



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

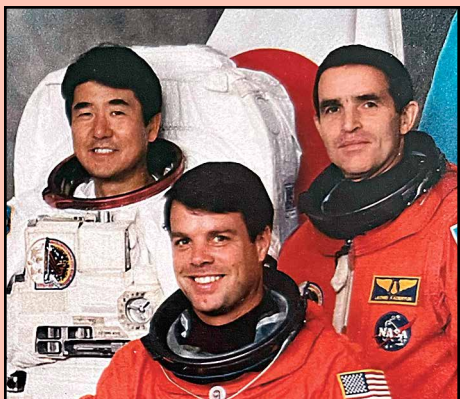
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## Craning To See Westlake Progress Most Ambitious Project In JKV's 55 Years



The pair of construction cranes that helped build the shells of The Vue (left) and The Terrace have been removed.

**Rob Seitz**  
Gazette Editor

The two yellow cranes towering over the Westlake construction site for 10 months are gone—a sure sign of significant progress at John Knox Village, South Florida's premier Life-Plan Continuing Care Retirement Community.

Scaling to some 272 feet, the south tower crane brought The Vue apartment building to its full 15-story height, while its slightly smaller partner lifted, tilted and placed the many parts and pieces connected to the 11-story Terrace apartment building.

Combined, the two buildings will provide 147 new state-of-the-art apartments to JKV's campus footprint of three villa neighborhoods and four apartment buildings.

Appropriately named Westlake, since its location is just west of Lake Maggie, it is the most ambitious project in the Village's 55-year history. At \$120 million, Westlake remains on schedule to open during the first quarter of 2024.

Stucco is now being applied, exterior doors and windows

are going in, and much of Westlake's exteriors have been waterproofed. Inside, mechanical, electrical and plumbing lines are being roughed-in, framing and drywall is being installed.

Sidewalks have been poured north of JKV's Cassels Tower—the building with its iconic clock facing motorists on Interstate 95—that ultimately will allow convenient access to Westlake and JKV's newest crown jewel—the Pavilion.

The Pavilion boasts two new dining venues—Seaglass and The Pearl, along with Barton's Nautilus Bar—to compliment the Palm Bistro, as well as indoor and poolside dining at the Glades Grill.

Additionally, the \$34-million Pavilion has a 400-seat Cultural Arts Center (CAC). Opening in May of last year with a performance by concert pianist Solomon Eichner, dubbed a young Arthur Rubinstein, the CAC has played host to nationally and internationally renowned entertainers, as well as area business leaders, educational

See "Westlake at JKV" on Page 2

*Combined, the two buildings will provide 147 new state-of-the-art apartments to JKV's campus.*

## A Lifelong Passion For Nature

*'I was awed by the beauty of the forest and thought, this is where I belong.'*

— Jane Goodall

**Nona Cree Smith**  
Gazette Contributor

Before Christmas, Marty and I were watching a cable television interview that moved us both to our cores.

It was with renowned primatologist and conservationist Jane Goodall. In her gentle way, she talked about her work with the chimpanzees of Gombe, her efforts to halt deforestation and promote conservation for our planet. The interview ended showcasing Mattel's Jane Goodall doll as part of Mattel's Inspiring Women™ Series. I turned to Marty and asked for that doll for Christmas.

### Animals And Africa: A Lifelong Passion

Dr. Valerie Jane Morris-Goodall, best known simply as Jane Goodall, was born in Bournemouth, England, on April 3, 1934. She was born with an inherent love of animals which was encouraged from an early age; she brought earthworms into bed with her until her mother explained they wouldn't survive under her pillow. When she was five, she hid in a neighbor's hen house to find out how hens laid eggs. She stayed there for several hours while her family frantically searched for her. Her mother wasn't shocked, but rather encouraged her daughter to tell her the wonder of how the hens clucked and ruffled their feathers as they produced their eggs.

Jane appreciated her mother's encouragement to explore the natural world, and as she said in the interview "If I had a different mother, all my scientific curiosity and excitement might have been crushed."

See "Jane Goodall" on Page 3



The Christmas gift the author treasures, her Jane Goodall doll.

## Westlake At JKV Is Going Up ... Going Fast. Reserve Today.

From "Westlake at JKV" on Page 1

presentations and even an Aging Greatly Symposium with Maria Shriver, former California First Lady, and Women's Alzheimer's Movement founder.

Enthusiasm for the project is not just taking place on JKV's 70-acre campus, but is being felt in the greater community. Westlake is currently more than 80-percent pre-sold.

With a 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members of the Westlake Village Club, with benefits that include meals at any of the four on-campus dining venues.

Ten-percent depositors also receive many complimentary services, including access to JKV's \$6.2 million Aquatic Complex, with its resort-style pool, four-lane lap pool, Jacuzzi®, Pickleball and bocce ball courts, the aforementioned indoor and poolside Glades Grill restaurant, and the Poolside Sports Pub.

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

JKV's newest community partner, the Boca Raton Museum of Art, is featured on Page 4 in this issue of the *Gazette*.

Westlake is scheduled to open in 2024, with common-area first floor amenities that will include:

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

To learn more visit [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or [www.JKVGrows.com](http://www.JKVGrows.com) Or call 954-871-2655.

### Think Pre-Paid College, But For Your Health Care

There is a misperception with some prospective residents about what exactly John Knox Village is selling. Many prospects visit South Florida's premier Life-Plan Retirement Community thinking they will be purchasing an apartment or villa home.

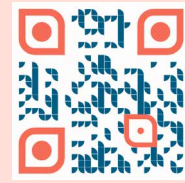
However, as a Life-Plan Continuing Care Retirement Community, what JKV is providing its residents is a Life-Care contract which secures their care, if, when and for whatever health care circumstance that may arise.

"Think of it as buying a college pre-paid plan, where you lock in—in this case—your health care costs for today and the future, should you ever need those services," said Kim Ali, JKV Director of Sales. "Along with the peace of mind knowing your future health care needs will be met, JKV residents enjoy living in a state-of-the-art apartment or villa home, along with enjoying our award-winning amenities and our robust Life Enrichment programming.

"With [24-hour monitored] skilled nursing care averaging around \$14,000 per month, assisted living at about \$5,000 monthly and memory care at \$8K-plus; over the course of just a couple years a \$200,000 entrance fee that gets you into JKV can get eaten up pretty quickly."

To learn more, "Ask Kim" by calling 954-871-2655 or emailing at [askkim@jkvfl.com](mailto:askkim@jkvfl.com)

Scan with your camera  
phone to learn more.



## Thanks For Asking The Perspective Of Independence

**Dave Bayer**  
Gazette Contributor

Like most of my fellow citizens, I think that there is plenty of room for improvement in our immigration policy (to put it mildly), and that there is blame to share on both sides of the aisle. Extensive research has demonstrated that refugees can greatly benefit our economy and our society in general. So, what's the problem? Sorry, but solving our immigration problems is way above my pay grade and not exactly what I'm supposed to write about. Suffice it to say that our current immigration problem won't be solved until our elected officials find some middle ground that benefits both our economy and our society.

On a brighter note, we have all seen numerous occasions where possible adversaries have worked together to achieve the common good. One excellent example is a situation that exists in every Life-Plan Retirement Community (LPRC) in Florida. Florida State Law (Florida Statute 651) mandates that residents of LPRCs have the right to create residents' organizations, the right to be represented by an individual of their choosing, and the right to engage in concentrated activities for the purpose of mutual interest, aid or protection. Specifically, the statute provides for establishing a "residents' council" (or whatever the residents decide to call it. At JKV we call it our "Resident Senate").

Of course, having the authority to establish a residents' organization to be their official voice when dealing with management, and having that voice heard and acted upon by management, are two different things. There are many reasons to be favorably impressed by how well that system works at JKV. Our chosen resident leaders work hard to present our concerns to our management, and management in most cases, has been diligent in alleviating those concerns. As the poet John Lydgate said, "You can't please all the people all the time," but in JKV's case, it's not because of lack of effort.

### The Perspective Of Independence

One common reason that I hear about why people don't want to move to Life-Plan Retirement Communities like JKV is that they don't want to give up their independence. It's ironic that, when I talk with my fellow residents, most say that they feel more independent after moving here. Not only have their lives become easier, but their choice of enjoyable things to do has multiplied, and their voices are being heard. Much of that is due to the healthy relationship between our Resident Senate and our management. If our legislators in Washington could work together with the same type of cooperation that we have here between our Resident Senate and our management,

they could get our national immigration situation to where it would benefit our economy and society in general.

Another example involves an organization that is near and dear to my heart, the Florida Life Care Residents Association (FLiCRA). FLiCRA is a state-wide not-for-profit association of residents living in LPRCs. Under the leadership of volunteer residents and a dedicated staff in Tallahassee, FLiCRA is a recognized voice before the legislature and state regulatory agencies. FLiCRA has some 13,000 members in 54 LPRCs with procedures in place that allow residents' voices to be heard by our state legislators when laws are being considered that would have an adverse impact on elder care issues that affect them.

The "working with possible adversaries" also comes into play in this area. The management of all LPRCs in Florida also has an organization representing them in Tallahassee called "LeadingAge Florida." They are much larger than FLiCRA, are also not-for-profit, and in addition to LPRCs they also represent the providers in Full-Service Rental Retirement Communities, Nursing Homes, HUD-financed Retirement Housing for the Elderly, and Assisted Living Facilities – some 750 facilities housing over 80,000 seniors.

### Agencies Working For Senior Interests

The missions of FLiCRA and LeadingAge Florida sound similar. Both want the residents of communities that they represent to experience their best possible quality of life as they age, and both state their intention "to advocate and educate" when dealing with the legislature and state regulatory agencies. Occasional conflicts arise however, as these organizations attempt to fulfill their missions. One main bone of contention is that many LPRC residents want as much say as possible in the way that their facility is managed, while generally, management wants to be left to their own devices. Also, residents want more accountability and reports, while management feel that the costs of what they consider to be excessive accountability and too many reports outweigh the benefits. In many states, these basic differences have a negative impact on the efforts of both residents' associations and the branch of LeadingAge in those states to improve the quality of life of residents in the communities that they serve.

In Florida, our legislature is only in session 60 days each year. During an average year they will consider over 2,500 bills and fewer than 20 percent will survive the process and be approved. Thankfully, FLiCRA and LeadingAge Florida have learned that they can get more accomplished through working together and compromise. The result has been that the

laws in Florida are the most effective and "resident friendly" of any state. For example, the following is a quote from the most recent FLiCRA quarterly *Resident Connection*:

*"LeadingAge Florida/FLiCRA Florida Statutes 651 Modernization Proposal for 2023 Florida Legislative Session"*

During the course of the spring and summer of 2022, FLiCRA and LeadingAge Florida worked on a collaborative project to identify and propose new legislation for consideration by the Florida Legislature for the 2023 session which starts in March 2023.

