



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Things Looking Up At JKV Westlake Towers Project Ahead Of Schedule



The 11-story Terrace apartment building has completed its concrete pour, while the 15-story Vue is expected to be topped off later this month.

Rob Seitz
Gazette Contributor

To say things are looking up for Westlake—John Knox Village’s most ambitious project in its 55-year history—would be an understatement.

Construction on the two apartment buildings—The Vue and The Terrace—is ahead of schedule, thanks in part to a relatively dry summer and nimble work-arounds when frequent supply chain issues arise.

Concrete pours for the 11-story Terrace were completed in August and—weather permitting—the 15-story Vue will be poured out by end of this month or early in October, a month ahead of schedule.

The two luxury towers are called Westlake because they are rising on the westside of the Village’s Lake Maggie, however as part of the \$120 million project, JKV’s waterways will be dredged and expanded at the site of the Village’s former dining room.

“Once the dredging is complete residents, guests and staff will have waterfront views from more than half of the campus,” Plant Operations Director Thom Price told The Gazette. “With nearly a floor a week being [concrete] poured this is a very exciting time. We are all watching, in real time, this project going up.”

The first-floor common area lobby of the towers will be the site for amenities, including a theatre, art studio, business center, sacred space, library, club room and two restaurants—the French Press, a coffee bar during the day and wine bar in the evenings and a bistro-inspired Westlake Eatery.

Moving up from the first floor, there will be two stories of covered parking, followed by apartment homes ranging in size from 1,231 to 2,259 square feet.

See “Looking Up” on Page 2

Construction on the two apartment buildings is ahead of schedule.

The Fruits Of Our Labor...Day

‘There Is No Substitute For Hard Work.’ – Thomas A. Edison



“You Can Do It” or Rosie the Riveter Poster by J. Howard Miller (1918–2004). This poster was used by the War Production Coordinating Committee during WW II. Image source: Public Domain.

Nona Cree Smith
Gazette Contributor

Labor Day is different from most of our holidays. It isn’t a celebration associated with a religious observance, nor does

it commemorate an important day in our national history such as Independence Day, nor does it memorialize a person like Dr. Martin Luther King, Jr. Although people do fun things on Labor Day, the holiday itself is not known for any specific traditions like giving gifts on Christmas or setting off fireworks for New Year’s Eve. All of this raises an interesting question: What does Labor Day celebrate and why is it important to us, besides giving us an extra day off? And that is exactly the point—Labor Day is a reward.

On the first Monday in September, we enjoy an extra day off from work which can become a three-day holiday weekend. It marks the end of the summer season and the beginning of the school year. Often the weather is glorious; not too hot or chilly (in northern climes) making it a perfect time to enjoy the great outdoors, have cookouts, play sports, go to the beach or just enjoy leisure time with family and friends

At the same time, something about Labor Day is bitter-sweet, the hot summer is over. June, July and sweltering August are gone. Perhaps it’s this small sense of loss, of long hot, sunny days coming to an end, which makes Labor Day such an important, yet wistful holiday.

See “Labor Day” On Page 3

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From “Looking Up” On Page 1

The 15-story Vue offers one- and two-bedroom floorplans, while all apartments in The Terrace are two bedrooms and all have balconies.

“Because new residents who are moving in are trending younger and there are more couples, they are looking for two bedrooms instead of one,” said Director of Sales Kim Ali.

Currently, Westlake is more than 80-percent pre-sold, but many fine apartment homes remain. *Gazette* readers can be automatically enrolled as Platinum-level members of the Westlake Village Club with a 10-percent deposit on a new state-of-the-art Westlake home.

As Platinum-level Village Club members, future Westlake residents receive many benefits, including complimentary meals at JKV’s four dining venues, access to the \$6.2 million resort-styled Aquatic Complex, award-winning Life Enrichment programming, fitness classes and admission to JKV community partners such as the Ft. Lauderdale International Film Festival, Musicfor America, NSU Art Museum in Ft. Lauderdale, Bonnet House and the historic Sample-McDougald House.

To find out what else is looking up at JKV read the “Ask Kim” ad on Page 7, which provides answers to reader questions. To learn more call Kim at 954-871-2655 or email her at askkim@jkvfl.com



Pictured above, Musicfor America showcases a variety of string instruments after a recent JKV concert. As Platinum-level Village Club members, Westlake residents receive many benefits including admission to community partners such as the Ft. Lauderdale International Film Festival, Musicfor America, NSU Art Museum in Ft. Lauderdale, Bonnet House and the historic Sample-McDougald House.

Buying Life-Care, Not Real Estate

One of the biggest misperceptions prospective residents have about moving into a John Knox Village apartment or villa home is that they are buying a piece of property, when in fact they are purchasing a Life-Care Contract.

JKV is a Life-Plan Continuing Care Retirement Community which means that every resident who moves into the Village pays a one-time Entrance Fee, which secures them a Life-Care Contract that will provide for their care no matter what health care circumstances may arise. In addition to the health care benefit residents enjoy an apartment or villa home for their entire time spent as an independent living resident.

“Every JKV resident has the peace of mind knowing that

their future health care needs will be met,” said Kim Ali, JKV Director of Sales. “That continuum of care includes assisted living and skilled nursing care—should those needs ever be necessary—all of which takes place directly on our campus.”

Ali added: “In South Florida, assisted living costs average about \$5,000 a month, memory care is around \$8,000-plus per month and skilled nursing care is averaging \$14,000 monthly. Plus, Home Health Services in the home averages \$24 per hour, and could be as much as \$16,000 per month. So, living at John Knox Village will definitely provide you with the financial peace of mind you want should something come up, health-wise.”

For more information, and to schedule a tour call 954-871-2655.

Thanks For Asking

But No, I’m Definitely Not A Baby Boomer

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

Several friends were recently talking about the difference between being a member of the “Silent Generation” or being a “Baby Boomer.” The discussion was really a bit more mundane. It was basically about how the business model for the marketing of Continuing-Care Retirement Communities (CCRCs) has evolved through the years.

To define the parameters, the term:

(a) “**Silent Generation**” refers generally

to those born between 1928 and 1945, and was first documented in a 1951 *Time* magazine article. The article claimed that the most startling fact about this generation was its silence, attributed to the difficult times in which they were born and their willingness to work within the system rather than change it. A similar theory is that the children who grew up during this time worked very hard and kept quiet, and it was commonly understood that those children should be seen and not heard.

(b) “**Baby Boomer**” refers to a member of the demographically large generation born between the end of WWII and the mid-1960s. Because of their high numbers and the relative prosperity of the U.S. economy during their careers, the Baby Boomers are an economically influential generation.

(c) “**Continuing-Care Retirement Community**” describes those residential communities for elders that provide, under one management, facilities for independent living, assisted living, memory care and licensed skilled nursing. More recently, those communities are being referred to as Life-Plan Communities, and that’s what this article is really about.

In 2016, LeadingAge, the industry advocacy group, recommended that its members adopt the term “Life-Plan Community” to replace “Continuing-Care Retirement Community,” based on a survey of prospective residents. LeadingAge is a large, well-funded organi-

zation comprised of more than 5,000 nonprofit aging services providers. Those “providers” are the folks who manage communities like John Knox Village. That survey most likely included Baby Boomers who were just starting to consider a possible move to a retirement community. Baby Boomers will obviously be the majority of new arrivals in the not-too-distant future, although most current residents are members of the Silent Generation.

The Difference In Motivation

So what? Well, that survey apparently concluded that although the Silent Generation might be more concerned with the security of their continuing-care, the Baby Boomers are more concerned with amenities, activities and lifestyle. Therefore, to better attract new residents, which is where management’s emphasis should go, the nomenclature has changed from Continuing-Care Retirement Community to Life-Plan Community.

To properly implement this change in emphasis requires much more than simply changing the name. It requires increased investment in money, assets, activities and opportunities for residents to expand their horizons. This, in turn, requires more management effort and skill in implementing those changes, and more patience and understanding by current residents who are most affected as those changes are implemented. That can be a dicey combination. It’s no secret that change is difficult to manage, and change is hard for many elders to accept. As Henry Ford once said, “If I’d asked my customers what they wanted, they’d have said, ‘Don’t change anything.’” Of course, Ford’s customers weren’t living inside those cars as they were being changed, and there were a few Edsels along the way.

In The Midst Of Transition

My wife Jackie and I moved to John Knox Village in 2017, about the time that this LeadingAge initiative was just being implemented. Of course, we had no clue of what was transpiring. Since we arrived, JKV has built and opened the Aquatic Complex and The Pavilion.

