

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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JKV's Very Own March Madness

Frenetic And Exciting Pace Surrounds Westlake, Pavilion Projects



As The Gazette was going to press, the JKV Dining Services Team was receiving training for the opening of the Pavilion for residents and guests. The Pavilion will include a lounge and two dining venues including the Seaglass restaurant as shown here.

Rob Seitz
Gazette Contributor

The frenetic pace swirling around John Knox Village's Westlake and Pavilion projects could easily be dubbed JKV's very own March Madness.

They are the most ambitious projects in the 54-year history of South Florida's premier Life-Plan Retirement Community.

As this issue of *The Gazette* was going press, training has begun in the Pavilion for the JKV Dining Services' kitchen and wait staff. Menu preparation and equipment testing were underway to provide memorable experiences at the two new dining venues and lounge.

Befitting its tagline, residents and guests eating at the Seaglass restaurant will enjoy, "A World of Flavor." A Shooter's-inspired restaurant, the Seaglass will be providing breakfast, lunch and dinner meals seven days a week with many Mediterranean-themed items on its menu.

The Pearl will be the most elegant restaurant on JKV's 70-acre botanical campus. It will have the look and feel of an upscale steak and seafood dining venue.

With its seven-day-a-week full-service bar, in no time,

Barton's Nautilus Bar will be one of the favorite gathering spots for residents and guests alike. Along with its own menu, items from both Seaglass and The Pearl will be offered. The bar is named after a generous gift to the Pavilion project from long-time JKV residents Bob and Diane Barton.

400-Seat Performing Arts Center

Speaking of gathering spots, of which there are many at the Village, the Pavilion boasts a 400-seat Performing Arts Center that will be used by residents, guests, staff as well as the general public.

A Springtime Grand Opening Ribbon Cutting ceremony for the Pavilion is currently being planned.

Concurrently, concrete for foundations is being poured, high-rise cranes are being positioned and the two apartment

buildings that make up Westlake are coming up out of the ground.

The Vue will be Westlake's 15-story apartment building with one- and two-bedroom floorplans, ranging from 1,231 to 2,259 square feet of light-filled room and enviable views

See "March Madness" on Page 2

A Springtime Pavilion Grand Opening Is Being Planned.

Let's All Spring Forward – Again

'The Only Reason For Time Is So That Everything Doesn't Happen At Once.' – Albert Einstein

Nona Cree Smith
Gazette Contributor

It's that time of year again when we lose an hour of sleep

and gain an hour of daylight, otherwise known as Daylight Saving Time (DST). On the second Sunday in March, while we are snuggled in our beds, at 2 a.m. across all our time zones, most of the clocks in the United States will "spring" forward one hour. One or two rogue states – parts of Arizona and all of Hawaii – will stay on Standard Time (ST) just to be traditional. The U.S. Territories and Possessions like Guam, Puerto Rico, the Virgin Islands and American Samoa don't take part in the clock-changing fun.

When I was younger, I looked forward to having more daylight hours for outdoor fun. There was more sunlight to enjoy activities such as barbecues, playing golf or tennis longer, or taking a romantic beach walk during twilight's l'heure bleue, and many other sunny activities.

Then again, I also loved to cuddle down and snooze an extra hour after "falling back" in November. It was a joy to wake up, look at the clock and realize I had another hour in bed before starting the day. But as I settle into my senior years, I find it difficult to adjust my body clock by adding or losing an hour either way on such a frequent basis. I am either a walking zombie for the first few days after leaping forward into DST or eating my lunch for breakfast just to accommodate "losing" an hour by falling back.



Although time is cosmologically absolute, it is locally dependent upon your Earthly environment's relationship to the sun.

See "Time" On Page 3

Seize The Moment With A Fully Refundable 10-Percent Deposit

From “March Madness” On Page 1

of the Village’s expanded waterways.

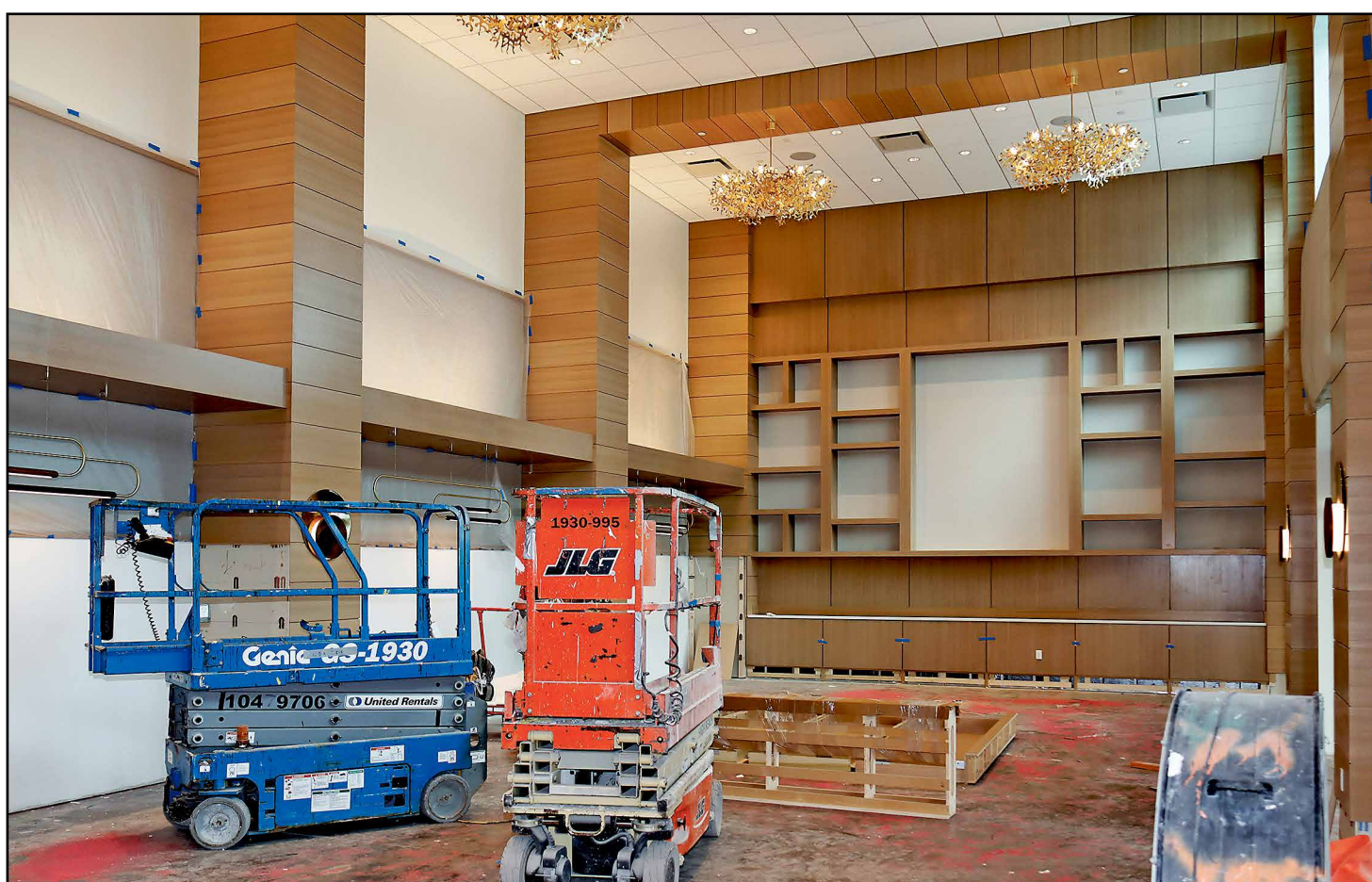
At 11 stories, The Terrace will offer two-bedroom floorplans totaling up to 1,845 square feet, with boutique-style living space. At The Terrace, residents and guests will also be able to enjoy stunning views from a garden-like rooftop terrace.

While Westlake is more than 75 percent pre-sold, there are still plenty of beautiful apartments available.

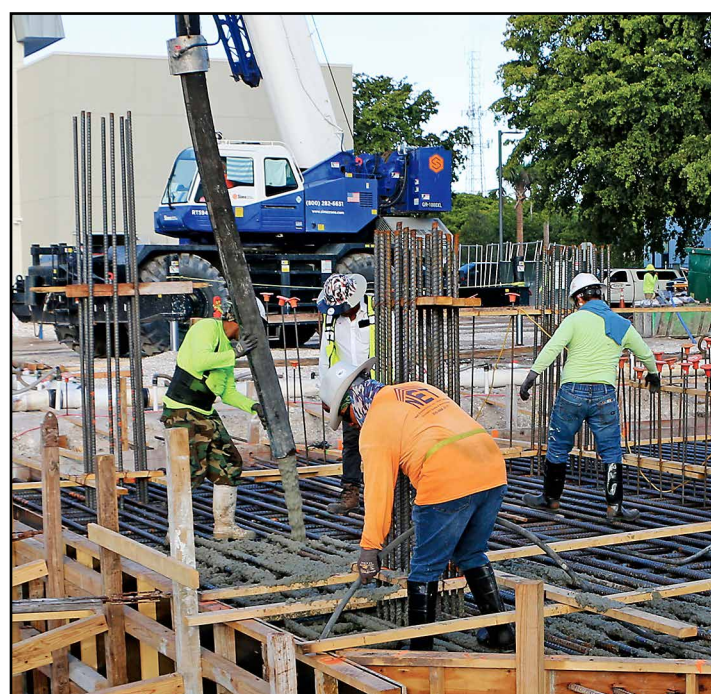
With a fully refundable 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum-Level members of the Westlake Village Club, with benefits that include 12 dinners and eight lunches at any of the campus dining venues.