The LeadingAge Florida/FLiCRA proposal is intended to help ensure the future viability and financial strength of the Continuing Care/Life-Plan community model in Florida by modernizing current laws affecting access to capital, annual reporting, campus expansions, escrow requirements and regulatory relief in the event of a catastrophic occurrence."

The probability that this proposal will be approved is very good, mainly because both the provider and the residents' associations have co-authored it. There was some "give and take" during the process, but the result will benefit and protect both sides. It is a great example of potential adversaries working together for the common good. Thank you LeadingAge Florida and FLiCRA.

Now, about that immigration policy...



*Cassels Tower residents Dave and his wife Jackie Bayer at John Knox Village.*

*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.*

## 'My Mission Is To Create A World Where We Can Live In Harmony With Nature.'



Jane Goodall sits and has a chat with a chimpanzee mother and her baby. Image Source: Alamy.

From "Jane Goodall" on Page 1

### Jubilee, Dr. Doolittle, And Tarzan

When Jane was one year old, her father gave her a gift that "horrified" her nanny. It was a child-sized toy chimpanzee with a sweet face, brown eyes, and felt hands and feet. The toy had been produced to honor a real chimpanzee named Jubilee, born at the London Zoo. Jane carried the toy around with her for years and dressed it in her cast-off clothes.

As she grew older, Jane developed a love for reading and spent entire days with her nose in a book. Like many impressionable children, she was enchanted by English classics, but the book that sparked her imagination the most was "The Story of Doctor Doolittle," the story of a doctor whose parrot taught him to talk with animals, who then went to Africa to save monkeys from a mysterious disease. So started Jane's dream of going to Africa to live with wild animals.

As she got older, she read the Edgar Rice Burroughs series, "Tarzan of the Apes," about an orphaned son of English aristocrats raised in Africa by an ape mother. Jane's fantasy changed into a determination that somehow, she would live with the animals of Africa.

After finishing school, she did not have enough money for university, so her mother encouraged her to go to secretarial school where she learned skills that might lead to jobs in Africa.

### Serendipitous Meeting, Dr. Louis Leaky

Jane worked at secretarial jobs and for a documentary film company. She saved her money for her journey to Africa. Finally, at age 23, she went to visit a friend who lived on a farm outside of Nairobi, Kenya.

While there, Jane met Dr. Louis Seymour Leaky, the renowned paleoanthropologist and archaeologist who believed humans evolved in Africa. He offered Jane a job at a natural history museum. Her diligent work and knowledge of Africa impressed Dr. Leaky, so he took her on as his secretary.

One summer, Dr. and Mrs. Leaky took Jane to an excavation at Olduvai Gorge, where they had been searching for remains of early man. Jane found the experience exciting, as she saw giraffes, antelopes and even young lions. After the expedition, Dr. Leaky decided to ask Jane to pursue a study of chimpanzees, believing that chimpanzees and humans had a common ancestor. Dr. Leaky felt Jane would be a good fit for the project, as she was patient, an astute observer and wrote excellent reports. Jane could observe chimpanzees and note any similar behaviors to humans, and maybe deduct the similarities that were present in a common ancestor.

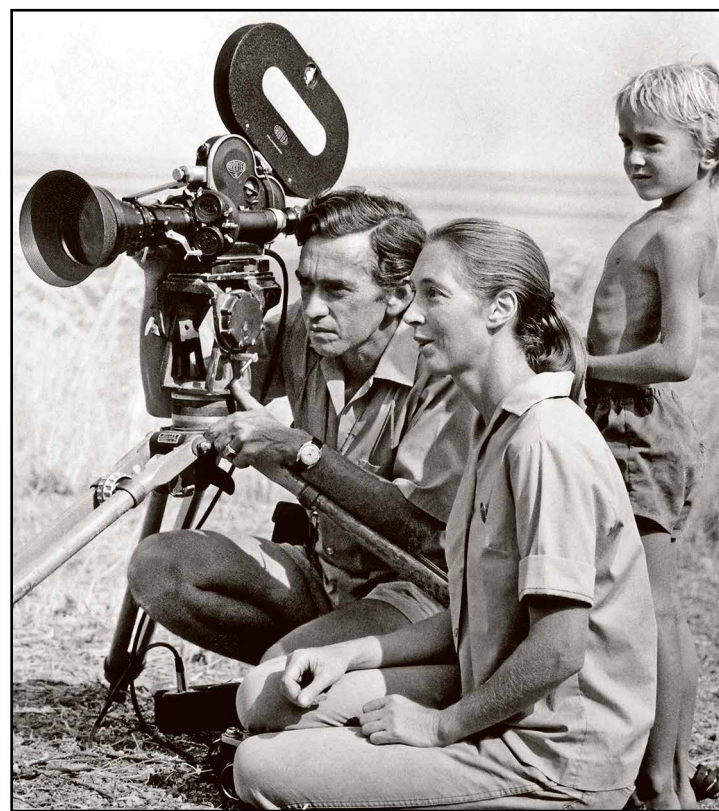
### Me, Jane!

In the summer of 1960, Jane Goodall was deep in the heart of Africa on the shores of Lake Tanganyika. Traveling only with her mother and an African guide/helper, they arrived at the Gombe Stream Chimpanzee Reserve (now Gombe Stream National Park), where they set up their study camp.

At first, Jane was disappointed the chimps fled or hid whenever they saw her. She kept trying to get the chimps to trust her, by staying very still and friendly. She was worried that the expedition's funds would run out before she was able to give Dr. Leaky any interesting results.

Behold a success: One day, through binoculars, she saw a large chimp – who she later called David

Greybeard because of the color of his whiskers – do something interesting. He was taking long blades of grass and pushing them into holes and picking something off the grass blade with his lips. They were tasty termite treats. It was a breakthrough, because it was thought only man was a "toolmaker," yet Greybeard had used his blade of grass as a tool to get termites to eat.



Husband Hugo von Lawick with Jane Goodall and son "Grub" study the lifestyles of baboons in Tanzania. Image Source: Alamy.

### Life At Gombe

At first Jane would climb up mountains to catch a glimpse of the chimpanzees through binoculars. She gave them names instead of giving them numbers, like the accepted research methods of the day. She observed their movements and interactions with each other. Eventually the chimps allowed her to get closer and Jane treated them as individuals. With

this humane research approach, she was accepted by the chimps, allowed to live close to them. From this closeness, she learned chimps and humans shared many complex social behaviors and emotions, including love, joy, parenting skills, anger, comforting each other, and mourning. Her groundbreaking work helped her earn a Ph.D. in Ethology (science of animal behavior) from Cambridge University.

In 1964, Jane Goodall married wildlife photographer Baron Hugo van Lawick, who shot many of the early photos of Jane during their time in Gombe. Three years later the couple had a son, also named Hugo, but was affectionately called "Grub." Except for short periods away, Jane and her family remained in Gombe until 1975.

In 1977, she co-founded the Jane Goodall Institute for Wildlife Research, Education and Conservation in California; the center later moved its headquarters to the Washington, D.C., area. She also created various initiatives, including Jane Goodall's Roots & Shoots, a world-wide educational program for young people encouraging them to implement positive change for people, animals and the environment.

She has written a number of books and articles about various aspects of her work, most notably "In the Shadow of Man" (1971). She summarized her years of observation in "The Chimpanzees of Gombe: Patterns of Behavior" (1986). Goodall continued to write and lecture about environmental and conservation issues.

In 2002, she became a UN Messenger of Peace and a recipient of many honors. She was named Dame Commander of the Order of the British Empire (DBE) in 2003.

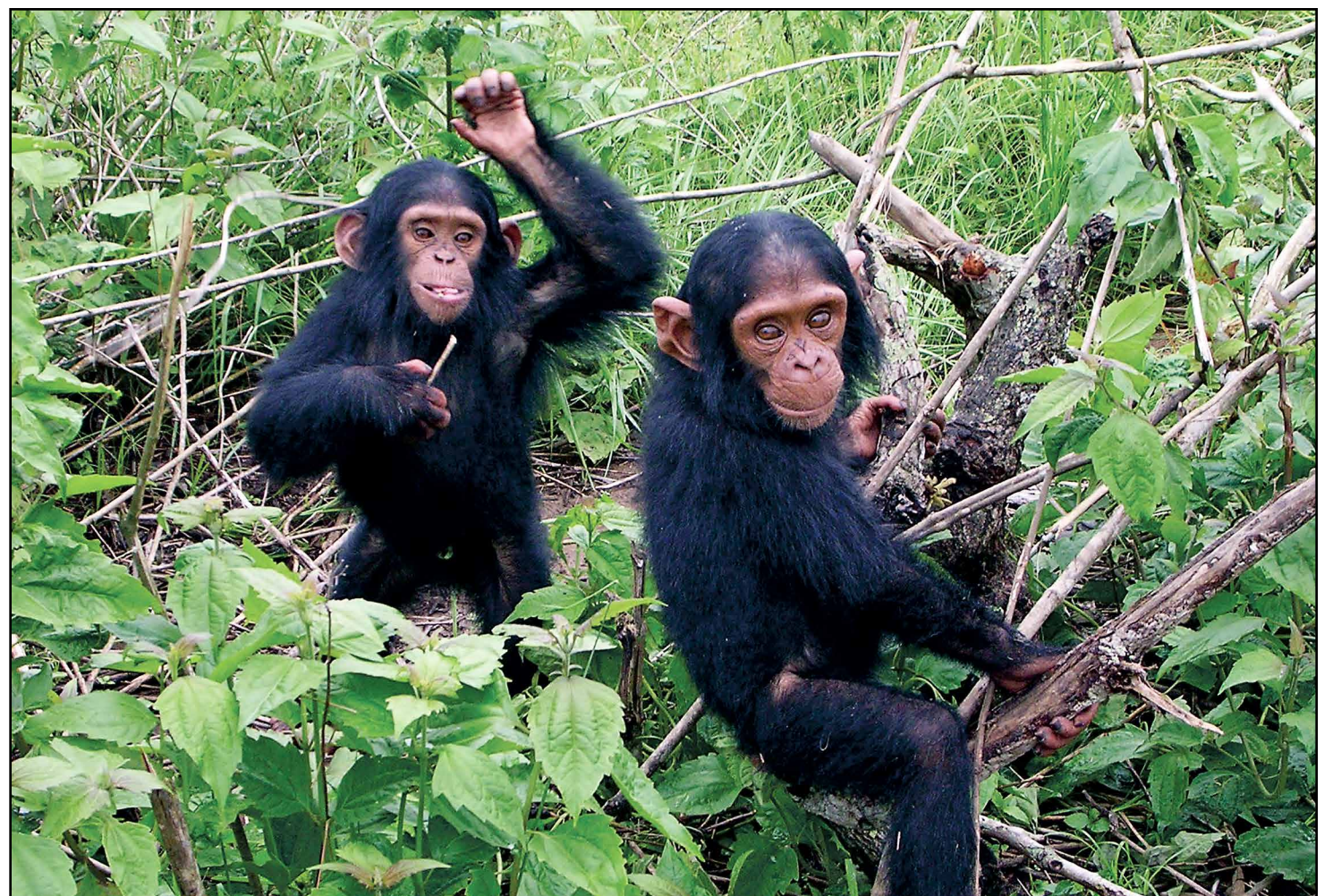
### Becoming An Environmental Conservationist, Author and Poet

Jane transferred her focus from scientist to conservationist and activist after attending a primatology conference, where one of the most alarming topics was the deforestation at their study sites and the fact deforestation was becoming a worldwide problem. She had noticed some signs of deforestation along Lake Tanganyika at Gombe Stream National Park, but nothing of significance.