The \$7 million Aquatic Complex is first class in every respect, with two heated pools, a spacious pub, and an elegant dining venue. The Pavilion is equally impressive. It contains two upscale restaurants and a very impressive state-of-the-art 350-seat Cultural Arts

Center. An even bigger project is the construction of the two modern apartment buildings, The Vue and The Terrace, containing some 147 units. That project is ahead of schedule and set to be completed in 2024.

When Jackie and I first got an inkling in 2017 of the construction that lay ahead, we were fortunate to be able to spend some time away from campus. Of course, that changed several years ago with the advent of COVID. In retrospect, although living in a construction zone can present challenges, Jackie and I enjoy the new dining venues, do water aerobics two or three times every week, and plan to move into The Vue. The irony is that although my age places me as an early member of the Silent Generation, I really embrace the changes. So does Jackie, but she is one of the original Baby Boomers and fits that description.

The area where my Silent Generation roots are strongest is my concern with the continued availability of assisted living, memory care and licensed skilled nursing. From my experience with the National Care Residents Association, I’m painfully aware that many Life-Plan Communities around the country are moving away from complete on-site skilled nursing facilities. I also know that won’t happen at JKV. First, Florida Statutes require that registered CCRCs maintain one skilled nursing home bed for every four regular residential units. More importantly, our Woodlands skilled nursing facility opened shortly before we moved in. The Woodlands remains the only “Green House Model” skilled nursing facility in Florida and the largest one within a Life-Plan Community in the country. It is clearly here to stay.

While so many nursing homes around the U.S. had terrible performances during COVID, the Green House Model was at the extreme opposite end of the spectrum, both in the cases of COVID and in related deaths. It’s widely lauded as the best example of how skilled nursing facilities should be operated.

The Boom For Boomers Later In Life

While I’ve come to appreciate why marketing finds it more beneficial to emphasize amenities and that most newly arriving Baby Boomers might not be interested in learning about the availability of long-term care, part of me knows that for many of them, it may become very important. Personally, I find comfort that The Woodlands will be there for me, should the need arise. NO, I’m definitely not a Baby Boomer.

JKV Residents Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at the Village. Dave is a member of the Board of Directors of the Florida Life Care Residents Association.

Labor Day Celebrates The Dignity Of The American Worker

From “Labor Day” On Page 1

For most Americans, Labor Day conjures up images of barbecues, parades and fun. Few give any thoughts to the origin of the holiday, beyond a vague idea of celebrating the “American Worker.”

From Agrarian To An Industrial Society

To better understand Labor Day’s place in history, remember what life was like for most people in the mid- to late-1800s. Men and women, and even children, were expected to work 12 hours a day, seven days a week, with only short breaks for lunch and other meals.

In the 19th century, the world moved from an agrarian society, with the majority of work dedicated to producing food, to becoming an industrial society with people working in coal mines, factories manufacturing machinery, transportation and consumer goods. Workers realized they were being paid too little for the hard, and sometimes, dangerous work they were doing.

They began to join associations and unions that were being organized, to give them more power to negotiate with owners and bosses for better working conditions and wages,

It Started In New York City

The history of Labor Day really began in New York City. In 1882, leaders of various unions and associations organized a festival for Tuesday, Sept. 5, initially few people showed up to the parade, but as word spread, the crowd grew, soon numbering more than 10,000 people. This “day of the people” would not become an official holiday in New York until five years later, in 1887.

To better understand Labor Day’s place in history, consider for a moment what life for most people

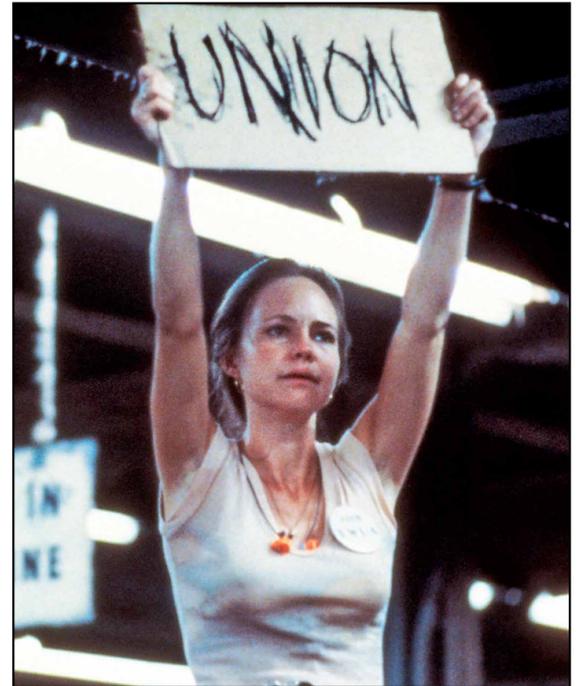
was like back then, especially in the cities, where the Industrial Revolution had transformed the jobs and day-to-day activities of many people. The word “weekend” hadn’t been invented yet, and “vacation” referred to a few spare minutes at home—as opposed to time away from home.

As is often the case, change didn’t happen overnight, nor did it come easily. During this period, labor strikes and riots were an all-too-common occurrence. Workers demanded not just better pay but more humane working conditions. By today’s standards, their requests seem reasonable, but at the time, they were unprecedented. It took the United States Congress until 1894, to making Labor Day a legal holiday, 12 years after that first huge New York City parade.

International Workers’ Day

Before Labor Day, another holiday existed to celebrate worker’s efforts worldwide. The International Workers’ Day was designated a holiday on the first day of May. It made sense that America’s Labor Day would fall on the same day as the rest of the world. Unfortunately, just as the momentum was building for an international holiday, a peaceful demonstration of workers in Chicago, turned very violent. On May 4, 1886, a bomb was thrown into a group of police officers. The police responded by firing into the crowd, killing and wounding many of the protestors. This disaster became known as the Haymarket Affair or Riot.

In an attempt to avoid this sensitive date, Pres. Grover Cleveland selected the first Monday in September as the Labor Day holiday and signed it into law in 1896. The date solidified the goals for the betterment of all workers, such as shorter work weeks, safer working conditions, better pay and no child



Sally Field starring in the 1979 movie “Norma Rae.”
Photo by PictureLux - The Hollywood Archive.
Image source: Alamy Images.

labor. Labor Day became more about celebrating the dignity of the American worker, rather than protests.

As time moved on, work was not just about a paycheck, but the benefits that workers received for their years of dedication, like health insurance for themselves and their families, pensions, vacation time, sick leave, unemployment and/or disability insurance. Indeed, Labor Day is recognized as a holiday to honor and praise the American labor movement and the achievements of American workers.

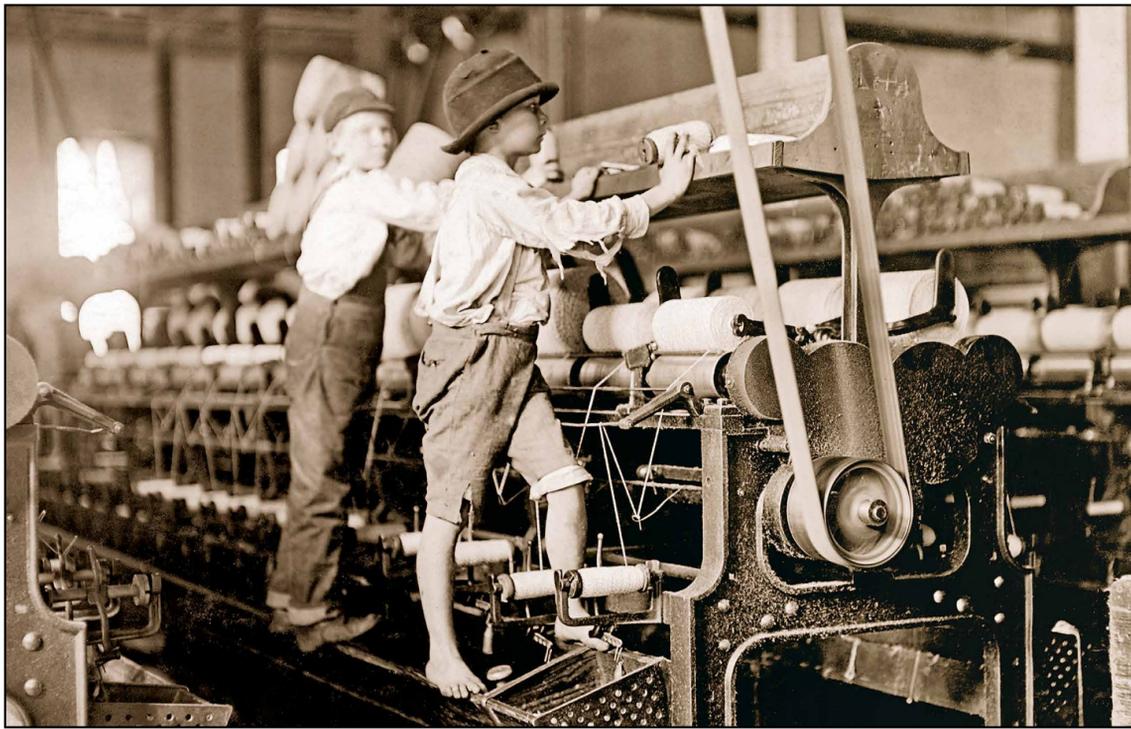
On A Lighter Note

One of the burning etiquette questions for many years was “Is it a faux pas to wear white after Labor Day?” After spending hours delving into research by fashion pundits, Miss Manners and Emily Post, this arbitrary fashion no-no is now a yes-yes, especially in South Florida.

