



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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JKV Construction Schedule Smooth Westlake Foundation Going Down, Apartment Homes Going Up Soon



Once opened, the Pavilion at JKV will accommodate two restaurants, The Seaglass and The Pearl (rendering above), plus a 400-seat Performing Arts Center, a nautically themed bar, and pre- and post-performance gathering space for residents, guests and staff.

Rob Seitz
Gazette Contributor

Village's most ambitious project in its 54-year history is as smooth as the Atlantic on a windless day.

The very foundation is being laid for Westlake, JKV's two-tower 146 Independent Living apartment home neighborhood. Very soon residents, family, friends and guests to South Florida's premier

Life-Plan Continuing Care Retirement Community will see The Vue (15 stories) and 11-story Terrace coming up out of the ground.

"So much of the work so far on our Westlake project has been underground or infrastructure-related and things that people can't really see," Thom Price, JKV's Director of Plant Operations, told *The Gazette*. "Now it's going to be fun being able to actually watch the project going up in front of us."

Concurrently, interior finishing work continues on the adjacent Pavilion. Price was anticipating receiving the Pavil-

ion's Temporary Certificate of Occupancy (TCO) from the city of Pompano Beach sometime in March.

"Once we get the TCO then our Dining Services team can begin their preparation work for our two new restaurants and lounge," Price said referring to The Pearl and Seaglass dining venues and Barton's Nautical Bar, named after JKV residents Bob and Diane Barton, who provided a generous donation to the project.

Additionally, the Pavilion will feature a 400-seat Performing Arts Center along with a pre- and post-performance gathering space for residents and staff, as well as the general public for certain programmed events.

Once The Pearl and Seaglass restaurants are operational the current 50-year-old Main Dining Room will be demolished and, weather permitting, by April digging for the lake will commence. This portion of the project will expand on JKV's waterway system and provide lakeside dining possibilities, along with the opportunity for residents and visitors to enjoy waterviews from more than half the 70-acre campus.

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Westlake Project Will Enhance JKV's Waterways.

A JKV Love Story Continues

High School Sweethearts Exchange Wedding Vows

Marty Lee
Gazette Contributor

In the February 2017 issue of *The Gazette*, we first looked at the love story of John Knox Village residents Barbara Morningstar and Dr. Michael Featherstone. They met in the late '50s, Barbara, a sophomore, and Michael, a senior, were high school sweethearts in Waterford, MI. They went steady and were an item until Michael's family moved to Florida, separating their lives: Barbara in Michigan and Michael in Florida.

As time, educational opportunities and careers progressed, they went their separate ways.

Decades later, Barbara had enjoyed a 37-year career in the Broward County (FL) School System and lived in Pompano Beach. Dr. Michael, an E-Commerce Professor at Jacksonville State University (AL), was living in Atlanta.

Barbara was divorced and a single woman with no children of her own. Michael, also single, was wondering about that young lady whom he dated back in high school. Through the magic of Facebook and other internet social and information sites, Michael found Barbara again.

After making initial contact, Michael said to Barbara, "Sometime before the year is out, we must get together and have

See "Wedding Vows" On Page 3



Barbara Morningstar (left) exchanged wedding vows with high school sweetheart, Dr. Michael Featherstone. Rev. Rachael Gallagher, JKV Spiritual Life Director officiated.

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Get In The Queue With A Fully Refundable 10-Percent Deposit

From "Schedule" On Page 1

Don't Wait To Reserve Your Apartment

Even though Westlake is more than 70 percent pre-sold, there are still plenty of beautiful apartments available. One- and two-bedroom floorplans, ranging from 1,231 to 2,259 square feet of light-filled rooms with enviable views can be found in the 15-story The Vue.

The 11-story Terrace, a boutique-style tower, offers two bedrooms up to 1,845 square feet with a stunning rooftop terrace for residents and guests to enjoy.

One misunderstanding many prospective residents have about moving into a JKV apartment or villa home is that they are purchasing a piece of real estate. In fact, JKV is a Life-Plan Continuing Care Community, meaning that all residents receive a Life-Care contract, which secures their care, if, when and for whatever health care circumstances may arise, in addition to which they enjoy the use of an apartment or villa their entire time as an Independent Living resident.

Assure Your Care For Life

Every resident has the peace of mind that their future health care needs will be met. That continuum of care includes assisted living and skilled nursing should those needs be necessary—all of which takes



Foundation work is underway on the construction of The Vue and The Terrace at Westlake. A portion of the Pavilion is visible at the top right.

place directly on campus.

With a fully refundable 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members of the Westlake Village Club, with benefits that include 12 dinners and eight lunches at any of the three (soon to be four) on-campus dining venues.

Ten-percent depositors also receive many com-

plementary services, including access to JKV's \$6.2 million Aquatic Complex, with its resort-style pool, lap pool, Jacuzzi®, Pickleball and bocce ball courts, the indoor and poolside Glades Grill restaurant and Stryker's Poolside Sports Pub.

Additional Platinum Level Benefits

Members also receive access to award-winning Life Enrichment events, fitness classes, and admission to JKV community partner venues such as Bonnet House, the historic Sample-McDougal House and the NSU Art Museum in downtown Ft. Lauderdale.

Amenities on the common-area first floor of Westlake will include:

- *A high-tech projection theatre*
- *Technology hub*
- *Business center*
- *Art studio*
- *Sacred space*
- *Library*
- *The French Press, a coffee and wine bar*
- *The Westlake Eatery*
- *Covered parking on the second and third floors*

To learn more visit www.johnknoxvillage.com or www.JKVGrows.com Or call (954) 871-2655.



The Pearl restaurant, located in the Pavilion, is expected to open in April 2022.

Thanks For Asking

'Dave, How Have You Stayed Socially Engaged During COVID-19?'

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

and flashes of "worry burnout" while living here at John Knox Village. Obviously, the challenges that life presents are easier to cope with when sharing the experience and mutual support with others in your community.

Increasing Our Circle Of Friends

As noted elsewhere in this issue, there is an abundance of friendship and camaraderie within our JKV hedges. In this regard, one huge contributor is our Life Enrichment Team. This talented and dedicated group provides a wide variety of venues and opportunities to share rewarding experiences for residents and to increase their circle of friends. These are the type of experiences that not only enrich individual lives, but also enhance friendships and camaraderie. Every week in January, residents were offered a menu of 48 different fitness classes, including everything from water aerobics to strength and balance training to Zumba to yoga, etc. In addition, Pickleball, bocce ball and tai chi are available every day.

Having raised three sons while living in nine different locations during my career in the Navy, I've visited more than my share of amusement parks, most of which featured roller coasters. Although I never enjoyed riding them very much, I did enjoy being there with my wife and sons and, often, with other family members or friends. In many ways, I feel a bit the same way as we experience the COVID-19 roller coaster, social discord in the country,

Our spiritual needs are also by our Spiritual Life team. We have a Catholic Mass Service every Saturday and a Worship Service every Sunday. During January we enjoyed another Great Courses series providing an overview of different world religions. There are also weekly Bible studies and a monthly Shabbat Service.

Every month, our JKV Life Enrichment Team publishes the "MONTH-AT-A-GLANCE" detailing all the activities available for the residents as well as other helpful information. Obviously, none of our residents would or could choose to participate in all the events, but there is something there to meet a variety of different tastes. The activities mentioned above are those that are routinely available. In addition, we have a significant variety of documentaries, courses on technology (e.g., computers and smartphones), educational opportunities and cultural events. We even had an opportunity to spend an evening with best-selling author James Patterson and discuss his latest book. There is also a nice variety of social events available.

The Platinum Rule

When reflecting on the smorgasbord of opportunities for social interaction and enrichment at JKV, I'm reminded of how my friend, Burn Loeffke, ended his article in last month's *Gazette*. Burn wrote "When in doubt, follow the Golden Rule. Do unto others as you would have them do unto you." The problem is that, when trying to satisfy some 950 residents, not all of them want to be treated like the person arranging the treatment. One variation on the Golden Rule is sometimes referred to as the Platinum Rule: "Treat others as they want to be treated." The only way to comply with both these rules in our large, diverse community is to provide a wide variety of opportunities and let the residents pick and choose. That is exactly what our JKV Life Enrichment Team does.

So, how do opportunities for social interaction and enrichment relate to February's theme of love, friendship and camaraderie? I think the answer to that

question is pretty obvious. All one must do is intentionally accept and participate in a few of the many activities that are readily available.

Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at JKV. Dave currently serves on the Board of Directors of both the National Continuing Care Residents Association and the Florida Life Care Residents Association.



The Life Enrichment Team has brought a variety of entertainment to JKV including a holiday dance performance by ballet artist Emily Ricca.

'He Got Down On One Knee And Asked, 'Will You Marry Me?'

From "Wedding Vows" On Page 1

a cup of coffee or a glass of wine." They did, and Michael said it was uncanny how much they still had in common.

"We both like gardening, both like to cycle, we're both physical fitness buffs, like the same foods, and are both sports fans," he told *The Gazette*. It was only a matter of time before they got back together.

Planning The Move To JKV

When they reconnected, Barbara told Michael that she was moving to John Knox Village.

"I explained to Mike, that it would be a place he would love, full of activities and fun," she said. "But it is also a place where you need not worry about who will care for you, should you need assisted living or a nursing home in the future."

For Barbara, it was an easy sell to interest Michael in the move. As a working professional, he realized he could eliminate the worry of household maintenance and his long-term care future in one move.

Once moving to JKV in July 2016, Barbara and Michael fell in love all over again. Not just with each other, but also with their environment. "We used to walk along the ocean daily," Michael said. "Here at John Knox, we walk the Village all the time. The grounds are beautiful. It is comfortable without the distractions of the city."

True to their common interests and passions, they enjoy the gardens at John Knox. They love professional soccer and attend games as season ticket holders. They still cycle. Michael said they've cycled in north Florida, as well as Mackinac Island, MI – a cyclist's haven, and on the Silver Comet Trail, a rails-to-trails project which ambles from Atlanta, GA to Anniston, AL.

But as Barbara notes, "There is so much to do at John Knox that we do not leave the Village that often."

Barbara and Michael discussed marriage early on, but decided to wait. "We thought about some of the more practical issues – financial, our health and our responsibilities, but we both knew it would only be a matter of time. In 2020, we looked at the requirements for a marriage license, and again time just seemed to pass quickly



The wedding party, (left to right) Maid of Honor Betsy Bousfield, Rev. Rachael Gallagher, Barbara Morningstar, Dr. Michael Featherstone and Best Man Jimmy Meyer.

by." But something happened a few months ago that caused Michael to ask Barbara for her hand in marriage.

Blame It On Niles Crane

So how, when and who popped the question? "We were actually watching an episode of *'Frasier'*," the one where Niles Crane gets down on one knee and finally, after nine years of fantasizing about her, asked Daphne to marry him. That was the final incentive I needed," Michael said.

"He got down on one knee and asked, 'Will you marry me?' right in front of the entire Crane family," Barbara said. "I answered, 'Yes' right away." Michael laughed at the situation and said, "At least I made my move three years sooner than Niles did."

Barbara and Michael married on Dec. 29 in The Woodlands' Life Enrichment Center at JKV. Their vows were officiated by Rev. Rachael Gallagher, JKV's Spiritual Life Director and witnessed by their great friends and fellow JKV residents: Maid of Honor Betsy Bous-

field and Best Man Jimmy Meyer.

JKV Is The Perfect Match

"Our affection for each other has grown day by day," Barbara said. "Even more importantly we really like each other. We are each other's best friend and it would be hard to overstate the importance of that."

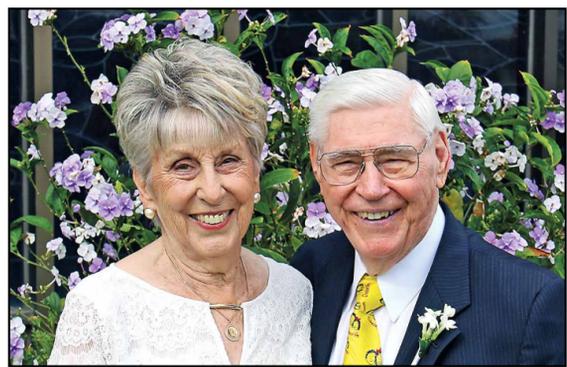
"Living at JKV has relieved us of many of the issues so many people of our generation face," Michael added. "We don't have the stress of homeownership, or hurricane preparation. No yard maintenance, no garbage issues. It's like living at Elder Disney. We only have to worry about which activities we're going to participate in, or which dining venue we are going to choose. With the new Center for Healthy Living so close, we don't even have to worry about driving to visit our doctor. He's only about 200 yards away. We can spend that saved time together... probably on the Pickleball court right here at John Knox Village."

Love Is In The Air At JKV

Proof Positive There Is Always Time To Fall In Love

Marty Lee
Gazette Contributor

Love is not limited by time. For some John Knox Village residents, formerly single due to the passing of a spouse, there is a new love in life regardless of age. This story first ran in the February 2018 *Gazette* and has been updated as time and love have grown. Everyone enjoys a good love story, particularly around Valentine's Day, so read along.



Marlene McGinn and Harry Durkin met as residents at JKV and married in 2016.

The Durkins

Marlene and Harry Durkin found each other through the commonality of their faith. College contemporaries, they shared a South Bend, IN connection: Harry at Notre Dame and Marlene at St. Mary's. They did not know each other at the time but would find each other decades later.

Marlene and Harry were widowed after long and loving marriages. Both independently moved as singles to JKV. They met through their Catholic faith, fell in love and married on March 5, 2016, at St. Paul the Apostle Church in Lighthouse Point.

"When Harry and I decided to marry we had hoped to have one or two years together and amazingly now we are nearing a sixth anniversary," Marlene said. "Our bond continues to strengthen through our love for our large joint family [10 children and spouses, 15 grandchildren and three great-grandchildren] and our common devotion to our Catholic faith."

"Cheering for Notre Dame is high on our agenda. We're both huge sports fans. Harry was a professional baseball player and I've always loved watching all sports."

The Liedtkes

Phyllis and Norm Liedtke had a long-distance intro-

duction powered first by snail mail, then by phone and finally emails.

Norm was living at John Knox Village when he lost his wife in 2009. He decided to take a job in Nevada and moved on. Meanwhile, Phyllis, also widowed, moved to John Knox Village in December 2009.

A mutual friend told Norm about a wonderful lady named Phyllis, who might enjoy corresponding with him. A three-page letter went into the mail, and that was followed by regular long-distance phone calls and daily emails.

Norm and Phyllis finally met: He flew from Nevada to Ft. Lauderdale. From that day forward, they were nearly inseparable. Norm moved back to John Knox Village, and they married in November 2011. Phyllis says, "The honeymoon has never ended."

"Norm and I have been married for more than 10 years and we can honestly say, we feel blessed and happier than we could have ever hoped for," Phyllis continued. "I moved to JKV as a widow and loved living here. Making new friends here is as simple as your need to have them."

"Meeting Norm through mutual friends was an added bonus. Norm and I frequently count our blessings and good sense in meeting and ultimately marrying."



Norm and Phyllis Liedtke married in 2011.

The Spragues

Jed and Sandy were sweethearts in Kansas City in 1976 but got married in 1999, 23 years later. Therein lies their true love story.

Jed was a computer expert for Control Data Corporation and happened to be installing equipment at the IRS office where Sandy worked. They met, they dated, and Jed made sure his travels always included Kansas City. However, after a year, Jed was reassigned to the North-



Sandy and Jed Sprague married at JKV in 1999.

east. His career did not afford that same opportunity to visit with Sandy.

When a year passed, Jed found himself traveling again. After much soul searching, Jed decided to rekindle his romance by surprising (no notification whatsoever) Sandy outside the Kansas City IRS office as she left work. Excitedly, Jed's intention was to propose to Sandy on that visit.

He waited patiently but Sandy did not appear. What a shock it was to find out, from her co-worker, that Sandy had left to get married the day before.

Jed wrote a letter to Sandy telling her she had been a very important person to him, and he wanted to wish her the very best in her new life. By the time Sandy received the note from Jed, she was married and living in Coffeyville, KS. She and her husband raised three wonderful boys. Unfortunately, her husband died tragically in 1998.

After a period of mourning, Sandy's friends encouraged her to start dating. Through the magic of the then-new internet, the friends found Jed's phone number. A call rekindled the relationship and the romance.

Jed and Sandy were married at John Knox Village in 1999, so Jed's mother Marie (a resident of JKV at the time), could attend.

In 2016, the Spragues joined the John Knox Village community as residents. Marie, having lived and enjoyed JKV for 22 years, passed away in 2019 at the spry young age of 108.