In addition, 10-percent depositors receive many complimentary services, including access to the \$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. Members also receive access to award-winning Life Enrichment events, Fitness classes, admission to JKV community partner venues such as Bonnet House, the historic Sample-McDougal House and the NSU Art Museum in downtown Ft. Lauderdale.

To learn more about John Knox Village’s March Madness visit www.johnknoxvillage.com or www.JKVGrows.com Or call 954-871-2655.



Crews are finishing construction inside the Pavilion and the Seaglass restaurant.



Workers poured some 240 yards of concrete into this production cap, which will be the foundation for The Terrace’s northside 11-story stairwell.

You’re Not Buying Real Estate

One misperception prospective residents have about moving into a John Knox Village apartment or villa home is that they are buying a piece of real estate.

Moving into JKV is NOT a real estate transaction.

JKV is a Life-Plan Retirement Community, which means that all residents who move to JKV pay an Entrance Fee, which buys them a Life-Care contract to secure their care no matter what health care circumstances may arise. In addition, residents enjoy the use of an apartment or villa for their entire time as an independent living resident.

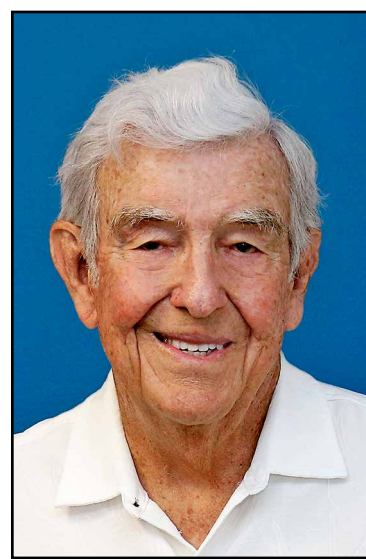
Every JKV resident has the peace of mind in knowing that their future health care needs will be met. That continuum of care includes assisted living and skilled nursing care, should those needs ever be necessary—all of which takes place directly on campus.

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

Thanks For Asking

Do They Hear Me In Tallahassee?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

Of course, once they have my contact information, I’ll get requests for donations forevermore.

So, What To Do?

Can one’s voice really make a difference? Well, for the residents of Life-Plan Communities like John Knox Village (JKV), making our voices heard at the state level is especially important, because that’s where most regulations that pertain to communities like mine are generated. Our Florida State Legislature has 160 members (120 Representatives in the House and 40 in the Senate). Term limits for the Representatives are four terms of two years each. For Senators, it is two terms of four years each. There are also some 3,000 lobbyists in Tallahassee. They, of course, are not term limited. In that situation, making your individual voice heard and presenting your case in Tallahassee can be very problematic.

Recognizing this problem and knowing that there is strength in numbers, a group of residents from Indian River Estates, a Life-Plan Retirement Community in

Vero Beach, got together with a few other communities in their area, to form the Florida Life Care Residents Association (FLiCRA). This happened in 1989. Since then, FLiCRA had grown and flourished. FLiCRA currently has more than 13,000 members in 58 licensed Life-Plan Retirement Communities throughout the state. FLiCRA is a resident-led association whose sole purpose is to ensure the quality of life of the residents in their communities. They do this mainly by providing the method to make certain that the residents’ voices are heard in Tallahassee.

How Does That Work?

Our Legislature meets in a 60-day Regular Legislative Session each year. FLiCRA has a formal process for taking positions on legislative proposals. During a normal session, there can be over 2,000 bills filed and, through a small staff in Tallahassee, FLiCRA monitors the bills that might impact the quality of life of residents. In January, FLiCRA was already monitoring over 100 bills from the 2022 legislative session.

FLiCRA knows that taking a position on a specific bill is a serious matter and follows a strict set of criteria. Occasionally, FLiCRA takes a pro or con position. In many cases, however, a neutral position is warranted. The association has been well served by “picking its fights,” and not taking positions for media attention. When and if there is a need to do so on a specific bill, however, FLiCRA’s Board of Directors issues a “Call to Action” to its members. These calls explain the issues and provide guidelines on how to make their feelings known in Tallahassee.

A few Life-Plan Retirement Communities around Florida also have Legislative Committees as part of their Resident Councils. This is the case at JKV.

When a Call to Action is issued, FLiCRA and JKV’s Legislative Committee work together to enable our fellow residents to communicate in a variety of ways to ensure that the folks in Tallahassee hear us. It should come as no surprise that, with a large portion of some 30,000 residents in Life-Plan Retirement

Communities in Florida speaking with one voice, our success rate is very high. The good news is that these “Calls” only happen once every two or three years. The better news is that over the past 20 years, legislative actions that have either been initiated or supported by those Calls to Action have saved an average of over \$8,000 per Life-Plan Retirement Community resident per year.

Meaning no disrespect to the *Sun Sentinel*, because their editorial on making your voice heard in Tallahassee hit the nail on the head, but it is even more powerful when many of a group of 30,000 voters speak with one voice on a matter that is near and dear to their hearts, minds and wallets. This is our government, after all, and they need to know that we care, we are watching, and although we may not make campaign contributions, we do vote.

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 State Capitol in Tallahassee, FL. Make your voice heard through supporting the efforts of FLiCRA. Image source: Wikimedia Commons.

'Does Anybody Really Know What Time It Is?'

From "Time" On Page 1

Thank goodness for digital and Bluetooth electronics, so the time changeover adjusts itself automatically on our computers, some appliances, cellular phones and televisions with each change. Now, I don't have to run around the house to physically change all clocks and watches to the correct time.

'Lost Time Is Never Found Again.'
 – Benjamin Franklin

Like almost everything useful in America, Daylight Saving Time was originally thought of by Benjamin Franklin (1706 – 1790). He is also credited with inventing swim fins, bifocals, flexible catheters, stoves, electricity and streetlamps to name a few. He mentioned the idea of DST in a satirical letter to the editor of *Journal de Paris* in 1784.

Franklin wrote that people would benefit by getting up and going to sleep based on the passage of the sun across the sky, not on the artificial time of clocks. He reasoned more work would be done this way and it would also save on candlewax. His idea was completely ignored until 1859, when New Zealand entomologist George Vernon Hudson (1867 – 1946) wanted two extra hours of sunlight in the summer to go bug hunting and to play golf. He was roundly ridiculed for this idea, and it soon went away.

The Brits Claim Eureka

The British claim that without London homebuilder William Willett (1856 – 1915) that a quarter of the world, including the United States, might never have adopted (DST). A lover of open spaces, Willett was horseback riding one summer morning in 1905 when he noticed many homes had their curtains drawn against such a beautiful sunlit morning. He saw this as a problem and came up with the idea – why not move the clocks forward before each summer began? He wrote a pamphlet, "A Waste of Daylight," which proposed advancing the clock forward in April and back in September. This time the idea had traction, especially when Germany made DST law during WW I.

'Does Anybody Really Know What Time It Is?' – The Rock Band Chicago

Not only does DST cause homeland disruptions, but international time changes add greatly to the confusion. Many sensible countries ignore it completely.

Western Europe changes its clocks on different dates, and some nations doubled Daylight Saving Time, putting their clocks forward two hours. The majority of countries change over to DST on the second Sunday in March, although some prefer to use the last Sunday in March or even the first Sunday in April. This variety of "real times" causes a lot of extra work



This Currier & Ives image shows Benjamin Franklin and his son William using a kite and key during a storm to prove that lightning was electricity. Among the many innovations attributed to Franklin was the concept of Daylight Saving Time. Image source: Shutterstock.

writing transportation timetables for airlines, railroads and buses, not to mention the perplexed travelers who try to use them. To further add to the confusion DST is simply called Summer Time in the United Kingdom and countries in the European Union.

Time Change Rituals

'I Was One Of The Earliest Supporters Of Daylight Savings.' – Winston Churchill

The troubled history of DST is almost a farce because we adopted it during wartime and rejected it again after the wars. Then we left it up to the states and localities to leap forward, or not, with all the ensuing confusion. Common sense finally took over in 1966, when Congress once more decided it was a national concern.

The Uniform Time Act of 1966 established Daylight Saving Time throughout the United States and gave states the option to skip out on the clock changing fun.

In 1974 and 1975, Congress extended DST to save energy, yet again, during the oil crisis. And then in 2007, Daylight Saving got a few weeks longer, running from the second Sunday in March to the first Sunday in November.