If It’s A Rainy September Day In Florida

If it is pouring rain on your Labor Day fun, may I suggest a couple of oldies but goodies movies for your entertainment. If you are in the mood for a lush, gorgeous Technicolor movie, there’s nothing lushier than “Picnic” (1955) starring oh-so-handsome William Holden and beautiful Kim Novak. The Labor Day picnic preparations of a sleepy town are disrupted when Hal Carter (Holden), a muscular charming drifter hops off a freight train. Hearts are broken and lives are changed in twenty-four hours as Hal’s dangerous masculinity turns all the ladies’ heads. Available on Prime Video.

For some really good acting by Academy Award winner Sally Field, enjoy “Norma Rae” (1979), the exciting story of a brave single mother who helped bring unions into the hard-working world of cotton mills. This movie is a little harder to find, but can be streamed on YouTube.



Children working in a Macon, GA cotton mill in 1913. Image Source: United States Library of Congress Prints and Photograph Division.

James Webb Update

Powerful Space Telescope’s Images Are Out Of This World

Nona Cree Smith
Gazette Contributor

The most powerful telescope ever created, The James Webb Space Telescope (Webb) was launched on Christmas Day 2021 and has reached its permanent position located one million miles above the surface of Earth.

According to a release from NASA, “The James Webb Space Telescope’s revolutionary technology will study every phase of cosmic history—from within our solar system to the most distant observable galaxies in the early universe.”

First Images Released

On July 12, 2022, NASA released the first high resolution photos of our Universe, imaged from the Webb. The most impressive so far is an enormous new image of a galaxy group known as “Stephan’s Quintet.” The new image of the galaxy group gives astronomers a view of galactic mergers and interactions. Rarely do scientists see the details of such interactions or how the gas in these galaxies is being disturbed.

Stephan’s Quintet is a sublime example of a “laboratory” for studying processes fundamental to all galaxies. The image also shows evidence of a supermassive black hole in one of the group’s galaxies in a level of detail never seen before. Tight galaxy groups like this

may have been more common in the early universe when superheated material may have fueled very energetic black holes.

It’s A Wonderful Life

Stephan’s Quintet is probably best known for being featured in the opening scenes of the 1946 holiday film, “It’s a Wonderful Life.” Today, the Webb with its powerful, infrared vision and extremely high resolution, shows sparkling clusters of millions of young stars and starburst regions where new stars are being born. Sweeping tails of gas, dust and stars are being pulled from several of the galaxies due to gravitational interactions. Most dramatically, Webb captures huge shock waves as one of the galaxies, NGC 7318B, smashes through the cluster.

Together, the five galaxies of Stephan’s Quintet are also known as the Hickson Compact Group 92 (HCG 92). Although called a “quintet,” only four of the galaxies are close together and caught up in a cosmic dance. The fifth galaxy, called NGC 7320, is only about 40 million light-years from Earth, while the other four galaxies (NGC 7317, NGC 7318A, NGC 7318B, and NGC 7319) are about 290 million light-years away. This proximity provides astronomers the ability to closely study the merging and interactions among galaxies that are so crucial to all of galaxy evolution.



NASA’s James Webb Space Telescope reveals never-before-seen details of galaxy group “Stephan’s Quintet.”
Image Source: <https://www.nasa.gov/images>.

Rarely do scientists see in so much detail how interacting galaxies trigger star formation in each other, and how the gas in these galaxies is being disturbed. Stephan’s Quintet is a fantastic “laboratory” in studying these processes fundamental to all galaxies.

Keep up to date with the latest news and images by visiting the Webb Telescope’s NASA website: <https://www.jwst.nasa.gov>

Cooking With Carol: Sweet & Savory Chicken Recipe From Memorable Ski Trip

Rob Seitz
Gazette Contributor

John Knox Village resident Carol Frei has many fond memories of family time on the ski slopes of

Colorado as her brood was growing up.

Carol, her late husband Dr. Rudy Frei, and their children would make annual pilgrimages with fellow white powder enthusiasts from the Miami Ski Club.

One year—feeling especially adventurous and energetic—and even though they had spent the day skiing, the Freis decided to cross-country ski, with a guide, to a high-mountain secluded cabin. This locale was so “rustic,” it had no electricity or running water.

“We melted snow in a pitcher for drinks,” Carol told *The Gazette*. “We ate a chicken dish prepared on a wood-burning stove by candlelight. The smell was unbelievable, and it tasted delicious.”

Discovering Chicken Marbella

The family thoroughly enjoyed the sweet and savory meal and upon her inquiring its name, Carol was told they were eating Chicken Marbella, a recipe brought to kitchens everywhere for the dinner party-set of the ‘80s from the famous “*Silver Palate Cookbook*,” written by Sheila Lukins and Julee Rosso. Published in 1982, millions of copies have been sold and it is still available online.

“And guess what? I had the cookbook in my library at home,” Carol said. “Since then, I have made it for our children many times at their frequent requests.”

The cookbook was a natural byproduct for Lukins and Rosso, two New Yorkers who opened a super sophisticated gourmet shop on the Upper West Side, well before such shops and products were common on supermarket shelves.

As Claudie Benjamin wrote in a May 15, 2021 post on the Ilovetheupperwestside.com website: “The essence and distinction of the enduring Silver Palate recipes were that they were not time consuming to prepare, but tasted as if they were.”

Invitation To Lunch

On a recent Thursday, Carol invited two of her Village Towers apartment neighbors over for lunch, neither of whom had eaten Chicken Marbella before. It only took a bite before Dot Haley and Peggy Woehry became fans.



Carol Frei in her kitchen preparing Chicken Marbella.

“What is so nice is that it has to be made ahead of time and refrigerated overnight,” Carol said. “All one has to do is bake it the next day, while preparing other dishes. This is a nice luncheon dish with perhaps a green salad and bread, or for supper include a rice dish.”

Chicken Marbella (Yields 4-6 Servings)

- 5 lbs. chicken thighs and legs
- 5 cloves garlic (thinly sliced)
- Salt and pepper to taste
- 2 tbs. dried oregano
- ¼ cup red wine vinegar
- ¼ cup olive oil

- ½ cup pitted prunes
- ¼ cup pitted Spanish green olives
- ¼ cup capers
- 3 bay leaves
- ½ cup dark brown sugar
- ½ cup white wine
- 2 tbs. chopped fresh parsley

Method Of Preparation:

Pat dry chicken with paper towels, placing them in a casserole dish. Mix the dry ingredients, vinegar, olive oil, prunes, olives, capers and bay leaves. Pour over chicken. Cover the dish with plastic and put in refrigerator to marinate overnight.

Next day: Remove chicken, placing it in a shallow oven-proof baking dish. Spoon the marinade over the chicken. Sprinkle brown sugar on the chicken and pour the white wine around the pieces.

Bake in a 350-degree oven for 50-60 minutes. Serve on a platter with the juices spooned over the chicken, adding the parsley as the final touch.



Gazette readers who take a tour of John Knox Village with a Life-Plan Sales Consultant, can take home with them either a bottle of JKV-labeled Pinot Grigio (pairs well with Carol's Chicken Marbella recipe) or Cabernet Sauvignon.

Call 954-871-2655
Mention this offer when scheduling your tour.

Pompano Beach September Arts & Music

Kay Renz
Special To The Gazette

Whether you want to absorb a gifted artist's interpretations of her sunlit surroundings, kick back and enjoy a jazz-filled wine tasting, or get your heart pumping with a variety of dynamic outdoor musical events, September in Pompano Beach revs up with a tempting array of cultural activities.

Solo Exhibition By Harriet Silverstein

Bailey Contemporary Arts Center's (BaCA) next exhibition features the brilliant artwork by South Florida's Harriet Silverstein, whose paintings fall at the juncture of abstract and figurative art.

“I am inspired by natural color and light, in the ways they define organic form, texture and color,” she said. “The illuminating light of South Florida, with its brilliant brightness and deep dark lushness in its shadows, is especially inspiring to me.”

