about. Tell your loved ones how much you appreciate them. Laughter is the best medicine, so make somebody laugh this holiday season, if you can.

Even in this difficult year there is a lot for which to be grateful. Have a safe and lovely holiday.

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. Dr. Hubkova is a regular contributor to The Gazette.



While the countdown to decision is nearing its culmination on Tuesday, Nov. 3's general election, it is important to make your voice heard. Once this issue of *The Gazette* is delivered to your home, you'll have only days to make your vote count.

If you have already voted by mail, we hope you have followed all the guidance and put your ballot into the mailbox early. If you have not voted by mail,

your decision will be to either cast your vote early or wait until election day Nov. 3.

Early voting in Broward, Miami-Dade and Palm Beach Counties will end at 7 p.m. on Sunday, Nov. 1.

If you have not voted by mail or taken advantage of early voting, your final opportunity is election day Nov. 3. As you arrive at the polling place, do not be dissuaded by SELF-APPOINTED POLL WATCHERS trying to influence your vote. It is YOUR RIGHT to vote, and if you are a legally registered voter, NO ONE has the right to tell you any differently. The same caution should be noted of any advertising, text messages, Facebook or Twitter postings, or robocalls trying to influence your RIGHT to vote.

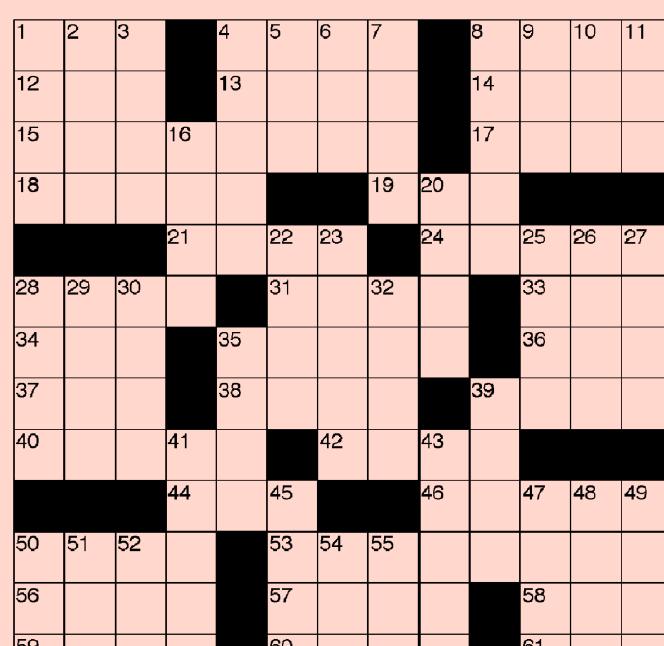
For any specific questions or concerns, you will want to check with your County Elections office. They will have the correct and legal information to any questions you have on your right to vote.

In Broward County, voters should visit the website: www.browardsoe.org or by phone contact: Broward County Supervisor of Elections (954) 357-7050.

For Miami-Dade County voters, visit the website: www.miamidade.gov/global/elections/home.page or by phone contact: The Elections Department (305) 499-8683.

In Palm Beach County, voters should visit the website: www.pblections.org or by phone contact: Palm Beach County Supervisor of Elections (561) 656-6200.

Be wary of anyone or any group attempting to intimidate your RIGHT to vote. Report any instance of intimidation to the proper law authorities and to authorized poll workers. If you are a registered voter, and you know you are at the correct voting venue, do not be intimidated, report the abuse and VOTE.



Crossword Puzzle Of The Month

ACROSS

- 1. Antiballistic Missile (abbr.)
- 4. Son of Ruth
- 8. Heddles of a loom
- 12. Shaft
- 13. Dismiss
- 14. US dam
- 15. Tier
- 17. Winglike
- 18. Chateaubriand heroine
- 19. Delirium tremens (abbr.)
- 21. Variation (pref.)
- 24. Blaubok
- 28. Time period
- 31. Ecclesiastic box
- 33. Abridged (abbr.)
- 34. Atl. Coast Conference (abbr.)
- 35. Dismal
- 37. Before
- 38. Burden
- 39. Middle (pref.)
- 40. Eradicate
- 42. P.I. tree
- 44. Gelderland city
- 46. Viper
- 50. E. Indian fiber plant
- 53. Can
- 56. Open
- 57. Initial (abbr.)
- 58. Bronze (Lat.)
- 59. Languish
- 60. Rattan
- 61. Bacon, lettuce, and tomato (abbr.)
- 36. Beam
- 37. Before
- 38. Burden
- 39. Middle (pref.)
- 40. Eradicate
- 42. P.I. tree
- 44. Gelderland city
- 46. Viper
- 50. E. Indian fiber plant
- 53. Can
- 56. Open
- 57. Initial (abbr.)
- 58. Bronze (Lat.)
- 59. Languish
- 60. Rattan
- 61. Bacon, lettuce, and tomato (abbr.)
- 28. Bookbinding style
- 29. Pale brown
- 30. Maple genus
- 32. Arabian judge
- 35. Ran
- 39. Created
- 41. Kind
- 43. Slip
- 45. Heroic
- 47. Dull yellowish brown
- 48. Daredevil Knievel
- 49. Peace of mind
- 50. Weaken
- 51. Silkworm disease
- 52. Bobsey twins
- 54. Genetic letters
- 55. A (Ger.)

