



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

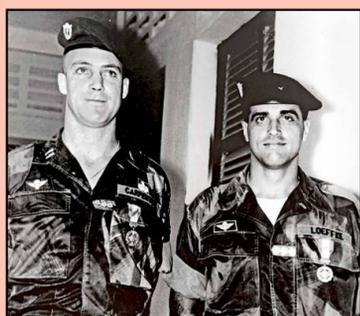
Published Monthly by John Knox Village • 651 S.W. Sixth Street, Pompano Beach, Florida 33060

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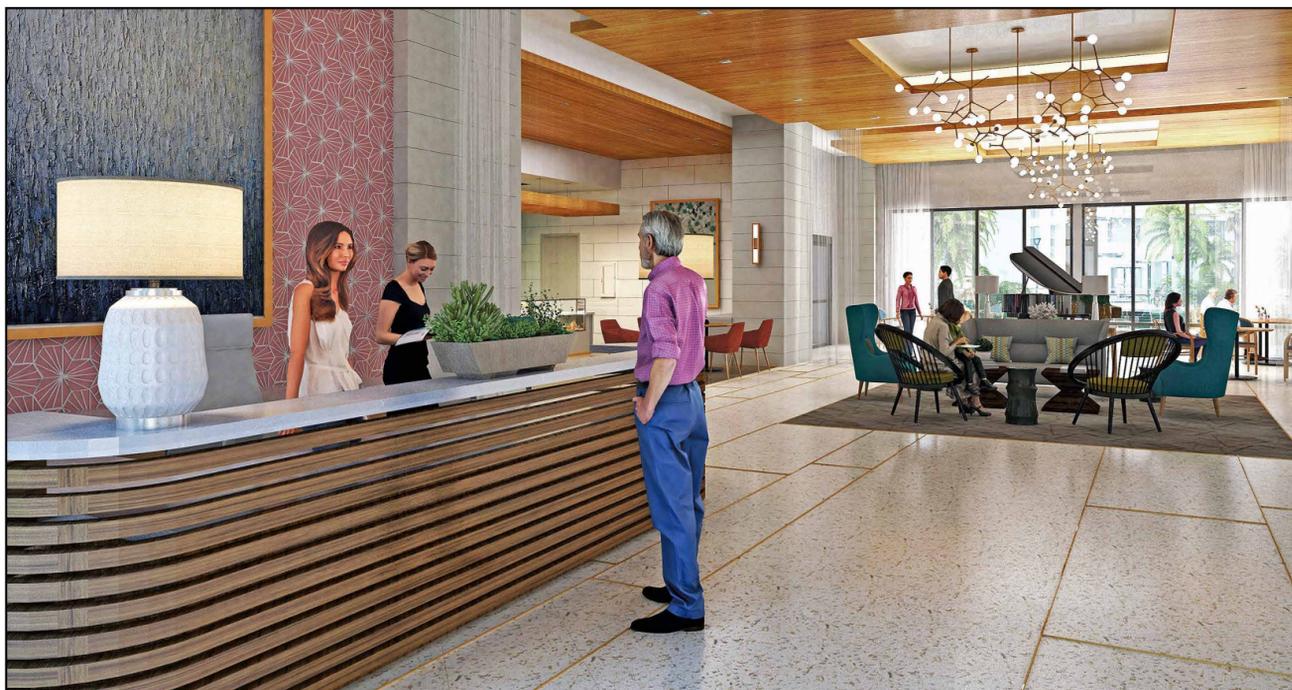
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## Westlake And The Rest Of The Story



Artist's rendering of the common ground floor lobby to be shared by Westlake, and JKV residents alike.

**Rob Seitz**  
Gazette Editor

For months, the new Westlake apartment neighborhood has been grabbing the front-page headlines and lead story space in the *Gazette*—justifiably so.

At \$120 million, the 147 designer-inspired apartments in its 11-story Terrace and cojoined 15-story The Vue combine for the most ambitious project in the 55-year history of John Knox Village.

Although 80 percent pre-sold and still on schedule for a first quarter 2024 grand opening, many spacious, sun-soaked beautiful Westlake apartments remain.

"Not only do we have wonderful apartments available, but Westlake will feature terrific amenities in the common areas and even covered parking," Sales Director Kim Ali told the *Gazette*.

Among the first-floor amenities being built by JKV's Westlake partner, Moss Construction, is a high-tech projection movie theater, library, sacred space, art studio, The French Press, a coffee bar during the day and wine bar in the evenings, and a bistro-styled dining venue called the Westlake Eatery.

In 10 months, Westlake will be the new campus crown

jewel, but until then to paraphrase radio broadcast legend Paul Harvey, now for the rest of the story.

### Hotwire's All The Buzz

JKV has agreed to a long-term contract with Hotwire Communications to provide its residents with customizable, bundled television, internet and telephone service.

Dedicated Hotwire Launch Account Managers are occupying a first-floor office in Cassels Tower, the 17-story apartment building with the iconic red JKV clock on its westside facing I-95 motorists. They are scheduling one-on-one meetings with residents to explain their services, answer all technical questions related to such items as prop-

er operation of the TV remote and how to view JKV-specific news and events on the new community TV channel.

"One of the many factors that led us to select Hotwire was their promise of 'White Glove Service' to all John Knox Village residents," said Chuck Williams, JKV's Chief Information Officer. "Hotwire does not share its bandwidth among customers, which means they are providing us with

See "Westlake at JKV" on Page 2

*Westlake will feature terrific amenities in the common areas and even covered parking.*

## 50 Years Ago: A Look Back At 1973

*'The More Things Change... The More They Stay The Same.'*

— Jean-Baptiste Alphonse Karr

**Marty Lee**  
Gazette Contributor

This month, we are looking back at 50-year milestones in our American history.

On March 29, Vietnam Veterans Day will be celebrated – honoring the many men and women who served in our armed forces during the Vietnam War. This March 29 will mark 50 years to the day when our military involvement ended in Vietnam. Read a personal history by JKV Resident Burn Loeffke (U.S. Army Maj. Gen. Ret.) of his years in war leading to a negotiated peace, on page 10 of this month's *Gazette*.

There was much going on in Washington 50 years ago. We had just opened relations with China (PRC) the previous year. Environmental causes were in focus after the first Earth Day in April 1970. The last successful Moon landing, Apollo 17, took place in December 1972. And a little-before-known residential and office complex named Watergate would soon take center stage.

### Watergate Heats Up The Nation's Capitol

Fifty years ago, Washington was embroiled in the scandal known as Watergate. It started on June 17, 1972, when five men were arrested for breaking into the Democratic National Committee headquarters at the Watergate in Washington,

D.C. Over the next 26 months, reporting in the *Washington Post*, criminal investigations, trials and convictions led to televised hearings by the Senate Select Committee on Presidential Campaign Activities which revealed the full extent of the crime and the coverup.

On the arts and entertainment side, the movie "*The Godfather*" was nominated for 11 Academy Awards. On March 27, 1973 the film won Oscars for Best Picture and Best Actor (Marlon Brando). Controversy arose when Brando declined the Academy Award due to "the treatment of American Indians today by the film industry ... and also with recent happenings at Wounded Knee," sending Sacheen Littlefeather to the televised ceremony to refuse the award and make a statement on his behalf.



View of the Vietnam Veterans Memorial Wall in background with a partial view of the Three Soldiers sculpture on the right. Image Source: Wikimedia Commons.

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# Take A Closer Look At JKV And Plan A Visit In March

From "Westlake at JKV" on Page 1

a 100 percent fiber-optic network. That means our residents will enjoy amazing internet speeds, high-tech television and great phone service."

Set to be fully operational by the end of April, residents will also feel Hotwire's presence in their pocket-books: Hotwire's monthly charge will be considerably less than residents are currently paying with JKV's incumbent provider.

"It really is a win-win for JKV and our residents," Mr. Williams told the *Gazette*. "Hotwire has three of their team members providing residents with concierge-level support Monday through Friday, during normal business hours. Their network operations center is less than three miles from JKV and is manned 24 hours, seven days a week, monitoring and troubleshooting for us."

## Big 5-0 Renovation

In Cassels Tower, right down the eastside hall from the Hotwire office, renovation work continues on the first-floor lobby.

The west wing conversion of former office space to four new apartments and a revamped mailroom is complete.

"Cassels Tower was built in 1973, so we are dealing with a building and its infrastructure that is 50 years old," said Thom Price, JKV's Director of Plant Operations. "The infrastructure work we are doing now in Cassels will serve the residents for decades to come. The renovation work will be beautiful once it is completed."

*Gazette* readers with additional questions about JKV can reach out to the Sales Director immediately by calling Kim at 954-871-2655 or by emailing her at: [askkim@jkvfl.com](mailto:askkim@jkvfl.com)

Additionally for more information about JKV visit: [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or [www.JKVGrows.com](http://www.JKVGrows.com)



## What You're Not Buying At JKV

The next step for a prospective resident, once your interest in learning more about John Knox Village has been piqued, is to meet with a Life-Plan Consultant. More times than not, the first question with them goes something like: "How much is this real estate transaction going to cost?"

Invariably, prospects are surprised to learn that they are not purchasing an apartment or villa home on the Village campus.

"The upfront Entrance Fee new residents pay provides them with an all-inclusive Life-Care contract," said Sales Director Kim Ali. "This secures their care no matter what future health care circumstances may arise."

As a Life-Plan Continuing Care Retirement Community, JKV provides each and every resident with the peace of mind in knowing that their future health care needs will always be met. That continuum of care includes assisted living, memory and skilled nursing—should those levels of care ever be needed—all of which are available directly on JKV's 70-acre campus.