“My goal is to create feelings of energy, spontaneity and the joyful process of creation for the viewer. Integrating traditional and non-traditional approaches engages the viewer in visual, sensory, corporeal and cerebral levels of cognition.”



“Lion Portrait,” Oil on Canvas 24" x 36" (2020) by Harriet Silverstein.

Born in New York City, and raised in Oyster Bay, Long Island, Silverstein loved art from an early age. Her paintings, drawings and prints have been shown throughout the United States and Europe. She studied fine art and art history at Brown University, the State University New York at Albany, l'Academie des Arts Decoratif in Strasbourg, France and the Skowhegan School of Painting and Sculpture in Skowhegan, ME.

The exhibition opens Sept. 2 during “*Old Town Untapped*” and features a reception from 6 to 10 p.m. The exhibition will be on display until Nov. 22.

A Taste Of Jazz

Ready for a little wine, a little education and a lot of entertainment? “*A Taste of Jazz*” is a wine tasting followed by a musical presentation by Martin Hand and the Gold Coast Jazz Society at BaCA on Thursday, Sept. 8. Wine tasting begins at 7 p.m., with the performance starting at 7:30.

Join Hand and the Gold Coast Jazz Quartet as they explore the origins of jazz, how it moved throughout America and became the music it is today. The Gold Coast Jazz Society has been a major presenter of jazz concerts, jazz education and jazz outreach programs in Broward County since 1992.

Soulful Sundays

Feeling like you need to move to the groove? Ali Cultural Arts Center has you covered with their always lively monthly offering of music, food, and community during “*Soulful Sundays*.” On Sept. 11, the Derek Mack Band, one of South Florida's premier show bands, will be performing music from the ‘60s, ‘70s, ‘80s, ‘90s and today. This high-energy versatile group of musicians crosses musical boundaries with a variety of styles and moods to please anyone's musical taste. Derek and his band are known for delivering a powerful performance that will have you dancing in the aisles.

Concerts At The Amp

Need a bigger, more expansive kind of experience?



“Pink and Purple,” Oil on Canvas 12" x 12" (2021) by Harriet Silverstein.

Head to the beautiful outdoor venue, The Amp, for some great concerts, including singer-songwriter Parker McCollum on Sept. 4 at 8 p.m. According to *Rolling Stone*, McCollum is “a no-holds-barred, confessional singer-songwriter who excels at relatable tales” while *American Songwriter* declares “the Texas native teeters on the edge of next-level superstardom.”

On Sept. 9 at 7 p.m., The Amp will present “*Lost '80s Live*,” the longest-running retro tour of its kind, bringing their ‘80s party tour with some of the most recognizable acts and original vocalists from the bands you remember live on one stage to celebrate its 20th anniversary. Acts taking the stage include Flock of Seagulls, Stacey Q, Wang Chung and more.

Then there's a treat in store for indie power-pop rock lovers, with a double-billed concert featuring post-grunge alt-rock bands Collective Soul and Switchfoot on Sept. 17 at 8 p.m.

For more information on Pompano Beach Arts & Music visit: www.pompanobeacharts.org

Will We See You In September? Great Entertainment Offerings At JKV

Jody Leshinsky
Gazette Contributor

The curtain has risen on the new John Knox Village Cultural Arts Center at the Pavilion. Since that

time, many star-studded performances have graced the stage and the halls are still echoing.

In July, *Troy Anderson and the Wonderful World Band* performed a tribute to Louis Armstrong and had concertgoers trotting down memory lane. The multimedia presentation on the screen behind the band added to the mood and not only did Troy look exactly like Satchmo, but he sounded identical to the infamous trumpeter and vocalist.

Brazilian Voices, who recently performed with Brazilian singer-songwriter Guilherme Arantes at New York City's Carnegie Hall, brought their dynamic repertoire and unique mix of voices and original arrangements to JKV in August. Their presentation celebrated the Brazilian culture in South Florida with an international mix of musicians and singers. Our Meaningful Life residents experienced a personal and up-close performance in advance of the August concert.

Upcoming Jazz Series

On Sept. 23 at 7 p.m., the JKV Jazz Series kicks off with Tito Puente Jr. and His Latin Jazz Ensemble. He is the son of six-time Grammy Award-winner and "King of Latin Music" Tito Puente. Puente Jr. is an audience favorite in performing arts centers, casinos, symphony halls and jazz festivals worldwide. He brings a taste of contemporary jazz to the traditional mambo style.

The four-concert series continues on Oct. 15 with swing jazz vocalist Ashley Pezzotti. At the young age



Troy Anderson and the Wonderful World Band entertained concertgoers in the new JKV Cultural Arts Center.

of 25 years old, Ashley has nonetheless performed with renowned artists such as Wynton Marsalis, Arturo Sandoval and Jon Secada.

Nov. 12 brings Latin Grammy Award Winner for Best Instrumental Album and five-time Grammy nominee, Dr. Ed Calle and the Mamblue Big Band. This renowned musician, composer, orchestrator, scholar, professor and bandleader is known for his extraordinary ability to sight-read, interpret, and perform virtually any musical style.

The series winds up on Dec. 4, with "ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!" This concert features classics from the Jazz

Age songbook made famous by the likes of Sophie Tucker, Louis Armstrong, Al Jolson, Fats Waller, Bessie Smith, Helen Morgan, Ruth Etting and more.

JKV Jazz Series Subscription tickets are \$81 for nonresidents and single ticket sales are \$26 per ticket for nonresidents. To RSVP for these concerts, visit www.eventbrite.com and search for John Knox Village. If you have questions about these concerts, please call the Life Enrichment Department at 954-783-4039.

Visit www.johnknoxvillage.com and click on the events tab for the schedule of upcoming performances at JKV.

Giving Back To Our Military Heroes

JKV Residents And Staff Contribute, Collect And Assemble Gift Packs For Active Military

Marty Lee
Gazette Contributor

An important element of the John Knox Village lifestyle is the universal commitment by administration, staff and residents to charity and volunteerism.

An example of the Village's commitment to giving back was the Military Heroes Care Packing Event on July 20 held in the JKV Cultural Arts Center.

Boxes and bags filled with personal health and care items, snacks, hand wipes, deodorants, ChapSticks, eyedrops, lotions, and feminine hygiene items were donated by residents, staff and the JKV Foundation.

JKV resident and staff volunteers then gathered to assemble personal care kits for distribution to the Military Heroes Support Foundation. In all, more than \$2,000 in goods were donated to the Foundation.

JKV Life Enrichment Coordinator, Jacquee Thompson said, "We purchased 200 Ziploc bags for care

packages and ran out. We then started using grocery bags and filled more than another 100 bags. We also had several bulk-size items that will be shipped to multiple units to be distributed among and shared by members of the unit. We had three 70-gallon plastic tote boxes full of those bulk items for sharing."

How Military Heroes Began

The Foundation's founder, Karla Smiley recalled the moment she was inspired to give back to our men and women in the military. "My son joined the U.S. Army in 2004," Smiley told *The Gazette*. "I was there for his graduation from basic training and noticed there were soldiers standing at roll call, but there was no family to join them. I asked the chaplain, 'Where are the parents?' He said some do not have family, no next of kin, some joined the service from foster care. I then asked, 'When they go overseas, who takes care of

them?' I thought they never go to mail call. They never get letters from home." It was then, that the idea of the Military Heroes Support Foundation began to develop.

She joined forces with co-founder Janette Chandler, who at the time was a Chief Petty Officer in the U.S. Navy. They met at many military-related events and decided to work together. After her retirement from the Navy in 2009, Chandler became a civilian employee of the U.S. Army, where she is now the Family Residence Support Assistant for the 81st Readiness Division.

Together the pair have grown the organization. Smiley now handles the donations and distribution of care packages to active military, while Chandler takes care of transitions when the military women and men come home.

"We make sure they have apartments, make sure they get to VA for check-ups and mental health treatment," Chandler said. "We also take care of the families of active military left behind. At Thanksgiving, we make sure they have a full meal, and gifts at Christmas."

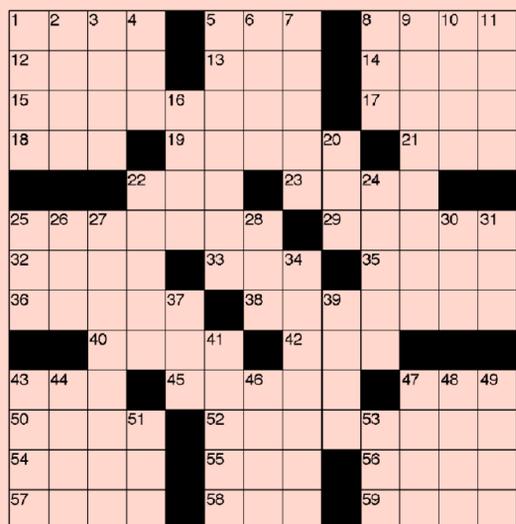
Smiley credited additional members of the team including Carol Sain, Vice-President; Tom Kelaher, Treasurer; and Naj Fernandez, Director of Public Relations.