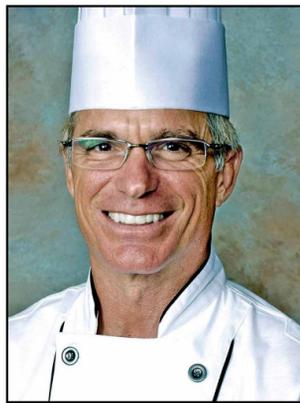
Jed and Sandy have lived a more loving and rewarding life since moving to JKV. They feel that the opportunities to make new friends, participate in rewarding activities and feel secure are priceless.

Their extended family includes seven grandchildren and seven great grandchildren (three of whom were born within the last five years).

This Valentine's Day, the Durkins, Liedtkes and Spragues will observe Valentine's Day with great affection and appreciation: Always remembering, "Where there is life, there is love."

Chef Mark's Perfect Valentine's Day Recipe For Two

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

Perfect for Valentine's Day, the classic French Chateaubriand for Two dish was created in 1822 by Montmireil, personal chef for the dish's namesake—French nobleman Vicomte Francois-Rene de Chateaubriand, who at that time was serving as France's Ambassador in England.

It quickly became a favorite of Arthur Wellesley—England's first Duke of Wellington—whose own

chefs added the mushroom and pastry ingredients, creating the elegant Beef Wellington we know today.

Over the centuries, Beef Wellington has become an ideal, romantic alternative to the weekend roast and the quintessential Feb. 14th entrée. Beef Wellington is made from a cut of a beef tenderloin and can also be prepared individually, but what fun is that when sharing with that someone special?

John Knox Village Executive Chef Mark Gullusci uses this traditional recipe of the restaurant favorite, seasoned very simply, roasted to perfection and sliced on the diagonal.

Beef Wellington (Serves 2)

- **1 lb. chateaubriand (center cut tenderloin)**
 - **Kosher salt and black pepper**
 - **2 tbsp. olive oil**
 - **2 tbsp. whole butter**
 - **2 cloves minced garlic**



Serving Beef Wellington for two is a great way to celebrate an intimate Valentine's Day dinner.

- **3 sprigs of fresh thyme. Chopped.**
- **1 lb. chopped wild mushrooms**
 - **1 cup red wine**
 - **Flour for dusting**
- **Ready-made puff pastry**
 - **1 beaten egg**
 - **1 small onion**

Method Of Preparation:

Preheat oven to 375 degrees. Season meat with olive oil, kosher salt and black pepper. Melt half the butter in a cast iron pan (if available) or a non-stick pan and sear on all sides on medium heat to get a nice golden-brown crust. Set aside to cool.

In the same pan add garlic, onions, and thyme, cook for 5 minutes or until onions are soft. Add mushrooms and cook 5 more minutes, turn heat to high, add wine and reduce to a paste. Set aside to cool.

On a floured surface, place the pastry and roll it out

large enough to enclose the meat. Spread the mushroom mixture down the length of the center. Place the beef on top and brush the edges of the dough with egg wash to hold. Fold the pastry over the meat to enclose and seal edges well. Brush the Wellington with egg wash. This helps with browning and gives it a shine. Place in refrigerator and chill for 30 minutes.

Transfer the meat to a lined sheet tray seam side down and cook until pastry is golden brown and the meat is cooked to your liking: 20-25 minutes to rare, approximately 125-degree internal temperature or 30-35 minutes for medium, approximately 135-140 degree internal temperature.

Let rest for 10 minutes before slicing. Can be served with béarnaise sauce or a brown sauce. Enjoy with a hearty red wine.

Gazette readers who come for a tour of the campus can take home with them either a bottle of John Knox Village Cabernet Sauvignon (perfect with this recipe!) or Pinot Grigio. Call (954) 871-2655 to schedule your tour.

Book Review

Andrew Jackson in the White House "American Lion"

By John Meacham

Donna DeLeo Bruno
Gazette Contributor

General Andrew Jackson, one of our most controversial presidents, made his reputation as the hero in the 1815 Battle of New Orleans. He was the source of inspiration for many presidents who came after him, namely Abraham Lincoln, as well as Theodore and Franklin Roosevelt. Harry Truman considered Jackson one of the four greatest presidents. He was the first to surround himself with a wide circle of advisors and the only one to live with a bullet inside his body for much of his life. He survived two attempts on his life, one in which he attacked the would-be assassin with his cane after the gun misfired twice. The odds of two misfires from the same gun was estimated to be 125,000 to one.

A Man Of Contradictions

Immensely popular among the voters, he began as an uneducated boy from the Carolina backwoods who was orphaned at a young age. Of himself, Jackson said he "was born for a storm," a self-fulfilling prophecy since much of his tenure was tumultuous. A self-made man of contradictions, he could be fierce with his political opponents, but extremely tender and loving toward children. Although he had none of his own natural children, he adopted Lyncoya, an orphaned Indian boy, to whom he gave his name. He also took in his nephew Andrew Donelson, with his wife Emily and their children, upon whom Jackson doted.

In the White House, Donelson served as his private secretary while Emily became his official White House hostess. When the President would hear one of the children awoken in the night, he would rise, dress, and take the babe in his arms, walking the floor for hours to soothe it. He insisted on having the young

ones dine at the table with him, not relegated to the kitchen or nursery. Perhaps because he himself had grown up alone, family was all important to him. He rose in the people's minds as a childless hero who was seen as a paternal authority to the nation which he loved above all else.

The early part of his tenure was embroiled by two scandals. One involved his beloved wife Rachel, whom he married before her former husband had finalized their divorce. As a result, her reputation was sullied as a bigamist, so disturbing her that the protective Jackson felt it led to her early demise.

The second involved Margaret Timberlake, the wife of John Eaton, his Secretary of War and best friend. An admirer and champion of women, Jackson chose to stand by his friend and wife when Margaret was shunned by Washington society due to rumors about her sexual transgressions. The President would have saved himself a lot of trouble if he didn't feel such loyalty to defend the wanton woman at all costs.

Questionable Government Policies

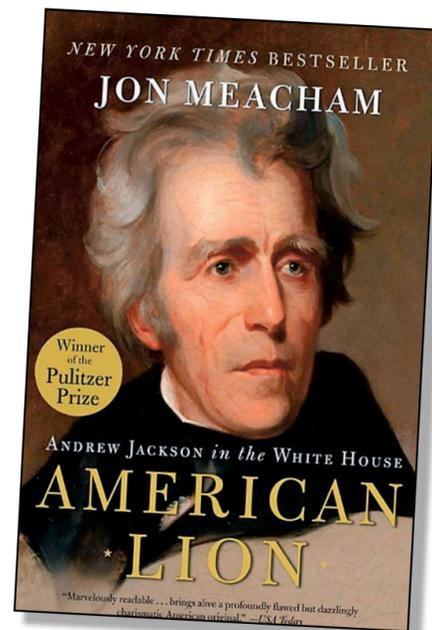
Regarding his policies, Jackson promoted the removal of the native Indians from their land. It was during his term that the Seminoles were expelled from Florida to make their way westward where so many perished in what became known as the tragic "Trail of Tears."

He was just as merciless with the Creeks, Cherokee and Chicksaw whom he felt did not have title to their land. Jackson believed the Indians must give way to the white man.

Against the abolition of slavery, Jackson felt this issue too would split the nation. His primary goal was the preservation of the Union above all else. President Theodore Roosevelt asserted that Jackson was "a true American...who served his country valiantly on the field of battle...and upheld with the most staunch devotion the great Federal Union." A later president, Harry Truman said: "He wanted...to look after the little fellow who had no pull...what a president is supposed to do." Though Jackson was a man devoted to freedom, he failed to see liberty as universal, as in the case of slaves and Indians.

Meacham's Research Of "Old Hickory"

Meacham's book is a scholarly, well-researched, and comprehensive biography of a complicated man who successfully weathered immense storms, both person-



al and political. Jackson remained steadfast and resilient throughout all that might have cowed others less stalwart. He came from nothing and rose to the highest office in the land. His power was "more attuned to the popular will."

More than anything, "Old Hickory" refused to accept defeat and was intent on keeping his family and his country safe and strong, which he felt was his greatest obligation: "To preserve the union of these states, although it may cost me my life."

This book more than any other I have read, helped me understand this "least understood" of presidents. Although less "intellectually polished" than other American leaders, our seventh President countered his limited education with immense strength of character during adversity and boldness and perseverance to achieve his noble ends.