Answers On Page 10.

Important Update For AOL Email Users

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

More than likely, by the time you read this, Apple will have introduced the new four models of the Apple 12 iPhone. It is expected that, as always, prices on previous models will come down and deals will be offered by all the vendors. We will have to wait and see.

Toward the end of October, America Online (AOL) will be asking you to update the application you use to read your mail.

This only applies to reading email on a smartphone or a tablet ONLY, where you do not currently use the official AOL application. AOL has updated the security software and will not support old clients without a new login.

Update AOL Email Settings

The solutions are simple and quick, but they require you know your email password. If you have no idea as to what your password might be, call AOL at (888) 265-5555 or (800) 358-9775 for assistance.

Remember, if you read AOL mail on your computer with the paid AOL Gold software or at www.aol.com you have nothing to be worried about.

If you read it on a computer using an older email client you need to contact AOL for individual answers and to create an application specific password, put that in your email client, or move to reading mail at www.aol.com.

On your smartphone/tablet, the easiest thing to do is open the application store, search for AOL email, select the blue AOL logo, download and install the official AOL email application. Log in with your AOL username and password and you are all set.

From then on, use the AOL application and no longer the old email client on your device.

This means you have to use a new application that works differently than what you were accustomed to. If you don't want to change your behavior (i.e. you

The online service first appeared in 1985 as PlayNET. It changed its name to the familiar America Online (AOL) in 1989.

still want to click the same envelope as always on the iPhone or the email icon on your Android phone), it will require a few minutes of work. Remember you still need to know your existing AOL password.

iPhone Or iPad Settings

On an iPhone or iPad: Open Settings, Select Mail, look for Accounts. You will see a list with the word AOL, select it and press Delete at the bottom and a second time, Confirm Delete again at the bottom. Patiently wait for the spinning circles telling you it is deleting your account. This may take a few minutes.

You are now returned to the Account page. Click "Add Account." This is the most important part, you will see a list of email companies, you must select the AOL Logo. Now type in your AOL email address, click the big blue Next button. Enter your password on the next page and again click the big blue Next button, wait and on the next screen in the upper right corner press Save.

At this point press your round Home button, if you have one at the bottom, or swipe up from the bottom. You are finished.

Android devices can all be a little different, you

may need to call your cell phone company for help.

Open the Settings app. Look for Accounts or accounts and backup, if you don't see "Accounts," tap Users & Accounts, now select Accounts. Find your email icon with the aol.com address you use. Press remove account and confirm the deletion. When it is done you are returned to the same list. Now go all the way to the bottom and look for "Add Account." Touch that, on the next page scroll to the email client icon. This is the most important part. You must pick the AOL Box, enter your email address at AOL, press next. On the next page enter the password, press next, on the next page click Agree. You are done, return to your home page and read your mail.

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.

Got To, Or Get To? Count Your Blessings

A Change In Perspective Will Help Your Outlook On Life

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

I'm a muse and one of my clients is an 80-year old man in Boynton Beach. As a muse, my role is to inspire him to love life and overcome the trappings of an abusive childhood.

Recently, we were talking and he was moaning the fact that there were these "chores" he had to do. He had to get air in his tires and make this and that stop for these and those things.

He was inviting me to his pity-party of feeling sad that he's alone (his beloved wife passed three years ago), and these things fall to just him to handle. It was a watershed moment. Would he succumb to the sadness or could I somehow elevate him out of that doldrum?

Count Your Blessings

I was quiet, allowing the moment to percolate when it occurred to me that it wasn't that he "got to do these things," it was that he gets to do them. I shared this revelation with him, and his confused expression said it all.

"OK," I said it again. "You don't got to do these things, you get to do them." I elaborated, "You are blessed with two legs and two arms that work, you can walk up and down stairs, you walk for an hour most days, you prepare meals for yourself, you can drive, you feel well. You are physically capable of doing these things, so instead of thinking that it's something you have to do as a burden, consider that it is a privilege and a blessing to be able to do them."

His face lit up. "I understand. I don't got to do



Take advantage of your opportunities in life, and embrace the joy in "getting" to do things of which you are capable.

them, I get to do them. I can see what you mean. I never thought of it like that."

Change Your Perspective

What shifted for him was simply his perspective. He looked at the same circumstance through a different lens – that of gratitude – which led to him feeling empowered and uplifted. The burden was lifted, replaced by a sense of satisfaction.