Gazette Readers Can Help

Military Heroes Support Foundation, Inc., a 501(c)(3) nonprofit corporation, was founded on the principle: "Never Let A Hero Stand Alone." The organization is 100-percent maintained by the generosity of the community through donations and volunteering to benefit the men and women of the United States Armed Forces and their families. If you would like to help this foundation, you can visit their website at: www.militaryheroesupportfoundation.org



JKV residents and staff worked together to assemble gift packs for the Military Heroes Support Foundation.



Crossword Puzzle Of The Month

ACROSS

1. Canal bank
5. Raw (Fr.)
8. Afrikaans
12. Occupational Safety and Health Admin. (abbr.)
13. Ger. physicist
14. Pointed love song
15. Sample
17. Dressed
18. Anecdotes
19. Pointed missile
21. Verb-forming (suf.)
22. Exclamation
23. Hindu god of love
25. Clay mineral
29. Egypt. king
32. Academy (abbr.)
33. Corrode
35. Scientific name (suf.)
36. Remnant
38. Neptune's spear
40. Colorless
42. Dutch commune
43. Two-year-old sheep
45. Cob
47. Drone
50. Wings
52. Form into a chain
54. Proceed
55. Rom. first day of the month
56. Son of Ruth
57. Eur. canal
58. "Fables in Slang" author
59. _____ Nostrum (Mediterranean)

DOWN

1. Beerlike Arab drink
2. Television channel
3. S.A. Ostrich
4. Son of (Scot.)
5. Fruit dish
6. Former Korean president
7. Aleutian island
8. Tactical Air Command (abbr.)
9. Pact
10. Down with (Fr., 2 words)
11. Dip
16. Yahi tribe survivor
20. Pound down
22. Species
24. Civil War commander
25. Nose (pref.)
26. Exclamation
27. Euchre (2 words)
28. Sup
30. Poetic contraction
31. Hindu essence of being
34. Bridge part
37. Burmese knife
39. Idea (Fr.)
41. Glass-furnace mouth
43. Nail
44. "The Time Machine" people
46. Thunderfish
47. Polish rum cake
48. Uterus (pref.)
49. Aryan
51. Moray
53. Name (Fr.)

Answers On Page 10.





JOHN KNOX VILLAGE
A Life-Plan Retirement Community

re:tired

Exercise at the Aquatic Complex, an evening show at the Cultural Arts Center, **and drinks with friends.**

Tired? Sure. Retired? Call it what you want, that's not me.

DON'T AGE OUT. AGE UP.

Join us for **Brunch** and learn about all the things JKV has to offer:

JKV Advantage
Get peace of mind with our Life-Care contract that covers you for whatever health care situation may arise.



The Vue and The Terrace
JKV's newest resort-style neighborhood featuring two all-new, modern apartment buildings.

Brunch:
Thurs., Sept. 15th
or
Thurs., Oct. 13th
11 a.m. – 12:30 p.m.



Brunch will be held at the Welcome and Innovation Center
To RSVP call 954-871-2655





An Award-Winning Life-Plan Retirement Community

Have you *Asked* Kim?



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

Dear Kim: "With everything happening in the world today, including a possible recession, is it a good time to move to JKV?"

— **Worried in Coconut Creek**

Dear Worried: That is a great question. It is very concerning, however if you make

John Knox Village your solution, your future unlimited health care needs will be secured, while you enjoy our active resort lifestyle with the confidence you need today and peace of mind for tomorrow. Come in and talk with me about the right option for you.



SUMMER SERIES

Kim is introducing Dave Bayer, longtime resident of John Knox Village. "You've been hearing me give you the answers. Now you can 'Ask Dave' and get a Resident's point of view."

Dear Dave: Is moving to a Life-Plan Community a good investment?

— **Diligent in Delray**

Dear Diligent: For the average person wishing to age in place and enjoy a fulfilling lifestyle, the answer is "probably yes." Obviously, every case is different, and nobody knows what the future has in store for us regarding health, family, costs involved in maintaining our choices, or meeting whatever challenges may come our way. What we do know is this: We all hope that our nest egg will see us through the rest of our voyage.

Moving to a Life-Plan Retirement Community removes a lot of the "what ifs" in life, so we will need a smaller nest egg. This in turn will free up more assets to attack our bucket list. Maybe a nice cruise or a big family reunion, or perhaps make a larger contribution to a favorite great grandchild's 529 college savings plan. It's never too soon to start being nicer to yourself and to others.

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

John Knox Village 400 SW 3rd Street (Main Gate), Pompano Beach, FL 33060

Johnknoxvillage.com | jkgrows.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

Intellectual Dimension Of Wellness: The Sixth In A Seven-Part Series

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Life-style and Aquatics Manager

wellness, hopefully to inspire and empower you to apply these principles as an integral part of your very own life wellness plan.

Remember The New School Year?

As we are now into September, I find myself reminiscing about my childhood and the excitement I felt at the beginning of each new school year. I loved

The International Council on Active Aging (ICAA) defines wellness as:

“Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential (physical, emotional, spiritual, intellectual, social, environmental, vocational) to pursue and optimize life’s possibilities.”

This month, I will expand on the intellectual dimension of

wellness, hopefully to inspire and empower you to apply these principles as an integral part of your very own life wellness plan.

shopping for my school supplies and books, finding my classroom, meeting my teacher and learning to see who would be in my class.

Although now, I do not have a new school session beginning at any specific time of the year, I still hold onto the same feeling of joy at the opportunity to learn new things, meet new people and grow.

Keeping mentally fit and keeping our brain stimulated is important in every stage of life, but it is especially pertinent as we age. The old adage “use it or lose it” is profound on many levels. This applies to our body and our mind. It is imperative that we keep our brain engaged, continuing to exercise it by thinking and reading, and learning new things.

Get Involved In Lifelong Learning

According to the Alzheimer Association, mental stimulation is important for brain health. Continuing to learn new skills, working crossword puzzles or math games, and increasing social interaction are great ways to keep your mind active. Stay curious and involved in lifelong learning.

Here is a list of just a few more ideas of activities that you can incorporate into your life in order to keep your mind active, but the list goes on....

1. Play cards and games
2. Do puzzles
3. Move your body



7 DIMENSIONS OF WELLNESS

4. Practice mind/body exercises
5. Use your senses
6. Learn a new skill
7. Teach a skill
8. Listen to music
9. Play music
10. Learn a new instrument
11. Meditate
12. Read
13. Listen to podcasts
14. Travel
15. Take classes and attend lectures
16. Learn a dance
17. Teach a dance
18. Watch a documentary
19. Visit a museum
20. Enjoy cultural art venues

Anything at all that requires you to use your brain is good exercise for you to do, just like anything we do that uses specific muscles in our body is good for us, so it goes with our brain.

Furthermore, as we keep our brain healthy, we are happier and we lead more productive lives.

At John Knox Village, we have a saying that we believe wholeheartedly which is this: “Having purpose until our last breath.” Having passion and purpose truly keeps us fully alive.

Keep yourself sharp and fresh by making a point to stimulate your brain each and every day. Be curious, seek to learn, remain enthused in all things and live your very best life now.



JKV residents have exceptional opportunities to attend lectures, expand their knowledge through educational presentations and appreciate an array of musical genres and performances as part of the robust Life Enrichment programming.

Bonnet House Museum And Gardens

The Third In A Multi-Part Series Presenting JKV's Community Partners

Jody Leshinsky
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

was bestowed to them. Not only did Bartlett design and build Bonnet House, but he and first wife Helen created their art and entertained at this magnificent estate. After Helen lost her battle to cancer, Bartlett married his third wife, Evelyn Fortune Lilly in 1931. Bartlett died in 1953, while Evelyn continued to spend her winters at the house until 1995.

Tour The Bonnet House

As one explores the eclectic house, complete with art galleries, a piano room, a formal dining room set as though dinner will be served at any moment, a tiki bar where Evelyn sipped her daily Lime Rickey and orchid house, you can almost feel the history around

you and imagine what life might have been like in a simpler time.

When I think of Bonnet House Museum and Gardens, the first thing that comes to mind is the Florida landscape that almost none of us can remember. Thanks to Hugh Taylor Birch, a prominent Chicago lawyer who sought refuge from city life in the wild and undeveloped sub-tropics of the 1870s, there is a 35-acre tract of land that abuts A1A that looks pretty much as it did in the early 1900s.