DST is not popular worldwide as only about 70 countries observe the time changes, but many countries near the equator do not need extra sunlight, as the sun shines brightly fairly constantly in these areas.

Cows And Babies Have No Respect For DST

In the United States, dairy farmers have major complaints about the constant back and forth of time.

Those farmers claim their cows don't live by a clock and that they have to adjust their working hours to deal with their animals, not the dictates of government. Also, any parent will tell you — babies don't live by the clock either, and wake when they have had enough sleep, are hungry or need to be changed, no matter what time the clock shows.

Several states in the past few years have proposed making DST standard for the USA and territories but the idea keeps meeting with resistance.

So, we are left with DST for eight months of the year and only four months of so-called standard time.

The important question is – if clock time can be manipulated so easily, what is time, anyway?



Somehow the farm's rooster really does know what time it is. Shutterstock image.

Luck O' The Irish

Shamrocks, Leprechauns And Pots Of Gold

Nona Cree Smith
 Gazette Contributor

March is a magical month when people are feeling they have the "Luck O' the Irish" and for signs of good

luck to come. St. Patrick's Day has become the modern celebration of luck when everyone wears the lucky color green, wants to get an Irish kiss, drinks green beer, looks for that symbol of luck: The four-leaf clover, or wears a bunch of shamrocks. Everyone seems

to seek the "Luck O' the Irish," most likely around St. Patrick's Day, or in reference to a sports team, such as the Boston Celtics or the Notre Dame Fighting Irish.

What exactly is the "Luck O' the Irish" and when did it become a familiar quote or saying? Many people think the meaning has to do with extreme good fortune bestowed on the people from Ireland, but originally the Irish phrase did not originate in Ireland, but in California.

'Gold From The American River'
 – Samuel Brannan

During the California gold and silver rush years of the mid-1800s, many Irish immigrants became wealthy beyond their wildest dreams digging for the precious metals. Most notable among the newly wealthy, was a first-generation American of Irish decent named Samuel Brannan. He was dubbed "the first millionaire west of the Mississippi." While Samuel was not a miner, he made his fortune selling the mining equipment the gold seekers needed for their work. His fortune grew rapidly in this ancillary business with great success.

Over time this association of the Irish success in making fortunes by finding gold and silver led to the expression, "Luck O' the Irish."

Leprechauns Hide A Pot Of Gold At The End Of Rainbows

The Irish are renowned for many other luck-related icons, beliefs and folklore. One favorite is the pot of gold at the end of the rainbow. Who hasn't looked for

the end whenever a rainbow arches across the sky? This essence of an Irish fairy tale is closely connected to the magical and mystical leprechaun.

Leprechauns have always been depicted as elusive little bearded men dressed in green, with shiny black buckled shoes, always with a mischievous grin and glint in their eyes. Leprechauns are very successful shoemakers who like to hide their profits (in gold coins) in great big pots at the end of rainbows, as the end of the colorful arches is always difficult to find.

If ever a leprechaun is caught by a human, he has to grant the human three wishes in exchange for his freedom. The trick, however, is to get hold of a leprechaun because they are notoriously difficult to catch. The difficulty in capturing a leprechaun to discover the end of the rainbow where his gold is buried, would make one a very lucky and rich person indeed.

Four-Leaf Clovers Bring Good Luck

The national flower of Ireland is the shamrock, which relates to another symbol of Irish luck, due to its similarity – the four-leaf clover. The reason for the four-leaf clover's fame is the fact, that it occurs much less frequently than the regular three-leaf clover. According to a recent research survey, just one in 5,000 clovers has four leaves which makes them very rare indeed, and thus especially lucky for the people that discover them.

The fanciful Irish even believe that if you find a four-leaf clover, you'll develop the ability to see fairies. That ability is certainly aided with a pint of green Guinness beer or at least a dram of good Irish whiskey.

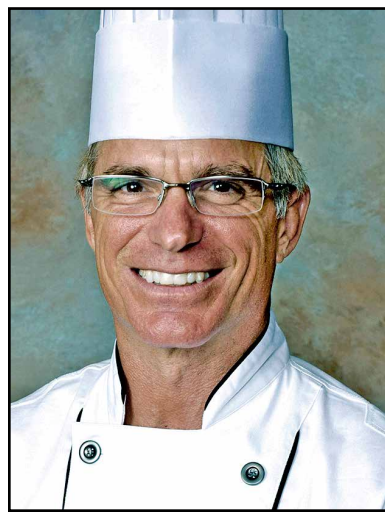
As to the even bigger question of what luck is, many people define it as success or failure brought by chance rather than through one's own actions. So even if you are not Irish, you'll have an equal chance of being lucky.

Happy St. Patrick's Day and a hearty "Sláinte!"



Chef Mark's Mediterranean Chicken Is One-Pan Easy & Delicious

Rob Seitz
Gazette Contributor



John Knox Village
Executive Chef Mark Gullusci

To paraphrase the Renee Zellweger character's classic line in the movie "Jerry Maguire," "you had me at one pan."

John Knox Village Executive Chef Mark Gullusci's Mediterranean Chicken recipe is not only one-pan easy, but delicious.

Juicy, crispy chicken infused with lemon, shallots, mushrooms, capers, white wine and more, while letting the skillet do all the heavy-lifting

sautéing work.

After enjoying your meal, the hardest part of this recipe will be washing that ONE PAN.

Mediterranean Chicken (Serves 4)

• 4 chicken breasts lightly pounded flat

If you do not have a mallet, place a piece of plastic wrap on top, covering the chicken and lightly pound with the bottom of a pan.

(Could even be the pan you are planning to cook the dish in). The goal is to have an even thickness on the chicken.

• 1 cup all purpose flour

• ½ cup blended oil

• Salt and pepper

• 2 tbsp. chopped shallots

• 2 cups sliced mushrooms, your choice of variety

• ½ cup chopped sun dried tomatoes

• 2 tbsp. capers

• 1 cup grilled artichokes, (canned will work) frozen grilled are best

• ½ cup chicken stock

• 2 tbsp. lemon juice

• 1 tbsp. chopped parsley

• ½ cup white wine

Method Of Preparation:

Place flour in a container and season with salt and pepper. Heat oil in sauté pan large enough for 4 pieces of chicken. Dip chicken in flour and shake off excess. This is called dredging the chicken. Place into pan. When hot, cook on medium heat to get a golden brown on both sides. Remove from pan and set on a plate.

Add shallots and mushrooms and sauté 4 minutes. Add wine and reduce 75 percent, add remaining ingredients, except the parsley. Return chicken to pan and baste add chopped parsley and serve.

Chicken should be cooked to an internal temperature of 165 degrees.

Bon appétit! Buon appetito! ¡Buen provecho! Enjoy your meal in any Mediterranean language.



Chef Mark's Mediterranean Chicken is a great meal to share with family and friends.

Gazette readers who come for a tour of the campus

can take with them either a bottle of John Knox Village Pinot Grigio

(perfect with this one-pan wonder)

or Cabernet Sauvignon.

Mention this offer when scheduling your tour.

Call

954-871-2655

to schedule your tour.



March Madness Takes Court

Will You Be The First To Predict The Perfect Bracket?

Marty Lee
Gazette Contributor

The February sports calendar was dominated by Super Bowl LVI and the Winter Olympics, but there is no letdown on the sports schedule as "March Madness" takes court. Sixty-eight men's college basketball teams, and 68 women's basketball teams are selected and seeded into the brackets for the 2022 NCAA Basketball Tournaments.

The term "March Madness" first appeared in 1939 and was originally applied to the Illinois High School Basketball tournament. According to sports-casting.com, "Henry Porter, an executive assistant secretary with the Illinois High School Association (IHSA), coined the phrase "March Madness" in an essay in the organization's IHSA publication, aptly titled "March Madness." Porter wrote that "a little March madness may complement and contribute to sanity and help keep society on an even keel." Oddly enough, 1939 was also the first year of the NCAA Men's Basketball Tournament.

The name expanded its appeal to refer to the NCAA tournament. Through the years, several additional well-known phrases were added to the March Madness nomenclature: Sweet Sixteen, Elite Eight, Final Four and a more recent innovation – "Bracketology."

Bracket Mania

The term Bracketology was originated by Joe Lunardi in 1995. According to Wikipedia, "Lunardi had been editor and owner of the *Blue Ribbon College Basketball Yearbook*, a preseason guide roughly 400

pages long. In 1995, *Blue Ribbon* added an 80-page postseason supplement which was released the night the brackets were announced. So that the release could be timely, Lunardi began predicting the selection committee's bracket.

"On Feb. 25, 1996, *The Philadelphia Inquirer* referred to Lunardi as a bracketologist, which is the first-known instance the term was applied to a college basketball expert. Lunardi soon started the website **Bracketology.net**, and *ESPN* began running his predictions in exchange for a link to his website."

Lunardi has become a fixture on *ESPN* at tournament selection time, predicting which teams are in, and which may be out.