For more details on JKV's Life-Care contract visit: [www.johnknoxvillage.com](http://www.johnknoxvillage.com) or call 954-871-2655.

# Thanks For Asking

## Going Back To Basics?

**Dave Bayer**  
Gazette Contributor

Several years ago, I mentioned to some of our Marketing staff here at John Knox Village that although many of our residents were from the immediate area, that fact was seldom mentioned in our marketing communications. When Jackie and I moved here, we were very surprised (and pleased) at how many residents we knew. My thinking was that, if more locals knew of friends from the area that had moved and were happy here, they would be more inclined to come and see what JKV has to offer.

That's the basic reason why I was invited to write an article for the *Gazette* in the first place, and my efforts in that regard continue.

Those first articles provided a resident's viewpoint of why folks might want to consider moving to a retirement community like JKV and how they might find information pertaining to that decision. What follows is an updated and abbreviated summary of some of the content from some of those articles.

## Due Diligence In Finding Your Future

When looking for a good retirement situation in which to "age in place," consider a not-for-profit Life-Plan Continuing Care Retirement Community that provides independent living, assisted living, provisions for memory care and a skilled nursing center. Do your due diligence.

Regarding due diligence, the following are "must reads" if you are considering a retirement community for yourself or a family member, or would just like to learn more on the subject.

First is the "Consumer's Guide to Continuing Care Retirement Communities." This is an excellent manual both for those seeking a retirement community and for those already living in one. The main subjects covered are the type of contracts that residents are offered, the quality of health care provided, the financial strength of the community and the various types of facility ownership and governance provided.

To get a free copy you can go to the website of the National Continuing Care Residents Association ([www.NaCCRA.com](http://www.NaCCRA.com)) and follow the prompts to download the pdf (about 20 pages) from the "documents" file.

If that does not appeal to you, just send me an email ([davebayer@aol.com](mailto:davebayer@aol.com)) and I'll send you a copy via return email. Be assured, your email address will not be used for any other purpose.

A second excellent source of information is "What's the deal with Retirement Communities?" by

Brad C. Breeding, CFP. Mr. Breeding covers much of the same territory as the NaCCRA document in even more depth, plus various other retirement housing options, including staying at home. He is a nationally recognized go-to expert on retirement planning and the senior living industry. This recently revised book is an easy read and available from Amazon.

## Life-Plan Continuing Care Communities

Why even consider moving to a Life-Plan Continuing Care Retirement Community? In my perfect world, readers would get and read Mr. Breeding's book, simply because it would help them make the choice that is best for them and their loved ones.

Briefly, he notes that aging is inevitable and our ability to remain capable and independent is uncertain. Each year the percentage of two-parent homes, where both parents work full-time, increases and the probability of one of them being available to be a caregiver decreases. The AARP Public Policy Institute has said that the ratio of family caregivers (i.e., the number of potential family caregivers age 45 to 64 for each person 80 years or older) was 7:1 in 2010 and predict that the ratio will decrease to 4:1 by 2030. Because of this and other reasons, Mr. Breeding concludes that the best way to approach our later years is to educate ourselves regarding available options.

The Mather Institute is a well-respected global resource for aging services research. It was created to conduct research for senior living and community-residing older adults. The Mather Institute is currently partnering with Northwestern University in conducting the "Age Well Study," a five-year analysis of the impact of living in a Life-Plan Community. In year one, participants were compared to a demographically similar sample drawn from the Health and Retirement Study conducted by the University of Michigan.

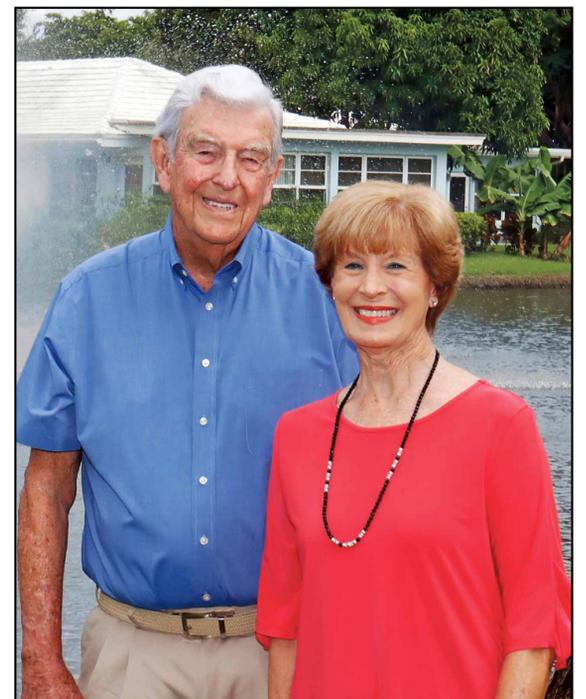
## The Positives Of Life-Plan Communities

The results of that study showed that residents of Life-Plan Communities were more satisfied with life, were less depressed, had better perceptions of aging, were more optimistic, had more social contacts, enjoyed better health, were more physically active, had better memories, were more intellectually active, felt that their lives had more purpose, and volunteered more often than older adults in the greater community at large. The differences are even more marked in larger Life-Plan Communities with more than 300 independent living residents. (John Knox Village is the second largest Life-Plan Continuing Care Retirement Community in Florida, with some 950 total residents).

Neither Mr. Breeding nor The Mather Institute is trying to market Life-Plan Continuing Care Retirement Communities. Rather, they do research and present their results. Don't we owe it to ourselves, and our loved ones, to age as well as our situations permit? One way to start is by listening to the experts and considering their findings.

In recent years, Nursing Homes have received some very unfavorable press, and much of it was well-deserved. The problem is, too many people don't understand the difference between a Nursing Home (or Skilled Nursing Facility) and a Life-Plan Continuing Care Retirement Community. The difference is significant. There are almost 700 Nursing Homes in Florida with some 70,000 residents. These Nursing Homes largely rely on Medicaid for most of their financing. Although most of Florida's Life-Plan Continuing Care Retirement Communities do, by definition, include a Skilled Nursing Facility, the residents in them are less than 10 percent of the total residents in those communities, and they are generally operated at a much higher level of care.

The decisions we make regarding how we approach our later years may well be the most important ones that we ever make. I've yet to meet anyone who thought they made those decisions too early.



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.

# Fifty Years Ago, The Nation Was Immersed In Watergate



In a scene from the 1976 movie, "All the Presidents Men," *The Washington Post* played a major role in uncovering the Watergate scandal. Here left to right are Carl Bernstein (played by Dustin Hoffman), Bob Woodward (Robert Redford), Ben Bradlee (Jason Robards), Harry Rosenfeld (Jack Warden) and Howard Simons (Martin Balsam). Image source: Alamy.

## 'When The President Does It, That Means It Is Not Illegal.'

— President Richard M. Nixon

**Nona Cree Smith**  
Gazette Contributor

The more time passes, the more things stay the same. After 50 years, the term "Watergate" has become synonymous with criminal wrongdoing at the highest levels of the United States government. Of its multi-faceted legacy, few heroes have emerged. However, many people consider the *The Washington Post* a hero for speaking truth to power, as were their two young reporters, Bob Woodward and Carl Bernstein, who achieved lasting fame for bravely holding a corrupt Chief Executive and his top aides accountable when many failed to do so. Their reporting also helped the growing public disillusionment with the Executive Branch of government that is still evident today.

This downward spiral in trust was not wholly the fault of Watergate and the Nixon administration. The growing unpopularity of the Vietnam War, the 1968 assassinations of Robert F. Kennedy and Dr. Martin Luther King Jr., and unrest in the streets all added to a profound loss of trust in the decency of government. Watergate was just the cherry on top.

### It Began With The Plumbers At Watergate

On June 17, 1972, five burglars known as the "plumbers" were recruited for another break-in after they had attempted a previous robbery in the *Pentagon Papers* kerfuffle. The plumbers were paid with money from President Richard Nixon's 1972 Committee for the Re-Election of the President (CREEP), to burglarize and tap the phones at the Democratic National Committee (DNC) headquarters in the Watergate office complex. The plumbers were somewhat inept and used tape to keep the doors open at the DNC. A security guard noticed this and called the police. Five men were arrested – four were formerly active in the Central Intelligence Agency (CIA) working against Fidel Castro in Cuba. The fifth, James W. McCord, Jr., was the Security Chief of CREEP, which was presided over by John Mitchell, President Nixon's Attorney General.

The arrest was reported in the next morning's *Washington Post*, in an article written by Alfred E. Lewis, Carl Bernstein and Bob Woodward, the latter two were a pair of young, inexperienced reporters working unglamorous, low-level beats. Bernstein covered Virginia politics and Woodward was assigned to minor criminal activities.

Through their diligent digging, Woodward and Bernstein, with the help of the Federal Bureau of Investigation (FBI), identified two additional conspirators in the burglary: E. Howard Hunt, Jr., a former high-ranking CIA officer appointed to the staff of the White House, and G. Gordon Liddy, a former FBI agent working as a legal counsel for CREEP. The reporters quickly tied these two to the White House and the suspicion that the president was also involved, which became a certainty, as time and research added more players in the cover-up.

## 'What Did The President Know, And When Did He Know It?'

At the time, President Nixon's Press Secretary, Ron Ziegler insisted to the press that the president would have no comment on a "third-rate burglary

attempt." The majority of early media reports believed the successful White House public relations campaign, which insisted that neither the Nixon administration nor CREEP had any involvement in the burglary and its cover-up. Meanwhile, the plumbers and conspirators destroyed evidence, including their burglary equipment and a stash of money.