When Birch's daughter married Chicago-born artist Frederick Clay Bartlett, the oceanfront property

presented art classes and educational lectures here on the JKV campus.

you and imagine what life might have been like in a simpler time.

John Knox Village has forged a partnership with Bonnet House to provide programming and benefits for our residents, both on and off the JKV campus. By showing their JKV ID, residents and one guest receive complimentary admission for self-guided tours and a 10-percent discount in the gift shop. In addition, residents receive Bonnet House member discounts for educational lectures and art classes at the Bonnet House.

JKV's Community Partner Benefits

Twice a year, the Life Enrichment Team schedules and coordinates customized group tour outings and provides the transportation to Bonnet House. At various times of the year, Bonnet House conveniently

presented art classes and educational lectures here on the JKV campus.

There are three special events presented at Bonnet House that no one should miss. Holiday Magic is a multi-day affair in December where the grounds and house are decorated and lit for the festive season. The International Orchid and Garden Festival is a two-day event in February; and the Wine & Food Festival is a two-day event at the end of March showcasing some of South Florida's finest restaurants and other food purveyors and more than 100 tables of wines and spirits.

Gazette readers can learn about the benefits of choosing the Life-Plan lifestyle at John Knox Village. Call the Marketing Department at 954-871-2655 for more details.



The Gardens at Bonnet House, located just across A1A from Ft. Lauderdale's beach, provide a shady respite from the South Florida sun.

Culinary Medicine

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

An old Ayurvedic proverb says: “When food is good, there is no need for medicine, but when food is bad, medicine is of no use.”

Poor food choices kill more of us than smoking or lack of exercise.

It turns out that we generally make worse choices when we eat out. Dining out means more calories, more carbohydrates, more fat, more cholesterol and more sugar. What’s more, 20 percent of meals eaten out are eaten in the car.

If you ask me, that is just as sad as eating a frozen dinner from a plastic tray all alone, in front of the TV.

Cooking at home, on the other hand, means eating more fruits and vegetables, more like the Mediterranean diet. People who cook at home tend to be slimmer and healthier. French and Italians spend, on average, 19 minutes longer cooking than Americans each day, and suffer much less obesity. In fact, those who make the majority of their meals at home, have as much as 14 percent lower risk of diabetes, compared to those who don’t cook at all or cook less than six meals per week. Plus, cooking at home is less expensive, on average about half the cost of meals eaten out.

Teach Your Children Well

As I write this article, my 10-year-old daughter asked me to be her sous-chef, although I had to decline (to meet my writing deadline). She is making gluten-free meatballs, so I could enjoy them later as well. Putting up with a kitchen that looked like a battlefield, since she was old enough to hold a training knife and reach the kitchen top from her tower chair (about age three), is finally paying off. She even cleans up the

dishes after creating her culinary masterpieces now, at least most of the time.

Studies show that children who cook at home are more likely to eat more fruits and vegetables and develop healthy eating habits, serving them well for the rest of their healthier lives.

A Social Experience

Cooking can be fun, especially when cooking with company. Our Mexican neighbors invite extended family and friends to cook together every weekend, socializing and sharing jokes, while preparing some incredibly delicious meals from scratch. (I know that, as they invite us to partake in the feast as well.) Our Chinese friends do the same, but we Americans are more likely to order a pizza when larger company arrives. We recently visited our friends in France – their breakfast featured everything from fresh eggs and several cheeses, to a variety of olives, melons and other fruit, yogurt, local honey, and of course a fresh baguette.

Meals made with love from fresh ingredients, are the real medicine Americans need. It has been proven beyond any doubt that the more real food we cook, the less prescription medications we need.

Dr. Terry Wahls, a neurologist and a multiple sclerosis patient herself, got out of her wheelchair after four years in it, when she realized none of her expensive medications were working without proper nutrition. She realized she needed more nutrients necessary to support her mitochondria in creating energy and nerves in myelin production. A former vegetarian, she switched to a carefully designed anti-inflammatory (paleo) diet with variety of vegetables still covering most of her plate, but also included a healthy animal protein and even organ meats again while excluding inflammatory foods. She always has a lot of leafy greens as a source of folate and other B vitamins, cruciferous vegetables like broccoli, cauliflower, cabbage, radishes and Brussel sprouts rich in glucosinolate, a precursor to sulforaphane. This is one of the most studied compounds found to “nudge” about 500 protective genes to protect us from cancer, inflammation and



Ditch the fast foods and spend more time cooking healthy meals from scratch and eating at home. It’s better for your health and your pocketbook.

oxidative damage. She also includes a generous dose of garlic, leeks or onions.

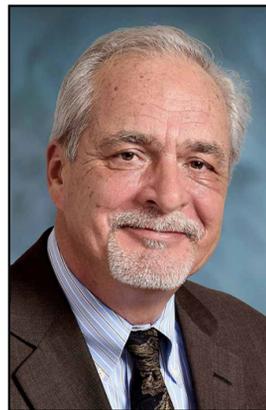
Dr. Wahls shares her journey from the wheelchair back into a bicycle seat and onto hiking trails through her homemade, farm-to-table meals on social media, inspiring other patients with multiple sclerosis and other autoimmune diseases, physicians and countless others.

The food we eat talks to our genes, and so does the company we keep. So, invite your family and friends to cook together and try at least one new recipe every week.

Dr. Tereza Hubkova is the former Medical Director at Canyon Ranch and has been practicing internal medicine for the past 20 years. Currently, she is the Medical Director of Whole Health Institute in Overland Park, Kansas. Dr. Hubkova is a regular contributor to The Gazette.

Omicron BA.5: Should I Worry?

Dr. Mark Cochran
Gazette Contributor



Dr. Mark Cochran

I write this after testing positive for COVID. I was with family after the grandchildren had just returned from a visit to Disneyland. What could go wrong? From the group of 10, six have tested positive. I am no longer a COVID virgin.

I am sure many of you know of someone who has recently been infected, and possibly reinfected. What is going on? Blame more than likely goes to the SARS-CoV-2 Omicron sub-variant known as BA.5. Why is that?

Coronaviruses change over time. Most viruses do. The reason is that they make mistakes when they reproduce themselves inside cells. They have turned that into an advantage. By constantly loading their progeny with slightly different versions of themselves, they can probe their host to select a version that has an advantage. The advantage could be higher infectivity, broader host range, faster replication – anything that would further assure its long-term survival. It is a random process where the biological environment selects a “winner.” Like any parasite, no virus “wants” to

kill its host – resulting disease is just a by-product of their life cycle. Our bodies harbor many viruses which happily coexist with us and cause no harm.

The BA.5 variant has dominated the number of new cases across the world. In the U.S., it took only two months to cause three out of four new COVID-19 cases. This variant has several spike protein mutations making it better at infecting human cells and evading immunity from vaccination or previous infections. Many people previously infected with other variants are becoming reinfected. The good news is that this variant seems to cause a less severe infection, though certainly hospitalizations and deaths have resulted from it.

Take Action Now

Here is what you need to know and do. Vaccination does offer protection against this variant especially against severe infection, hospitalization and death. However, the degree of protection against BA.5 is significantly less. Be current with your vaccination AND booster schedule. For our age group that means if you received your booster more than four months ago, you should get another one. Check the CDC website for specific recommendations: <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/booster-shot.html>

There will be new versions of vaccines and boosters toward the end of this year designed to specifically protect against Omicron and its variants. Regardless, get your booster now if due, rather than wait for the newer

version. The CDC will issue new guidance on further boosting once any new version has been approved.

Continue To Be Vigilant

Reinfection, even if vaccinated, does add increased health risk and should be avoided. This point further emphasizes the need for continued caution. You know it – masks, distancing, hygiene – especially in groups and in enclosed spaces.

As for me and my infection, so far so good. Thanks to my current vaccine status and the use of Paxlovid, I am managing. I hope to be back on my motorcycle soon.

Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been JKV’s medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV’s on-campus Center For Healthy Living.

His experience includes drug discovery, vaccine discovery and development, business development, clinical research, disease management, Wellness and Lifestyle management, program management, and venture capital initiatives. He has also held leadership positions in organizations such as Johns Hopkins Medicine, Bayer Pharmaceuticals (in Germany and USA), Blanchette Rockefeller Neurosciences Institute, MDS Capital Corp., and NeuroVentures Capital.



The BA.5 variant has dominated the number of new cases across the world.

Sudoku

Answers On Page 10.

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

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

Cooperation Or Confrontation?