What is it in your life that burdens you? What is it that you think you GOT to do that might just shift radically by realizing that you GET to do it? Are you suffering the indignity of aging, or are you looking for and seeing the opportunities, advantages and blessings of this chapter of life?

Often, a simple shift in perspective can relieve suffering and bring unexpected fulfillment and joy.

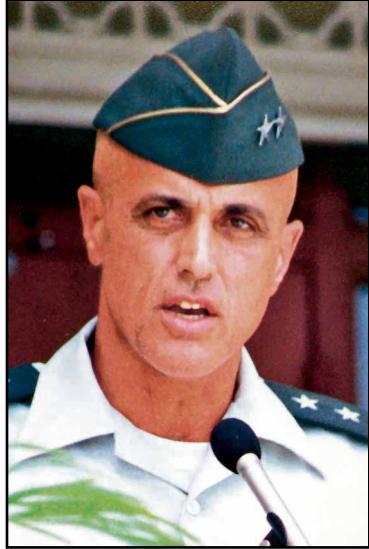
Be a Savvy Senior. Look through the lens of gratitude and focus on the blessings in your life. Recognize that you don't GOT to do anything, you GET to do it. Then enjoy how things shift for the better.

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

Remembering Our Veterans: Thank You Larry For Your Deeds

We Are Not Followers Of The Word As Much As The Deed

Burn Loeffke
Gazette Contributor



Burn Loeffke

The author Michael Blankfort writes, "Few men are won by principles alone, but by men who preach and live them. We are not followers of the word as much as the deed that emerges from it. It was the example of Christ, not merely his sermon that conquered his followers."

As we celebrate Veterans Day on

Nov. 11, I recall my own military experiences. In particular, I think about a man of principle, who was a soldier in the unit I commanded in Vietnam. Every day I thank Sgt. Larry Morford. He was a man, who indeed lived his words.

Sgt. Morford was a role model. He influenced me more than anyone else in the four years I spent in Southeast Asia. Larry did not believe in war as the way to resolve conflicts. I once asked him since he felt this way, why had he volunteered for Vietnam and combat duty? He responded, "Sir, the job you and I are doing is the

job of a beast and the least beastly should be doing it." That was Larry's sermon and he backed it up by volunteering for dangerous missions. He explained that he could not have stayed at home while others were fighting for his country. Sgt. Morford was killed a few days before he was to return home.

Veterans Are Heroes

There have been many brave people in my life. One who has been in the news lately is John McCain. Shot down over Vietnam, he broke his back and other bones in the crash. He was tortured and held prisoner for years. When his captors learned that he was the son of a senior Navy Admiral, they wanted to release him, but John refused. He would not go until all his friends were released. He was tortured and held captive until all were released.

In a larger sense, the term, "Veteran," implies someone who has been through an event worth mentioning. Today, we have thousands of "Veterans" who are heroes on the front line against the COVID-19 battle, and the fire fighters on the West Coast battling massive wildfires.

One of the roles of a leader is to keep hope alive. Thank you again Larry Morford for being one of those leaders.

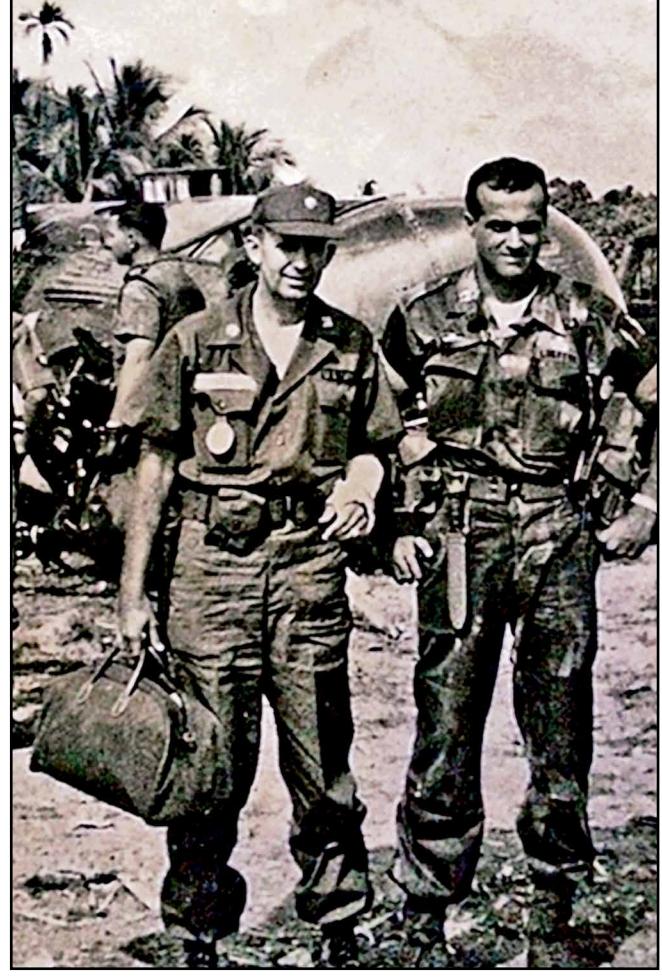
More Than Honor, A Call To Action

Every 65 minutes, a military veteran commits suicide. Many feel helpless and hopeless.