### The Main Players

Jeb Magruder, Deputy Director of CREEP, burned transcripts of wiretaps from an earlier break-in at the DNC's offices. President Nixon, his Chief of Staff, H.R. (Bob) Haldeman, and the Special Counsel to the President, Charles Colson, spread affirmations of their innocence around Washington. Meanwhile, the White House arranged for the unavailability of key players, as part of the plan to put the blame squarely on the shoulders of the burglars, painting them as overzealous anti-communist patriots.

Worse yet, on June 23, 1972, the president, through channels, ordered the FBI to slow down its investigation. Later, this order was revealed in what became known as the "Nixon Tapes," as the pivotal information proving that the President had been part of a criminal cover-up from the beginning.

After the plumbers' arrests, Nixon had aides like White House Counsel John Dean remove any incriminating connections and ordered substantial hush money payments be made to the burglars. Discussions of the cover-up and payments at the White House were caught on the taping system, and were exposed in the televised testimony of White House aide Alexander Butterfield and hinted at by John Dean before the U.S. Senate Watergate Committee. These recordings would force Nixon to resign just before his impeachment and removal from office.

### 'Deep Throat' Reveals Depth Of Knowledge

Throughout the 1972 presidential campaign, Woodward and Bernstein were lucky enough to be given many important leads by an anonymous source they referred to as "Deep Throat," who remained a secret informant for 30 years, until he revealed himself as the FBI Deputy Director W. Mark Felt, Sr.

The reporters kept up a steady stream of news scoops showing the direct involvement of Nixon intimates in Watergate activities; that the Watergate wiretapping and break-in had been financed through illegally laundered campaign contributions. In a blockbuster reveal on Oct. 10, 1972, a front-page

article chronicled that "The Watergate bugging incident stemmed from a massive campaign of political spying and sabotage conducted on behalf of President Nixon's re-election and directed by officials of the White House," part of "a basic strategy of the Nixon re-election effort."

No matter how compelling the reporters work was, the White House publicity machine successfully framed Woodward and Bernstein's reporting as the obsession of a highly suspect "liberal" newspaper pursuing a "witch hunt" against the President of the United States.

Shortly before the November 1972 presidential election, CBS News prepared a two-part television report showcasing the political crimes tied to the White House. However, after the first segment aired on Oct. 27, Colson met with William Paley, President of CBS, to tone it down, consequently the second segment was edited to be more sympathetic towards Nixon.

Many right-leaning newspapers remained loyal to Nixon and hardly mentioned Watergate. In a Gallup Poll, respondents said they trusted Nixon more than Democratic candidate George McGovern.

Nixon was re-elected in a landslide, winning all but Massachusetts and the District of Columbia, with an electoral college count of 520 to 17. He was set to start on what could have been an extraordinary second term. That is, until the truth about the Watergate break-in and wiretapping by the plumbers hired by the CREEP administration, upset the applecart.

On Feb. 7, 1973, the United States Senate voted 77 to 0 to establish a select committee to investigate Watergate, with North Carolina Senator Sam Ervin named as Chairman.

The hearings held by the Senate Committee were televised from May 17 to Aug. 7. An estimated 85 percent of Americans with television sets tuned into at least one portion of the hearings. It was during these hearings that John Dean discussed the details of the taped recordings that revealed President Nixon's intimate involvement in the cover-up.

### Nixon Resigns From The Presidency

In an evening televised address on Aug. 8, 1974, President Richard M. Nixon become the first president in American history to resign. With impeachment proceedings imminent for his role in the Watergate affair, Nixon was finally bowing to pressure from the public and Congress to leave the White House.

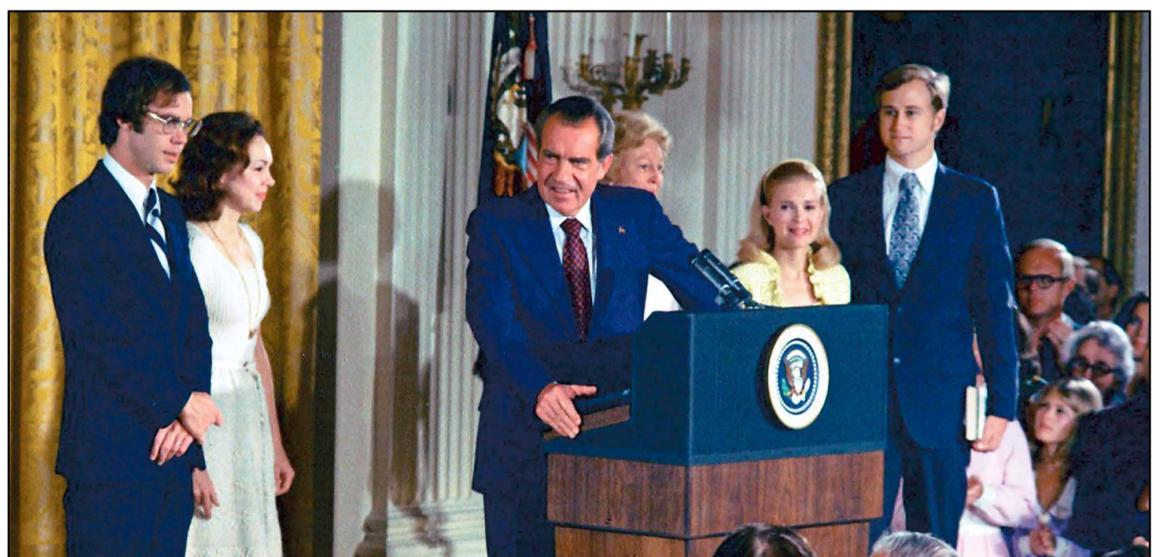
"By taking this action," President Nixon said in an address from the Oval Office, "I hope that I will have hastened the start of the process of healing which is so desperately needed in America."

### Pros And Cons Of The Nixon Years

On a positive note, the Nixon Administration had many great accomplishments:

- *Established the Environmental Protection Agency, and signed the Clean Air Act of 1970, and the Clean Water Act.*
- *Ended the military draft.*
- *Signed the 26th Amendment, lowering the voting age from 21 to 18.*
- *Visited the People's Republic of China, announcing a desire for open, normalized relations.*
- *Participated in the Strategic Arms Limitation Talks (SALT) and signed the Anti-Ballistic Missile (ABM) Treaty, calming U.S.-Soviet tensions.*
- *Signed the Paris Peace Accords in 1973, ending U.S. military involvement in the Vietnam War.*

When the smoke cleared after Watergate, however, 69 people were indicted and 48 of them – many top Nixon administration officials – were convicted. Richard M. Nixon became the first U.S. President to resign from office.



Surrounded by his family, President Richard M. Nixon announces his resignation in the aftermath of the Watergate scandal on Aug. 8, 1974. Image source: Alamy.

# Great Entertainment Planned At JKV In March



*The Soldier's Chorus performs a free concert at the JKV Cultural Arts Center on March 3.*

**Jody Leshinsky**  
Gazette Contributor

With St. Patrick's Day coming in March, as well as our very own in-house arts festival – ArtSage – John Knox Village has booked a wide range of local, regional and national talent at our Cultural Arts Center. ArtSage will be celebrated quarterly this year at John Knox Village and in March, we'll kick it off with a focus on the performing arts.

## The Soldier's Chorus: March 3

On Friday, March 3, at 7 p.m., experience the 29-member mixed choral ensemble *The Soldier's Chorus*. Founded in 1957, they are the vocal complement of the United States Army Field Band of Washington, D.C. This is a free event.

## The Kody Norris Show: March 11

*The Kody Norris Show* performs on Saturday,

March 11, at 7 p.m. – full of top-notch acoustic picking – which has wowed audiences through the continental U.S. and abroad. The show tips a hat to the performances of the Grand Ole Opry with a bit of Vaudeville.

## An Irish Rambling House: March 25

*An Irish Rambling House* performs on Saturday, March 25, at 7 p.m. Experience the heart of Celtic and American folk music with the discipline and sophistication of Baroque music. This show is directed by Grammy® Award-Winning guitarist William Coulter and former Stevie Wonder Band collaborator, Edwin Huizinga. The performance showcases

modern Irish stepdancing, choreographed by Riverdance veterans.

## Dance NOW! March 28

On Tuesday, March 28, at 7 p.m., *Dance NOW!* Miami, Florida's premier contemporary dance company, presents three debuts for JKV. "Tribe," from Artistic Director Diego Salterini, is a commentary on what it means to belong in a fractured society. "Area 52," from Artistic Director Hannah Baumgarten's return to the stage, addresses the changing paradigm around women and aging. You'll also enjoy a world premiere from New York Choreographer Thryn Saxon, as part of an initiative to showcase emerging contemporary choreographers nationwide. Don't miss this incredible evening of dance.

With the exception of *The Soldier's Chorus*, tickets for all performances are \$26 per ticket for non-JKV residents. To RSVP for these concerts, visit: [www.johnknoxvillage.com](http://www.johnknoxvillage.com). You can also see a full list of upcoming performances at JKV on the website.

If you have questions about these events, please call the John Knox Village Life Enrichment Department at 954-783-4039.



*The Kody Norris Show will get your feet tapping on March 11.*

# Pompano Beach Cultural Affairs Department

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

**Jody Leshinsky**  
Gazette Contributor



*Jody Leshinsky, JKV Life Enrichment Manager*

performing arts events, the Green Market Pompano Beach, Old Town Untapped, and of course the annual Jazz Fest Pompano Beach.