Then, in the early 1990s, she flew in a small plane over the park and was shocked to see large-scale deforestation where local villages were rapidly expanding. Miles of bare hills stretched where once the pristine forests she loved had stood. Jane knew that she had to take action to protect the forest and preserve the critical habitat for chimpanzees, and perhaps the world.

When she discovered how critical the destruction of the chimpanzee habitat was, she founded the Jane Goodall Institute, a global community-centered conservation organization, and the Roots & Shoots program. Even in her 80s, Jane travels the world giving talks and lectures to ensure that her vision and life's work would continue and to encourage all peoples to save our natural world.

Dr. Goodall's "The Book of Hope – A Survival Guide For Trying Times," recently joined the nearly dozen books she has written. The project is a collaboration with Doug Abrams and comes 60 years after the celebrated scientist and activist began her ground-breaking research of chimpanzees in Gombe, Tanzania.



Young chimpanzees from the Jane Goodall sanctuary of Tchimpounga (Congo Brazzaville). Photo by Delphine Bruyere. Image source: Wikimedia Commons.

# JKV Cultural Arts Center Update

Join Us At John Knox Village For Great Entertainment In February



Love is in the air on Feb. 9, when "Shades of Bublé" take the stage at the JKV Cultural Arts Center.

**Jody Leshinsky**  
Gazette Contributor

Although February is the shortest month of the year, John Knox Village has a long list of cultural arts offerings to keep you entertained.

## Shades Of Bublé

With Valentine's Day coming up, love is in the air. What melts hearts more than the music of Michael Bublé? On Thursday, Feb. 9 at 7 p.m., "Shades of Bublé" will delight you with swinging standards, original chart-topping hits, and thrilling Motown and rock-and-roll covers from Michael Bublé's multi-platinum career, elevated to new heights with three-part-harmony in a one-of-a-kind concert event.



## Japanese Drumming

Fushu Daiko is known for their grand drums, dynamically choreographed movements, and powerful driving rhythms. The unmistakable joyful taiko sound of the Fushu Daiko Japanese drummers will excite your soul and enliven your body on Friday, Feb. 17 at 7 p.m. Don't miss your opportunity to experience something truly special.



The Glyn Dryhurst Dixieland Jazz Band is featured Feb. 21.

## Dixieland Jazz

On Tuesday, Feb. 21 at 7 p.m., join us for a tribute to Mardi Gras as the Glyn Dryhurst Dixieland Jazz Band transports you to New Orleans with French quadrilles, biguine, ragtime and blues with collective, polyphonic improvisation.

## Florida Grand Opera Studio Artists

You know the tunes—you'll love the stars. From "The Barber of Seville" to "La Bohème," enjoy this cavalcade of iconic showstoppers performed on Thursday, Feb. 23 at 7 p.m. by the Florida Grand Opera's Studio Artists. This concert will feature famous arias and ensembles from the operas of Verdi, Puccini, Mozart, Rossini and more.

## World Swing Dance Champions

On Tuesday, Feb. 28 at 7 p.m., come take a swing dance lesson during this unique and interactive event taught by World Swing Dance Champions Yuval Hod and Gypsy Jules. Yuval has appeared in many film and television productions, including *The Today Show*, *Entertainment Tonight* and *So You Think You Can Dance*.

The class is followed by a concert where you can practice your moves to the music of the French Horn Collective. Influenced by New Orleans and Latin world music, their music is based on French Swing.

Put on your dancing shoes and join Yuval and Gypsy for a swinging great time and learn some new moves to impress your partner on the Cultural Arts Center's dance floor.

## Join Us At JKV For These Performances

Tickets for all performances are \$26 per ticket for nonresidents. To RSVP for these concerts, visit [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com).

If you have questions about these events, please call the John Knox Village Life Enrichment Department at 954-783-4039 or visit [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com) for a full list of upcoming performances at JKV.



Florida Grand Opera Studio Artists perform on Feb. 23 at the JKV Cultural Arts Center.

# Boca Raton Museum of Art

February's Feature In A Multi-Part Series Presenting JKV's Community Partners

**Jody Leshinsky**  
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

The Boca Raton Museum of Art provides a supportive foundation to explore humanity's rich cultural, artistic and intellectual contributions. The Museum strives to engage the mind and nourish creativity through excellence in collections, exhibitions, educational programs and studio art classes. It is a premier creator and provider of exceptional content and experiences connecting people of diverse racial, religious, ethnic and economic backgrounds.

## Permanent Collection Of 5,000 Works

This new Community Partnership was forged to bring programming to the JKV campus, as well as welcome residents to the nationally accredited art museum located in the heart of downtown Boca Raton. The Museum's permanent collection numbers more than 5,000 works and includes significant examples of modern and contemporary American and European painting, drawing, graphics and sculpture.

In addition to "Conversations with the Executive Director," Irvin Lippman, and "Behind the Scenes" lectures by the Museum's curators, bi-monthly visual art workshops, led by the Boca Raton Museum of Art School artists, will be offered on the JKV campus.

Throughout the year, the Museum will have many different traveling exhibitions and JKV residents will be offered specially led group tour outings. Transportation from JKV will be provided at a nominal fee.

Residents are also offered a 10-percent discount in the Museum Store and the



JKV Residents enjoyed the Machu Picchu exhibit on display, during a visit last year to the Boca Raton Museum of Art.

ability to purchase discounted Museum memberships which provide access to member events and programs.

Some of these programs may have additional fees. For more information on these programs, contact the John Knox Village Life Enrichment Department at 954-783-4039.

# A Sky-High Safety Training Partnership

## Special Ops Team Learns The Ropes At Westlake Project

**Rob Seitz**  
Gazette Editor

**T**hey came. They trained. They rappelled.

They learned a lot in the process and have made the Westlake apartment buildings safer for construction workers during the final year of the \$120-million project—the most ambitious in John Knox Village’s 55-year-history.

In concert with the Westlake project builders—Moss Construction—tactical rescue training was conducted for three days in December by the Broward County Regional Special Operations Team, consisting of members from Broward Sheriff’s Fire Rescue, Ft. Lauderdale, Hollywood and Sunrise Fire Rescue, along with Palm Beach County Fire Rescue joining in on the training.

“The purpose of this training and site survey was to let the surrounding city tactical rescue teams familiarize themselves with the entire Westlake project,” Moss Construction Safety Manager Joe Fiore told the *Gazette*. “In the event of an emergency, they now know how to enter the project and know the layout of the building.

“They also know the areas of the building that are accessible for a fire apparatus to reach a stranded worker needing a high-elevation rescue.”

The Westlake project consists of two state-of-the-art apartment buildings—The Terrace and The Vue. At 15 stories, The Vue is the tallest building on JKV’s 70-acre campus, thus the safety precautions.

“I was given Joe Fiore’s contact information from Pompano Beach Fire Rescue, and we took it from there,” said James Russo, City of Hollywood Fire Rescue and Beach Safety Division Chief of Training and Special Operations. “The reason we do these pre-plans is because of the potential of an incident during construction. These are the first responders who would respond in the event of a technical rescue. Doing this allows the team to consider options and obstacles in the



Moss Construction Safety Manager Joe Fiore (in safety vest), speaks with James Russo, Hollywood Chief of Training and Special Forces, prior to an elite team of first responders participating in tactical rescue training inside and outside of the John Knox Village Westlake construction project.

event of a rescue.

“The training was a huge success, building the relationship between John Knox Village, Moss Construction and Fire Rescue. On one of the days, we did an initial set up and three types of rescues in preparation for a large drill, and to demonstrate the capabilities that we can utilize between the building features, our equipment and training.”

On the second day of training, several members of the Special Operations Team rappelled off the roof of the 15-story Vue.

“Because of this training they know where the anchor points of the building are, to tie off to, in case of an elevated high-rise rope rescue,” Mr. Fiore said. “They know what equipment they will need and what space is available on the roof.

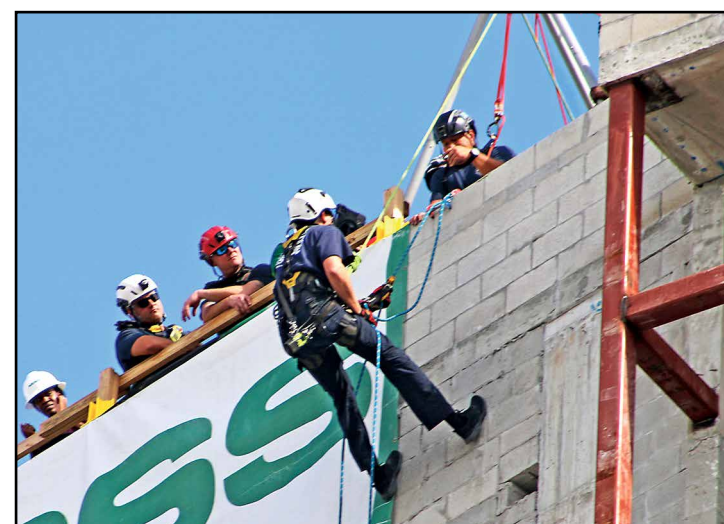
“They now have a packet in each Tactical Rescue truck of the swing-stage layout, so they already know where to respond if there ever was an emergency.”

The training also provided something invaluable: Peace of mind.

“If any of this emergency pre-planning was not

done, I would not be able to sleep at night,” Mr. Fiore said. “I want to know that I have done everything in my power to pre-plan in case of an emergency.”

With the Westlake project still on schedule for a first quarter 2024 grand opening, it is good to know the focus on safety is as high as the buildings.