Most of their wounds are chronic. They are in pain physically and emotionally, or both much of the time. My own combat injuries do not compare to the wounds many have suffered, but I must confess that I have often felt hopeless: When I realize that my symptoms from head traumas require brain surgeries that often must be repeated more than once and that there is no cure.

What kept us together in combat was our unit. We were a family. Now that we are no longer in the military that family is gone.

What can we do? Visit the website: www.avets.org or call (800) 810-7148 and see how you can help. It has been said that the role of a leader is to keep hope alive. Be a leader in keeping our veterans alive.



Then Captain Loeffke (right without a cap) walked away from a helicopter crash where two soldiers died from head wounds during the 1960s. You can see the crippled helicopter in the background.

Bernard "Burn" Loeffke is a retired Major General of the United States Army. He fought and was wounded in the Vietnam War. In four years of combat as a Lt. Captain, Major and Lt. Colonel he was awarded several valor awards including the silver star, bronze star and others. He later served as the commanding general of U.S. Army South. In the 1980s, He was the first American Army General to serve as Defense Attaché in the Peoples Republic of China and was also Army Attaché in Moscow. In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the old USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas such as Bosnia, Haiti, Kenya, Iraq, Niger; Darfur and the Amazon jungles.

A Gratitude Journal 'Will Change Your Life Mightily'

Rev. Dr. Bridgette A. Sullenger
Gazette Contributor



Rev. Dr. Bridgette A. Sullenger,
JKV's Spiritual Life Director

This year has certainly changed the way of the world. As we come into this season, we usually recall why we are thankful.

We can be thankful for a million things: From a good cup of tea or coffee, good friends, a good book recommendation, to a full pantry and a place to call home.

Earlier this year I attended a Zoom event

better off than others. Gratitude is appreciating what you have that fills your life and makes your days. This is what makes a gratitude journal so valuable and uplifting. When we appreciate what we have, no matter how small and or insignificant it might seem, we begin to focus on the positive aspects of our life rather than the negatives. It's like the quote from Douglas Wood that says, "The heart that gives thanks is a happy one, for we cannot feel thankful and unhappy at the same time."

A World Of Dramatic Change

The pandemic brought on so many world challenges and focusing on a gratitude journal and what I have that I can be thankful for, brought me to a deeper sense of life. Did I have a spiritual awakening lightning bolt moment? No. Did I come to see that even amid change, frustrations and world challenges, that there was always a silver lining and something

for which to be grateful? Yes.

Looking back at my gratitude journal, there were some days I wrote a very nondescript sentence like, "Today I am grateful for pretty clouds." One day I even wrote, "Today I am grateful for air." I think I was having a rough day and being a tad sarcastic. However, the ensuing chuckle that it brought me, when I did my week in review, certainly brought me some joy.

I understand that life has not been the most fun this year. However, there are things, events, people and times that we can focus on with a heart full of gratitude.

Giving thanks in the form of a gratitude journal is simplistic and complex. It is also rewarding and fulfilling. I believe it was Gerald Good who reminded us: "If you want to turn your life around, try thankfulness. It will change your life mightily." I couldn't agree more.

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

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

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

that focused on how to write a gratitude journal. Taking most of the research from *Psychology Today* and four research studies, including one from the National Institute of Health, the article titled, "The grateful brain: The neuroscience of giving thanks," explained the key concept, that once we become aware that there are things to be grateful for and actually put them down on paper with a pen, that we become more engaged, more positive, less depressed, have improved sleep and lowered anxiety, as well as, increased dopamine in the brain which heightens happiness.

Start Your Gratitude Journal

A gratitude journal begins with the same sentence every day: Today I am grateful for _____. Gratitude is not simply saying or writing about why you are

NSU Art Museum Fort Lauderdale To Host New 'Art South Florida'

Jessica Graves

Public Relations Manager,
NSU Art Museum Fort Lauderdale

NSU ART MUSEUM

FORT LAUDERDALE

South Florida artists who are recipients of the 2020 South Florida Cultural Consortium awards, the exhibition will be curated by NSU Art Museum's Director and Chief Curator, Bonnie Clearwater, a longtime champion of South Florida artists. *New Art South Florida* will be on view at NSU Art Museum from Nov. 21, 2020 to Feb. 21, 2021 and will be accompanied by a publication featuring essays by Clearwater and others.

Featured South Florida Artists

The exhibition's artists work in a wide range of mediums and include: Broward County: Nathalie Alfonso, Shane Eason and Andriana Mereuta; Miami-Dade County: Itzel Basualdo, Franky Cruz, GeoVanna Gonzalez, Nicolas Lobo, Monica Lopez De Victoria, Kareem Tabsch and Antonia Wright; Palm Beach County: Ates Isildak; and Monroe County: Michel Delgado and Mark Hedden.