The City of Pompano Beach established the Cultural Affairs Department in October 2019. At that time, the Department inherited three cultural arts venues – Bailey Contemporary Arts Center, Ali Cultural Arts Center and the Blanche Ely House Museum – and took over the management of the brand new 336-seat Pompano Beach Cultural Center.

Each of the four venues presents a variety of programs from visual arts exhibitions and workshops to intimate concerts, films, spoken word events, large-scale per-

This new Community Partnership was forged to bring programming to the John Knox Village campus as well as take the residents out to different cultural arts venues to experience diverse Cultural Affairs programming first-hand.

The first event took place in February when the Bailey Contemporary Arts Center Artist-in-Residence program came to the JKV Campus. Residents met two artists, Darcy Roberts and Leonardo Montoya, who explained their art forms and brought samples of their artworks. The event was followed by a wine and cheese reception, where they were able to personally meet the artists and talk with them, one-on-one.

Throughout the year, the City will present Artist-in-Residence "Meet the Artists" events, and visual arts workshops on the JKV campus. There will also be outings scheduled to tour the exhibitions with a docent at the Bailey Contemporary Arts Center, as well as a private



*The Pompano Beach Cultural Arts Center is located just blocks from JKV.*

tour of the Blanche Ely House Museum. Transportation for JKV residents is available at a nominal fee.

JKV residents are also offered a 20 percent discount on tickets to A Taste of Jazz, which takes place on the second Thursday of each month at Bailey Contemporary Arts.

To learn more about these programs, please contact the Life Enrichment Department at John Knox Village at 954-783-4039.

# Building Interfaith Connections

**Rachael Gallagher**  
Gazette Contributor



*Rachael Gallagher, JKV Spiritual Life Director*

In recent months, John Knox Village residents have noticed more interfaith spiritual programming on campus. It's all about the inclusive spiritual community that we are hoping to curate at JKV.

In Spiritual Life, our goal is to enrich the lives of our community members by paving a path of spiritual literacy and dialogue in the community that crosses boundaries, and entertains new, creative spiritual connections that will foster authentic spiritual formation. With that in mind,

we are thrilled to celebrate the Jewish holiday of Purim together this month.

For those unfamiliar with Purim, it's a holiday marked by a joyful spirit, food and fun. In honor of our first JKV Purim, we'll gather at the Poolside Sports Pub for a reading of the Megillah, followed by sharing some of the traditional food items associated with Purim, and a time of socializing and enjoying a beautiful March day here in sunny South Florida.

## Gathering Together For Purim

We are hopeful that our time together for Purim will be a meaningful interfaith opportunity for residents. After all, Purim by nature is an interfaith holiday that is all about tolerance and coexistence: Esther saves the Jewish people by teaching tolerance to Achashverosh to save her people and have them coexist in Shushan together.

We know that bringing our community together for this celebration is an outward example of the inclusion that exists on the JKV campus on a daily basis.

At JKV, we are literally united by geography. We

share 70 acres, four restaurants and the same weather challenges during Hurricane season. But JKV is so much more than a geographical area. It's a shared identity. In our close-knit community, residents and team members are united by common goals, collective activities and group events that give us a sense of true belonging. Nowhere has this been more apparent than in the countless instances witnessed over my first 18 months here. Residents have opened their homes, their kitchens and their hearts to my husband and me during the holidays, and for special meals.

I recently heard a community described as a circle in which you feel you belong. If you're away, that circle will miss your presence; it reaches out to you when you're absent, and you long for it when you're not there.

We are happy to celebrate our very first Purim here. The Poolside Sports Pub will brim with hamantaschen and smiles. As we share in the festivities, we celebrate in our own way, and our hope is to create new traditions that will last through the years. And I know that just as we get pumped up to celebrate Purim, our friends and neighbors will be excited to see our celebrations for Palm Sunday and Easter in a few weeks, because that's how we, as a Village, support one another.

# Executive Chef's Big Introduction To Culinary Arts

## JKV Welcomes Henry Sanchez To Its Busy Kitchens

**Rob Seitz**  
Gazette Editor

John Knox Village's new Executive Chef Henry Sanchez had a big introduction to the world of culinary arts. He started in the industry as a dishwasher

at a country club in Miami.

"I went into the dish room in the back of the kitchen to start washing and I was physically too big for the wash room," Chef Henry told the *Gazette*.

"Since I couldn't fit in the room, the manager asked me if I wanted to work on the line and make salads...so began my career. You've heard the expression, 'never trust a skinny chef?' That's one of my favorites for a reason," he said with a smile.

Speaking of big, the third-generation culinarian knows—with more than 950 independent residents, elders in higher levels of care and short-term rehab guests from the greater community—he has a big job ahead of him at JKV.

"It's a challenge every day to please as many people as possible," Chef Henry said. "I will treat John Knox Village like it is an all-inclusive resort, except you do not get new guests every couple days or weeks. The residents live here. If you go to a restaurant and you do not like the food or the service, you just don't go back. My staff and I plan on that not being an issue."

Chef Henry's goal is for residents to: "Enjoy great food with all the glamour."

Both Chef Henry's grandfather and father were bakers, however he found the recipes too precise and restrictive. "I like to improvise, you know, put in a little extra pinch of this seasoning or a different herb than was called for. I read a lot of culinary magazines to keep up on trends, not just in this country, but around the world."

The sensory experience of someone sitting down for an enjoyable meal is what makes the long hours in a hot kitchen worth his while.

"Plate presentation uses three of our five senses," he said. "If your eyes like what they see, your nose likes what it smells and your mouth likes what it tastes, you are going to have a good dining experience."

Prior to joining JKV, the Johnson and Wales University-trained Chef Henry had executive chef roles at the Broward County and New Orleans Convention centers and was culinary production manager at Central Market in Houston, TX: "Think Whole Foods Market...on steroids," the Puerto Rico native said.

### Why John Knox Village?

"I don't live too far from the Village and would drive by quite regularly," he said. "I knew if I could get my foot into the kitchen, I could help make good resort-quality food for our residents, their family and friends."

Look for that kind of big thinking to translate into delicious food at JKV.



John Knox Village Executive Chef Henry Sanchez

### In Good Taste: Chef Henry's Quiche Lorraine

Since John Knox Village's recent hiring of Executive Chef Henry Sanchez, *Gazette* readers will be pleased to see the Recipe of the Month has been revived.

For March, Chef Henry has provided a comfy classic—Quiche Lorraine—named after the Lorraine region of France. It is one of the most iconic of French quiches.

Richly flavored with bacon, Swiss cheese, cayenne pepper and light cream, it is an ideal nosh for brunch, lunch or dinner. Preparation is made much easier by following Chef Henry's recommendation of using a prepared pie crust. With a store-bought frozen crust, this delicious recipe can be whipped up with almost no effort.

### Quiche Lorraine (Serves 6)

- 12 slices bacon
- 1 cup shredded Swiss cheese
- 1/3 cup minced onion
- One (9 inch) prepared pie crust
- 4 large eggs, beaten
- 2 cups light cream
- 3/4 teaspoon salt
- 1/4 teaspoon white sugar
- 1/8 teaspoon cayenne pepper



### Method Of Preparation:

1. Preheat the oven to 425 degrees F (220 degrees C).
2. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned, about 10 minutes. Drain bacon slices on paper towels, then chop coarsely. Sprinkle bacon, Swiss cheese and onion into pastry shell.
3. Whisk together eggs, cream, salt, sugar and cayenne pepper in a medium bowl. Pour mixture into pastry shell.
4. Bake in the preheated oven for 15 minutes. Reduce heat to 300 degrees F (150 degrees C) and continue baking until a knife inserted 1 inch from the edge comes out clean, about 30 minutes. Allow quiche to sit 10 minutes before cutting into wedges.

### Zip & Sip

*Gazette* readers who schedule a tour of John Knox Village with one of the Sales Team's Life-Plan Consultants can take a bottle of John Knox Village Chardonnay or Cabernet Sauvignon home with them. Perhaps enjoy it with this month's recipe.

Mention this offer when inquiring about your tour. Call 954-871-2655 to schedule your tour.

# JKV Annual Classic & Antique Car Show

You're Invited To Join Us On Saturday, March 18, From 10 a.m. To Noon

**Marty Lee**  
Gazette Contributor

After a COVID-19 suspension in 2020 and 2021, JKV's Classic and Antique Car Show returned to the Village campus last year.

Now in its 18th year, this season's show is set for Saturday, March 18, from 10 a.m. to noon. More than 40 cars, some dating back to the early 1900s, will be displayed in the grassy area just north of the Village's Welcome & Innovation Center.

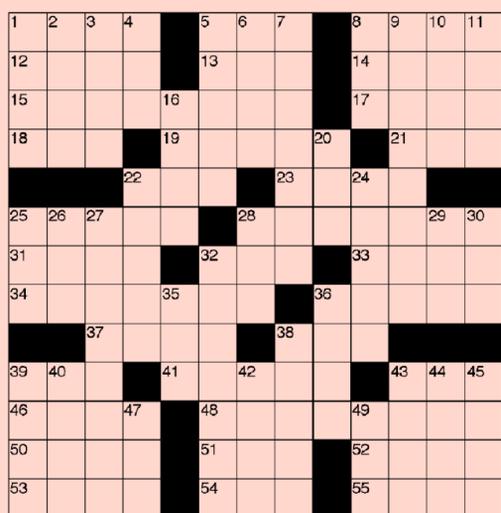
Readers of the *Gazette* are invited to join our JKV residents, friends and neighbors and take a stroll back in time to an era when Detroit's heavy metal put an emphasis on extravagant style with chrome, finned rear fenders, and gas gulping high-powered V-8 engines.