A member of the Special Operations Team rappels off the roof of the 15-story Vue.

# It’s Time For Major Adkins To Take The Heat

## Annual Roast For The Sample-McDougald House Preservation Society Set

**Dan Hobby**  
Gazette Contributor

**I**t’s been almost 22 years since the historic Sample-McDougald House was moved from its original location on Dixie Highway to Centennial Park in Pompano Beach. However, having saved the house, the non-profit Sample-McDougald House Preservation Society (SMHPS) was faced with the task of restoring the structure, infrastructure and landscaping, all of which would take money to accomplish.

### Signature Fundraising Event

Early on, the non-profit’s volunteers sought to develop a signature fundraising event that would generate revenues for the project, of course, but also be entertaining and relate to the greater Pompano Beach community. After some debate, it was agreed that the SMHPS



Major Wayne Adkins (center) with fellow Broward County Sheriffs at a past JKV Holiday Parade.

would hold a celebrity roast, drawing upon local civic and political leaders as “roastees.”

In 2002, the inaugural Sample-McDougald House Roast took place, with then mayor of Pompano Beach, William Griffin, as the man in the crosshairs. His honor was the recipient of good-natured barbs and anecdotes that left the capacity crowd howling with laughter.

In subsequent years, the Roast has featured notable leaders, including architect William Gallo, environmental activist Roy Rogers, Broward County Mayor Kristin Jacobs, business leader Frank H. Furman, Jr., Pompano Beach mayor (currently Broward County

mayor) Lamar Fisher, economic development leader Tom DiGiorgio, Broward County Commissioner (currently Florida State Representative) Chip LaMarca and Pompano Beach City Manager Greg Harrison, all of whom exhibited their mastery of cutting humor.

### Guest Of Honor Major Wayne Adkins

This year, the SMHPS is proud to announce that its guest of honor for the 2023 Roast will be Major Wayne Adkins Broward Sheriff Office’s Commander for the Pompano Beach District (effectively the local chief of police). For over 40 years, Major Adkins has served the city and its residents with dedication, commitment and integrity.

Raised in Pompano Beach, Major Adkins’s love for law enforcement began at an early age, and his passion for it has never wavered. He stated, “My whole childhood and adult life have been geared towards a life in law enforcement, including serving in the Military Police Corps . . . I’ve been very fortunate to be able to serve my entire career in Pompano Beach. There is no place else I’d rather serve.”

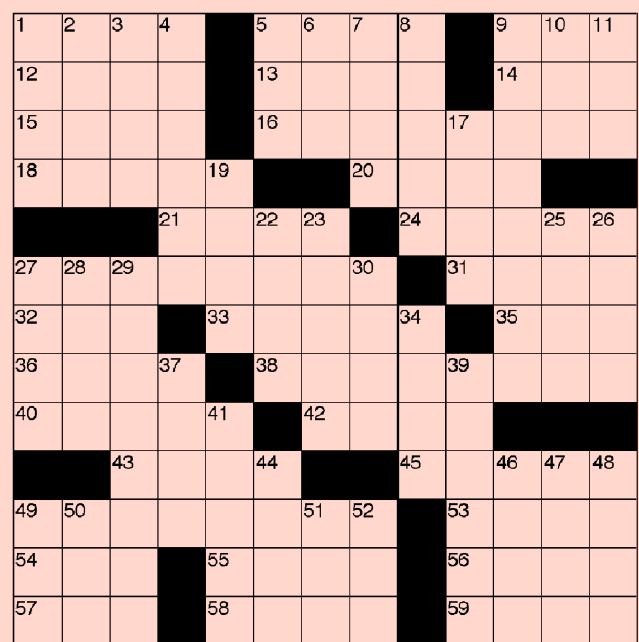
The Major Wayne Adkins Roast will take place on a most appropriate date: April 1. It will be held on the grounds of the Sample-McDougald House. For information on tickets and sponsorships, contact Lee Waldo at [lee@samplemcdougald.org](mailto:lee@samplemcdougald.org) or at 754-307-5446.

*In 2021, Dan Hobby was named Pompano Beach’s Official Historian.*



The Sample-McDougald House will host the fundraising roast for Major Wayne Adkins on April 1.

## Crossword Puzzle Of The Month



### ACROSS

1. Kind of buoy
5. Diagonal
9. Lumberman’s boot
12. Sound
13. Catholic book of feasts
14. Estuary
15. Nipa palm
16. Sora (2 words)
18. Grain
20. New Mexico art colony
21. Spume
24. Chemical salt
27. Abuse
31. Queensland hemp plant
32. Camel hair cloth
33. Parcae
35. Shipshaped clock
36. Recent (suf.)

### DOWN

1. Fabian Society member
2. Route
3. Wings
38. Hair
40. Sp. hero (2 words)
42. Assam hills
43. Camelot lady
45. Boys’ author
49. Dispute
53. “Last Days of Pompeii” character
54. Or best offer (abbr.)
55. Adjective-forming (suf.)
56. Night (pref.)
57. Dance company (abbr.)
58. Sesame
59. Fencing sword

4. Meal
5. Polish general
6. Irish Republican Army (abbr.)
7. Mine entrance
8. Sea goose
9. Primeval
10. Demeanor
11. Computer assisted design (abbr.)
17. Woods (Fr.)
19. Sod
22. Unwilling to listen
23. Silk fabric
25. Land west of Nod
26. Float
27. Nutmeg husk
28. Brother of Seth
29. Friend of King Arthur

30. Web
34. Scand. legend
37. A (Ger.)
39. Net fabric
41. Toe
44. Carplike fish
46. Slimy stuff
47. Noun-forming (suf.)
48. Plexus
49. Dead on arrival (abbr.)
50. Move back
51. To (Scot.)
52. Building wing

Answers On Page 10.



Over 80% Pre-Sold

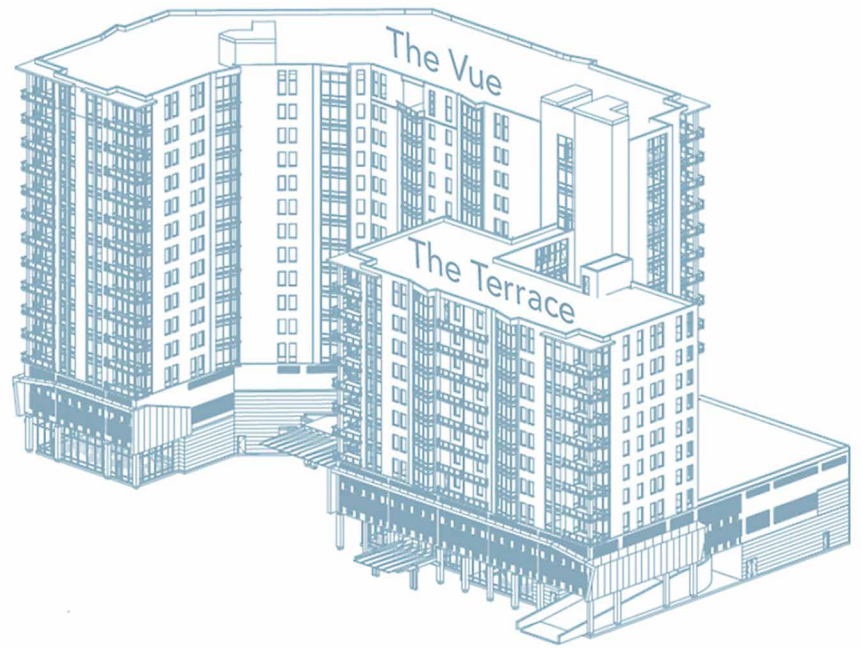
# Westlake AT JOHN KNOX VILLAGE

### Westlake

The newest resort-style neighborhood at JKV featuring two all-new, modern residence buildings.

### JKV Advantage

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



To schedule your one-on-one appointment with a Life-Plan Consultant **954-871-2655**



**JOHN KNOX VILLAGE**  
Where possibility plays

web [JKVgrows.com](http://JKVgrows.com)  



[JohnKnoxVillage](https://www.johnknoxvillage.com)





JOHN KNOX VILLAGE

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:** Can you tell me about your most popular events at JKV? I heard that you have a new Cultural Arts Center.

— *Interested in Lighthouse Point*

**Dear Interested:** JKV is known for its lifestyle and engaging events at the community. We just built a \$34 million Cultural Arts Center and currently have a robust entertainment schedule with lots of talent to enjoy. Call me at 954-871-2655 or email me at: [askkim@jkvfl.com](mailto:askkim@jkvfl.com) to check out a show.



## HEALTH & WELLNESS SERIES

**Introducing Mark Rayner**, Director of Health Services at John Knox Village. Mark oversees short-term rehabilitation care for our guests. The Woodlands is a seven-story building that features all private bedrooms, with baths for each guest. There are 12 homes, each consisting of 12 private bedrooms, surrounding a kitchen, dining room and communal area. All meals are prepared in each home by dedicated caregivers.

**Dear Mark:** I will be having a surgical procedure in the near future that will require short-term rehabilitation. What can you tell me about your rehab program in The Woodlands at John Knox Village?

— *Wondering in Wilton Manors*

**Dear Wondering:** Thank you for your question. You will be in wonderful, caring hands during your short-term rehab stay if you choose The Woodlands. Our methodology of care enables us to achieve an 80-percent return-to-health status, while many other

rehab centers may maintain about a 50-percent positive result. The positive rehab outcomes have made The Woodlands at JKV the preferred partner for several local hospitals, specifically Holy Cross, Imperial Point and North Broward. They refer their rehabilitation patients to us on a daily basis.

For more information feel free to contact The Woodlands Admissions Office at 954-247-5804 or visit the website: [www.woodlandsjkv.com](http://www.woodlandsjkv.com)

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

**John Knox Village** 400 SW 3rd Street (Main Gate), Pompano Beach, FL 33060  
[Johnknoxvillage.com](http://Johnknoxvillage.com) | [jkgrows.com](http://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 in 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.

# Let Love Guide You

February Is Considered The Month Of Love, But Have You Ever Thought Of It Beyond Romantic Love?

**Melissa Jill Clark**  
Gazette Contributor



Melissa Jill Clark,  
Life Wellness Coach

into a disconnect of who we truly are. It's the busy to-do lists, the stress that we have, the incidents that occur, the worries in our minds, and the emotional pain that we sometimes endure.

These things can't be avoided in this crazy, messy beautiful experience we call life. Life is filled with peaks and valleys, joy and pain, victory and loss, and through it all we can easily get caught up, and it's all par for the course.

Yet, I believe the tragedy is when we lose touch with what is our core, the very essence of who we are, which is love.