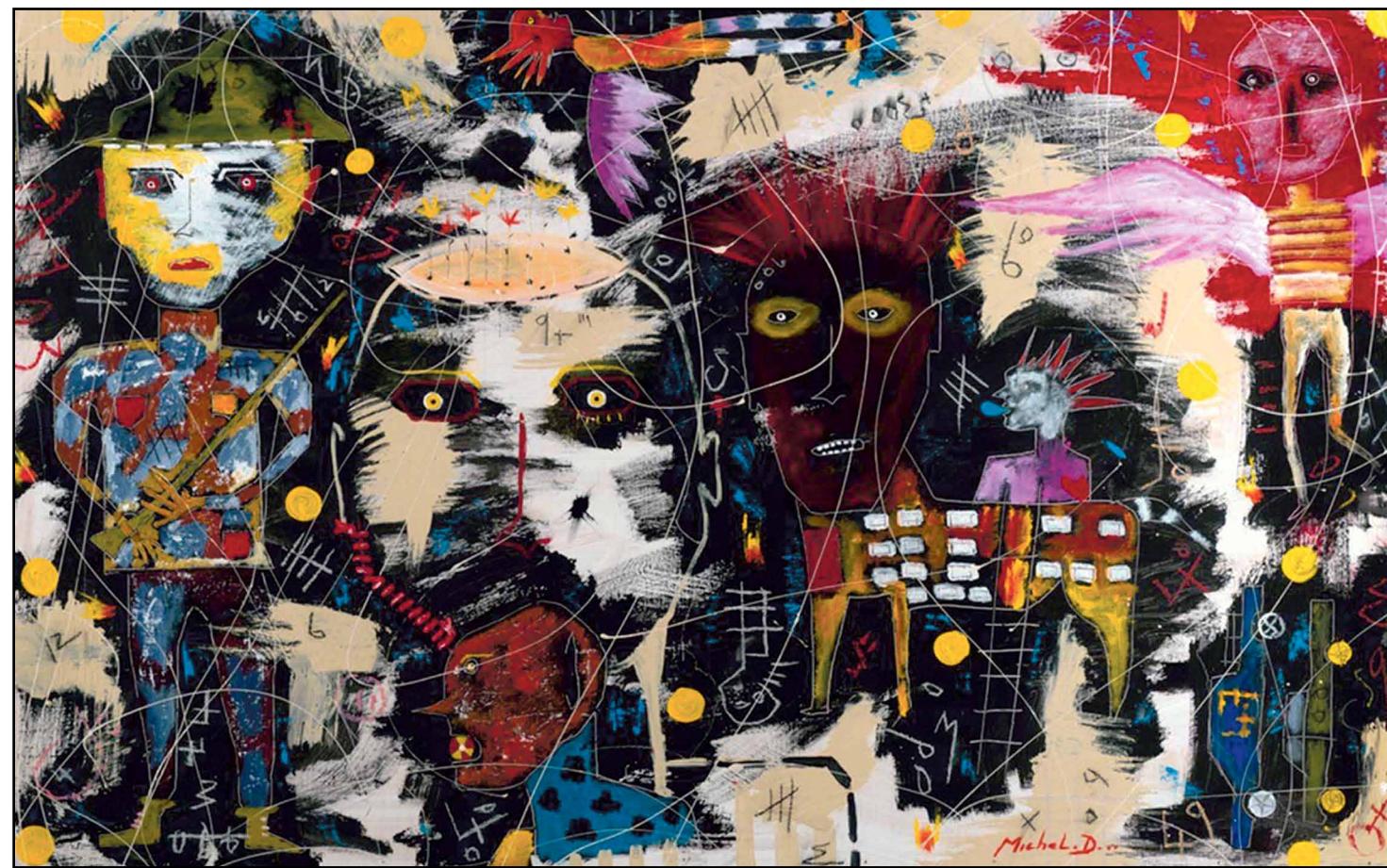


Miami-Dade County artist Kareem Tabsch.
Image source: NSU Art Museum Fort Lauderdale.

"In times of uncertainty such as these, it is especially important to support and showcase local artists who strengthen our communities and offer us new ways to see the world," Clearwater told *The Gazette*. "NSU Art Museum is proud to present the South Florida Cultural Consortium exhibition and we thank the arts councils that have long recognized the importance of helping to sustain our region's local artists."