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.

Love Songs As Old As Human History

Everyone Has A Favorite: Let Us Know Yours

Nona Cree Smith
Gazette Contributor

While Feb. 14 is Valentines' Day, the day we designate to honor our love for the special people in our

lives, February is celebrated as an entire month of love and romance. Stores are filled with heart decorations, greeting cards express messages of love, and the air is filled with the music of love songs and the memories they bring.

Ah love! This powerful feeling is universal and the source of inspiration for some of the greatest love songs of all time. Songs that are a large part of our long musical history and the various musical genres love songs have taken. So, it is only possible to give a quick review of the past in this story.

Love Songs – A Force In Our Evolution?

Charles Darwin concluded that the songs of male birds were basically the boys showing off their musical skills to impress lady birds and induce them to mate. For many years, this theory was not taken seriously, because most primitive musical renditions were group-based rather than couple-based. However, scientists have now given credence to Darwin's theory by discovering that music triggers hormones linked to love and desire: Thus, keeping humans singing love songs, finding compatible mates, having babies, and hopefully, evolving.

Fill The World With Ancient Love Songs

Humans have been writing and singing love songs since the beginning of time, as shown by the people of Mesopotamia, who wrote love songs and poems dedicated to Sumerian gods, including the world's oldest known poem, "The Love Song for Shu-Sin," which may have been accompanied by music during their fertility rites.

The Egyptian Pharaoh Ramses II showed great love and appreciation to his first wife, Queen Nefertari. He wrote poems calling her "Sweet of Love" and "Lady of Two Lands."

Queen Nefertari was an accomplished woman who could read and write hieroglyphics and played several musical instruments. Historians speculate she accompanied the poetry readings with her music.



"My Lady Greensleeves" by Dante Gabriel Rossetti (1828 - 1882). Image source: Public domain.

A Love Song And A King's Passion

Perhaps, one of the most famous love songs of all, and still sung today, was composed by a king for his lady love. "Greensleeves" was written by King Henry VIII of his passionate love for Ann Boleyn. While still married to his first wife, Henry fell madly in love with a lady of the court. Unlike other women who had succumbed to Henry's advances, Ann refused to enter his bed before marriage. Her refusal ignited his passion more and he finally divorced Katherine of Aragon and married Ann. He changed the religion of Britain from Catholic, to the Church of England, making himself head of the Church with historic repercussions.

Today Love Songs Dominate Popular Music

Love songs have arguably been the most popular type of song in the Western world for decades. With the advent of recording and broadcast capabilities, music was brought into people's daily lives, as never before. Love songs became an indispensable part of our cultural traditions. Every musical genre was represented with song lyrics that celebrated romantic love, young love, happy or sad love, broken hearts, and sexual behavior.



In this copy of a painting from Queen Nefertari's (circa 1279 -1213 B.C.) tomb, the queen sits in front of a table playing a game of senet against an invisible opponent. The Queen played several musical instruments and historians speculate she accompanied her poetry readings with music. Image Source: Metropolitan Museum of Art, Wikimedia Commons.

With thousands of wonderful love songs, it is difficult to pick out the best, so the following is very much a subjective selection, some by the decade they dominated and others by the pathos or the beauty of the lyrics and music.

"When A Man Loves A Woman" By Percy Sledge

In 1966, Percy Sledge was touring the South with an R&B combo when a record producer heard him belt out this pleading ballad at a local club. Percy had recently lost his day job and his girlfriend Liz King, who took a modeling job in Los Angeles. He left the R&B combo and cut his first solo album, including the immortal "When a Man Loves a Woman," considered to be one of the best classic love songs ever recorded.

"I Will Always Love You" – A Historic Hit

Dolly Parton wrote and sang the country music hit in 1974, which went to number one on the country music charts. Whitney Houston recorded the song for the 1992 film, "The Bodyguard," in which she starred with Kevin Costner. Whitney's version of the song was a lavish production that highlighted her exquisite voice with its beautiful a capella beginning. It became a pop, soul and adult contemporary hit. Houston's version was inducted into the National Recording Registry of the Library of Congress, as an aural treasure worthy of preservation because of its cultural, historical and aesthetic importance.

"Unchained Melody" aka "You've Lost That Loving Feeling"

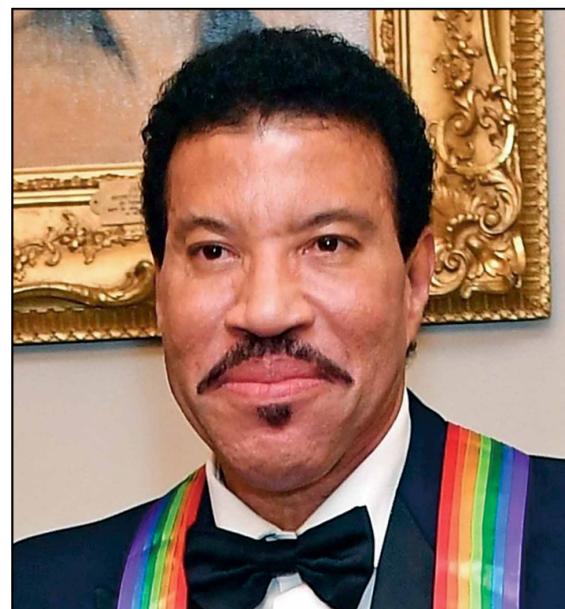
According to Broadcast Music Inc. (BMI) this song has played on American radio and television more times than any other song in the 20th century. The song was originally written in 1955 with music by Alex North and lyrics by Hy Zaret.

"Unchained Melody" was recorded many times, but the 1965 version, recorded on Phil Spector's label and performed by The Righteous Brothers, became the well-known hit and quickly shot to number one on the charts: Retitled, "You've Lost That Loving Feeling," with a memorable difference. The duo's Bill Medley was producing, while Bobby Hatfield sang solo and suggested a change during recording. The part that Hatfield re-recorded? The plaintive, soaring line "I need your love." Arguably, this line made the song what it was.

The song has been featured in several movies, including "Ghost," the 1990 feature film starring Patrick Swayze and Demi Moore.

"Endless Love" By Diana Ross And Lionel Richie

This song was specifically written and produced for the movie of the same name starring Brooke Shields. The movie was not a great success, but the song received Oscar and Golden Globe nominations, became



2017 Kennedy Center Honoree, Lionel Richie poses for a photo at the Kennedy Center Honors Dinner on Dec. 2, 2017. State Department Photo: Public Domain.

the number one hit on the Billboard Hot 100 for nine weeks, and *Billboard* magazine's choice the song as "The Best Duet of All Time" in 2011.

Lionel Richie recorded the song again with country star Shania Twain. The accolades and proceeds seemed endless, as well as the love.

"Layla" – Inspired by Poet Nizami Ganjavi And A Rock Star's Wife

"Layla" is a ballad from the 1970 album by Derek and the Dominos, "Layla and Other Assorted Love Songs." The song by Eric Clapton tells of his love for Pattie Boyd, the wife of close friend and fellow rocker, George Harrison. Clapton initially wanted to provide Pattie a shoulder to lean on, but that consolation turned into infatuation and then into passionate love. Clapton's deep love for Pattie is perfectly expressed by his longing words. He begs and pleads for her to be with him. Layla's name is mentioned frequently throughout the song and clearly shows Clapton's obsession. Pattie Boyd later went on to divorce George Harrison in 1974 and married Clapton in 1979.

What Is Your Favorite Love Song?

A favorite love song is a personal and very subjective choice. Perhaps for you, it was the song that was playing during the first dance with your first love, or that special song that played during your wedding. There just may be as many favorites as readers of *The Gazette*.

We'd like you to share your favorite love songs with the readers of *The Gazette*. Let us know the song and the reason it is so special to you, by sending an email to: gazette@jknvfl.com

We'll share the results in a future issue of *The Gazette* with our readers.



Fall in love with John Knox Village and everything it has to offer.

Join us for one of these events or take a virtual tour of Westlake and discover even more reasons to fall in love this month.



Fall in Love with JKV *Brunch*

Enjoy a tasty brunch as you learn more about John Knox Village. You'll probably even meet some new friends.

Thursday, February 10th
11 a.m. – 12:30 p.m.
at the John Knox Village Welcome and Innovation Center
 400 SW 3rd Street
 Pompano Beach, FL 33060




Westlake *Cocktails and Conversation*

Enjoy a cocktail while having all your questions answered about Westlake, a vibrant new community coming to JKV, featuring luxury apartment towers with 146 lakeside residences.