### Discover The Love Inside You

Breathe into your heart and feel the love that is right inside of you. Allow yourself to feel that love, and receive that love. Then, share that love. There

Romantic love is wonderful and one of the most amazing experiences in life, but let's talk LOVE, the kind that's available to anybody at anytime.

I believe that our true nature is filled with peace, joy and love. It's always at the very core of who we are. This is not just in some of us. It's in all of us.

It's the distractions of life that bring us

is nothing that can make you feel better than doing something kind for another precious human being.

We truly never know the impact that one moment shared can have in the life of another. This is one of my all time favorite quotes by Corita Kent: "Love the moment, and the energy of that moment will spread beyond all boundaries."

### Love The Moment

Be present and purposeful with your intention to share love. The power you have to create an impact is immeasurable.

I make it a goal, and I teach my clients to do the same, to let love guide me in all that I do. I commit to living each day, and making each decision in alignment, with love.

I have to be honest and tell you that I don't always succeed at this, but I do consistently reel it in and bring myself back to a place where I choose love.

So how do we live in alignment with love?

It begins within. It begins with letting go of the barriers that prevent us from feeling, sharing and receiving love. Often, it's letting go of the need to control the things we can't control or releasing the thoughts and emotions that don't serve us.

Every time I begin working with a new client, this is one of the first things that we tackle, releasing the disempowering beliefs and toxic situations that literally hold them back from living.

### Be Alive And Make Your Soul Happy

Here again, there is no perfection, only intention and purpose. Then, from this point, the next step is to find what makes you feel most alive, and do that. Take the time to do the things that make your soul happy.



Take the time to do the things that make your soul happy.

Give yourself love. With each decision that you make, stop and ask yourself, "what is the most loving thing that I can do in this moment?"

Do this for yourself and do this for others.

When you let love guide you in all that you do, you'll find more peace and joy, you'll be happier and healthier, and you will spread this love to all with whom you come into contact. You will inspire others to do the same.

So this February, let us all commit to letting love guide us.

This is how we live more fully, and this is how we change the world.

# Visionary Was A Century Ahead Of His Time

Reaping The Benefits Of Nikola Tesla's Dream

**Jason Cook**  
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

and telephony, we shall see and hear one another as perfectly as though we were face to face, despite intervening distances of thousands of miles; and the instruments through which we shall be able to do this will be amazingly simple compared with our present telephone. A man will be able to carry one in his vest pocket," Mr. Tesla was quoted as saying. Mind you, those brash statements were made in 1890, not 1990.

According to Wikipedia, the Austrian Empire-born, Graz University of Technology dropout, tried to put his possibilities of wireless communications to practical use in his unfinished Wardencliff (aka Tesla) Tower project—an intercontinental wireless communications and power transmitter, but he ran out of funding before he could complete the project.

Built on 200 acres in the village of Shoreham,

Some 167 years ago, a visionary was born who would become a man whose thinking was a century ahead of his time.

Inventor, futurist, electrical and mechanical engineer Nikola Tesla envisioned the world we are living in today, with our abilities to easily communicate around the planet.

"We shall be able to communicate with one another instantly, irrespective of distance. Not only this, but through television

Long Island, New York, Mr. Tesla's vision was to transmit messages, telephony and even facsimile images across the Atlantic to England and to ships at sea, based on his theories of using the Earth to conduct the signals. His goal was to better compete with Guglielmo Marconi's radio-based telegraph system.

### Envisioning The World Wide Web

Not only did Mr. Tesla predict the World Wide Web, but he identified our ability to use applications such as Zoom, FaceTime, Skype and WhatsApp, from the convenience of our smartphones.

These apps allow us to not only set up meetings to see people face-to-face, but allow you to enhance the meeting experience.

You can get rid of distractions by blurring or changing the background. Skype allows you to even turn on closed captions to show what people are saying and even translate it from a different language. There are tools in place to help maintain order during a meeting, like the ability to mute microphones and raise your hand when you want to contribute.

### Bringing The World To Your Device

This means that if it is too difficult for a family member to attend a special event, they still have the potential be part of it through using one of these apps. It is as simple as signing into one of these apps and having a mobile device video record the event.

With technology making it this easy, make sure to Zoom out there and get some FaceTime with family members and ask them WhatsApp?

Can you imagine how much sooner we could have been enjoying these technologies had Mr. Tesla's primary backer, Wall Street financier J.P. Morgan, decided to continue funding the Tesla Tower Project?

### Residents Enjoy Dedicated 'IT' Guy

Recognizing technology is not going anywhere and, in fact, continues to become more entrenched in people's day-to-day lives, John Knox Village made a conscious decision in 2022 to provide a full-time technology support team member for its residents.

By most accounts JKV is only one of a handful of Life-Plan Continuing Care Retirement Communities in the entire country providing its residents with a full-time dedicated employee to assist residents with all their technology questions, issues and concerns.

Jason Cook, JKV's well-credentialed Technology Engagement Coordinator, provides residents with personal assistance, as well as classroom-style training. Residents have overwhelmingly embraced having Jason as their "IT [Information Technology] Guy."

Last month, Jason expanded his services for residents to include free tech sessions in three of the Village's four apartment lobbies, six-week comprehensive courses, and even a Virtual Reality series with JKV's VR partner MyndVR®.



JKV Residents experience the virtual reality of MyndVR®.

### Sudoku

Answers On Page 10.

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

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



# Ten Tests Your Heart Deserves

**Tereza Hubkova, MD**  
Gazette Contributor



**Dr. Tereza Hubkova**

Doris is a lovely 55-year-old music teacher who was sent to me recently to “investigate what happened to her heart.” A screening CT scan of her heart she recently had (frankly just to support her husband who was the one who really needed it) revealed that she had the arteries of an octogenarian – laden with calcium.

“I don’t understand this,” Doris said in a state of a shock. “I eat healthy, I am active, my cholesterol has always been fine. I just don’t understand how this could have happened.”

Doris is certainly not alone in discovering a significant heart disease for which she had no risk factors. Just a week earlier I saw John, a previously healthy 54-year-old athlete who almost died from a heart attack while biking. He, also, had no risk factors – never smoked, was not overweight, had a normal cholesterol and normal blood pressure and no history of diabetes. He was “healthy as a horse” according to his primary care physician, until he collapsed off his bike, luckily not too far from a hospital where he got a stent a few hours later.

It turns out that more than half of heart attacks happen in people with normal cholesterol. Some of those people suddenly drop dead. Do not let that be you.

I am a strong believer in preventive “car checks” at certain mileage milestones to make sure I do not get stuck on a road with a broken engine. I believe our bodies deserve at least the same (or better) care than our cars.

When it comes to the heart, it is time we look at more than the “traditional” risk factors (i.e. high cholesterol, current smoking, diabetes mellitus, high blood pressure, abdominal obesity, genetics and ethnicity, inadequate exercise, poor consumption of fruit and vegetables, depression, systemic inflammation, chronic kidney disease).

The science showing validity of more in-depth testing is here, but we are lagging behind putting it in practice.

Here are the 10 tests everybody over 40 deserves for their heart and brain health, unless they want to end up like Doris or John.

**1.) High sensitivity CRP (hs-CRP)** – Also known as C-Reactive Protein, is a marker of inflammation. Inflammation seems to predict heart attacks at least as well as cholesterol, and in some groups (such as otherwise healthy people with no risk factors or otherwise healthy menopausal women) it predicts future heart attacks more reliably than cholesterol. Aim for hs-CRP less than <0.9, and if elevated – hunt down the root cause. This can often be inflammation in the gums or periodontal disease, gut dysbiosis (and “leaky gut”), excess belly fat or undiagnosed sleep apnea.

**2.) LDL-P-LDL particle number (and size)** – Too many small low-density lipoprotein (LDL) cholesterol particles do more damage than fewer larger ones by penetrating the lining of the arteries more easily.

**3.) Lp(a) – (pronounced lipoprotein little a)** – Is an independent risk factor for premature heart disease often running high in families where heart attacks struck early. Statins make this one worse in some people, while berberine, niacin and flax seeds seem to bring it down. This was the problem with John and turned out to be in all his siblings as well.

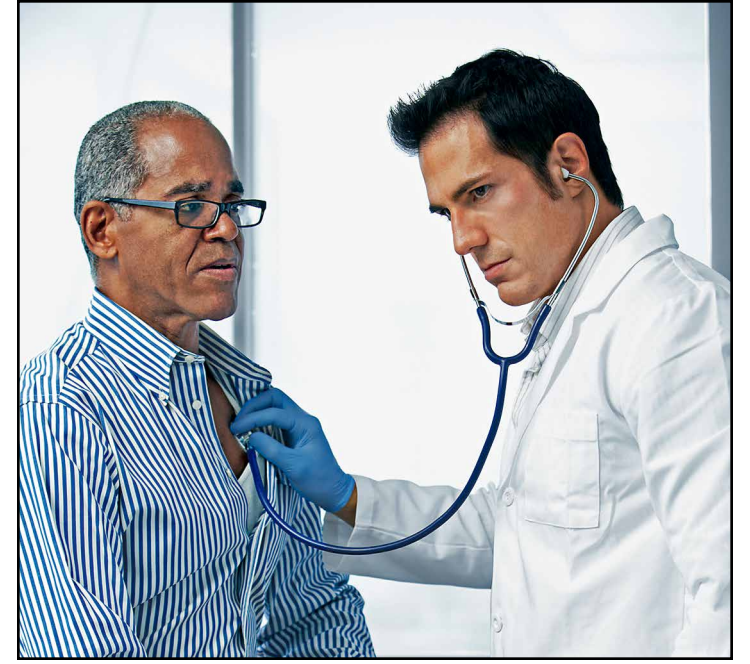
**4.) Apo B (apolipoprotein B)** – Correlates with the risk of heart attack better than cholesterol.

**5.) OxLDL (oxidized LDL)** – Indicates how much of the “bad” cholesterol has been made even worse (more damaging) by exposure to free radicals. The more oxidative stress you have – the faster you age. Goal of oxLDL is <60 ng/mL.

**6.) Homocysteine** – Marker of dysfunctional methylation, poor detoxification and excessive stress, but could be also indicating deficiency of vitamins B6, B12, folate, choline, magnesium, zinc or selenium. Optimal homocysteine is probably < 8 micromol/L. Besides more heart attacks, it has been linked to more strokes and osteoporosis.

**7.) TMAO (trimethylamineoxide)** – A substance made in our digestive tracts by the action of “bad microbes” on eggs and red meat, and associated with higher risk of atherosclerosis, heart attacks, strokes, blood clotting, kidney disease and colon cancer. It can be normalized by dietary adjustments and addressing the unhealthy gut microbiome. This turned out to be the issues for Doris, who later acknowledged “struggling with gut health” most of her adult life.