The Consortium, an alliance of the arts councils of Broward, Martin, Miami-Dade, Monroe and Palm Beach Counties has conferred the artists with awards at either the \$15,000 or \$7,500 level. These awards are among the largest such honors accorded by local arts agencies to visual and media artists in the United States. Celebrating 32 years in 2020 (established in 1988), the SFCC has awarded over \$4 million in

NSU Art Museum Fort Lauderdale will kick off its new exhibition season with *New Art South Florida*, the 2020 South Florida Cultural Consortium (SFCC) exhibition. Featuring the work of 13 preeminent



Many creative works by South Florida artists will be on display during the South Florida Cultural Consortium (SFCC) exhibition at NSU Art Museum Fort Lauderdale. Above is one of the works by Michel Delgado entitled "Soldier," 2019, Oil and mixed media on panel. Image courtesy of the artist.

grants to more than 300 artists. In addition to receiving the grant, the artists take part in an exhibition hosted and organized by a visual arts institution in one of the five counties.

Selected By Noted Arts Experts

The recipients were selected through a two-tier panel process which included the participation of regional and national arts experts.

The 2019-2020 regional panel, whose adjudications are based on the evaluation of the artists' work as evidenced by the work samples submitted, included: Aldeide Delgado, Founder & Director, Women Photographer's International Archive (Miami-Dade), Stephanie Seidel, Associate Curator, Institute of Contemporary Art, Miami (Miami-Dade), Bonnie Clearwater, Director and Chief Curator, NSU Art Museum Fort Lauderdale (Broward), Edison Peñafiel, Artist, SFCC 2019 Recipient (Broward), and Sybille Welter, Art in Public Places, City of West Palm Beach (Palm Beach).

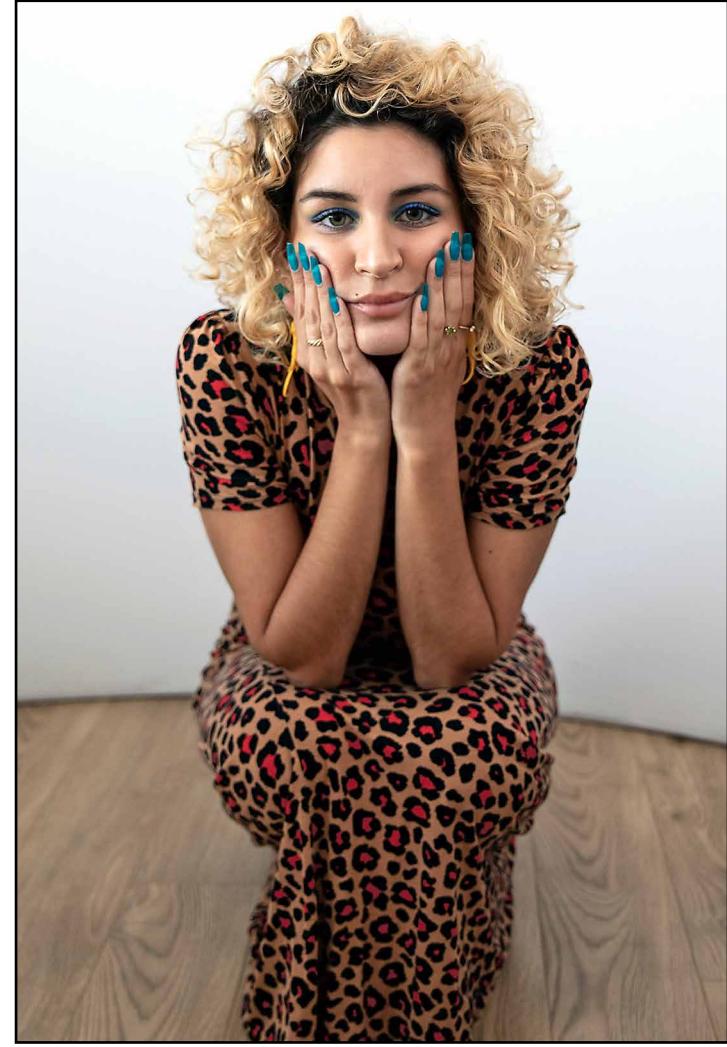
The submissions selected by the regional panel for further consideration were forwarded for final adjudication and selection to the national panel, which was comprised of: Allison Glenn, Associate Curator, Contemporary Art, Crystal Bridges Museum of American Art (Bentonville, AR), Jeanette Bisschops, Mondriaan Foundation Curator, New Museum (New York, NY), and Vivian Crockett, The Nancy and Tim Hanley Assistant Curator of Contemporary Art Dallas Museum of Art (Dallas, TX).

The South Florida Cultural Consortium is funded with the support of the Boards of County Commissioners of Broward, Martin, Miami-Dade and Monroe Counties, and the Cultural Council for Palm Beach County.

November Events

**Free First Thursdays Sunny Days,
Presented by AutoNation
Nov. 5 from 11 a.m. to 5 p.m.**

Free admission. Enjoy NSU Art Museum Fort Lauderdale's exhibitions and all day happy hour in the Museum Café.



Miami-Dade County artist Itzel Basualdo.
Image source: NSU Art Museum Fort Lauderdale.

Bank of America Museums on Us Nov. 7 and 8

Bank of America cardholders receive free admission to the Museum.

Fort Lauderdale Neighbor Day Nov. 29 from Noon to 5 p.m.