Tuesday, February 22nd
3:30 p.m. – 5 p.m.
at Stryker's Poolside Sports Pub in John Knox Village
 120 SW 5th Circle
 Pompano Beach, FL 33060

Kindly RSVP by calling (954) 871-2655

Attendance will be limited and we will follow all current state and local CDC safety guidelines.



JOHN KNOX VILLAGE
 Where possibility plays

web JohnKnoxVillage.com
   [JohnKnoxVillage](#)



Have you *Asked* Kim?



Dear Kim: "With the New Year, I am starting to think about my options. What types of residences do you offer? I know what I like and I am pretty picky."
— *Meticulous in Hollywood*

Dear Meticulous: There's something for everyone at John Knox Village. From bright and airy apartment homes, to spacious villas, the possibilities abound. The new Westlake neighborhood, under construction now, will offer cool, ultra-contemporary apartment homes with first-class amenities and spectacular views. You can select your custom designer finishes and upgrades to match your unique taste and style. We're 70-percent pre-sold, so I suggest you come by while we still have available inventory.

Dear Kim: "With all the wonderful things that the Westlake neighborhood will offer, it sounds like it will be outrageously expensive. Is that true?"
— *Excited in Plantation*

Dear Excited: Absolutely not at all. It is true, Westlake at John Knox Village, will be one of the most innovative and popular communities in South Florida with an

Kim Ali, guru of information at John Knox Village (JKV), is frequently asked important questions regarding resort-style living at JKV and the new Westlake addition. That's why we started this friendly column to help you make the right informed decision.

exciting resort lifestyle and long-term health care security, but it will also be a remarkable value. Entrance fees start as low as \$335K with floor plans up to 2,300 square feet. We are filling up fast and future Westlakers are as excited as you are. With just a 10-percent deposit, you can select and secure a residence of choice and become a part of the Westlake Village Club. The Club will allow you to enjoy John Knox Village's lifestyle before moving in. Feel free to give us a call to get more information.



Do you have questions? Ask Kim!
Call (954) 871-2655 today or email: askkim@jkvfl.com

John Knox Village 651 SW 6th Street, Pompano Beach, FL 33060
Johnknoxvillage.com | jkvgrows.com



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.

Live Your Best Life Now

Give Yourself Some Self-Love Today

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator

As we enter February, the official month of love, I want to encourage you to give yourself the gift of self-love. You have to love yourself because no amount of love from anyone else will replace the love that your soul is requiring from you.

Self-love is nurtured when you take the initiative for your own wholeness: Physically, mentally and spiritually.

Self-love helps us to appreciate our whole selves; to see that because of the darkness we have endured, that we shine as brightly as we do today.

Self-love is so important to living a life that fulfills you. It influences so many choices that you make in life, the way you show up in the world, how you cope with the issues that arise along the way, and most importantly, how you share love with others.

Self-love encompasses honoring yourself and your needs, allowing yourself to be the very fullest expression of you, loving yourself unconditionally, and seeing the perfection of your own beautiful imperfection.

It is an understanding that you are so very valuable in this moment, even as you aspire to grow and improve, because you know that you will perpetually be in a stage of growth and improvement throughout your life.

Only when you can fully accept and love yourself as you are, can you truly and honestly love and accept others. This is your sacred duty to yourself, and to the world.

Self-love is giving yourself the space you need to heal, to grow, to rise higher, to make the space in your heart to love and to be loved.

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met. We will not consider ourselves superior to others because we know that we, just like everyone else, are wonderfully and uniquely special, valuable and lovable, each of us in our very own way,

Self-love is where sharing of love begins. First, before you can purely love anyone else, you must truly love yourself.

Self-Love & Acceptance Vs. Change & Growth

Some may argue that loving and accepting yourself means that you have given up or will no longer continue to evolve, to improve and to grow. Again, this could also not be further from the truth.

Self-love is the fertile soil in which you can plant your seeds of goodness to grow. All that you want to do, become and create in your life will be powered best by a foundation of love.

Beginning from a place of discontentment will only take one so far because there will always be obstacles in life. When our goals are driven by contempt for where we are, we will be derailed every time we hit a perceived failure.

When coming from a place of acceptance and love, we can also accept the valleys along with the peaks in life, with an understanding that there is no such thing as a perfect life, only a beautiful journey to be experienced. With a foundation of love, you can handle life's challenges and keep moving forward, because you are beautifully grounded and secure.

Self-Care

Loving yourself begins with making your self-care a priority. Set the time each day to nourish your whole self in body, mind and soul. Protect yourself in your surroundings. Make sure that you live and work in environments that are safe and secure.

Choose relationships with people who nourish you and build you up, just as you do for them. Your well-being depends on you. You must love yourself enough to take good care of you.

Tough Love

Sometimes loving ourselves requires giving ourselves tough love. When making decisions in life, ask yourself, "Is this the decision for my highest good?" Choosing what we need rather than what we want, choosing to do what is healthy and nourishing rather than choosing what's alluring at the moment is an act of self-love.

The right answer for you is not always black and white. Sometimes in order to honor our soul, we may sway with the rules a little bit and that's okay as long as we come back to balance.

Loving and caring for oneself does require that we make the healthiest choices possible most of the time. When making any decision in life, simply ask yourself, "How can I really love myself right now in this situation?" Feel the answer, and then honor that.

Forgiveness

When we love ourselves, we can have compassion for ourselves as human beings striving for our own personal meaning, purpose and fulfillment in life. You must forgive yourself and let go of any past transgressions. You are human. You are perfectly imperfect. You are so much greater than any obstacle that has the potential to hold you back.

You must accept yourself just as you are, forgive yourself and let go of any shame or guilt that plagues you, so you can be free.



Loving yourself begins with making your self-care a priority. Set some time each day to nourish your whole self in body, mind and soul.

Letting Go

Self-love is letting go of all that does not serve you. It is a major part of personal healing.

When working with my clients, this is one of the first things that we need to tackle, so that we can clear the way for all the wonderful things they want to create in their lives. Often people are not aware of what they are holding onto because they've been holding it for so long, it becomes a part of them. This is where I come in to help them pinpoint the culprit, and to teach them how to release it, so they can move forward with their lives.

Letting go is not easy at first. It is a skill that you will use for the rest of your life. The more you practice, the better you'll become. The better you become, the easier it will be the next time, and so on. Love yourself enough to let go of what does not serve you. There is nothing more liberating than letting go.

Self-Compassion

Give yourself the same kindness you would for one you care for deeply. Love yourself as someone you absolutely adore. Respect yourself as someone you admire.

When you experience anything in life, have compassion for yourself. Imagine if your loved one was feeling exactly what you are feeling and respond to yourself as you would them. Be your own best friend.

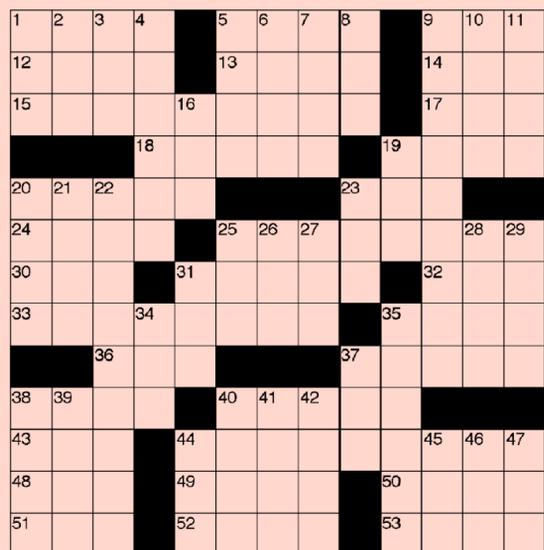
Honoring Your Soul

The most important act of self-love is honoring your soul. Gain the respect of your own soul by listening to your inner voice, trusting your intuition, and then following through on the commitments you make to you. When you truly love and honor yourself unconditionally, you no longer need to work on creating healthy boundaries to protect yourself, because you will create them organically.

Live intentionally according to the love that's in your heart. Let love guide you in all that you do and remember that love begins with you.

Wishing you peace, happiness, health, wholeness, success and love during the New Year and beyond.

Loving and caring for oneself does require that we make the healthiest choices possible most of the time.