Burn Loeffke
Gazette Contributor



Burn Loeffke

As I look back in history, there were many important events that occurred 50 years ago. One event, that is often overlooked in the year of Watergate, was President Richard M. Nixon's visit to China in February 1972. This visit officially reopened the doors to U.S./China relationships. It was important to me personally, militarily and diplomatically.

I visited China for the first time in 1973, and met the Chinese General Xu Xin, who had been wounded by American fire during the Korean War. In 1982, I became the first American general to serve in the U.S. Embassy in Beijing as Defense Attaché. At the time, I thought peaceful relationships had been established.

At this moment there are leaders in both the United States and China who feel that in the future our nations may confront each other, not across a diplomatic table, but on

the battlefield. I am worried. I have children. I want them to grow up in a world safe from war. The fate of the world depends to a large extent on how Chinese and Americans behave towards each other.

We Have An Opportunity To Grow Peace

A small group of former U.S. military and diplomats and Chinese friends in both the U.S. and China created the "The 50-Mile Run" to celebrate the 50th anniversary of U.S./China relations.

For more than 18 years after the Korean War, Americans were forbidden to shake hands with Chinese diplomats. When President Nixon visited China in 1972, he shook hands with Chinese officials. This ended a tense period of hostilities between our countries.

It Was A Beautiful Sunny Day

One morning in June, 10 lifeguards in Hollywood, FL, completed their five-mile runs on the beach in commemoration of the 50-year anniversary of the opening of China to the United States. We will be sending these 50-mile completion times to China, inviting Chinese lifeguards to join us in a friendly competition.

The 50-mile run can be done by anyone who wishes to participate. It does not have to be a run. It can be a walk. The goal is for 10 individuals to each Run/Walk five miles for a total of 50 miles per team. Participants receive a certificate that shows that they contributed in creating better



Lifeguards from Hollywood, FL participated in the 50-mile relay run in commemoration of the 50-year anniversary of the opening of China to the United States.

relations between our countries.

What can we do? We need a purpose to make our lives meaningful. For me, growing peace is the answer. Form a team of 10 and complete 50 miles.

For information on the Run/Walk, please visit my website: <https://helpingotherstoday.com/> and look for the link to: **The 50th Anniversary Run/Walk**. You will find out how to sign up your group to participate. Rules for the Run/Walk are included and will explain the handicapping system that will make participants of all ages and abilities equitable partners in the Run/Walk.

Help celebrate the 50th anniversary and join the common citizens of our two great countries who demand peace in our lifetimes and beyond.

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.

Acceptance Of Our Differences

Angelica Blakely
JKV Spiritual Life Coordinator

Regardless of our gender, race, religion, sexual orientation or culture, we all want to be understood, respected and appreciated.

We are all raised differently with unique experiences, so it is natural that we'll have differences in opinions on a wide range of issues. Growing up in a place where people are very similar or being taught to be careful of people who are different can make us prejudiced. On the other hand, growing up in a diverse locality with parents who encouraged us to mingle with everyone, usually has the opposite effect.

First Understand Who We Are

To feel comfortable with people who are different from us means that we must accept ourselves for who we are. Unfortunately, we often put up guards to protect ourselves, instead of being open to those differences. Our mistrust of others is really fear, and then acting from that wariness only fuels back suspicion. Sometimes, what's behind this fear is an uncertainty about how to interact with others. None of us like to look stupid or feel incompetent. To avoid this discomfort, we subconsciously create a negative story about the other person so we can mentally justify dodging them or seeking conformity.

A deeper source of fear comes from the false belief that others' viewpoints somehow might make our own opinions worthless. This is simply not true. Those who are different from us have their own experiences and beliefs, but that does not compromise our own identity and positions.

Focus On Our Commonality

The easiest way to accept people's differences is by focusing on what we have in common. Being aware of your fears will help you see how you may be projecting your insecurities and judgments onto others. Challenge these fears to clear your mind and heart so you can understand and appreciate any differences you have with them. Don't try to control the feelings of others. Allow others to be different.

Consider how much you like it when you feel accepted. Acceptance is a gift that gives back. Imagine how it might improve your relationship with someone if that person felt you accepted him or her fully. Decide to treat them with the same degree of respect that



JKV's Spiritual Life Coordinator Angelica Blakely (above left) leads the conversation on Acceptance of Differences.

you would like to be treated—it's truly the basis of a great community.

Leading The Discussions On Differences

I had the pleasure of facilitating some very important conversations in my "Acceptances of Differences Series" last month. We tackled the hard topics of gender role stereotypes, religion, race and sexual orientation. The idea of creating this series came from a meeting

I had with two residents in my first few weeks of working at JKV. They shared their concern and wondered if it would be something our department would be willing to tackle. I jumped at the chance because I believed I could create a safe space and challenge everyone to dig deep and be open and honest and most importantly reflective. I believe this was successful and has opened a space for these hard conversations to continue in an impactful, productive and loving way.

Answers to Crossword Puzzle on Page 5 and Sudoku on Page 9.

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

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

Currently On View And A New Exhibit

At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

New Exhibitions

History in the Making: Andy Warhol's "Mao" Prints and William Gropper's "Watergate Series," through Oct. 31

This exhibition marks the 50th anniversary of two landmark events of Richard M. Nixon's presidency. In February 1972, Nixon became the first United States President to visit the People's Republic of China, ending years of diplomatic isolation between the two nations. Later that same year, on June 17, five perpetrators connected to the Committee for the Re-election of the President broke into the Democratic National Committee headquarters at the Washington, D.C., Watergate Office Building, the coverup of which eventually led to Nixon's resignation on August 9, 1974. The exhibition includes works by Andy Warhol and William Gropper drawn exclusively from the NSU Art Museum Fort Lauderdale's collection.

Pop artist Andy Warhol (1928-1987) began a series of ten vividly colored screen prints of Chairman Mao Zedong after President Nixon's landmark visit to China in 1972. Mao played an important role in shaping this cult of personality, using mass media, propaganda spectacles, and political demonstrations to promote himself and his agenda.

Photography was essential to Mao's consolidation of power, where his portrait was broadly displayed and ever-present. For his Mao screen prints, Warhol used the photograph reproduced in the Chairman's so-called *Little Red Book* (published from 1964 to about 1976), which compiled statements from his speeches and writings. This book was widely distributed during China's Cultural Revolution (1966-1976) to impose Communist ideology by purging capitalism and elements of traditional Chinese society. Although Warhol was considered to be apolitical, this Mao series suggests his deeper involvement in politics.

Warhol was fascinated by the role mass media played in producing fame. Photographs were a powerful tool for creating Hollywood legends, such as Marilyn Monroe, Elvis Presley and Elizabeth Taylor. The replication of photographic portraits and film stills were essential to the spread of a star's fame. Warhol transformed publicity photographs or his own Polaroids of these stars into modern-day icons, by silkscreening their images onto his canvas.

Warhol realized the potential of the democratization of fame, in which anyone could achieve "fifteen minutes of fame."

He also understood that fame is fleeting, and the identity of Elvis, Marilyn Monroe, Elizabeth Taylor,

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.



Andy Warhol, Mao, No. 7, 1972, NSU Art Museum Fort Lauderdale; gift of Mr. Peter M. Brant © 2022 The Andy Warhol Foundation for the Visual Arts, Inc. / Licensed by Artists Rights Society (ARS), New York.

even Mao, might eventually be unfamiliar to future (and perhaps present) viewers of his work.

American political cartoonist and social realist William Gropper (1897-1977) was a student of the American Ashcan School with urban realists Robert Henri and George Bellows (associates of William J. Glackens). Well known for his satirical cartoons in a variety of newspapers and publications, one of Gropper's favorite subjects was the United States Congress, which he covered in person in 1930 for *Vanity Fair*. He returned to this subject in the series of ten lithographs of an animated congressional hearing on view in this exhibition. Gropper actually made these illustrations in Paris in 1972 before the Watergate scandal broke, thereby predating the U.S. Senate Watergate Hearings in 1973. According to a 1979 New York Times interview with Gropper's widow Sophie, "when the prints were seen people said, 'Look! That's Watergate!'...so that's what he called them." She further observed of his congressional illustrations, "People looked for specific portraits in these works, but I have a theory that, over the years, the Senators came to look like Bill's pictures rather than the other way around."

"By the Sea, By the Sea:" By William J. Glackens and the "Ashcan School," through Spring 2023

By the Sea, By the Sea draws from the Museum's vast collection of masterful seascapes by William J. Glackens and members of the artist's milieu, created in the late 19th and early 20th century. These paintings, photographs, prints and sketches portray unfettered, modern visions of leisure and labor by the waterfront.