All Fort Lauderdale residents receive free admission to the Museum.

Current Exhibitions – Extended

I Paint My Reality: Surrealism In Latin America

Examining the flowering of the Surrealist movement in Latin America in the 1930s and today. Through Fall 2021.

William J. Glackens: From Pencil To Paint

Featuring over 100 works from the 1890s to 1930s, highlighting Glackens' role as an illustrator and painter. Through Spring 2021.

Transitions And Transformations

Transitions and Transformations transforms *Remember to React*, the previous installation of NSU Art Museum's collection, with the addition of new acquisitions, other works from the collection and works on loan to the Museum. Through January 2021.

NSU Art Museum is located at One East Las Olas Blvd., Fort Lauderdale, FL. For additional information, please visit nsuartmuseum.org or call (954) 525-5500. Follow the Museum on social media @nsuartmuseum.



Aficionados interact with art. GeoVanna Gonzalez, "PLAY, LAY, AYE: Navigating queerness, where space is always in flux | ACT I, 2019." Painted steel, expanded metal and plexiglass, Dimensions Variable. Image Vaco Studio, courtesy of the artist.

Reinventing Our Thanksgiving Traditions

Phyllis Strupp

Gazette Contributor



Phyllis Strupp

The Thanksgiving holiday began some 400 years ago, as a day to celebrate the harvest.

Over the centuries, what began as an informal harvest celebration has evolved into a federally recognized holiday that binds the nation together, especially in hard times.

Many of us have grown accustomed to sharing a Thanksgiving feast with friends and family. Traditional favorites include turkey, mashed potatoes and pumpkin pie, although

everyone seems to have their own variations on what constitutes an ideal Thanksgiving meal.

This year, our plans for Thanksgiving may look a little different. Restrictions on travel and gathering, due to COVID-19 concerns, may keep us from observing the holiday in our usual ways with cherished people.

Stay Safe This Thanksgiving

This is not the first Thanksgiving to be celebrated amidst a pandemic. In November 1918, the deadliest flu pandemic in recent history was at its worst in the U.S., but the pandemic's risks were downplayed by politicians and press alike.

For example, President Woodrow Wilson issued a Thanksgiving proclamation that encouraged Americans to celebrate Thanksgiving and give thanks for the victorious end of World War I. Many people enjoyed their traditional gatherings at a great cost. Ultimately, some 675,000 Americans died in the 1918-1920 Spanish flu pandemic.

Today, there is no shortage of media coverage about the pandemic. As a result, we know some easy ways to stay healthy. Frequent handwashing, wearing masks, social distancing, avoiding large gatherings, and sheltering in place have helped many people avoid catching COVID-19.

But given the circumstances, it's time to find some new ways to celebrate Thanksgiving that preserve the holiday's meaning: To give thanks for the goodness in life.

Stay Connected With Family And Friends

Social connection is vital to our brain health, gut health, and immune system, so we can't do without it. What are some new ways you can celebrate Thanksgiving while keeping yourself and others safe? Here are a few ideas to get you started:

1. Relive your traditions.

One of the greatest blessings of life over 50 is the power of reminiscing. Maybe your holiday will be less busy this year, giving you a chance to reminisce about Thanksgivings past. Share your memories with friends and family by phone or mail if you can't get together with them. This is good brain exercise that also generates anti-pain, anti-inflammatory hormones in the brain.

2. Have some fun.

In 1918, the telephone was unreliable and no one had smartphones, the internet or Zoom. Play a game, sing a song, recite a poem or dance a jig remotely with people you cannot get together with.

3. Decorate a door, window, or table.

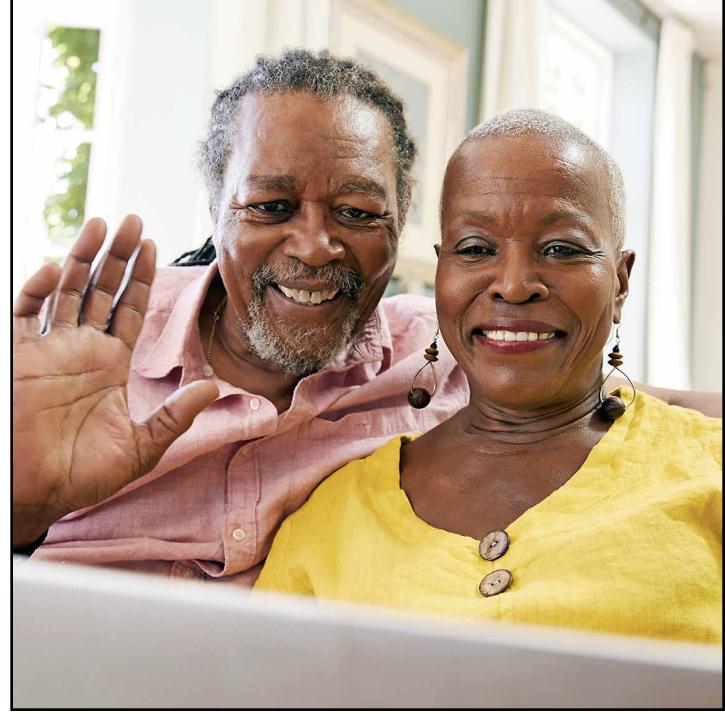
Decorations are a way of reminding ourselves that we share the meaning of a holiday. Common Thanksgiving decorating themes include autumn leaves, turkeys, pumpkins, gourds, apples, and the cornucopia as a sign of plenty. Add some decorations to your abode and send a picture to your friends and family.