Classic car owners will be on hand to answer your questions and to reminisce with you about your own car memories. If you would like to attend the Classic and Antique Car Show, please call the JKV Marketing Department at 954-871-2655 and we will put you on the guest list.



JKV Resident Don DeJong and son Dirk DeJong display their vintage autos at last year's Classic and Antique Car Show.

## Crossword Puzzle Of The Month



### ACROSS

1. Wound crust
5. List-ending abbreviation
8. Mother of Brunhilde
12. Forbidden
13. Greek letter
14. Abuse
15. Loden
17. "Dream Girl" playwright
18. Mulberry of India
19. Of bees
21. Nat'l Endowment for the Arts (abbr.)
22. Television channel
23. Ass
25. Afr. cat
28. Decare (2 words)
31. Verbal
32. Evil (Fr.)

### DOWN

33. God (Lat.)
34. Phil. island
36. Alarm
37. Old yarn measure
38. Plead
39. Drug Enforcement Admin. (abbr.)
41. Iron (Ger.)
43. Parson bird
46. Indicating, in a way (suf.)
48. Hades
50. Nut
51. Amer. Bar Assn. (abbr.)
52. Forfeit
53. City in Judah
54. Resin
55. Noble (Ger.)

### DOWN

1. Gr. colonnade
2. Vein
3. Brother of Cain
4. Bureau (abbr.)
5. One learning secrets
6. Siamese
7. Fort
8. Slip
9. Saman (2 words)
10. Gaming cubes
11. Title of Athena
16. Jargon
20. Negative (pref.)
22. Brain tissue
24. Serve soup
25. Steal
26. Individual retirement acct. (abbr.)
27. Home of Odin
28. Buff
29. Europe (abbr.)
30. Fast jet
32. Connubial
35. Small (Scot.)
36. Family relative
38. Ice pinnacle
39. Carplike fish
40. Black
42. Textile fiber
43. Urge
44. Yorkshire river
45. Ass or donkey (Ger.)
47. Sweet potato
49. Malt liquor

Answers On Page 10.

**JOHN KNOX VILLAGE**  
A Life Plan Retirement Community

# re:tired

Pickleball at the Aquatic Complex, then lunch with friends, followed by a show at the Cultural Arts Center.

Tired? Sure. Retired? We're just beginning.

**AGE GREATLY.**



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



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

Join us for BRUNCH and learn about everything JKV has to offer:  
**Thursday, March 2<sup>nd</sup> OR Thursday, March 16<sup>th</sup>**  
11 a.m. – 12:30 p.m. *Space is limited, please RSVP.*



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





An Award-Winning Life-Plan Retirement Community

### Cultural Arts Center



AT JOHN KNOX VILLAGE

## CULTURAL ARTS CENTER SERIES



**Introducing Jody Leshinsky**, Life Enrichment Manager at John Knox Village. Jody oversees our Life Enrichment Department and has over four decades of experience in arts and entertainment with the city of Pompano Beach and Broward County. Jody finds and books award-winning talent from across the nation to perform at John Knox Village.

**Dear Jody:** What type of productions will be presented at the new Cultural Arts Center?

**– Performance-Driven in Plantation**

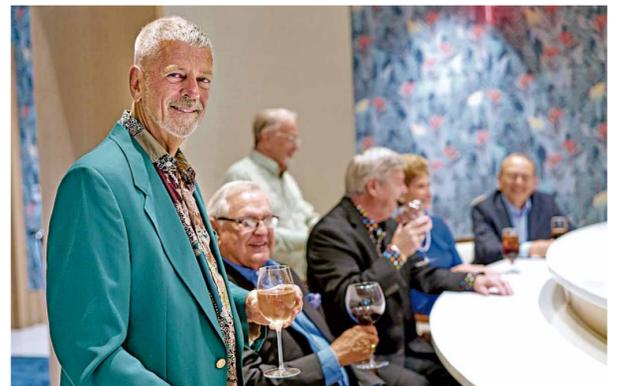
**Dear Performance-Driven:** Thank you so much for the opportunity to let you know about our rich and diverse array of performances in our state-of-the-art, 350-seat Cultural Arts Center. We strive to present a balance of local, regional and national talent. Not only can you sit back and enjoy the South Florida Symphony

Orchestra and Miami City Ballet, but you can also participate in our interactive programs where you can learn how to swing dance or compete in our Story Slam. We also have a comedy series, a dance series, a jazz series and some one-person theatrical shows. There is something for everyone’s tastes.

For more information, feel free to contact the JKV Life Enrichment Department at 954-783-4039 or visit the website: [www.johnknoxvillage.com/events](http://www.johnknoxvillage.com/events)



Scan with camera phone to find out about our new Cultural Arts Center



**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 St. (Main Entrance), Pompano Beach, FL 33060**  
**[Johnknoxvillage.com](http://Johnknoxvillage.com) | [jkgrows.com](http://jkgrows.com)**

# Keep Your Lymphatic System Flowing

**Tereza Hubkova, MD**  
Gazette Contributor



Dr. Tereza Hubkova

Imagine a city without a sewage system. It would soon get stinky and toxic. Diseases would be inevitable. The once vibrant markets and squares would clog up with junk, and those who did not yet get sick would quickly move elsewhere. The city would become a ghost town, without life.

That is exactly what happens to our body without a well-functioning lymphatic system – we clog up with junk, become toxic and promote disease instead of life.

Our lymphatic system is a network of vessels carrying lymph – the fluid that once used to be in our blood vessels before it leaked out to wash our cells, tissues and organs with nutrients and in turn, collected waste products, toxins and debris.

The imprints of viruses or bacteria and miscellaneous junk needs to be taken back into circulation through filters called lymph nodes, where it alerts our immune system of dangers and disasters that need to be dealt with.

Immune cells stationed in the lymph nodes sample the lymph for microbes, toxins and cancer and deploy the necessary help upstream to the areas of need, to keep our body safe and sound.

Healthy flow within the lymphatic system is essential for our health – from our digestive tract and cardiovascular system to our brain, whose lymphatic system removes misfolded proteins and toxic substances to protect us from Alzheimer’s and other neurodegenerative diseases.

Whenever lymph does not flow, debris and toxins back up, allowing inflammation and brewing disease.

So how do you keep your lymph flowing?

## 1. Exercise

Unlike our blood vessels, the lymphatic vessels don’t

have their own muscles to keep lymph flowing. Instead, they depend on the movement of the muscles around them – our movement. Keeping our lymph flowing is one of the many benefits of exercise – and can’t be compromised. Sitting behind a desk all day long is one of the modern pathways to disease – we need to get up and walk at least briefly every hour. No wonder prolonged sitting has been found as detrimental to our health as smoking. A fun type of exercise to help increase the flow of lymph as much as 40 percent is jumping on a mini-trampoline. To avoid falling off and hurting yourself, I recommend getting one with a handlebar.

## 2. Breathe

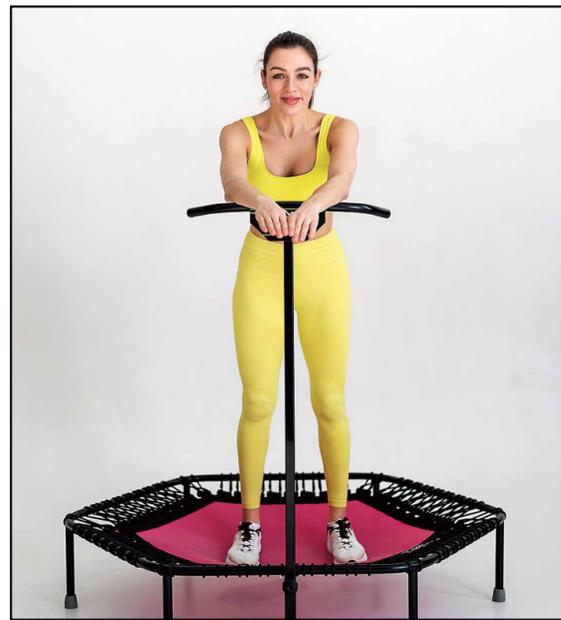
A major pump of the lymphatic system is the diaphragm – that large muscle between our abdomen and chest. If our breathing is shallow and fast, such as under stress, the diaphragm is not moving enough, and lymph may stagnate. Of course there are many other ways that stress contributes to diseases, but have you thought of this one? Taking a nice deep breath allows the diaphragm to move more and pump lymph up more efficiently. Take your time when you breath, as breathing deeply and slowly sends signals to your brain that you are not running away from danger nor getting ready to fight an enemy – it is time to repair and rejuvenate. Better lymph flow will help you do just that.

## 3. Hydrate

Another way to help our lymph to flow better is to stay hydrated. When we are dehydrated, lymphatic vessels collapse and lymph stagnates. Unless you were instructed otherwise by your physician, drinking at least six, 6-ounce glasses of water a day is a great way to promote lymph flow and your health. If your urine looks dark, you may be dehydrated.

## 4. Sleep

Getting enough deep sleep is the best way to get lymph to remove abnormal proteins and toxins out of the brain. Avoid exposure to blue light before bedtime, keep your bedroom comfortably cool and give up the alcohol nightcap.



Jumping on a mini-trampoline can increase the flow of lymph by as much as 40 percent. Be sure to get one with a handrail.

## 5. Herbs

Several herbs help our lymphatic system and its flow – Gotu kola, Cleavers, Red Clover, Astragalus, Echinacea, Ocotillo, Dandelion, Goldenseal, Burdock, Calendula, Wild indigo, Poke Root and Devil’s Claw to name a few. Always work with an experienced herbalist and physician knowledgeable in herbs to get the safest and most effective results.