**8.) Omega-3 index** – Indicates adequacy or inadequacy of your fish oil intake (although we can get the healthy omega-3 fats also from nuts, seeds, seaweeds as well as grass-fed meat). Too little omega-3 in relationship to other fats (especially omega-6 fats and saturated



*Ask your doctor to initiate preventative heart tests that look beyond the traditional risk factors.*

fats) puts us more at risk of inflammation and sudden death. Goal omega 3 is > 8%.

**9.) HOMA-IR (Homeostatic model assessment for insulin)** – Tests how well you respond to insulin. Insulin resistance, a hallmark of type 2 diabetes, is another major risk factor of heart disease and often precedes diabetes by many years. Optimal result is < 1.2.

**10.) Fibrinogen** – Is a clotting factor also involved in injury to the lining of our arteries, and viscosity (thickness) of the blood. It goes up with inflammation, but may predict future heart attack or stroke in people with “intermediary” risk.

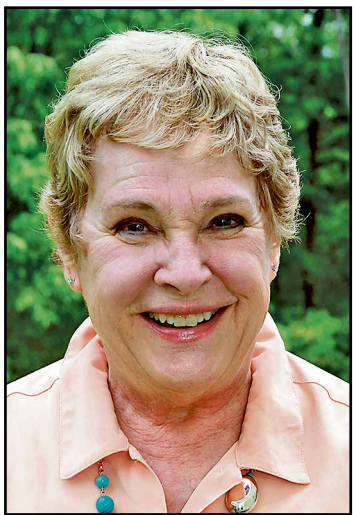
These tests are easily run via Quest or Cleveland Heart Labs, and often results can be corrected with a combination of dietary changes, exercise, a handful of supplements and if necessary – prescription medication. If Doris and John had them done earlier, their arteries may have stayed healthy and “clean” at least for several more years or decades.

So, call your doctor, and have these tests done before being another “surprise” heart attack victim. After all, we believe 80 to 90 percent of heart attacks could be prevented or at least significantly delayed.

*Dr. Tereza Hubkova 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.*

## Doctors Get Sick Too

**Dr. Roberta Gilbert**  
Gazette Contributor



**Dr. Roberta Gilbert**

The last time I wrote for the *Gazette* in July 2022, I talked about taking a few weeks vacation. Followers of my column, may have noticed that it has been more than a few months. What happened?

During my vacation, I became ill with COVID-19. Two positive tests convinced me that I really had it. It was a mild case and lasted only about a week, but then I seemed to lapse into “Long COVID-19.” That was more intense.

I felt worse and it lasted longer. You could call it “sleeping sickness.” Sleeping was all I wanted to do. I had no energy. My muscular strength was gone. The medication I had been put on, made me so dizzy I fell three times. What a wreck. None of the doctors I visited knew what to do about the situation.

The good news is that after about six months of this, I improved. Gradually but perceptibly, my sleeping time diminished. I discontinued the suspect medication and lost my dizziness. My muscular strength began to return.

What helped? It may seem a strange story, but this is “how I see it.” I prayed to God to heal me. I saw and heard a lot about healings on TV, but for me nothing worked. Yet, I kept hearing a small thought in my mind, saying, “Read the book of Job.”

The book of Job, one of the books of the Bible, tells the story of a very rich man in ancient times, who lost everything, including his family and all the trials and travails that happened to him.

Now why would I want to read this sad book? As I

saw it, I had already lost much. I kept arguing based on what I thought was logic. It seemed to me, I needed positive thinking or a miracle, not the story of a sad life and negative story of Job. But I kept thinking, “Read the book of Job. Maybe there is something there that can help.”

So, I did. In the beginning, Job loses everything, even his family. I had lost a lot as well, even many members of my family.

Further on, Job’s friends come to help. But as it turns out, they surmise that he must have committed some bad sin to come to such ends. Confess, they urge and get this over with.

Later in the book, though, the best friend of all comes through – God Himself.

God reminds Job of Who He Is. The Creator and Sustainer, one whom we can barely even imagine – infinite, omnipresent, omnipotent and omniscient. How did this help me?

He seemed to be saying: “Get your eyes off yourself and your sad condition, and onto Me.”

So, as best I could, I tried to do this. When I became upset and obsessed with my sad state of affairs, I quickly refocused. I turned my thoughts to the Eternal Worthy One.

After that, miracles did come. Many. Friends who cared started to call and help me. And with the interactions with friends, my brain’s thinking improved. I knew what I needed to do:

### 1. More Socializing

I noticed how much better I felt after talking with friends or family – even on the phone. Yes, as emphasized on the research about the subject on “60 Minutes,” socialization did much to keep the brain in good working order.

### 2. Exercise

I do mine in the pool because I have done it for years and have my own routine. It is also gentler.



### 3. Hydration

I needed to pay more attention to exactly how much water I was drinking.

### 4. A Balanced Diet

The old saying goes, “We are what we eat,” so I made sure my diet is balanced and nutritious.

### 5. Weight Loss

With a return to regular exercise and emphasizing a healthy diet, I was able to feel better and even lose a few pounds.

### 6. Refocusing When Needed

Mentally, I refocused on the positives and minimized the negatives.

### 7. Reading Every Day

I sought inspiration, during the difficult times. I found it...especially my Bible and quiet time.

All this made a huge difference, and I can report that I’m recovering steadily. Thanks to all my past readers who shared your thoughts with me during my hiatus.

*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.*

# Cooperation Not Confrontation

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

I read with interest, Nona Cree Smith's column in the January 2023 issue of the *Gazette* on the Artemis I Moon Mission. I am constantly amazed at the evolving technology and the cooperation among the scores of people who are essential to every space mission's success. I reminisced to a time, when I was at Kennedy Space Center in 1997 for STS-87, a Space Shuttle Columbia mission.

My experience there was helping Leonid Kadeniuk, a Ukrainian astronaut, for a flight in space. I assisted at the Kennedy Space Center in translating from Russian to English. For many Ukrainians, their second language is Russian. In the process, I learned much about the challenges of going into space, and the multiple challenges such as protecting the capsule from the radiation it will encounter. I learned of the experiments being conducted on the best ways to grow food in space. For me, the most important event of all was the multi-national cooperation to solve those space challenges. At that time, astronauts, scientists and technicians from many nations were cooperating to learn about the mysteries of space.

## A Spirit Of Cooperation In Space

That same spirit of cooperation led to the creation of the International Space Station (ISS). The project involved five space agencies: NASA (United States), Roscosmos (Russia), JAXA (Japan), ESA (Europe) and CSA (Canada). Each contributed components to the ISS construction.

The first component was launched in 1998. The first long-term residents arrived in November 2000 after being launched from the Baikonur Cosmodrome (southern Kazakhstan leased to Russia). The station has since been continuously occupied for more than 22 years. Its future, however, is in question after Russia's invasion of Ukraine, and consequent actions.

## Cooperation Is A Necessity

While we see conflict here on planet Earth, space is an area for mutual cooperation. There are many dangers in space that need worldwide cooperation to overcome. A constant danger is an impact on the Earth by an object from space. We call this event an NEO (near Earth object). The U.S. recently tested a rocket that intercepted a NEO that successfully changed its trajectory. This mission was written about in the November 2022 issue of the *Gazette*: "NASA's DART Hits Its Target: Test Probe Designed To



*Burn Loeffke was at Kennedy Space Center as a Russian translator for Space Shuttle Columbia Mission STS-87. The international crew included (seated left to right) NASA astronauts Steven W. Lindsey and Kevin R. Kregel. Standing (left to right) Indian-born American Kalpana Chawla, NASA astronaut Winston E. Scott, Takao Doi of the Japan Aerospace Exploration Agency, and Leonid Kadeniuk, State Space Agency of Ukraine. Image source: NASA.*

*Prevent A Catastrophic Threat From Space.* Threats from space are an example of the need to cooperate. Space may be the initiative where we can work together. Why? For the practical reason of staying alive.

In one of his speeches, President John F. Kennedy said, "Domestic policies can lose elections, but foreign policies can kill us all." We need to choose wisely who makes our foreign policies. Cooperation in space should be a priority.

*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.*

# What Is Love? Defining The Way We Love

**Rachael Gallagher**  
JKV Spiritual Life Director



*Rev. Rachael Gallagher*

Many of you know the story of St. Valentine, the Roman martyr. And some of you may even know about the Pagan festival of Lupercalia. But do you know the names of love? In February, we commonly acknowledge the love we feel for our romantic partners, the love we have for our friends and family, and the love we experience if we have children. Yet the Romans (and Greeks) gave different types of love different names. These include:

- Eros (romantic passion)
- Philia (deep friendship)
- Ludus (playful love)
- Agape (love for everyone)
- Pragma (long-standing love)
- Philautia (love of the self)
- Storge (family love)
- Mania (obsessive love)

There are many names for love, and countless ways to express it through music, art, poetry and beyond. Yet, at some point, most of us will be drawn to ask: What does love mean to me? How can love help me flourish? How can I offer love?

## What Is Love?

For some people, love can be used to describe almost anything. OMG, I love this iced latte. This sweater is amazing, I love it. But, in reflecting on the different names for love, one thing stands out to me. Love seems to mean loyalty and commitment, whether it is Philia – deep friendship, or Pragma – long-standing love. At times, love may feel messy and complicated, or blissful and healthy, but ultimately, love is the most secure feeling. Love is having a com-

panion, best friend, lover, partner, sounding board, cheerleader, advisor, and/or cuddle buddy through every avenue in the journey of life.

For me, when I think of love, I can't help but instantly think of the 1st Corinthians Bible verse. It just gives such an amazingly perfect definition of love:

*"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres."*

- 1 Corinthians 13:4-7

When I reflect on those verses, I think of all the different types of love I have for the people in my life. There's romantic love (eros), family love (storge), friend love (philia), and the most exciting love in my life: long-standing love (pragma). I knew my husband was "the one" when I realized he is the only person in the world that I love with many types of love: Eros, philia and storge. He is my romantic partner, my best friend and my family. Our love is easy. Love should never be difficult. Life is difficult enough, so having a partner on my team to tackle life's difficulties is the greatest gift I have ever received.

During this month, as you reflect on love, I en-



*Married 37 years, JKV residents June and Jerry Felski dance the night away on New Year's Eve.*

courage you to think about love as the ability to care for someone else deeply and unconditionally, being motivated to be the best version of yourself that you can possibly be, and trusting those you love while being comfortable around them. Whether you are celebrating romantic passion, deep friendship or love for everyone this Valentine's season, I wish you blissful, healthy and secure love.

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

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

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

# Plan A Visit To NSU Art Museum Fort Lauderdale

**For Immediate Release**  
Special to The Gazette

## NSU ART MUSEUM

FORT LAUDERDALE

Plan a visit to NSU Art Museum during February and enjoy the 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.