After tournament selection, the brackets come out. Those brackets seed the college teams into four regions, with the number one seed playing number 16, two against 15 and so forth. The public seizes upon those brackets and the fun begins.

Gain Fame As A Bracketologist

It seems like virtually everyone fills out his or her brackets. Former President Barack Obama famously would reveal his bracket picks every year on *ESPN*. Tens of millions of brackets are completed by the public, and many are entered into bracketology contests. With more than nine quintillion possible outcomes in the March Madness tournament, making the perfect bracket is nearly impossible. Reportedly the closest anyone came to a perfect bracket occurred during the 2019 NCAA Tournament, when Greg Nigl, a Columbus, OH neuropsychologist, set a record for the most

accurate NCAA bracket. Nigl was perfect through the tournament's first 49 games. His first loss came during the Sweet 16, when Purdue beat Tennessee in overtime.

March Madness is reputed to be the second biggest sports gambling opportunity behind the Super Bowl. Of course, along with the legal sportsbook and casino wagering on the tournament, many informal betting opportunities circulate throughout the country with bracket contests, office pools and friendly wagers. It is estimated that more than \$10 billion is wagered during March Madness.

Will Your Pick Win The Championship?

So, buckle up and get set for the 2022 edition of March Madness. Grab your pencil and get ready to fill out your brackets. The men's college tournament begins with Selection Sunday on March 13 leading to the championship final on Monday, April 4 inside Caesar's Superdome in New Orleans, LA.

Double your sports fun and follow the women's college basketball tournament with Selection Sunday also on March 13. The women's NCAA championship game is scheduled for Sunday, April 3 at the Target Center in Minneapolis, MN.



The Resident Workshop: JKV's Fix-It Guys

Six Men Who Know How To Build, Refurbish And Repair Stuff

Marty Lee
Gazette Contributor

Most guys reading *The Gazette* will remember a time in their teens or 20s, when they would get together with their friends to work on a car in a buddy's garage, or maybe to repair a piece of furniture, or to build a remote-controlled model airplane. The young ladies might gather to sew a dress from a pattern purchased at JC Penney, to craft a gourmet meal explicitly explained in a well-used cookbook, or to knit or crochet a sweater – perfect for those chilly winter days at school.

Our reading audience may also remember a time, decades ago, when the guys took “manual arts” and the gals engaged in “home economics” classes in junior and senior high. The separation of disciplines may have appeared sexist at the time (some guys still don't know how to boil an egg, or stitch a frayed seam), but what those classes taught us was how to build, refurbish or repair items we use every day.

We learned practical day-to-day knowledge: That a crowbar was not a hammer, and a flat head screwdriver was not a chisel. Our manual arts and home economics teachers knew that rudimentary knowledge in carpentry, cooking, electrical work and sewing would serve us well for life's duties and responsibilities.

In our youths, our moms and dads might have been the neighborhood go-to people for advice on making and fixing things. My own mother was a marvelous seamstress and wonderful knitter (I still have sweaters she crafted for me, more than 50 years ago). My dad was the neighborhood fix-it guy for television and radio repair. Our home's basement was a labyrinth full of art-deco radios the size of small refrigerators, and television sets with enormous cathode ray tubes. There were vacuum tubes everywhere – most still working and saved for future possible use.



Don Lampe is the JKV Resident Workshop Manager.

The Value Of Fix-It Ability

As times have changed and society has shifted from a repair to a replace economy, John Knox Village residents are fortunate to have a team of six knowledgeable and experienced volunteer fix-it guys who can do the manual jobs we all need from time to time. The JKV Resident Workshop guys volunteer their time and talents to “build, repair or assemble most personal items.” They offer pickup and delivery, furniture refinishing, scissor and knife sharpening, and decades of experience.



Handcrafted from wood and metal, this pair of covered wagons was created by Bill Davidson and Larry Peters.



Five of the JKV Resident Workshop team members, (clockwise from upper left) Reed Brown, Jerry Felski, Larry Peters, Roy Evans and Bill Davidson.

A Team Of Six Experts

JKV's fix-it guys are led by Manager Don Lampe, who at 93 is a 15-year resident of the Village. His craftsmen include Larry Peters, a specialist in metallurgy and welding; Roy Evans, who specializes in repairing lamps and electrical items; Bill Davidson, whose carpentry skills are par excellence; Jerry Felski, who repairs electrical and electronic items, and Reed Brown, who is a generalist involved in most every repair or building opportunity.

Don said the team brings decades of career and hobby experience to their duties and responsibilities as the go-to fix-it guys for residents of JKV. While he does not have the extensive manual skills the others possess, Don is an organizer who knows how to run a company inside and out. He owned and operated the Ft. Lauderdale-based sewing supply company, Clotilde Inc., with some 100 employees.

Don was recruited by one of the longtime founding fathers of the JKV Resident Workshop, Roy Evans, to manage the shop. Don got to work, sorting through the shop's equipment inventory, organizing and arranging all the tools, supervising the cleaning and managing the finances.

Roy was one of the first volunteers in the JKV Resident Workshop. The space was donated by the Village years ago to the resident-run organization, which is solely responsible for its own operation. Roy has fixed well over 1,000 lamps (maybe closer to 2,000) during his duties in the workshop. Now 99 years of age, Roy admits that he has slowed down a bit, however, “among the six of us, there is not much we can't do.”

Bill Davidson, who turns 100 this month, specializes in carpentry. Bill and Roy met each other back in Tennessee, when they attended West Tennessee State Teachers College. Both entered the Navy during WWII. After a long stint in the Navy, Bill taught manual arts in a North Florida high school.

Jerry Felski, age 82, owned Jerry's Electronics in Pompano Beach and is the team's electrician. He takes on every task involving electricity or electronics. He is often called upon by the Resident Auxiliary Services (RAS) thrift shop to fix non-working electrical appliances, radios, etc. If it can be fixed, Jerry can do it.

Larry Peters, turning 77 this month, ran Lauderdale Tool & Die Company during his working career. He specializes in welding and working with metal, so Larry

is tasked with any and all repairs involving metal.

Reed Brown, age 75, is a retired high school math and computer teacher and a jack of all trades. Coming from a construction-oriented family, Reed got his start in carpentry and electrical. The manual arts have been an avocation for a lifetime.

Donations Graciously Accepted

The JKV Resident Workshop is a tremendous asset to the entire community. The fix-it guys are ready to assist residents with their repair and put-together needs. And all this comes at no cost to the residents. The workshop does not charge for its work; however, it accepts donations to keep the shop operating. What a savings and resource for JKV residents! For example, according to angi.com, “The cost of lamp repair is between \$30 to \$100, depending on the complexity of the problem.”



A retired high school teacher, Reed Brown works on the table saw in the JKV Resident Workshop.

A Smoothly Run Fix-It Workshop

The generosity of the residents has enabled the workshop to maintain a balance sheet in the black. Profits are put back into the shop to purchase materials and tools.

Heavy power in the shop is supplied by a professional-quality table saw, a band saw for wood and metal, jig saws, chop saw, planer, bench and floor drills, a lathe, six different sanders and welding equipment, plus a variety of hand tools.

Among the more interesting donations to the shop was the gifting of more than \$8,000 in ipe wood, also called Brazilian walnut, a beautiful South American exotic wood. The ipe lumber is a very dense and hardy hardwood suitable for decks, docks and other outdoor uses. It is a handy addition to the workshop's inventory for future furniture fixes and repair needs.

For anyone thinking of moving to JKV, keep in mind the tremendous asset the Resident Workshop provides. The six fix-it guys will be ready to assist you in your repair and put-together needs once you move to the Village.



It's March and time to stop the Madness... Moving Madness, that is...and John Knox Village can help.

New residents coming to John Knox Village can take advantage of seasoned experts who handle every stress-causing detail of moving.

- Decluttering
- Organizing
- Sorting
- Downsizing
- Packing
- Unpacking

Join us to learn how to stop the Moving Madness

Meet Emma Jalouga

President & Founder - Organize2Minimize

Growing up in her English household, the family motto was: *"There is a place for everything and everything has a place."*

Get helpful tips

Find out how to stop the Moving Madness

Two Brunches:

Wednesday, March 9

Welcome and Innovation Center
11 a.m. – 12:30 p.m.

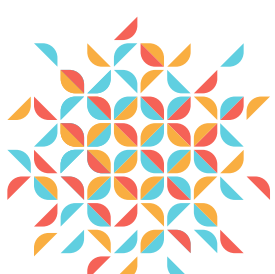
Thursday, March 24

John Knox Village Centre Auditorium
11 a.m. – 12:30 p.m.



RSVP for these events 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](#)



JOHN KNOX VILLAGE

Have you Asked Kim?



Dear Kim: "We recently retired and are thinking about making a full-time move your way in a year or two. Any suggestions?"

— **Planning in Hartford, Connecticut**

Dear Planning: The new Westlake neighborhood at John Knox Village is perfect for people like yourselves, looking ahead for fun in the sun and a secure future. Your timeline works well with the completion of Westlake. We would encourage you to reserve your place and select a cool, luxurious residence, with a **fully refundable 10-percent deposit**. We also offer a "move-in" allowance to make your move a smooth, stress-free transition. This will also give you plenty of time to get your plan in place for when you're ready to make the move.