Get a mini-trampoline, bottle of water and a meditation CD, and let the lymph flow carry you to health and longevity.

*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.*

# AR And VR Blurring The Lines Of Reality

**Jason Cook**  
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

## What Is Reality?

With today’s technology, reality is getting harder and harder to define. Two exciting new areas in which technology is heading are: Augmented reality (AR) and virtual reality (VR) respectively.

## What's The Difference?

With AR we are taking the real world and enhancing it with computer-generated content. A good example of this is the Ikea app. Using this app, you use

the camera on your device to look at the room you would like to decorate and then can insert the Ikea furniture to see how it would fit and look.

Another example of AR is when we use the filters in communication apps to alter backgrounds or our appearances. For a good laugh scan the QR code (below) to view the YouTube video of a lawyer who did not know how to turn off his feline filter.



To scan a QR code go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.

## Virtual Reality Defined

Instead of altering the reality we are looking at, virtual reality creates a whole new one. VR is a technology that creates a simulated, three-dimensional environment that can be interacted by using special equipment such as headsets and gloves.

JKV’s partnership with MyndVR—a leading provider of Immersive Digital Therapeutics for aging adults—provides our residents with VR-based engagement and therapy. Residents are able to move around and interact with the virtual environment as if it were real, allowing for immersive experiences such as exploring new places, playing games, and even

participating in therapy sessions.

For seniors, VR can provide a variety of benefits, including:

- 1. Socialization:** VR allows seniors to interact with others in a virtual setting, helping to alleviate feelings of loneliness and isolation.
- 2. Physical therapy:** VR can be used as a tool for physical therapy, allowing seniors to engage in exercises and activities that may be difficult or impossible in the real world.
- 3. Cognitive stimulation:** VR can also be used to stimulate cognitive function, helping to improve memory and concentration.
- 4. Entertainment:** VR allows seniors to experience new and exciting adventures, providing a source of entertainment and distraction from daily life.
- 5. Accessibility:** VR can make it easier for seniors with mobility issues to explore and interact with the world around them.

Overall, VR presents a unique opportunity for seniors to experience new things, stay engaged and active, and improve their overall well-being.

JKV recently held a series utilizing MyndVR headsets called “Try Something New,” whereby residents toured a distant city, went skydiving and even enjoyed a goat yoga class using VR.



South Garden Villa resident Helen Simon took part in JKV virtual reality “Try Something New,” series. She enjoyed taking a goat yoga class, using a MyndVR headset and its technology.

If you are not fortunate enough to be part of a community such as JKV that offers this type of programming, many South Florida public libraries have a significant amount of technology available for the public to try out.

## JKV's 'IT' Guy

Always an industry leader and at the forefront of innovation, John Knox Village is one of the only Life-Plan Continuing Care Retirement Communities in the nation to provide a dedicated full-time employee to assist its residents with technology issues on every platform from mobile phones and tablets to laptops.

JKV Technology Engagement Coordinator Jason Cook provides residents with personal assistance, as well as classroom-style training.

Overwhelmingly, the residents are thrilled and grateful to have Jason on the JKV Team and see the value in the important work he does.

## Sudoku

Answers On Page 10.

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

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

# Renew Your Vitality: Live Your Best Life Now

**Melissa Jill Clark**  
Gazette Contributor



*Melissa Jill Clark, Life Wellness Coach*

As we enter into spring, the time for rebirth and renewal, I want to encourage you to facilitate your own personal rebirth and renewal to live your very best life. This is the perfect time to create new habits that will bring you better health and happiness that will be with you for many years to come.

Ask yourself, what it is you really need in your life. What will make you happiest with the greatest feeling of wellness?

## Decide What Is Most Important In Life

So often in life, we get caught up with the to-do lists, and all the things that we need to accomplish, that we never stop to really pay attention to what is most important in life.

Take the time to focus inward and pay attention to what it is that you really need in your life; then make a point to follow through and take care of you.

For some of us, we know exactly what we need. We just haven't taken the steps to get going. For others of us, we might not even be sure what it is that

we need at this moment.

If you're not sure where to get started, it's always great to begin by focusing on the Seven Dimensions of Wellness, which are physical, spiritual, emotional, intellectual, environmental, occupational and social.

Evaluate each of these areas in your own life, and whether or not you feel fulfilled in them at this point in time. Just by contemplating on these dimensions, your inner wisdom will guide you into which area you need to focus on now.

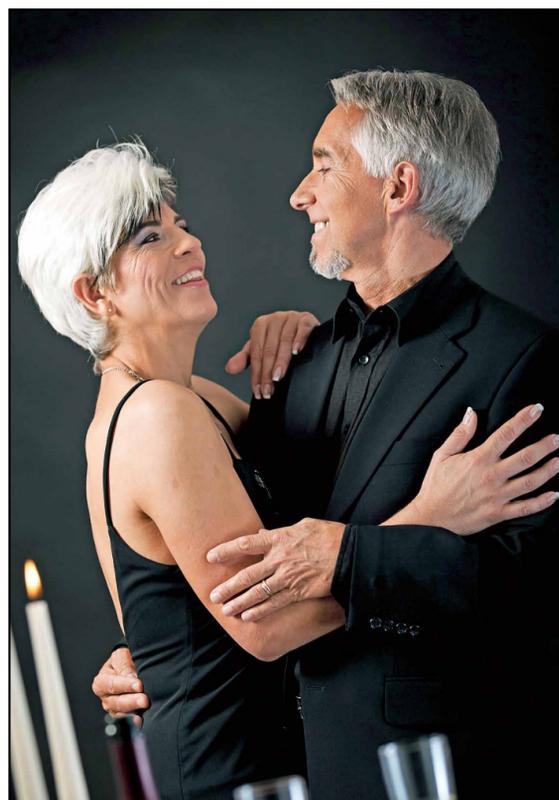
Each of these dimensions is important for overall well-being, but there are different seasons in our life, and we may need to focus on one particular dimension more than the others. This could be either because we are having a deficit of that dimension in our life, or it could be due to our current circumstance. We might need to pay special attention to a specific area based on this current circumstance in order to support our own optimal wellness potential.

## Do Not Delay: Get Started Today

I have heard many of my clients say that they plan to get started with their wellness initiatives once they finish X, Y and Z. Waiting to get started is never a good strategy. There are certain things in life for which we will never be ready.

Just like the Nike slogan, "Just Do It," I exhort you to just do it yourself.

Start incorporating healthy habits into your life, even as you are still waiting on your own X, Y and Z. Put your self-care first because taking care of you is not only just as important as taking care of your finances, your home and checking off your to-do list,



*Focus on the Seven Dimensions of Wellness, and as the Nike slogan challenges us: "Just Do It."*

but it's actually so much more important for your overall well-being.

Make your wellness a priority and live your best life now.

# Pompano Beach Arts & Music

**There's A Great Schedule Of Exhibits, Concerts And Dance In March**

**Kay Renz**  
Special To The Gazette

entertainment events in Pompano Beach.

## Old Town Untapped: March 3

Award-winning, internationally renowned bluesman J.P. Soars brings heat to the outdoor stage. Stop by Bailey Contemporary Arts Center (BaCA) to meet this month's featured artist in residence, Gerard Pastor. Indulge in some craft beer, delicious food and explore artist vendors' unique merchandise from 6 to 10 p.m. The event is located in the heart of Downtown Pompano Beach on NE 1st St. and N. Flagler Ave.

## Baila Pompano: March 4

Pompano's most exciting participatory dance program will feature salsa, bachata and other Latin dances, including a one-hour dance class, a live band, a DJ, and performances by professional dancers at the Pompano Beach Cultural Center.

## Leon Etienne In Magic Rocks: March 11

Enjoy a thrilling magic show that blends rock n' roll rhythms with mesmerizing illusions. Leon Etienne burst onto the scene during Season Eight of *America's Got Talent*, dazzling the judges with his sleight of hand, unmatched creativity, and rock star showmanship. Since then, he has been traveling the globe, thrilling audiences wherever he goes. Florida fans will get the opportunity to enjoy his vastly entertaining Magic Rocks Show at the Pompano Beach Cultural Center.

## Dr. Julie Silvera: March 17

Live and Local at The Ali Cultural Arts Center welcomes critically acclaimed jazz singer Dr. Julie Silvera. Whether fronting a swinging rhythm section, big

band, orchestra or conducting a gospel choir, Silvera's passion is the music, as she sings and swings from the heart. She is a three-time Lionel Hampton winner in jazz voice and a two-time *Downbeat Magazine* winner in the college vocal category. She also has sung with contemporary jazz greats, including Russell Malone, Christian McBride, Roy Hargrove and Ira Sullivan.

## Events At Pompano Beach Amphitheater

### Third Eye Blind: March 18

Since 1997, San Francisco's Third Eye Blind has recorded five best-selling albums, including one six-time platinum, two platinum and one gold record, and has earned worldwide success. Whether you call it rock, alternative, post-grunge or pop-punk, they always deliver a killer experience on stage.

### Get The Led Out: March 24

Dubbed by the media as "The American Led Zepelin," Get The Led Out (GTLO) is a group of professional musicians who are passionate about their love of the music of Led Zeppelin. No fake English accents, GTLO brings what the audience wants – a high energy Zeppelin concert with a heart-thumping intensity.