Crossword Puzzle Of The Month

ACROSS

- Act
- Decorated wall part
- Hindu title
- Always
- Equal Employment Opportunity Commission (abbr.)
- Coal scuttle
- Kora
- Wood sorrel
- Strain
- Gag
- Cat genus
- Revolver
- Irish exclamation
- Cob (2 words)
- Ten (pref.)
- Muslim prayer

- Bantu language
- Evergreen shrub
- Afr. gazelle
- To be announced (abbr.)
- Become dim
- Sandbox tree
- Fact
- Chin. plant
- Tutor of Alexander
- Edomite city
- Andes plateau
- Salt
- Old (Ger.)
- Elbe tributary
- Togs

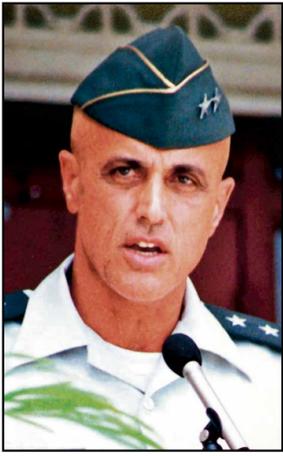
DOWN

- Small number
- Stowe character
- At the age of (Lat.)
- Quaking
- Tenth part
- Time period
- Physicians, for short
- Little (suf.)
- Miss (2 words)
- Sway
- Scientific name (suf.)
- Eth. title
- Man's name (abbr.)
- Port. folk tune
- Noble (Ger.)
- Cisco (2 words)
- Come down with
- Angry
- Pub fare
- Malay gibbon
- Crimean river
- Dravidian language
- Snow (Scot.)
- Camel hair cloth
- Nut
- Except
- Athabaskan language
- Hereditary property
- Narcotic
- Senior (Fr.)
- Russ. despot
- Monkey
- Greek letter
- Liquid crystal display (abbr.)
- Loop trains

Answers On Page 10.

POWs' Essential Code

Burn Loeffke
Gazette Contributor



Burn Loeffke

It happened again today. It happens to many of us. There are days that a crushing sadness surrounds me. What is happening to our country? We are divided; hate is rampant. Am I suffering from PTSD? The stress brings on the pain of old injuries. I reach for a bottle of medicine. Two tablets will do it. I swallow and close my eyes. Breathing slowly, I wait for the pain to vanish.

Eight More Seconds And It's Over

I was falling rapidly through the sky with a parachute that failed to open properly. I was desperately trying to deploy my small reserve parachute hoping the wind would catch the canopy and save my life. This is as close as I can imagine to the feeling of trying to get out of a crippled aircraft that is tumbling uncontrollably.

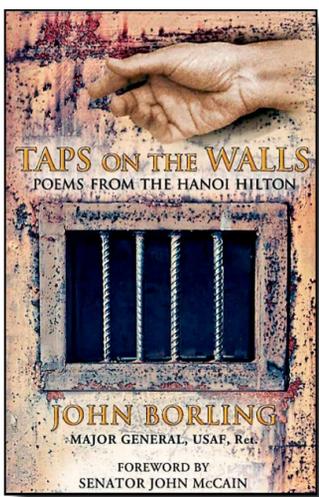
Daddy, It's Not That Bad

My son Marc, at four years old, used to cheer me up when I was tired or in pain with "Daddy it's not that bad." The bad days remind me that I am lucky to be alive. I think of the heroes who live with terrible pain. On top of the list are the prisoners of war (POWs). For many years they endured isolation, beatings, cold, heat, hunger and despair. What was it that kept them alive?

Many of our POWs had broken bones, wounds and illnesses that were not treated. They were thrown into small cells with a bucket to collect urine and feces. There they languished. Some of them for years. How did they survive? The man on the other side of the cell wall was the glue that kept them alive.

You Are Not Alone

Taps on the walls were the lifeline. Knowing there were others on the other side of the walls was powerful medicine. Air Force Maj. Gen., Ret., John Borling wrote a book of poems. He tapped the poems during his seven years as a POW. It served two purposes: First, it kept his mind active and second, he asked his fellow prisoners to give the poems to his wife in case he did not survive. For me, John Borling is a role model of a warrior who never gave up.



Maj. Gen. John Borling's book.

	1	2	3	4	5
1	A	B	C	D	E
2	F	G	H	I	J
3	L	M	N	O	P
4	Q	R	S	T	U
5	V	W	X	Y	Z

Example of the code used by POWs imprisoned during the Vietnam War.

The Code

A fellow POW came up with the code that everyone memorized. Every letter of the code had two components. First tap was the horizontal row. The second tap was the vertical row. For example, my initials are BL. B would be one tap for the horizontal row and two taps for the vertical row. The letter L would be three taps for the horizontal row and one tap for the vertical row. B would be 12. L would be 31. The code has no letter K. C was also used for the letter K. Kitchen would be tapped as CITTEN. We can use the code to teach about the experiences of our POWs and the Vietnam War.

"Taps On The Walls"

This is a book of the poems that were tapped by Borling. I have given it to friends. It captures the love of a husband for his wife. It shows, that in the darkest of days, we can survive if we know we are not alone and have a purpose for living.

In 2022, renew old friendships by telling them how much it has meant having them in your life. LOVE WINS. The POWs would tap:

L O V E W I N S : 3 1 3 4 5 1 1 5 5 2 2 4 3 3 4 3

Bernard "Burn" Loeffke is a retired Major General of the United States Army and frequent contributor to The Gazette. 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 honors 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 former 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.

Always Time To Love Again

Rev. Rachael Gallagher
JKV Spiritual Life Director



Rev. Rachael Gallagher

From time to time, I refer to myself as a "late bloomer" when it comes to love. I didn't meet my husband until I was 33, and I was 35 when we walked down the aisle and pledged our marriage vows to one another. The truth is that I was the exact right age with the exact right amount of life experience I needed when I finally found him.

Being here at John Knox Village and getting to know many residents, I have heard about many love stories. Some have taken place early in

life and others more recently. This past December, I got to be a part of a love story 60 years in the making.

In this month's *Gazette*, you can read the love story of residents Barbara Morningstar and Dr. Michael Featherstone.

They were high school sweethearts, torn apart by distance when Michael's family moved across the country. They each went their separate ways and built lives in other places with other people. But, after years of living separate lives, Michael reached out to Barbara because he always thought fondly of her and wondered how she was doing. As they say, the rest is history.

Both Barbara and Michael had gotten divorced, and it felt like they picked right back up where they left off. They spent time rebuilding their relationship and moved into JKV to live in a place where they knew they could each age greatly together.

Wedding Plans For Barbara And Michael

In November, Barbara and Michael asked if I would be willing to officiate their wedding. I don't know if I have ever given a more enthusiastic "YES!" in my life. You see, I have a soft spot for love stories and I loved playing such an important role on their special day.

Barbara and Michael aren't the only residents who have found (or refound) love later in life. If you ask

around, you'll find many couples at JKV with their own romantic love stories that have taken place later in life (see the story on page 3 of this *Gazette*). Everyone wants to feel love, and that desire doesn't change as you age. Fortunately, falling in love isn't reserved just for the young. In fact, finding love later in life reminds us that if we have felt the magic of love before, we can feel it again.

Dr. Randy Schroeder, author of "Simple Habits for Marital Happiness," writes, "a difference in later life romance is that most view dating as a recreational activity. Older adults are looking for companionship, for someone to watch movies and eat popcorn with."

With 15 years of experience as a relationship and dating coach, Amy Schoen covers a lot of ground with her older clients, a few key themes have emerged among those seeking love later in life. First, we are not perfect. But, she says, "It's important to try to put yourself out there, and I believe what you put out there is what you attract."

Follow Your Instincts

Additionally, regardless of age, we must trust our gut instincts. If your instincts say, "No, I'm not ready to date," listen to them. Our intuition is a function of our subconscious brain, and it processes our catalog of lifetime memories in seconds. It also sends signals to our bodies—increased heart rate, butterflies in our stomach,



Several JKV residents have found love and marriage later in life.

dry mouth and perspiration. It then navigates us toward making an immediate decision.

But, when you are ready to date, it's important to move past instinct and pay special attention to the personality and character traits that matter to you, such as honesty, loyalty and kindness. Pay attention to what you have been attracted to in the past. You may notice patterns in the types of partners you gravitate toward. Identify the traits each of these individuals have in common. Take note of what the outcome of the past relationship was; then ask yourself if these types of character traits are a good match for you.