4. Help someone else.

Make a casserole or pumpkin pie for someone you know who is down in the dumps or recovering from an illness or surgery. Your kindness will brighten the holiday for both of you.

5. Count your blessings instead of sheep.

Irving Berlin, the famous composer, suffered from stress-related insomnia. Complaining to his doctor that counting sheep didn't work, the doctor suggested that he count his blessings instead of sheep. This worked so well for him that he turned the experience into a song for the movie "White Christmas," which includes these words:



COVID-19 will most probably limit family visitations this Thanksgiving. Get ready to Zoom to maintain connections.

*"When I'm worried and I can't sleep,
I count my blessings instead of sheep,
And I fall asleep, counting my blessings.
When my bankroll is gettin' small,
I think of when I had none at all.
And I fall asleep, counting my blessings."*

Our circumstances might be similar for Thanksgiving 2021. Maybe some new activities you enjoy this year will become new traditions for you, come what may.

Remember to stay focused on the cornucopia of goodness in life. Your brain will appreciate it, and your friends, family and neighbors will too.

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

Enjoy An Economical Life-Plan Lifestyle In The Featured Flamingo Apartment Home

John Knox Village will be ready for you when you are ready to make the move to life-plan security. During this time of crisis, rest assured that John Knox Village will take care of your needs today, tomorrow and every day in the future.

If you are looking for the ultimate in economy and convenience, plan a COVID-careful visit to John Knox Village and tour the Flamingo apartment home in Village Towers. You'll savor a truly carefree lifestyle with every life-plan advantage at a very affordable cost. Call the Marketing Department at (954) 783-4040 to arrange your COVID-19 sensitive tour.

The Flamingo 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

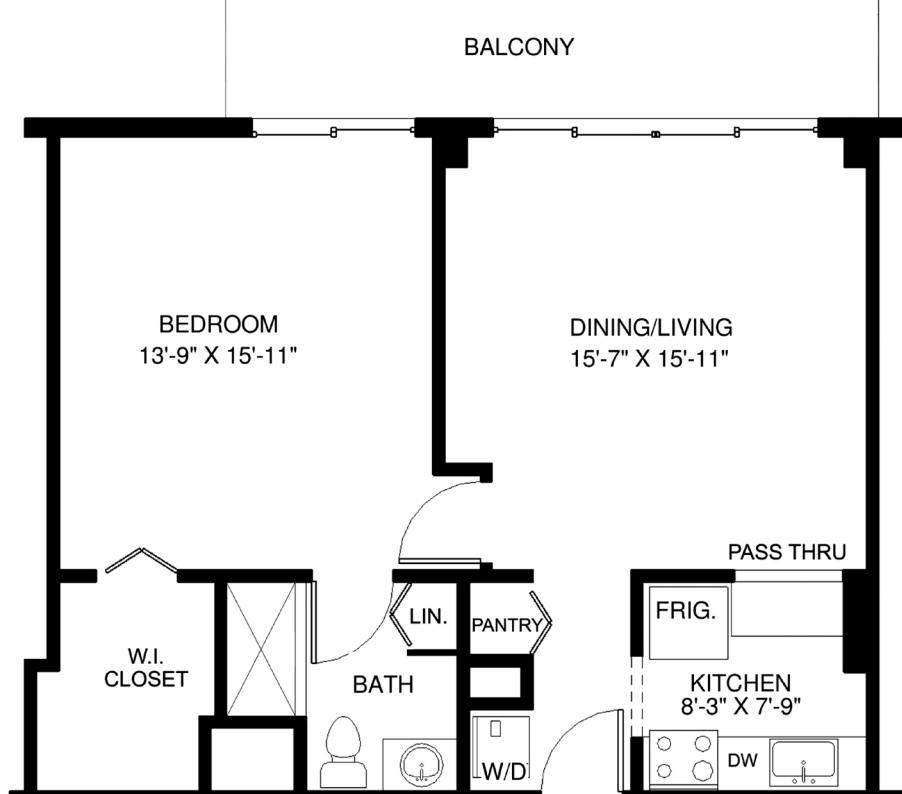
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

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, the new Aquatic Complex with two pools, Glades Grill, Stryker's Poolside Pub, two each Pickleball and bocce ball courts, and much more. Call the Marketing Department at (954) 783-4040 for more information.



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