### Steve Miller Band: March 26

Guitarist, multi-platinum-selling singer-songwriter, bandleader, Rock and Roll Hall of Fame inductee, and Songwriters Hall of Fame electee, Steve Miller hits the stage in Pompano. With hit songs including "The Joker" and "Fly Like an Eagle," Miller perfected a psychedelic blues sound that drew on the deepest sources of American roots music.

## Art Exhibitions

### "Men Painting Women" At BaCA

This exhibition is curated and includes work by Robert Shirk and four other award-winning Florida artists: Herbie Martin, Leonardo Montoya, Wilson Romero and Weldon Ryan, whose works are mainly focused on the female form. Through March 8.

### "The Big Book" By Gregory Durr At BaCA

The artist describes this exhibition as "a visual narrative called a story with existential themes." This exhibition explores the dualities of universal themes—love, evil, fear, death and birth. Through March 21.



*Acclaimed jazz singer Dr. Julie Silvera performs at The Ali Cultural Arts Center on March 17.*

### "Hello I Am Kitty" By Joana Toro At The Pompano Beach Cultural Center

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 eyehole in the head of my Hello Kitty costume while I ask for donations after posing for pictures in Times Square." Through April 6.

### "Pandemic: The Unmasking of America" By Craig Gordon At The Pompano Beach Cultural Center

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 pandemic. Through April 6.

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

*Pompano Beach Amphitheater* is located at 1806 NE 6th St., Pompano Beach, FL 33060.

*Bailey Contemporary Arts Center (BaCA)* is located at 41 NE 1st St., Pompano Beach, FL 33060.

*The Ali Cultural Arts Center* is located at 353 Dr. Martin Luther King 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)

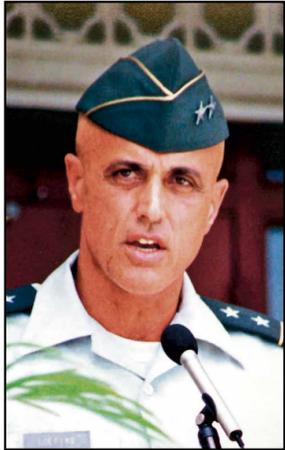


*The above art piece is from Gregory Durr's exhibition: "The Big Book."*

# Vietnam Veterans Day March 29

**A Retired General Reflects On The 50th Anniversary Of U.S. Military Withdrawal From Vietnam**

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

On March 29, we celebrate Vietnam Veterans Day and honor all those who served in our nation's military between Aug. 5, 1964 and May 7, 1975. However, not everyone knows the significance of the date, March 29, and why that day was chosen as Vietnam Veterans Day.

It was 50 years ago on March 29, 1973, when the last U.S. Military unit left Vietnam, under the terms of the Paris Peace Accord.

My life has been inextricably intertwined by my many years in Southeast Asia, Vietnam, China and Washington D.C. from the late 1950s to the signing of the Paris Agreement on Jan 27, 1973. Those years transformed my mission from Warrior to Peacemaker.

### The Vietnam Experience

It is important to understand the origins of the conflict in Southeast Asia. France had colonial interests in Indochina: Vietnam, Cambodia and Laos for about a century. After the Korean War, Vietnamese nationalists under Ho Chi Minh revolted against French rule. On May 7, 1954, the French-held garrison at Dien Bien Phu, Vietnam fell after a four-month siege. After their defeat, the French pulled out of the region. The United States entered the void to counter communist interests in Southeast Asia.

I graduated from West Point in 1957, as a paratrooper and then an Army Ranger. In 1959, as a lieutenant with no combat experience, I was recruited to be a military trainer in Laos. Typically, a trainer would be at least a 1st lieutenant with combat experience. I had neither, but I had one requisite: I spoke French.

North Vietnam had invaded Laos in 1958, establishing the Ho Chi Minh Trail to supply the Viet Cong in the south. In response, I was part of the combined U.S./French advisory team that trained the Laotian military in their fight against the North Vietnamese. At this time there were approximately 1,000 U.S. military advisors involved in Southeast Asia.

After 12 months in Laos, I returned to the States, in my role as a Special Forces Army Ranger.

In 1964, I returned to Vietnam, this time as an advisor to the South Vietnamese Airborne Brigade. 1964 was a pivotal year in the U.S. involvement in Vietnam as a result of The Gulf of Tonkin incident.

As reported by the U.S. Department of State, Office of the Historian, "In early August 1964, two U.S. destroyers stationed in the Gulf of Tonkin in Vietnam radioed that they had been fired upon by North Vietnamese forces. In response to these reported incidents, President Lyndon B. Johnson requested permission from the U.S. Congress to increase the U.S. military presence in Indochina. On August 7, 1964, Congress passed the Gulf of Tonkin Resolution, authorizing President Johnson to take any measures he believed were necessary to retaliate and to promote the maintenance of international peace and security."

Prior to the incident, U.S. forces numbered 23,000. By the end of 1964, American troops dramatically increased to 184,000.

### After The Tonkin Gulf Incident

Initially the U.S. and South Vietnamese forces relied on air superiority and overwhelming firepower to conduct search and destroy operations. Quickly



*Then Captain Loeffke (right without a cap) walked away from a helicopter crash where two soldiers died from head wounds during the 1960s.*

however, U.S. ground forces joined in the war.

In four years of combat as a captain, major and lieutenant colonel, I was involved in many missions. I logged more than 200 parachute jumps, with two near mishaps, as the main chute failed to open: Both resulting in injuries that affect me to this day.

I think of the many young soldiers under my command, including the 34 men who were killed in combat, and the more than 200 who were wounded.

I think of the many heroes I fought alongside. Col. Cao Van Vien, a Vietnamese paratroop commander, was a role model of the brave soldier. Wounded, with enemy bullets and mortar shells 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.

I think of Lt. Bill Carpenter, a West Point All-American football player, known in the 1960s as the "Lonesome End," a title he received since he never went into the huddle.

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 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.

### Sgt. Larry Morford Changed My Life

Of the hundreds of soldiers under my command over the years, no one hero had a greater effect upon my life than Sgt. Larry Morford.

Every day I thank Sgt. Morford. He was a man who indeed lived his words.

Sgt. Morford was a role model. He did not believe in war as the way to resolve conflicts. I once asked him why he felt this way? Why had he volunteered for Vietnam and combat duty? He responded, "Sir, the job you and I are doing is the job of a beast and the least beastly among us should be doing it."

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

### From Warrior To Peace Maker

The lessons I learned from Sgt. Morford made me realize that war does not resolve conflict. I was determined to do all in my power to negotiate with the enemy and to bring peaceful resolutions to conflict.

I returned to Washington, D.C. in the early '70s and was selected as one of 17 White House Fellows (out of 2,000 applicants). The Official White House website describes the mission of the White House Fellows program: "Is to provide gifted and highly motivated emerging leaders with some first-hand experience in the process of governing the Nation and a sense of personal involvement in the leadership of society."

### Peaceful Solutions To Conflict

I served as a White House Fellow during the Nixon Administration under Secretary of State Henry Kissinger, who was a tireless proponent of peaceful solutions to complicated situations.

In a groundbreaking 1972 summit between President Richard Nixon and Chinese Communist Party Chairman Mao Zedong, the formalization of relations between the two countries was established, ending 23 years of diplomatic isolation and mutual hostility.

Lê Đức Thọ, the North Vietnamese diplomat along with Henry Kissinger were awarded the Nobel Peace Prize in December 1973, for their work in negotiating the ceasefires contained in the Paris Peace Accords.

Mr. Kissinger pioneered the policy of détente with the Soviet Union. As a part of this strategy, he negotiated the Strategic Arms Limitation Talks (culminating in the SALT I treaty) and the Anti-Ballistic Missile Treaty.

I learned much working while working for Henry Kissinger's Security Council. As I look back at my life, it was really a culmination of the lesson I learned from Sgt. Larry Morford, in Vietnam in 1970. It is the same lesson we find in the Bible verse, known as one of the Beatitudes: "Blessed are the peacemakers, for they will be called children of God."

— Matthew 5:9



*Former Secretary of State Henry Kissinger reconnected with Burn Loeffke during a Washington D.C. visit in 2016.*

*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 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 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. Burn is now a Resident of John Knox Village in Pompano Beach, FL.*

**To Our Vietnam Veterans:  
You Are Invited To The JKV  
Vietnam Veterans Day Event**

**On March 29 at 10 a.m., please join us  
in the John Knox Village Cultural Arts  
Center to honor all those who served in  
the U.S. Armed Forces on active duty  
anywhere in the world between  
Aug. 5, 1964, and May 7, 1975.  
Call 954-871-2655, so we can  
reserve your seat and to place  
your name on our honors list.**

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

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

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

# Plan A Visit To NSU Art Museum Fort Lauderdale

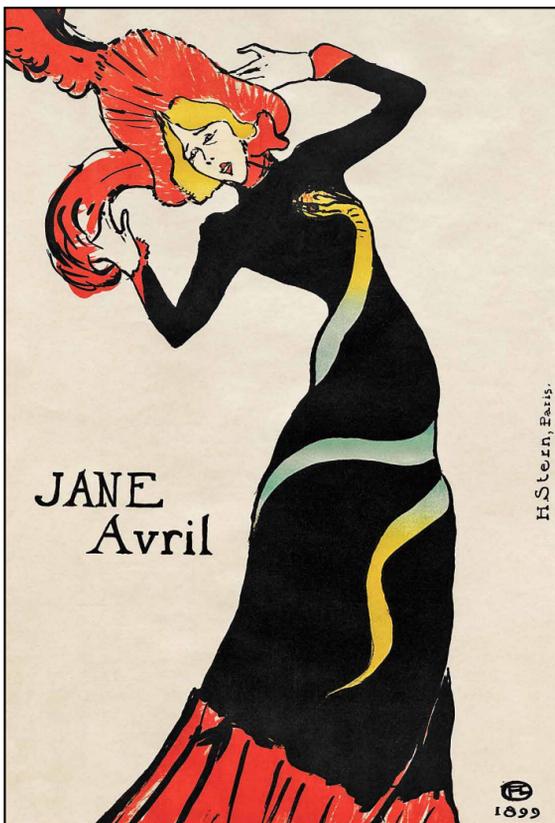
**For Immediate Release**  
Special to The Gazette

## NSU ART MUSEUM

**FORT LAUDERDALE**

Plan a visit to NSU Art Museum in March 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.