Dear Kim: My husband is a bit older than me and not as spry, day-to-day, as he used to be. I'm very much still on the go. Would John Knox Village be a good fit for us?

— **Pondering our future, Southwest Ranches**

Dear Pondering: Yes! It's no secret that JKV offers so many ways to enhance an already active and

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 neighborhood. That's why we started this friendly column to help you make the right informed decision.

independent lifestyle. The same will be true for the new Westlake neighborhood. One of the greatest benefits is that we're a Life-Plan Retirement Community. If you, or your husband's health needs should ever change, you'll have access to all levels of health care services here on our beautiful campus. You'll enjoy the peace of mind that comes from knowing everything is taken care of and you made the plan.



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 | 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

Spring Cleaning For Ultimate Well-Being

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator

Whenever I hear the words “spring cleaning,” I reminisce about my mom blasting Barry Manilow music, walking around the house with a feather duster, vacuum and a spray bottle. I remember all of our curtains coming down to be washed and rugs being beaten outside.

Sadly, my mom passed away at a very young age, however, I often think that her days could’ve been extended if she would have given the same amount of energy to her own self-care as she did for my brother, me and the home in which we grew up.

Taking care of our home was a big job, and I’m so grateful that I had the opportunity to grow up and be nurtured there. I also believe that taking care of the home, keeping it clean, clutter-free and peaceful is a very important piece of taking care of ourselves.

Spring cleaning can absolutely begin with cleaning the home, but also I encourage you to explore all the areas of your life that you could cleanse for your own peace, happiness and ultimate well-being.

Let’s break it down by the seven dimensions of wellness and focus on how we can do a spring cleaning overhaul to create space and energy so we can live vibrantly and be fully alive.

Let’s begin at home. Studies have shown that clutter can cause stress and depression. Our brains like orderliness. When things are out of place around us, we subconsciously begin to feel stressed. Clutter can make us feel stressed, anxious and depressed. Research proves that levels of the stress hormone cortisol are higher in people whose home environments are cluttered.

So, how can we declutter without getting overwhelmed? Start with one drawer. Tell yourself that you will clean out one drawer and get rid of all things you don’t need, and organize those things that you choose to keep. The next day, pick another drawer. The day after that, perhaps take on a cabinet. Before you know it, you’ll have a clean and organized home that brings you peace and joy.

Physical

How can you cleanse physically? Take inventory of everything that you put into your body and notice the things that do not serve you, your best health or your overall well-being.

This does not mean that you should never have those occasional treats, but what it does mean is that you can choose to put the healthier foods into your body more often, honoring your body and treating it like the temple that it is.

I find, that after indulging on those things that drag me down, a good day of cleansing by eating lots of fresh vegetables and fruits really helps me to feel better and puts me back on track.

Also, cleanse through your skin, by sweating in a steam bath, sauna or through exercise.

Stretching your body, soaking in a tub, or having a nice massage are also ways to cleanse your body. Let the physical stress go and feel refreshed and renewed.

Intellectual

Our brains have thousands of thoughts each day. Often, we feel stress simply because we have so many thoughts going on in our minds.

To cleanse your mind, take the time to breathe and meditate. When you meditate, your thoughts probably don’t stop, but they do slow down. As they slow down, you’ll begin to feel a sense of peace and calm. After meditation, you will find that thoughts are clearer because your mind is clutter-free.

Take the time to breathe and let go of all that is cluttering your mind, so you can use your brain energy to focus on learning new things in order to be stimulated, and to continue to evolve and grow.

Spiritual

For this one, I did some research and I went straight to the expert. According to Rev. Rachael Gallagher, Spiritual Life Director at John Knox Village, a good way to cleanse spiritually would be to spend time in nature. Stand outside on the ground with bare feet and feel your connection to the Earth. Other ways to cleanse spiritually would be through yoga, reiki, tai chi, meditation and prayer.

Whichever way you choose, remember that it’s a practice, and the important thing is that you enjoy the journey along the way.

Vocational

Vocation is what you spend time doing, how you spend your time acquiring your skills to reach a goal and to accomplish what you set out to do.



7 DIMENSIONS OF WELLNESS

AT JOHN KNOX VILLAGE

Weed out the activities that don’t lead to your highest good. Keeping the vision for your purpose will help you to gain clarity on how you want to spend your time to achieve your highest potential and live your very best life.

Social

The perfect way to cleanse socially is to create boundaries and spend less time with people who do not bring you joy.

It is said, “We are the sum of the five people we spend the most time with.” Choose these people wisely.

Time is precious. Spend your time with people who lift you up rather than drag you down. Sometimes setting boundaries can be hard to do at first, but they pay off in the end. You’ll find yourself feeling more enriched and fulfilled by spending time with the people you choose to keep in the inner circle of your life.

Emotional

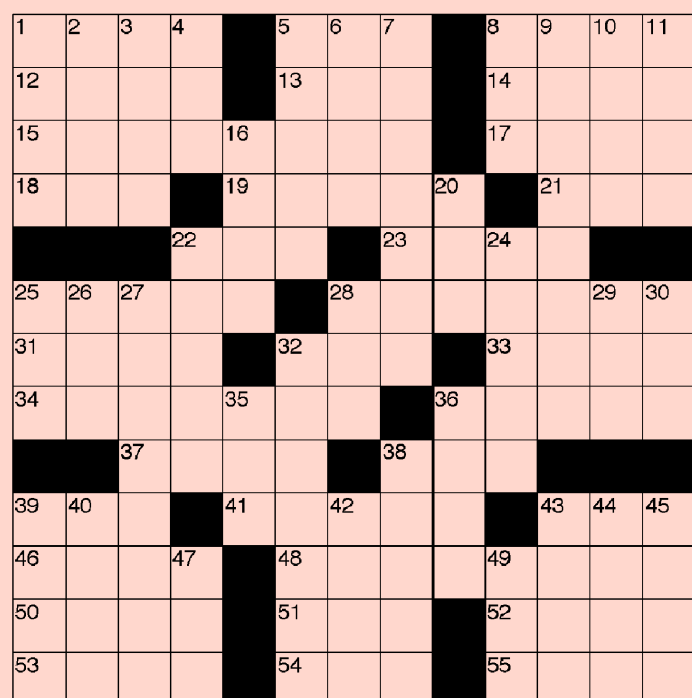
Our emotions are so important. Our thoughts create our emotions and our emotions create our lives. Choosing thoughts that are positive help you feel emotionally balanced. Letting go of thoughts and emotions that don’t serve you is key to feeling happy. Be present in time to receive the gift in each moment of your life.

Life truly is a gift and it’s up to each one of us to make the space in our lives by releasing what holds us back, so we can truly enjoy each day.

Springtime is the perfect reminder for us to take the time to clean. Cleansing things from your life that do not serve you and creating the space for the things that do, is something that you can do all year-round, to keep you feeling fresh and new.



JKV’s Lifestyle and Aquatic Coordinator Melissa Jill Clark leads a resident group in water aerobics as part of the Village’s dedication to the Seven Dimensions of Wellness.



Crossword Puzzle Of The Month

ACROSS

1. Eight (pref.)
5. Army service number (abbr.)
8. Ass or donkey (Ger.)
12. Rhine tributary
13. Greek letter
14. Fat (pref.)
15. Roomy
17. Computer chip
18. Hat
19. Feminine saint (Sp.)
21. Genetic letters
22. Via
23. Midianite king
25. Suit of mail
28. Oboe
31. Build a ceiling
32. Hebrew letter

DOWN

33. Tree
34. Spiral
36. Shelf
37. Association (abbr.)
38. Arabic letter
39. Reproductive (pref.)
41. Stick used in hurling
43. Jap. volcanic crater
46. Son of Samuel
48. Ribbed fabric
50. Biological (abbr.)
51. Afr. worm
52. Roll-call response
53. Sayings (suf.)
54. Et cetera (abbr.)
55. Bazaar

DOWN

1. Baking chamber
2. Fine Cuban tobacco
3. Trolley
4. Atomic Energy Commission (abbr.)
5. Bellowing
6. Eschew
7. Quack medicine
8. Extrasensory perception (abbr.)
9. Notched
10. Black
11. Broad hill
16. Elbe tributary
20. Bronze money
22. Gr. city
24. Climbing pepper
25. Exclamation

26. Arikara people
27. Husband of Atalanta
28. Honey
29. Equipmentless game
30. Barely get by
32. Shackles
35. Civil Service Commission (abbr.)
36. Acquire
38. Rice bran
39. Taro
40. Fetish
42. Disputable
44. Locality
43. Fern spore clusters
45. Court hearing
47. According to (2 words)
49. Television band abbr.

Answers On Page 10.

Leverage Breast Cancer Risk

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Unfortunately, one in eight women will be diagnosed with breast cancer in their lifetimes. Despite advances in treatment of breast cancer, it is still the leading cause of cancer death in women.