Mini Muse from 4:30 to 6:30 p.m. Drop in art-making activities for children inspired by Kathia St. Hilaire. Starry Nights is presented by Broward Health.

### Bank of America Museums on Us: Saturday, Feb. 4 and Sunday, Feb. 5

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders will receive free admission on the first full weekend of each month. Cardholders need only present their card and a photo ID to gain a free general admission. The promotion doesn't include access to special exhibits, ticketed shows or fundraising events.

### Now On View

*"William Kentridge: Ursonate," through April 16, 2023*

*"Malcolm Morley: Shipwreck," through April 16, 2023*

*"Kathia St. Hilaire: Immaterial Being," through April 23, 2023*

*"Scott Covert: I Had a Wonderful Life," through April 23, 2023*

*"Animation Generation," through May 21, 2023*

*"Eye of CoBrA," through Spring 2023*

*"By the Sea, By the Sea, Waterscapes and Beach Scenes by William J. Glackens and the Ashcan School," through Fall 2023*

### Upcoming Events:

**Sunny Days/Starry Nights: Free First Thursday, Feb. 2 from 11 a.m. to 7 p.m.**

Enjoy free Museum admission and 2-for-1 Wine, 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.



**David Posnack JCC and NSU Art Museum Fort Lauderdale Present: "Here We Are," Sunday, Feb. 12 at 1:30 p.m.**

The Second Sunday Film Series will include an afternoon of art and film held at NSU Art Museum Fort Lauderdale.

Aharon has devoted his life to raising his son Uri. They live together in a gentle routine, away from the real world. But Uri is autistic, and now as a young adult it might be time for him to live in a specialized



Plan to attend one of the upcoming events at NSU Art Museum Fort Lauderdale. Take advantage of special free admission opportunities for Bank of America cardholders and Fort Lauderdale residents.

home. While on their way to the institution, Aharon decides to run away with his son and hits the road, knowing that Uri is not ready for this separation. Or is it, in fact, his father who is not ready?

Israel/ Austria 2020, 86 min, Hebrew, English and German with English Subtitles

Museum tour at 1:30 p.m. The film at 2:30 p.m. Pricing: \$10 for members; \$20 for non-members.

### Fort Lauderdale Neighbor Day, Sunday, Feb. 26 from 11 a.m. to 7 p.m.

The last Sunday of every month, Fort Lauderdale residents receive free admission to NSU Art Museum as part of Fort Lauderdale Neighbor Days.

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

Visit the Museum Cafe & Store and receive 10 percent off books published by NSU Art Museum.

NSU Art Museum is located at One East Las Olas Blvd., Ft. Lauderdale, FL 33301. For more information about NSU Art Museum Fort Lauderdale, visit the website at: [www.nsuartmuseum.org](http://www.nsuartmuseum.org)

# Pompano Beach Arts & Music

**Kay Renz**  
Special To The Gazette

Celebrating Black History Month, Valentine's Day, Galentine's Day, or maybe Groundhog Day?

February in Pompano Beach offers something for every taste.

### Old Town Untapped

Stay warm and happy at Old Town Untapped on Feb. 3. The Resolvers, South Florida's most high-energy reggae band, are bringing the fire to heat up the night. Meet this month's featured artist in residence at BaCA, stellar ceramic artist Kim Ferguson. Indulge in some craft beer, delicious food, and explore artist vendors selling unique and artistic merchandise. Meet and mingle with the bustling crowd. Old Town Untapped is free and open to the public from 6 to 10 p.m.

### "On Purpose," A One-Woman Show By Ebony Payne-English

This stirring one-woman show is created and performed by renowned poet Ebony Payne-English. On-stage, she paints a vivid picture of femininity at the peak of its strength and in the pit of its vulnerability in the face of an HIV diagnosis. Told from the diverse perspectives of seven women, she weaves poems, monologue, song, rhyme and colorful vernacular into an exceptional coming of age story. The performance

will be held in the Pompano Beach Cultural Center on Friday, Feb. 3 at 7 p.m. Tickets are \$25.

### Group Exhibition at BaCA: "Men Painting Women"

This exhibition is curated and includes work by Robert Shirk and four other award-winning Florida artists whose work is mainly focused on the female form. Including the talents of Herbie Martin, Leonardo Montoya, Wilson Romero, Weldon Ryan and Shirk, the artists approach the depiction of women from very different perspectives.

The exhibition runs through March 28, and is free to the public. Bailey Contemporary Arts (BaCA) is located at: 41 NE 1st St., Pompano Beach.

### Pompano Beach Cultural Center Exhibits: "Hello I Am Kitty," By Joana Toro

This exhibition by a Colombian documentary photographer examines concepts of immigration, identity, and social issues. Toro describes her work on this project as, "The result of a personal journal to find my new 'identity' viewing right through an eye hole in the head of my Hello Kitty costume while I ask for donations after posing for pictures in Times Square." The exhibition runs through April 6, and is free to the public.

### "Pandemic: The Unmasking Of America," By Craig Gordon

Gordon spent the initial lockdown period of Spring 2020 between rural, upstate New York, and New York City, capturing a photo-documentary array of images with narratives that bear witness to the inequities and injustices unmasked by the COVID-19 pandemic. The exhibition runs through April 6, and is free to the public.

### "Baila Pompano" At Pompano Beach Cultural Center

Presented by renowned Latin dancer and instructor Alex Bezianis of Poppin' Events on Friday, Feb. 17, Pompano's most exciting participatory dance program will include salsa, bachata and other Latin dances, including a one-hour dance class, a live band, a DJ and performances by professional dancers. Dance and enjoy music provided by some of South Florida's best

musicians, playing three 45-minute sets throughout the evening.

The performance begins at 8 p.m. Tickets are \$20. Drinks and snacks will be available.



Rachel Barton Pine. Photo by Andrew Eccles.

### "Bell'Arte Concert Series," Featuring Violinist Rachel Barton Pine

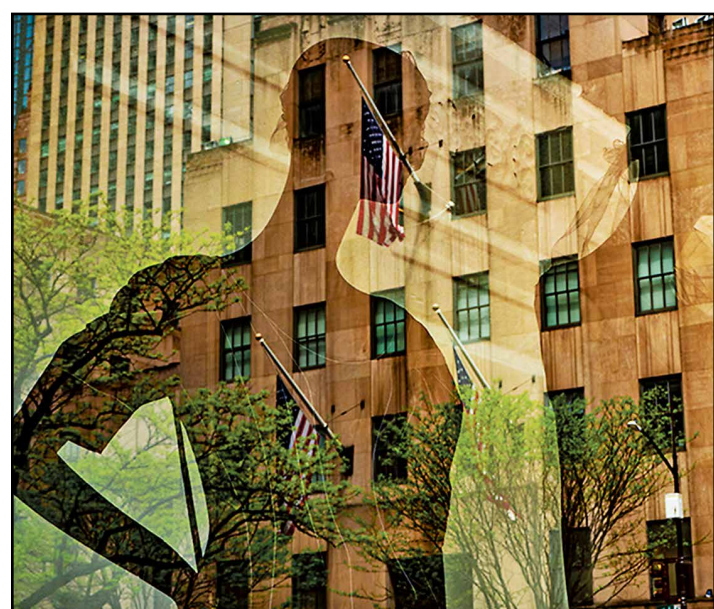
Heralded as a leading interpreter of the great classical masterworks, international concert violinist Rachel Barton Pine thrills audiences with her dazzling technique, lustrous tone and emotional honesty.

Raised in a socially and economically disadvantaged family, and seriously injured in a train accident, she uses her life experiences to help people gain understanding of the handicapped and less fortunate. With an infectious joy in music-making and a passion for connecting historical research to performance, Pine transforms audiences' experiences of classical music.

Ms. Pine's performance is Wednesday, Feb. 22 at 7 p.m. in the Pompano Beach Cultural Center. The \$45 ticket price includes a post-concert champagne and dessert reception with the artist.

The Pompano Beach Cultural Center is located at 50 W Atlantic Blvd, Pompano Beach, FL 33060.

For more information on any of the events listed please visit the website: [www.pompanobeacharts.org](http://www.pompanobeacharts.org)



"Unmasking, Pandemic," photo by Craig Gordon.

# Best Friends Forever

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

Happy Year of the Water Rabbit. The Chinese lunar new year that began on Jan. 22 is predicted to usher in a time of peace, longevity and hope. Also, the rabbit has long been associated with good luck – remember how people used to have a rabbit’s foot on their key chain?

If you don’t want to sit around and wait for luck, you can do something big to boost your longevity. Focus on improving your relationships. Since Valentine’s Day arrives on Feb. 14, it’s an auspicious time

to consider the quality of your relationships.

However, if you want longevity of both body and brain, there’s a very special relationship you need on which to focus: Your relationship with yourself.

Let’s consider the true story of a woman who modeled this behavior and beat the genetic odds against Alzheimer’s disease.

## The Golden Brain

Aliria Rosa Piedrahita de Villegas (1942-2020) became a rock star in the world of neuroscience. Due to a rare genetic mutation from both parents, she should have shown signs of Alzheimer’s disease by age 45 and died in her 60s, like the rest of her extended family in Colombia.

A few years ago, researchers were stunned to discover Aliria alive and well at age 72, living in a Medellin, Colombia neighborhood near her two daughters. For several years, she traveled to the U.S. to aid brain researchers. Her daughters ribbed her about having the “golden brain.” She didn’t help herself physically. She didn’t eat the best of foods. She enjoyed drinking with her friends weekly.

In October 2020, Aliria died suddenly of melano-

ma at age 77, in part because the pandemic disrupted her medical care. Since Aliria had agreed to donate her brain to science, her prized organ was rushed to a lab within hours of her unexpected death.

Researchers are still trying to understand why her brain was so resilient. To date, findings have confirmed that the typical indicators of Alzheimer’s disease were found in her occipital lobe, but not found in her hippocampus and frontal lobe, which are early targets of Alzheimer’s disease.

As a result, Aliria’s mind was not derailed by Alzheimer’s like the rest of her family. Against all genetic odds, Aliria’s brain activity worked well until the end. According to an article written about her condition, it read in part, “In the months before her death, she still recognized her family and friends, still cooked her own meals and bathed herself, and had no trouble recalling words like ‘neuroscience’ and ‘coronavirus.’”