What's your love story? Is it still being written? I would love to hear and be inspired by your story. Email me at: rgallagher@jkvfl.com

Answers to Crossword Puzzle on Page 8 and Sudoku on Page 9.

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

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

Upcoming Events And A New Exhibit

At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

New Exhibition

“Keith Haring and Pierre Alechinsky,”
On view Feb. 27 – Sept. 25, 2022

This exhibition presents explores Keith Haring’s work from the perspective of his relationship to the European avant-garde. In 1977, the then 19-year-old Haring was exposed to the work of the Belgian Co-BrA artist Pierre Alechinsky, at the latter’s exhibition at the Carnegie Museum of Art, Pittsburgh, PA. Subsequently, throughout his career, Haring credited his early exposure to Alechinsky’s work as a watershed moment that instilled him with a “rush of confidence” to pursue his own experimentation with self-generating shapes and creating work on a monumental scale.

This exhibition will address the personal relationship that was established between these two artists, the visual connections that present new insight into the history of Haring while raising awareness of the radical work of Alechinsky, whose work is central to NSU Art Museum’s CoBrA Collection (the largest in the U.S.). The exhibition is curated by Ariella Wolens, Bryant-Taylor Curator, with Bonnie Clearwater, Director and Curator, NSU Art Museum.

Upcoming Event:

“Virtual Creativity Exploration: Lover’s Eye,” Feb. 12 from Noon to 1:30 p.m.

Inspired by the miniature paintings of eyes belonging to a spouse, child, or loved one, popular in the 1700s, reflect upon your love and special memories and create your own sentimental illustration of a loved one’s eye. Bring images to help inspire your work.

Creativity Exploration adult workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that 45 minutes of creative activity a day reduces stress and offers mental clarity and relaxation. In addition to producing a sense of well-being, sessions expand participants’ perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler. Tickets are available for purchase here: <https://web.ovationtix.com/trs/pr/1095360>

Community Voices Are Back Live

NSU Art Museum is partnering with various community organizations including the Art and Culture

Plan a visit to NSU Art Museum and enjoy the presentations of numerous exhibitions now on view. Museum hours: Sunday: Noon to 5 p.m., Tuesday through Saturday: 11 a.m. to 5 p.m. Closed Mondays.



Pierre Alechinsky, “La Nuit” (The Night), from the Hayterophilies, 1952-53, Etching and aquatint, Edition IV/VI A.P., NSU Art Museum Fort Lauderdale; Cobra Collection; gift of Golda and Meyer Marks. ©2021 Pierre Alechinsky / Artists Rights Society (ARS), New York / ADAGP, Paris.

Center Hollywood to host a variety of workshops as part of the Community Voices Series. This new initiative is supported by the Community Foundation of Broward and focuses on exploring social and racial inequalities and challenging social structures, including representation in museums.

“Art and the African Diaspora,” on Feb. 5 at 2 p.m. Panelist lecture with moderator Marquese McFerguson, featuring Edouard Duval-Carrie and Morel Doucet.

“Irene Small: Plasticity and Reproduction, Tarsila’s A Negra,” on Feb 24 at 6:30 p.m. The Annual Stanley and Pearl Goodman Lecture Series on Latin American Art presents the Brazilian modernist painter Tarsila do Amaral’s famed 1923 painting, “A Negra,” from the perspective of the afterlives of slavery.

Last Chance To View Current Exhibitions

“Margarita Cano,” Through Feb. 13

On the occasion of her 90th year, NSU Art Museum Fort Lauderdale celebrates the life and work of Cuban-born, Miami-based artist, Margarita Cano.

This exhibition is a testament to Cano’s remarkable life, a record of her transition from Cuba to America, and from scientist to art services librarian, and finally, to a painter of dreams. This exhibition encapsulates Cano’s multi-disciplinary practice as a self-taught artist, whose creativity has manifested through wondrous miniature books, votive portraits, landscape paintings, prints and photographs. Cano’s art is a portal into a celestial world, in which memories are transformed into sacred visions of life and loss.

“Photographing the Fantastic,”
Through Spring 2022

“Photographing the Fantastic,” explores photographs of magical moments and the wondrous, drawn from

NSU Art Museum’s extensive photography collection.

The exhibition features works by: Berenice Abbott, Alexandre Arrechea, Wynn Bullock, Edward Burtynsky, Magdalena Campos-Pons, Gregory Crewdson, Anna Gaskell, Ann Hamilton, Kati Horna, Samson Kambalu, Louise Lawler, Nikki S. Lee, David Levinthal, Vera Lutter, Loretta Lux, Ana Mendieta, Abelardo Morell, Zanele Muholi, Catherine Opie, Andres Serrano, Onajide Shabaka, Cindy Sherman, Victor

Vazquez, Gillian Wearing, Carrie Mae Weems, Susanne Winterling, and others.

“Jared McGriff: Where We Are You,”
Through Feb. 13

NSU Art Museum Fort Lauderdale presents the first solo museum exhibition of Miami artist Jared McGriff. Titled “Jared McGriff: Where We Are You,” this exhibition showcases McGriff’s dreamlike narratives that remain timeless even as he integrates his family’s history into the realities of the present.

This exhibition contrasts paintings that suggest contemporary snapshots of the artist’s present with paintings that conjure the real and imagined experiences of his family’s migration from the rural South to the rural West of Oklahoma and California. This juxtaposition of past and present reflects how contemporary times are shaped by the historical.

“The Art of Assemblage,”
Through Feb. 13

“The Art of Assemblage,” features sculptures composed of found objects that are distinguished by the unlikely combinations of repurposed materials. In the practice of assemblage, materials such as scrap metal, broken shells, tattered fabrics and discarded toys are salvaged and brought together in unexpected combinations, creating poetic abstractions of everyday life.

The exhibition is drawn primarily from the Museum’s collection and includes recent acquisitions by artists John Outterbridge, Vanessa German, Pablo Cano, and a collaborative work by Jorge Pardo and Jason Rhoades. It also includes works by Christian Holstad, Ernesto Neto, Robert Rauschenberg and Jessica Stockholder, and significant artworks from the Museum’s collections of African and CoBrA art.

JKV Chief Marketing & Innovation Officer Monica McAfee Featured In Jan. 2022 “Lifestyle” Cover Story

Kim Morgan-Vagnuolo
Gazette Contributor

Lifestyle Media Group is the largest and fastest-growing magazine publisher in South Florida.

Its 13 titles include the company’s flagship publication, *South Florida Business & Wealth*—as well as *Las Olas Lifestyle*, honored in 2018 by the Florida Magazine Association as Best Overall Magazine in the entire state (in its circulation category). The company boasts eight magazines under its *Lifestyle* banner. In addition to *Las Olas Lifestyle*, other South Florida markets served include Boca Raton/Delray Beach; Weston; Parkland/Coral Springs; West Broward; Doral; Pinecrest/Coral Gables; and Aventura. The circulation of the eight *Lifestyle* titles, combined, exceeds more than 140,000—with an overall readership in excess of 500,000.

JKV’s Monica McAfee Featured

LMG’s January 2022 cover story, “From the Heart: The Spirit of Giving” Drives Monica McAfee and Other Local Philanthropists,” highlighted Monica McAfee, JKV’s Chief Marketing & Innovation Officer, and five other renowned South Florida Philanthropists on how their giving back makes a difference in the community. Monica is joined by Cindy Friezo, Founder Cindy and Robert Friezo Chief People Officer, Verity Partners; Gregory Fried, President, Gregory Fried Jeweler; Raquel Case, Director of Community Relations & Business Development, Rick Case Automotive Group; Mike

Linder, Owner/CEO Silver Linings Inflight Catering, Owner of Jet Runway Café and Yot Bar & Kitchen.

Dedicated To Charitable Efforts

Monica was selected for this honor due to her wide-ranging charitable pursuits that include Innovation Charter School in Pompano that allows JKV residents and staff to volunteer time to read to the K-5 students. Under Monica’s leadership, JKV has developed partnerships with the Pompano Beach Cultural Center, Nova Southeastern University’s Museum of Art and Lifelong Learning Institute. She serves on the board at the historic Bonnet House in Fort Lauderdale, has served on the board of Sample-McDougald House, is involved with the United Way, Habitat for Humanity, Big Brothers Big Sisters – relationships that she is often able to incorporate into the lives of residents and staff at JKV which emphasizes volunteerism as a core value.

According to Monica, “My parents always had a place at their table, and spare resources for those who needed an act of kindness. It’s how I raised my own children. It’s never about I or me, it’s about us and we.”