Only five to 10 percent of breast cancers can be blamed on powerful gene mutations, such as the BRCA. Most breast cancers are likely a result of interaction between much less powerful but common genes with our lifestyle and with our environment, although some may be just due to “bad luck.”

While we do not know exactly how much control we have over our own risk of developing breast cancer, it may be somewhere between 20 to 65 percent. Why not learn how to best leverage our lifestyle choices to reduce the risk of breast (and other) cancer to a minimum?

Understand The Risk Factors

Known modifiable risk factors include our diet, exercise, weight, stress, social isolation and the use of certain hormone replacement therapies containing synthetic progestins, such as Prempro.

The association of alcohol use and breast cancer is among the most well studied, with even just one drink per day increasing the relative risk by 5.9 percent. Alcohol increases estrogen levels by interfering with estrogen metabolism. It depletes us of nutrients important for DNA repair, such as folate and magnesium, robs us of the healing, deep sleep and ability to deal with stress. Alcohol even depletes us of cancer fighting natural killer cells. In some studies, the risk of alcohol may be minimized by eating more fiber

from vegetables, so if you enjoy a glass of wine make sure you eat plenty of veggies.

Eating more fruits (mostly berries) and vegetables (especially cruciferous vegetables like broccoli, cauliflower, cabbage, Brussel sprouts, bok choy, watercress, radishes, turnips, rutabaga and kale), as well as whole grains and seeds (like flax seeds), drinking green tea and enjoying spices such as turmeric may reduce the risk of breast cancer by as much as 20 to 50 percent.

In terms of fat – enjoying olive oil and fish oils regularly seems to be a fabulous idea. Coffee drinkers may have a slightly reduced risk of breast cancer, but do not let it interfere with your sleep.

The timing of our meals seems to matter, too, perhaps due to its different effect on blood sugar (we tend to have higher blood sugar in response to the same meal consumed at night compared to morning). Women who don’t eat anything past 9:30 p.m. have much fewer instances of breast cancer than those who snack at night. Waiting to eat breakfast for at least 13 hours after dinner (extended overnight fast) was associated with a 25 to 35 percent reduction of breast cancer even in women who were at the highest risk to begin with.

Exercise For Overall Health

Exercise is another low-hanging fruit in reduction of breast and other cancers: Plus, you simultaneously reduce your risk of diabetes, obesity, heart disease and Alzheimer’s. Exercise may lower the risk of breast cancer by about 20 percent, but more than half of all women don’t move enough.

Adequate sleep and avoidance of shift work is also important. Shift work has long been recognized as a carcinogen by The World Health Organization.

While we have almost full control over our lifestyle, our environment is something we must clean up together, as a society. Too many chemicals (many of which we are exposed to daily) interact with estrogen receptors, acting as endocrine disruptors.

Examples include plastics made with bisphenol A,



Be aware of the risk factors that increase the possibility of breast cancer, and modify your lifestyle.

which used to be in the lining of canned foods and beverages as well plastic bottles marked with recycling label #7, and which is still used in thermal cashier receipts and dental sealants. Many environmental chemicals known to cause breast cancer in laboratory animals (parabens, phthalates, flame retardants and certain pesticides, to name just a few) can be routinely measured in humans: In our belly fat, blood and even breast milk.

Let’s change this, together, starting by raising awareness: Do we really need to get rid of dandelions in our lawns so badly that we are willing to trade it for breast cancer?

I believe that we can create change and make breast cancer just a sad chapter in our history.

Help me spread the word and keep yourself, your children and grandchildren healthy.

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.

After Cutoff: A Time To Make Contact

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

This month, let’s return to the life-changing concepts of the family systems theory. The ideas in the theory are all grounded in family relationships and how we are destined by them to be who we are in many ways.

This one, cutoff, is a relationship disruptor, and occurs more often than most of us realize. When conflict between people goes on, often one of them may get flooded with anxiety, and to relieve that anxiety instinctively, takes a distant posture.

Cutoff Explained

Cutoff is the extreme form of distance. Often, the practicing counselor working with a couple will see, after they recognize their conflict, one of them moves to a cutoff place. They have little communication.

Once a couple I was seeing did not speak to each other for two months. The longer the cutoff continues, the more difficult it is to resume normal living. Not all supposed cutoffs are really cut off, however. Some people are not in an important enough place to label it as cutoff. Going away from such a relationship should not be considered cutoff. The concepts are reserved for important family or other long-lasting relationships.

It can be as simple as going into another room without explaining self, or as extreme as not speaking. It can take place between people who live together, and decide on divorce, or between two who live a distance from each other, but have always kept in touch. It may be announced, as children who tell their parents they want no more communication, or not. Often cutoff takes place at times of family intensity, like weddings or funerals.

When the brain becomes “flooded,” a term describing extreme intensity between people, they may need a break. Explaining this to the other and agreeing to take up the issue at a specified later time, is not cutoff. It is just sensible. Sometimes we can only take so much. Again, separating relations from someone who was not ever that close, is not cutoff. It is just a decision. It is sometimes discussed, sometimes not.

A good reason to avoid cutoff is that usually, though it feels so good in the beginning, there is a price to pay. Typically at first, after a cutoff in a relationship, there is a feeling of relief and maybe even gladness. This is deceptive, because after that phase, a period of grief may set in. People often don’t know what is causing this, but they do think about the cutoff relationship more often than they may like. For that reason, cutoff is an emotionally biphasic phenomenon: Relief and happiness in the immediate aftermath, but long-term sadness and a reduced feeling of well-being.

Just knowing about it and its side effects, may be enough to ward off many important relationships that get broken.

No one wants to go to a lower level of functioning, so how do we avoid this all-too-human event? The antidote is simply to stay in touch. As soon as the risk of cutoff becomes apparent, call, write or visit. It is not necessary to go over “the issue.” We are all trained in confronting, expressing our feelings, catharsis or talking it out, because ever since Sigmund Freud, the founder of psychoanalysis, that directive has become a part of our culture’s advice. I believe it may even be the genesis of much of our popular music and art.

Just Make Contact

The idea, to simply make contact with the other, may be easier than it sounds. Any kind of contact will do. I have even heard of cookies acting as a way of staying in touch. However, the longer the cutoff has gone on, the more difficult it may be to get in contact. On the other hand, sometimes it is easier than it appears. I have seen people at a funeral make contact with sides of a family they didn’t ever know they had, simply because of a cutoff many years before. It opened a whole new world of family for them that enriched their lives immeasurably. Others in the workplace, making a definitive and scheduled effort, avoided a great deal of grief and negative effects by not taking up any issues, but rather by stopping in to say “Hi,” talking about the kids or sports.

Making contact (at an emotionally calmer time) is the best way to avoid an impending cutoff or to deal with one in place. Freud taught us to go over issues and confront them. The influential psychiatrist and founder of the family systems theory, Dr. Murray Bowen thought that those tactics simply make things worse. Some things may never be resolved. However, does that mean that relationships can’t be resumed?

Not all relationships are worth preserving, but the more we can avoid cutoff with family members and

important friends (even divorced spouses), the better. For that reason, people involved in the study and practice of family systems ideas will rarely miss a wedding, funeral or other important family event. There is something extremely human about just making contact that is infinitely soothing to all of us and quite meaningful. It doesn’t always matter the actual words spoken: More importantly, that they are spoken. It does not matter who makes the contact. Just that the contact is made.

The Results

Results from efforts like these are wonderful to watch. They make it worthwhile to be a therapist or life coach. I’ve seen depressions and other illnesses cleared when the anxiety from an old cutoff is removed.

I’d be glad to hear from you. Drop me an email at gazette@jknvfl.com

Dr. Roberta Gilbert is a psychiatrist and Distinguished Retired faculty member of the Bowen Center for the Study of the Family, (formerly Georgetown University Family Center). The John Knox Village resident is a published author of several books on the Bowen Theory, therapy and leadership, and continues to teach master classes for leaders and therapists nationally. Dr. Gilbert engages in writing, music, travel, friends and community activities.

Sudoku

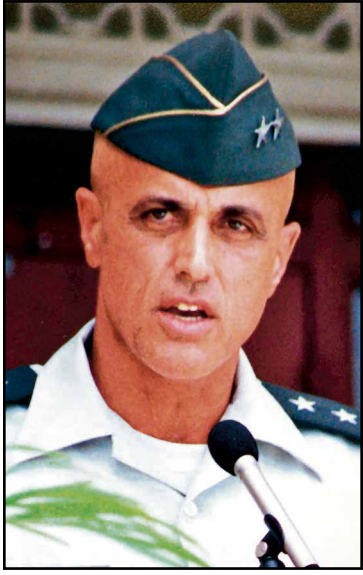
Answers On Page 10.

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

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

A Majority Of One

Burn Loeffke
Gazette Contributor



Burn Loeffke

One brave citizen who stands alone for what is right is a majority of one. We are living in one of the worst moments for our country. The Capitol was thrashed by a mob. We are fearful to say what we stand for, as we may be attacked both physically and verbally. A quote that is always in the back of my mind: "All that is necessary for the powers of evil to conquer the world is for enough good citizens to do nothing." I lean on the statement: "Always act as if you were playing to an audience of one."