## A Winner At Life

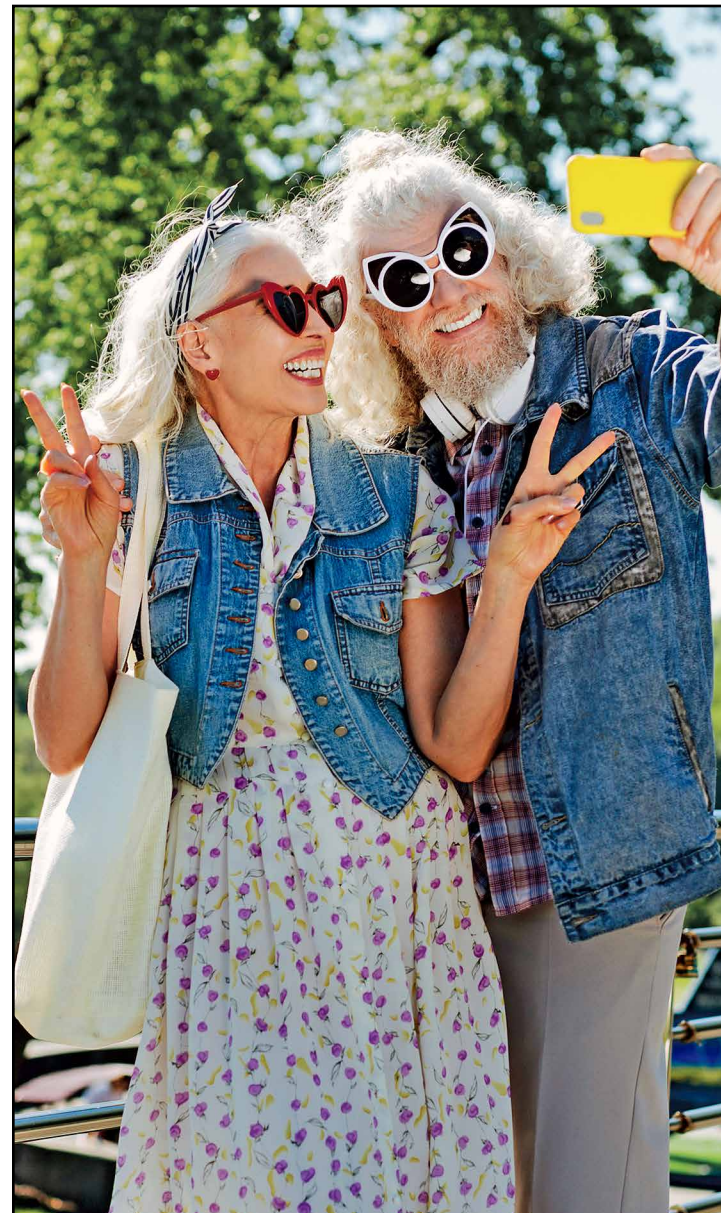
But why did Aliria have this remarkable outcome? Everyone wants to know. Researchers are busy looking for genetic clues in her miraculous brain tissue. On the other hand, perhaps Aliria’s results arose from lifestyle factors that protected her brain.

One notable trait that Aliria shared with Super-Agers was a willingness to challenge herself. When Aliria was in her 30s, she fled an abusive husband, moving away from the hamlet of Angostura to the environs of Medellin with her young children. She washed and ironed clothes to support her family, remaining in the area the rest of her life.

Aliria learned how to be a friend to herself. She wanted a better life for herself and her children. She took on a big challenge to find it. In doing so, she triumphed over “bad genes” and Alzheimer’s disease. She won at life.

Go ahead and challenge yourself to be a better friend to yourself. Find ways to overcome negative thoughts about yourself. Think of yourself as a winner at life, like Aliria was. You will do more to boost your brain and longevity than any special diet or exercise program.

Personally meaningful relationships are the most



Think of yourself as a winner at life. You will do more to boost your brain and longevity than any special diet or exercise program.

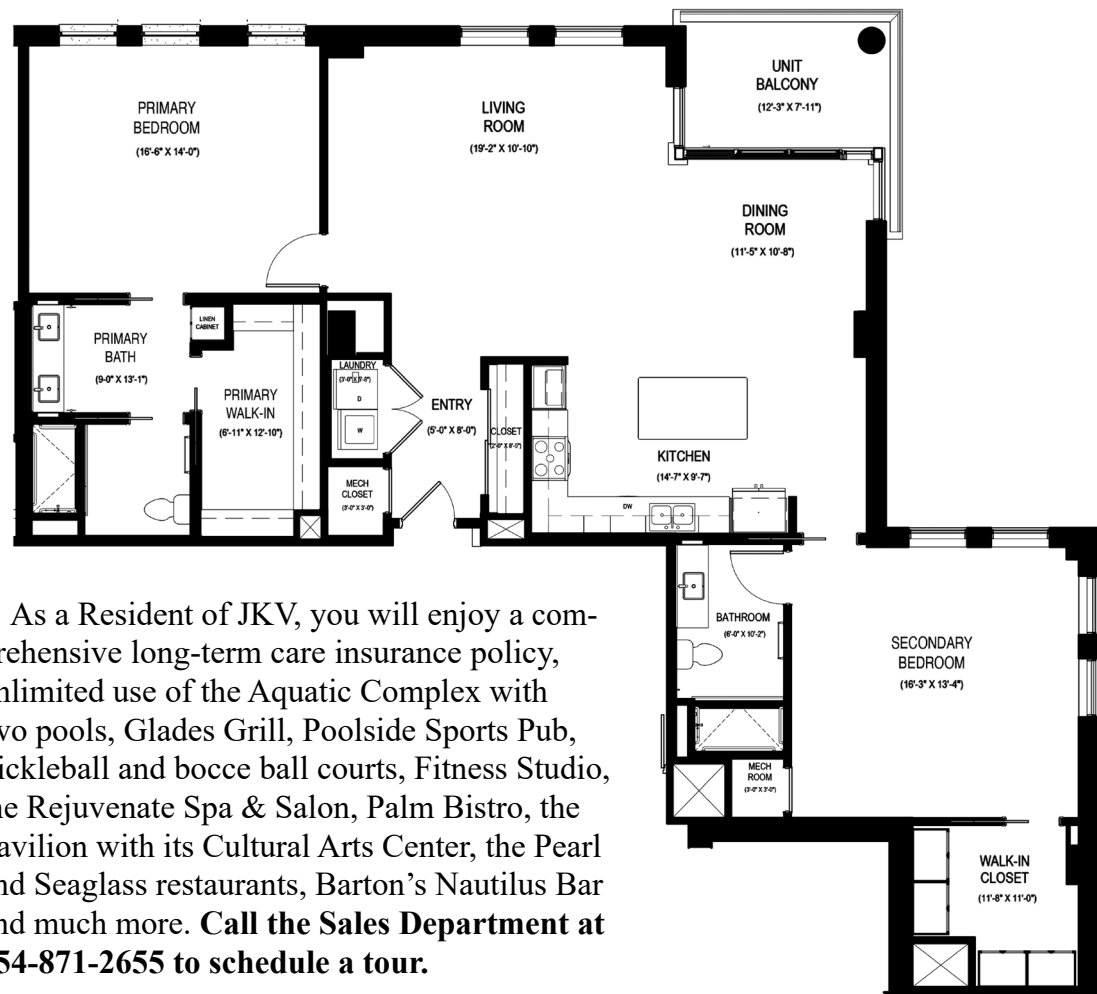
important rewards in the afternoon of life. Be your own best friend forever to have strong relationships with others. This may be your lucky Water Rabbit year in the game of life.

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](http://www.brainwealth.org)

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

This month’s featured apartment home is the Biscayne, available in The Vue. This spacious apartment home is perfect to enjoy your Life-Plan future. Make your 10-percent deposit and become a Westlake Club member. Plan a visit to get all the information about life at John Knox Village and enjoy a complimentary lunch in the Glades Grill, overlooking the Aquatic Complex.

**The Biscayne In The Vue At Westlake:  
2 Bedrooms / 2 Baths: 1,748 sq. ft.**

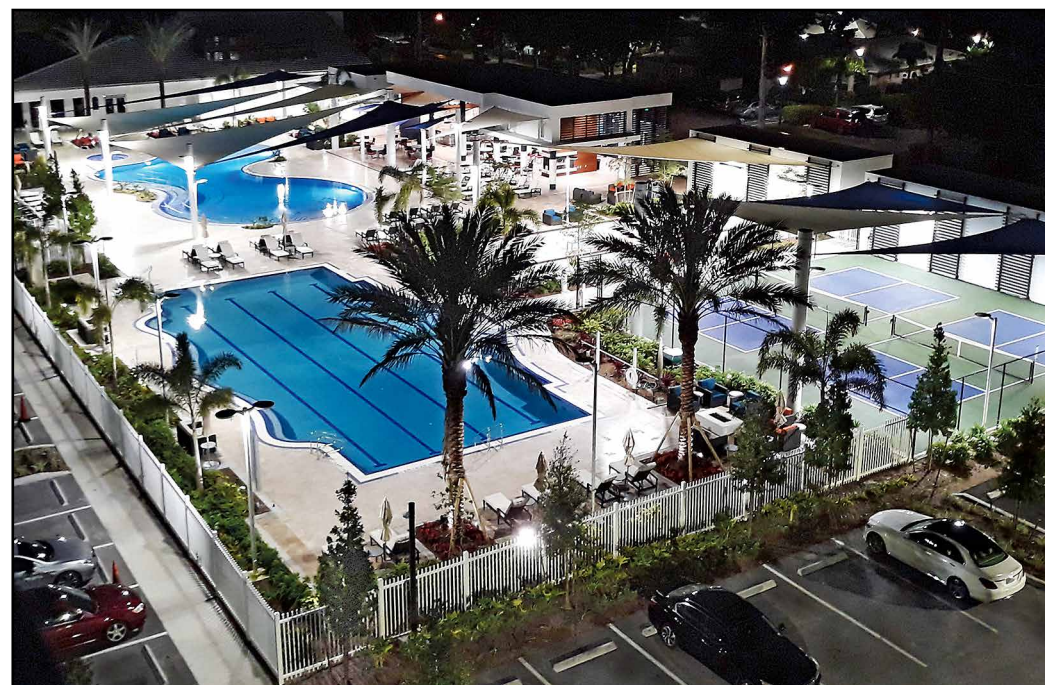


As a Resident of JKV, you will enjoy a comprehensive long-term care insurance policy, unlimited use of the Aquatic Complex with two pools, Glades Grill, Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with its Cultural Arts Center, the Pearl and Seaglass restaurants, Barton’s Nautilus Bar and much more. **Call the Sales Department at 954-871-2655 to schedule a tour.**

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



The 15-story Vue at Westlake will overlook the reconfigured Lake Maggie.



Splash in either the resort or lap pool, play a game of Pickleball or bocce ball, then have a snack at the Poolside Sports Bar inside JKV’s Aquatic Complex.