Lifestyle Magazine Group seeks to connect people and businesses in South Florida to their respective communities. They create a selective mix of articles that touch on categories including dining, arts and entertainment, health/wellness, fashion, retail, philanthropy, real estate/development, nightlife, the social scene—as well as investigative stories.



Monica McAfee featured on the cover of Parkland/Coral Springs Lifestyle. Shot on location at The Beach Club Miami Beach. Photography James Woodley.

Hungry Hearts Need Kindness

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Valentine's Day arrives this month. This warm-hearted winter holiday is not just for lovers, but for everyone. Beyond cards and chocolates, this occasion reminds us of something beyond romance: The heart-to-heart human connection that everyone needs from cradle to grave.

Humans are the most social animals in all of nature. We are such social creatures that our good health depends largely on human connection. Language makes it especially easy for us to connect with each other, yet so many people in America today settle for hungry hearts that are starving for social contact.

Hostility Harms Brain Health

The pandemic has taught us just how hungry American hearts are for the nourishment of human connection. Physical distancing, masks, quarantines and hug deficit disorder have turned civility into hostility. Public displays of affliction have erupted in many places, from airplanes to restaurants and schools.

Our hungry hearts are also disrupting mental health. Over the past two years, Americans have reported even higher levels of anxiety and depression, associated with stress hormones in the brain that increase inflammation and insomnia.

That means our brains are being overworked. They are not getting the good chemistry they need from enjoyable social interactions.

Two socially oriented hormones play a major role in brain health. Serotonin, generated in the brain during a pleasurable social activity, is associated with good sleep, memory, mood and immune system health. Interactions with people you care about produce oxytocin deep within the brain, which reduces inflammation,

improves immune function, and reduces pain. We owe it to our brains to try a little harder to connect with others in a positive way.

Three Guidelines For A Brain Boost

The tonic we need is easy enough—a little kindness. Start by following this rule during your daily routines: If you see someone, say something. Use these three guidelines to make sure you each get a positive brain boost from the interaction:

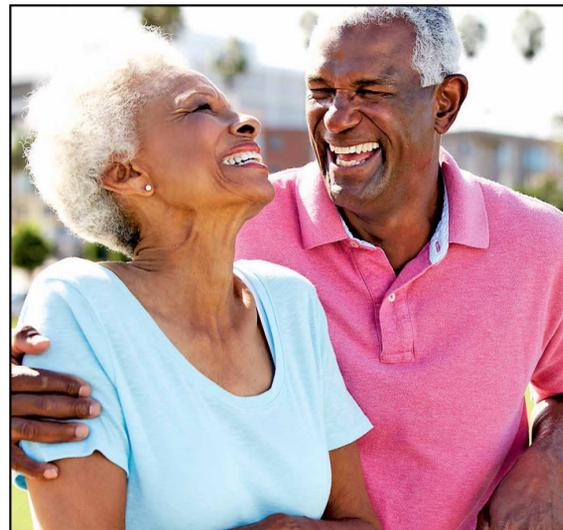
1. Thee and Me: Nurture a “thee” attitude of respect for others, just as you would like to receive from others. We are all a product of our life experiences and stories, and we each have complex reasons for believing and behaving as we do. There’s no point in getting worked up about differences with others, especially in hot-button areas such as gender, politics, race, religion or vaccines. Viva la difference.

2. Look and Smile: Eye contact and smiling produce a natural high in the brains of both the giver and the receiver: That’s how babies make everyone feel so good. They get it. The brain’s appetite for eyes and smiles doesn’t end in childhood. And during the pandemic, you can do this safely from a few feet away.

3. Ask and Listen: A good question is an easy way to show a friendly interest in others. For example, if someone has recently been on a vacation, you can ask, “What did you enjoy most about your trip?” or “What was your favorite meal?” or “How was the weather?” Ideally, the person will ask you a question in return, but that doesn’t always happen. Sometimes, people in the wake of a setback or cognitive decline aren’t as considerate of others. Think of it as giving the gift of being present and kind. Someday the gift will come back to you.

Feed Your Hungry Heart

Ultimately, we are all responsible for feeding our hungry hearts through nourishing social connections. All too often, people settle for loneliness and isolation due to a loss or negative social experience. They see someone and say nothing, or even worse say something mean.



Eye contact, a smile and conversation will nourish a hungry heart.

Others refuse to starve their hearts. Let me tell you about my friend Susan, a 63-year-old woman who was widowed two years ago. In early 2021, she met a 70-year-old man who dumped her just before the holidays. She had imagined spending the rest of her life with him, so was deeply hurt by the breakup.

Nevertheless, she is now back to meeting new men through online dating. In addition, she is taking the time to learn more about honing her relationship skills. She wants to improve her ability to form a strong relationship with her next romantic partner.

What admirable resilience Susan has. She is accepting responsibility for feeding her hungry heart, rather than dwelling on the negative experience she had with her former boyfriend.

If your heart is hungry for social connection, from a smile to a friendship or romance, don’t wait any longer to nourish it. It’s so easy to get started: If you see someone, say something.

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

Reserve Your Spacious New Biscayne Apartment Home In The Vue At Westlake

As construction on the Pavilion at Westlake, with its Performing Arts Center, restaurants and gathering spaces, continues, it’s time to focus on the two residential towers at Westlake: The Terrace and The Vue.

This month’s featured apartment home is the Biscayne, available in The Vue. Get in the queue, make your 10-percent deposit and become part of the JKV family as a Platinum Westlake Club member. Plan a COVID-careful visit, learn all about the current and future plans at JKV and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

The Biscayne 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

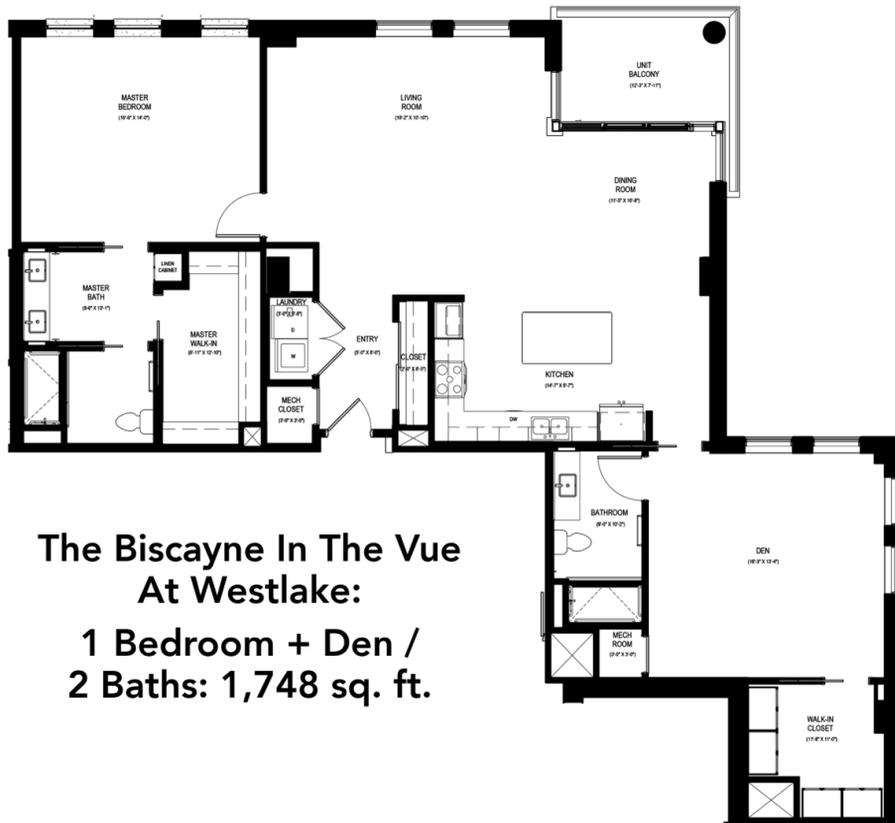
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

As a resident of JKV, you will enjoy a comprehensive long-term care insurance policy, unlimited use of the new Aquatic Complex with two pools, Glades Grill, Stryker’s Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro and much more. Call the Marketing Department at (954) 871-2655 to schedule a tour.

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



The Vue at Westlake will overlook the reconfigured Lake Maggie.



The Biscayne In The Vue At Westlake:
 1 Bedroom + Den /
 2 Baths: 1,748 sq. ft.