To some, the audience of one is a political leader. For me, my God is my audience of one. This gives me the courage to write and speak regardless of what others may think. Reflecting on the events of the recent past sends me back to my time in combat. My heroes served as role models.

Courage Is Infectious

My four years in combat in Southeast Asia exposed me to courageous soldiers who put their lives

on the line to serve their country. I have chosen three: Two Vietnamese and one American, who were soldiers that set a standard for me: An inner strength was present in them.

Cao Van Vien

Col. Cao Van Vien, a Vietnamese paratroop commander, is a role model of the brave soldier. Wounded, with enemy bullets and mortars falling on his position, he stood up and yelled for his troops to follow him. He charged alone toward the enemy. Within seconds the whole unit joined him. His courageous action saved the outcome of the battle.

Captain Hung

Capt. Hung was the commander of 500 paratroopers. I was his American advisor. Being called his advisor was a misnomer. He was my teacher in learning how to be an effective and beloved commander. As an advisor, my main role was to coordinate U.S. Air Force planes, Army helicopters and U.S. artillery in battle. We also brought in Medevac helicopters to evacuate the wounded. Capt. Hung was by far the most courageous man I ever met. During many battles I never saw him flinch. He exposed himself to enemy fire to encourage his soldiers. During one battle, one of his soldiers tackled him to save him. He quickly got back up and continued leading the battle. There were times when I was digging deeper in the mud trying to avoid being hit. Not him. His eight wounds attested to his bravery.

Bill Carpenter

Lt. Bill Carpenter, a West Point All-American football player, was known in the 1960s as the "Lonesome End," a title he received since he never went into the huddle. The opposing team knew that the quarterback would throw him the ball if he was in the clear. Opponents kept at least two players shadowing him.

He showed up in my battalion as my lieutenant. We were in many battles together. I remember one very vividly. We had just finished a helicopter assault and were preparing to board our choppers. I radioed him and asked him how he



Vietnamese Capt. Hung with then Capt. Burn Loeffke during the Vietnam War. Image Source: Burn Loeffke.

was doing. He gave a thumbs up, never telling me he had been wounded in the right arm, as he did not want to be evacuated from the fight.

The Bottom Line

Live each moment and each day, as if you were serving a higher power.



Lt. Bill "Lonesome End" Carpenter with then Capt. Burn Loeffke. Image Source: Burn Loeffke.

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.

Hope Springs Eternal

'Every day is a renewal, every morning the daily miracle. This joy you feel is life.' – Gertrude Stein

Rev. Rachael Gallagher
JKV Spiritual Life Director



Rev. Rachael Gallagher

Spring is a season of renewal and rebirth. Spring is a time for cleaning out and making way for fresh possibilities and new commitments. It's a time to begin again, and for many, it can be a time to grow spiritually.

With all that in mind, now may be a good time to try, or revisit, some spiritual practices for the start of spring. Here are some helpful tips and practices to get you started:

Pray Or Meditate

You can increase your spiritual development with regular prayer or communication with a higher power, but it takes practice (that's why they're called spiritual practices). The more you pray, the more you meditate, the more you attend gatherings of like-minded believers, the more comfortable you will get with simply being in the presence of a higher power.

Give And Volunteer

You can grow in your spiritual development by helping and giving to others. Volunteer. Donate to charity. Offer your skills to those who need them. You can give your time or give money. Whichever way you choose, being more generous in your actions, behaviors and personality will help your spiritual development.

Live Healthier

You might not think of living healthier as a spiritual practice or discipline, but it is. As a multi-faceted individual, you must take proper care of all of you. If you want to improve your spirituality and spiritual development, you also need to take care of your physical body: Eat better. Exercise more. Stop smoking. Drink less alcohol. Live a healthier lifestyle. Don't just focus on your spiritual health, but your physical health as well.

Teresa of Avila wisely observed, "Just as there are seasons in the world around us, so there are in our interior life. We cannot expect it to be otherwise."

May this spring be a time to revive your senses and expand your horizons. May you feel renewed in your spirituality as we embrace this new season.



Spring is the time for rebirth and renewal in nature. Apply nature's principles to your own life.

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

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

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

Driving Their Dreams

JKV Antique & Classic Car Show Set For March 12

Rob Seitz
Gazette Contributor

It might start with the flat, front windshield. Followed by the well-trimmed interiors with their padded leather door covers that are the texture and color of a hotel Gideon Bible. Crinkled seat lines like homemade french fries add to the playful mood. Rumble seats and “Ahooga” horns seal the deal.

Engage the manual choke, flick the gas switch, punch the starter button and when the V8 flathead or hemi or another engine turns over, it is time for the wonderful specialness that comes with every drive in an antique or classic automobile.

Once on the road, fellow drivers are delighted or bewildered, rubbernecking in the confusion of what they just witnessed. That blast of history elicits waves and grins, and often a smidge of envy. They are not thinking about the guzzler’s gas mileage, or that there are no seatbelts or GPS or, heck, air-conditioning. They think that looks like fun. John Knox Village residents Dr. Paul and Sally Loree know that feeling well.

It was in 2005 when the couple purchased their stunning black 1941 Cadillac Series 62 Formal Sedan by Derham. Since then, the Lorees have participated in numerous car shows and caravans across the United States and locally.

Until Paul sold it recently, whenever he had the Caddy on campus it was always a favorite with the residents and employees at the Pompano Beach Continuing Care Life-Plan Retirement Community. Until COVID-19 changed routines, each December,

the Loree’s Cadillac led the Annual Holiday Parade around the 70-acre botanical campus.

While Dr. Loree’s car will not be an attraction, there will be plenty of others featured at JKV’s newly resurrected 16th Annual Classic and Antique Car Show, set for Saturday, March 12, from 10 a.m. to 12 p.m. Nearly 40 cars, dating back to the early 1900s, are expected to be displayed in the grassy area just to the northwest of the Village’s Welcome & Innovation Center.

Paul recalls how the show began: “My first tour, when I previously owned my 1929 Hudson Dual Cowl Phaeton, was in the small city of Canandaigua in New York. Driving slowly down the road, I noticed the people watching had tears rolling down their faces. They were so moved seeing the cars from their youth and childhood.”

Shortly after moving into JKV in 2004, the Lorees shared that story with then-Director of Marketing Bob Milanovich. “Bob agreed it would be an incredible event for our residents—to have several cars and their owners on campus for John Knox Village’s own Car Show.”

The Car Show has become one of the most popular events over the years, starting from some 20 participating cars to now nearly 40. Paul helps the Marketing Department promote and plan for the event.

“Our residents and guests really love walking the grounds, seeing the old cars and talking to the owners. It’s always enjoyable listening to them share memories and personal stories,” Paul told *The Gazette*.



Sally and Dr. Paul Loree during the 2016 JKV Antique & Classic Car Show.

When it comes to variety, each year there are regular participants and always some newcomers. “We have great participation by the Antique Automobile Club of America [South Florida Region] and lately, the local Volkswagen Club.”

Attendees are given the opportunity to vote for the “People’s Choice Awards” by choosing their favorite automobile. Around 1:30 p.m., there will be a parade of the cars around John Knox Village, so all Independent Living, Gardens West, Seaside Cove and Woodlands residents can view.

Residents, their guests and car enthusiasts from the greater community are welcome to attend. For more information call the JKV Marketing Department at 954-783-4040.



Classic automobiles from the early 1900s on up will be on display.

16th Annual JKV Antique & Classic Car Show

Saturday, March 12
10 a.m. – 12 p.m.
**On The Grounds Of
Welcome & Innovation Center**
Info: Call 954-783-4040

Control Your Technology

Bernard Nixon
Gazette Contributor



Bernard Nixon

Technology for most of us means iPads, iPhones, PC’s, tablets, Kindles and scores more devices. For those of us who didn’t grow up with it, or haven’t had to use it professionally, even the mere prospect of getting started using it can give you the shivers. Whether from a birthday, the recent holiday season, or just a thoughtful gift, many of us may have a new computer or accessory that hasn’t even made it out of the box. Let GroovyTek walk you through some simple considerations that will

help you take your tech presents from glorified paperweights to valuable tools for improving your life.

Know The Language

There are a few important considerations to take before setting up your devices. First, you want to determine your device’s compatibility. We’ll take a popular gift, the Echo Dot speaker, as an example. We know that the manufacturer’s brand is Amazon. This means that:

- **You will need an Amazon account to use the Echo Dot.** If you already order from Amazon, this account will be the same as your shopping account.
- **The voice assistant on this device will be Alexa** and to make the most of her functionality you will need to get the Alexa app on your smartphone, or use the Alexa settings on the Amazon website. If you do not have a smartphone or computer, you will not be able to use Alexa to its full extent.

This information is important to understand because without an Amazon account and an app to control it,

you won’t actually be able to use the Echo Dot at all. There are other difficulties that can arise from these requirements too: Perhaps you have an Amazon account, but it’s been so long since you had to sign-in that you’ve lost the password.