Key works within this show include Glackens' charming portrayal of women approaching the placid sea in his post-Impressionist masterpiece "*Cape Cod Pier*" (1908), along with his painting of New York's maritime industrial progress, "*Tugboat and Lighter*" (1904-1905). Also included are his humorous series of crowded beaches that reflect the growing allure of the seaside as an escape from the urban density of the

industrial age. This exhibition premieres a selection of the Sansom Foundation's donation of hundreds of archival materials to the Museum. This archive includes never-before seen family photographs, along with en plein air sketches which were later used as reference images to compose the artist's virtuosic paintings. These ephemeral records provide us with insight into Glackens' surroundings and frame of mind at the time he created these artworks.

William Glackens (b. 1870, Philadelphia, PA; d. 1938, Westport, CT) was an original member of the turn-of-the-century artists' group, The Ashcan School, alongside contemporaries including Robert Henri (1865-1929), George Luks (1866-1933), Everett Shinn (1876-1953) and John Sloan (1871-1951). Born in Philadelphia, Glackens attended Central High School along with Sloan and the collector Albert C. Barnes. In 1891, he began a career as an artist-reporter for various Philadelphia newspapers and in the evenings, attended classes at the Pennsylvania Academy of the Fine Arts. In 1898, he accompanied the U.S. Army to Cuba to record the Spanish-American War for *McClure's Magazine*. In 1904, he would give up illustration in order to fully devote himself to painting. Glackens lived for some time in France, where he became influenced by the work of Impressionist artists such as Renoir, Matisse and Cézanne. Nevertheless, he continued his involvement in the New York art world and his friendship with other artists associated with The Ashcan School until his death in 1938.

NSU Art Museum is home to the William J. Glackens Research Collection and Study Center, which holds the largest collection in the world of artworks and archival materials related to Glackens.

Upcoming Events:

Sunny Days/Starry Nights: Free First Thursday, Sept. 1 from 11 a.m. to 7 p.m.

Enjoy FREE Museum admission and 2-for-1 All Day Happy Hour on the first Thursday of every month from 11 a.m. to 7 p.m. during Free First Thursday Sunny Days/Starry Nights.

Creativity Exploration: "Comfort Boxes" Saturday, Sept. 10 at Noon

Inspired by artist Kim Welling, make your own affirmation pocket boxes, repurposing a mini box into words that inspire, comfort and set intentions. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. \$10 for members; \$15 non-members.

Creativity Exploration is sponsored by the Charles P. Ferro Foundation.

Fort Lauderdale Neighbor Day Sunday, Sept. 25 from Noon to 5 p.m.

Fort Lauderdale residents receive: 2-4-1 wine in the Museum Café. FREE admission, residents must show a photo ID, driver's license, or residential utility bill with proof of Fort Lauderdale address.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301.

Westlake Construction Project Spotlight

Senior Project Engineer Gabriela Morales



Gabriela Morales is a Senior Project Engineer working on the Westlake Project at John Knox Village.

Kenni Walker
Moss & Associates
Special to The Gazette

person one will ever meet in the construction industry, who also happens to love her job.

Gabriela Morales is a Senior Project Engineer on the Moss team working at John Knox Village on the Westlake Project. But what does she do?

Moss & Associates, the longtime Ft. Lauderdale-based construction company is building Westlake—the most ambitious project in JKV's 55-year history.

For *Gazette* readers interested in the project, Morales manages the interior finishes of the project, as well as all design and unit upgrades. Her coordination of every inch of tile, cabinetry, blinds and all the exquisite finishes that make up the décor of the two Westlake towers are vital to the project.

The Westlake towers consist of two state-of-the-art apartment high rises: The Vue standing at 15 stories and the 11-story Terrace.

The Cherry Hill, NJ native is the liaison between Kim Ali, JKV's Director of Sales, and the design team. Standing five feet tall, "Gab" as she is affectionately

known, is nonetheless quite the powerhouse. Morales grew up the middle child and sole daughter to immigrant parents from Puerto Rico.

Her parents were chemical engineers who worked for the U.S. Navy. Emulating her parents, she enrolled at the University of Florida where she first majored in Civil Engineering before transferring to the prestigious M.E. Rinker School of Construction Management, also at UF.

Morales has been a member of the Moss family for the last two years and has been part of both JKV's Westlake project and the newly opened \$34 million Pavilion—with its 350-seat Cultural Arts Center, Seaglass and The Pearl dining venues and Barton's Nautilus Bar, so named after a generous contribution from JKV residents Bob and Diane Barton.

When asked how she is able to manage all her responsibilities and the many personalities she must encounter along with way, Morales told *The Gazette*:

"I lead with kindness always, and kindness begets kindness."

New residents moving into either The Vue or The Terrace will reap the benefits of Morales' detailed input in the finishes of their units.

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Stay Young As You Age

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

wisdom by sarcastically saying “Yes Boomer.”

We need to reconsider what getting older is all about. Aging is success at staying alive. However, “being old” is a choice, characterized by a stagnate mind full of despair about the future.

The secret to success in staying alive, but not “being old,” is to stay hopeful and keep learning.

Choose Wisdom

People in their 20s can seem “old,” and people in their 90s can seem young at heart.

Whatever the age, an old state of mind is prone to toxic emotions such as anger, fear, greed and guilt that make the brain age faster than the rest of the body, due to inflammation.

Once you pass age 50, the door opens upon a brave new land: The role of wise elder. Like a mature tree spreading its large branches for shade and shelter, society needs you to share wisdom from your life experiences, especially the painful ones.

But age alone does not entitle anyone to the privileged role of wise elder. You have to learn the role to earn the role. You have to take the initiative to learn how you can help the younger generations live better lives.

These days, we live in the United States of Confusion when it comes to the aging of our population. Have you heard comments like these:

- *The U.S. is ruled by a gerontocracy.*
- *The U.S. has a youth-worshipping culture where ageism abounds.*
- *The older generations have stuck it to the younger ones, economically and environmentally.*
- *The younger generations dismiss elder wisdom by sarcastically saying “Yes Boomer.”*

That requires you to get out of your comfort zone. Go somewhere you might interact with the next generation—for example, a classroom.

Go Back To School

Some people are naturally inclined to lifelong learning. They tend to be naturally curious about many things. I am like that.

However, some people are more like my husband Peter. For decades, he said he would NEVER go back to school again. Somehow, I got Peter to take a local community college class with me. The class was “Survey of American Music,” totally different than the math and science he studied in college.

We qualified for a senior discount, so it was very inexpensive, but “cost” a lot of time. The class was worth every dollar and minute we spent. The other 10 students in the class were mainly under 20, many still in high school. One guy in his 30s was just out of jail and making a new life for himself.

At first, the students kept their distance from us. But once they had to pick teammates to compete on quiz questions, we were the first ones picked because we knew the answers. We loved their presentations on Madonna, Beyonce, Kanye West and MC Hammer. They learned about the Beach Boys and Bob Dylan from us.

What motivated us to take the music class was not helping others but improving ourselves. Peter and I had the idea that taking this music class would make us better, more well-rounded people.

The shared mission of completing the class requirements made it easy to offer our wisdom with younger people. As a result, our minds got younger, which really helped us thrive during the pandemic.

Reimagine The Future

The people I know who are most negative about the future of America have a stagnant view of their own future. Make sure you are doing everything you can to be positive about your own future. Your brain health depends on it.

What is your unfinished business in life? Any painful life experiences provide an opportunity to follow the example of Eleanor Roosevelt, who helped others to overcome her own painful memories.



You're never too old to “get the band back together.”

I believe that my younger years would have been happier if I had been involved in the arts. Rather than regretting the past, I put effort into encouraging young people by attending youth theatrical productions and serving as an intern at summer theater camps for kids seven to 13 years old. I have learned some great songs from Disney musicals such as “Frozen,” “Moana” and “Encanto.”

It takes me longer to learn new songs and dance moves than the kids, but I have 50 more years of life experience in my brain than they have. I admire how motivated they are to learn.

Learning makes your mind feel young, not old. As Mahatma Gandhi said, “Live like you are going to die tomorrow. Learn like you are going to live forever.”

Wherever your learning adventures take you, remember to stay young as you are aging.

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 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

The Harbor II Apartment Home Is Just Your Style

John Knox Village will be ready for you when you are ready to make the move to resort-style living with Life-Plan security. Schedule a visit and take the tour of the new Pavilion with its Cultural Arts Center, dining venues and Barton’s Nautilus Bar. Learn how John Knox Village will take care of your needs today, tomorrow and every day in the future.

For the ultimate in life-plan security, convenience and economy, tour September’s featured one-bedroom/one-and-a-half-bath Harbor II apartment home.

The Harbor II 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

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As a JKV resident, you’ll enjoy the carefree lifestyle that comes with 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 newly renovated Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with its Cultural Arts Center, Seaglass and The Pearl restaurants and much more.

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