Have Your Password Book Ready

This brings us to our next topic: Keeping track of your passwords. These days we are asked to create many online accounts for work, our personal life and even medical procedures. Because it is best practice to make your passwords unique for every account, over time this leads to a massive number of passwords that become impossible to memorize.

GroovyTek recommends one of the following:

- **You can use a Password Book.** This is just a physical booklet where you can write down and organize a list of your accounts including passwords and usernames. Because the vast majority of security threats to your personal data are online and therefore digital, keeping a physical copy of your passwords can actually be more secure in some ways.

• **You can use a Password Vault, like LastPass.** Password Vaults are online services that allow you to store encrypted copies of your account passwords and usernames online. The advantages of using a Password Vault are: Easier access to your passwords when you need them (the Vault can automatically insert the correct password when you login) and the ability to check your passwords from anywhere. The main disadvantage is that if you lose your “primary” password used to access the Vault, it can be very difficult to recover.

Wherever you are keeping your passwords, make sure you have them readily available before setting up your device. This is important to reference when needed, and make sure you record any new or reset passwords as soon as you make that change. Once you’ve set up your account and installed the companion app to your smartphone, you are ready to move on.

At this stage of setup, you should be ready to start using your device. Staying with our example of the

Amazon Echo Dot, here are some of the things you can do with its hands-free Alexa voice-commands:

- **Call people on your contact list, play music or order products and groceries directly from Amazon.**
- **Control your smart home appliances:** Everything from switching the lights on or off, to changing the thermostat setting can now be done remotely.
- **Set reminders and change your calendar.** You can treat Alexa almost as a real personal assistant in this sense, and ask her to give you reminders at preset times.
- **Use the new Alexa Care service** to allow you to be a remote caretaker for a loved one. You will be able to set reminders for them, passively monitor for falls or distress, automatically call emergency services for help and speak directly to them.

Intimidating as it can be to get started using your personal tech, there are many benefits to be gained. Don’t let fear of the unknown keep you from enjoying the ways technology can simplify your everyday life and enhance your hobbies.

If you are looking for greater technical assistance, *Gazette* readers who tour John Knox Village with a Life-Plan Consultant qualify for a complimentary one-hour session with a GroovyTek technology trainer. Call 954-871-2655 for more information and to schedule your tour.

Bernard Nixon is a personal technology trainer for GroovyTek, a five-year-old company which takes a personalized approach – anchored in respect and patience – to help people become confident navigating personal technology independently, and on their own terms.



Keep Your Brain Growing

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The human brain evolved to do a job, not to get a disease. Yet the bad news about brain disorders and diseases often grabs our attention.

Let's pay attention to some good news about our brain: Dementia rates are falling. According to a recent study, over a 10-year period some 1.1 million Americans avoided serious cognitive problems. As a result of this, there has been a reduction in dementia rates.

If you would like to be part of this trend and have a brain that lasts as long as your life, here's what you need to do: Keep your brain growing. Dementia is a neurodegenerative disease. In other words, the brain starts shrinking. If you keep your brain in a neurogenerative (growing) state, it will have a hard time shrinking.

The older you are, the more successful you have been at staying alive and the more wisdom you can share. But you need three things to keep your brain growing: A challenge, a MAP and a goal.

Challenge Yourself

The average adult brain contains:

- 86 billion neurons (nerve cells)
- 86 billion glial cells (nannies to the neurons)
- 500 trillion connections (working relationships between neurons)

All of this connectivity, within an organ the size of a cantaloupe, makes our brain the most complex biological system on earth. However, this three-pound wonder brain comes with a high cost: It requires 20 to 30 percent of our daily oxygen, water and calories.

Our brain needs to work hard to justify such a generous supply of resources. You want to be careful about letting your brain be idle, because it can get

lazy and stop growing. The brain works hard when you learn. It's that simple. But what goes into the brain isn't what you learn. What sticks in the brain—what you remember—is what learning is all about. It's not sitting and listening to a lecture, but repeating the speaker's key points after the lecture is over.

Challenge yourself to recall and share what you have experienced, and you will keep your brain growing.

Renew Meaning And Purpose (MAP)

You ask your brain to keep growing by having a MAP: A sense of meaning and purpose in living every day. Social utility—feeling useful to others—is the key to having a MAP. We have evolved to seek social utility at all ages, especially over age 50. We need to matter to others through love and service.

Changes in our circumstances require a MAP adjustment. Notable transitions include children growing up and leaving home, leaving a job, losing a loved one or a health challenge.

As the pandemic ebbs and flows, we have all faced changes in our circumstances. Perhaps it is time to make a shift in your MAP to account for these times, rather than waiting to resume "business as usual."

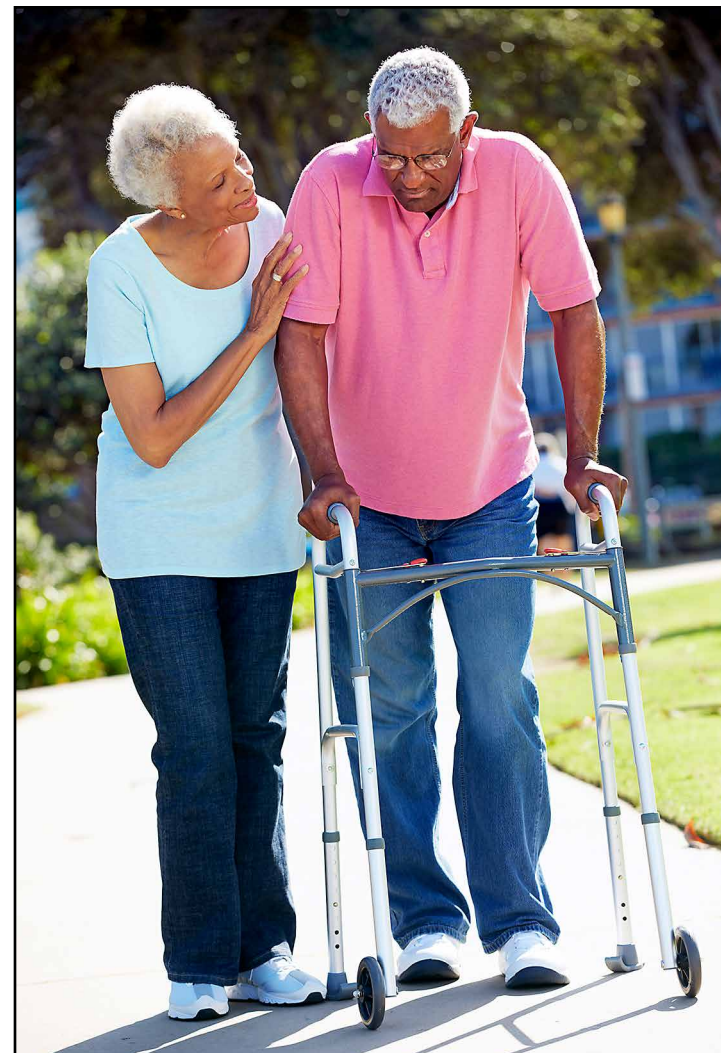
A new home (at John Knox Village perhaps) a new job, a new class, a new hobby, a new skill, a new volunteer position or a new friend may be just what you need to find a new MAP and keep your brain growing.

Have A Goal

More than one-third of the human brain is dedicated to looking ahead and figuring out how to get from where we are to where we want to go. This forward-looking powerhouse is called the frontal lobe, because it is always out in front literally and figuratively. Most mental health disorders, including ADHD, anxiety, bipolar, dementia and depression, are classified as frontal lobe disorders.

The best way to short-circuit the frontal lobe is by not having a goal. Without a desired outcome in the future, the mind tends to drift to the past and to problems rather than solutions.

The second-best way to undermine the frontal lobe is to have too many goals. When the mind starts get-



Volunteering to help a non-profit organization, or providing one-on-one assistance for someone in your community, is a great way to keep your brain growing.

ting too far ahead of the brain, feelings of futility and hopelessness are inevitable.

When you have a goal that is part of your MAP, your brain is energized to deliver the thoughts and behavior to achieve the goal.

This means that you will achieve your goal and keep your brain growing—a win-win for you and your brain.

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

Enjoy Single-Story Living In The Cypress Garden Villa

Take Advantage Of Economy And Convenience With Life-Plan Security Included

If you are accustomed to living in a single-family home and prefer the convenience of a single-story ground-level residence, this month's featured Cypress Garden Villa may be a perfect choice. The joy of the one-bedroom, and one and a half-bath design is in the carefree floor plan. At John Knox Village, all home maintenance, both inside and out, is included. Savor economical living, while still having the complete life-plan security that every resident at JKV enjoys.

Plan a COVID-careful visit, learn all about the plans at JKV and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

The Cypress Villa 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



Convenient and economical, the Cypress offers comfortable, carefree single-story villa living.

The Cypress
1 Bedroom / 1 1/2 Bath Garden Villa
988 Sq. Ft.