### Now On View



Henri de Toulouse-Lautrec, *Jane Avril*, 1899. Courtesy Henri De Toulouse-Lautrec The Firos Collection.

### “Henri Toulouse-Lautrec: The Follies of Fame:” Through Sept. 3

Explore how post-impressionist Henri de Toulouse-Lautrec’s posters promoting the denizens of Paris’s demi-monde, not only contributed to the fame of the performers, but made the artist an overnight sensation.

Toulouse-Lautrec’s flamboyant style and his subjects’ titillating poses are the forerunners of today’s celebrity-driven marketing ploys. Through ubiquitous reproductions in books, posters, postcards, movies, and more recently on the internet, these images have become so widely exposed that their artistry and originality may have been overshadowed. This exhibition of Toulouse-Lautrec’s original drawings, etchings and posters provide the opportunity to view and study his works in detail and how he continues to shape the current means for picturing fame.

### “Emilio Martinez: Van Gogh, Lautrec and Me:” Through Sept. 3

This is the inaugural solo museum exhibition of Honduras-born, Miami artist, Emilio Martinez. The artist’s fascination with Van Gogh and Toulouse-Lautrec led to a cross-centuries collaboration, in which he contemplates the camaraderie between these two famed late-19th century artists in Paris, as he paints over color reproductions of their work with his own fanciful embellishments.

### “Hooray for Hollywood:” Through Sept. 3

This exhibit dives into the subject of fame, glamour, desire, voyeurism, obsession and social currency with works mostly drawn from the museum’s collection, including a Frida Kahlo self-portrait; Warhol’s Mao print series of 1973 created after *Life Magazine* named Chairman Mao Zedong the most famous man in the world in 1972; Catherine Opie’s elegiac photographic series of Elizabeth Taylor’s intimate possessions and Enoc Perez’s painting series, which grounds itself in the voyeurism associated with celebrity and the ensuing bitterness that it may trigger. The exhibition’s title references a drawing by Jack Pierson that captures the irony of Johnny Mercer’s lyrics for the up-tempo 1937 tune that lampoons Hollywood’s star-making machine. Pierson’s *Hooray for Hollywood* poetically captures the allure and the disillusion of the Hollywood dream.

### “The Swans: Karen Kilimnik and Stephanie Seymour Paintings and Dresses:” Opens March 12 through Sept. 3

Mid-career artist, Karen Kilimnik mixes romantic paintings, in which youthful stars and fashion models are cast in leading roles, with selections from Stephanie Seymour’s collection of vintage haute couture created by the eponymous designers Azzedine Alaia, Courreges, Christian Dior, Yves Saint-Laurent, Paco Rabanne and others. The resulting exhibition consists of imaginatively calibrated vignettes of paintings and fashion, which celebrate glamour, beauty, fantasy and the occult through the eyes of two singular, yet overlapping, perceptions.

### Upcoming Events:

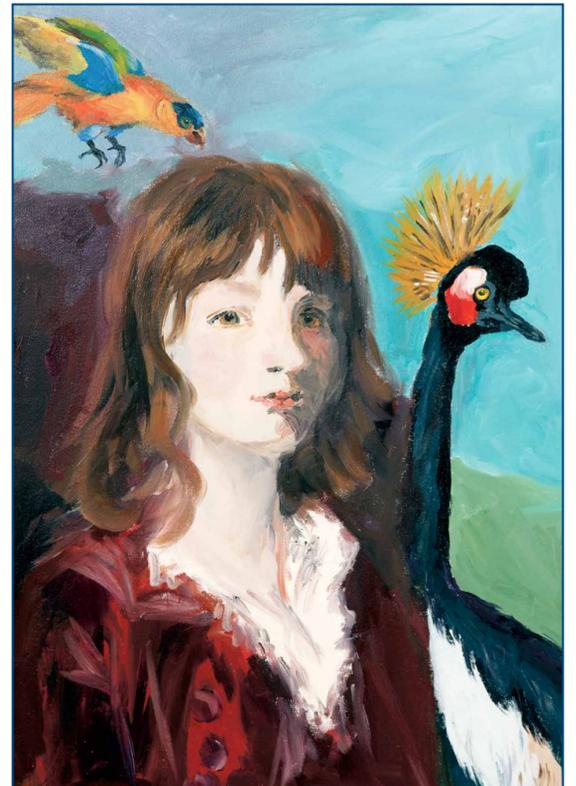
#### Sunny Days/Starry Nights: Free First Thursday, March 2 from 11 a.m. to 7 p.m.

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.

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, March 4 and Sunday, March 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.



Karen Kilimnik, *Master Hare, 3rd Lord Grantham*, 2011. Photography by Allan Carlisle.

Cardholders need only present their card and a photo ID to gain free general admission. The promotion doesn’t include access to special exhibits, ticketed shows or fundraising events.

### Creativity Exploration: “Female Figures,” Saturday, March 18, Noon to 1:30 p.m.

Learn about the feminist spirit of artist, Niki de Saint Phalle and craft your own “nanas” figurines, celebrating the female figures in your life. Advanced reservations are required and space is limited.

Creativity Exploration adult workshops promote the benefits of creative exploration and the mind-to-body experience. Studies have shown that 45 minutes of creative activity a day reduces stress and offers mental clarity and relaxation. In addition to producing a sense of well-being, sessions expand participants’ perceptions of forms, while increasing brain connectivity through visual and cognitive stimulation. The workshop is led by educator Lark Keeler, a specialist in mindfulness education.

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

### Fort Lauderdale Neighbor Day, Sunday, March 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 Café & 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)

# A 50-Year Anniversary That You Can’t Refuse

*‘I had been so conditioned to think the film was bad – too long, too dark and too boring – to be a success.’*

– Francis Ford Coppola, 1972

**Nona Cree Smith**  
Gazette Contributor

Now more than 50 years after it opened in movie theaters across the country, “*The Godfather*” is still as fresh and compelling as when the film debuted in 1972. Audiences loved it then and still do now.

Movie critics have canonized the movie as one of the best of all time.

Director Francis Ford Coppola’s beloved gangster movie chronicles the lives, travails and the sheer badness of a New York mob family in the 1940s. Back stories show how the family turned to crimes in an attempt to escape the indignities of working-class poverty, servitude and suppression; thereby betraying their Christian morals.

Marlon Brando’s Oscar-winning portrayal of Vito, head of the Corleone family and father to Sonny (James Caan) the hot-headed elder son, a dim-witted middle son Fredo (John Cazale) and the “perfect” youngest son Michael, played brilliantly by Al Pacino. As the scion of the family, Pacino’s believable acting takes us from college graduate and war hero, protected from the family business (“That’s my family, Kay; it’s not me”) to cold-eyed revenger, protector, killer and negotiator.

“*The Godfather’s*” success led to two sequels: “*The Godfather Part II*” and “*The Godfather Part III*.” It is worth watching all three consecutively. I am basically a wimp and detest gratuitous violence, and these movies have a lot of bloody killing, but somehow they fit perfectly into the story lines, and while still shocking, are an important part of the narrative.

I was also impressed by the authenticity of the period pieces and the beauty of the filming – from the richly dark rooms with soft pools of glowing light where the dirty



The Corleones from the movie “*The Godfather*,” featuring James Caan as Sonny; Marlon Brando as Vito Corleone; Al Pacino as Michael; and John Cazale as Fredo. Nominated for 11 Academy Awards, “*The Godfather*” won the Oscar for Best Picture in 1973. Marlon Brando won as Best Actor, however notably declined the Oscar to protest the portrayal of American Indians in Hollywood films. Image source: Alamy.

deeds are plotted, to sunlit exteriors, lushly green with colorful trees and flowers.

Vincent Canby, in his review in *The New York Times*, called the film, “one of the most brutal and moving chronicles of American life ever designed within the limits of popular entertainment.”

Take the time to watch “*The Godfather*” again on its 50th anniversary. After all: *It’s an offer you can’t refuse.*

# Finding Renewal In Your Special Places

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

Wherever you are right now, you are occupying space. Perhaps you are tuning out the world around you to read this article, but it is still there.

The spaces in which we live get turned into places in our mind. The natural world and the built environment combine to form the special places of our lives.

I like to add proper perception – the perception of awareness of the position and movement of the body – to the five familiar senses of sight, smell, hearing, touch

and taste. Certain sights, smells and sounds arise in a certain place in a certain season.

As spring arrives in Florida this month, a lemon tree may greet you with fragrant blossoms that attract buzzing bees. A flock of youngsters on Spring Break may descend on your favorite beach, or the traffic may be extra heavy as tourists flock to the Grapefruit League's spring training baseball games.

### Place Drives Health

A sense of place is crucial to our health. Time and place are the cognitive scaffolding of our memories. These life experiences form a personal story that organizes the mind over the years of the human life span.

At different life stages, we migrate from one place to another. In navigating life's twists and turns, we learn who we are and what matters. Our personal story unfolds over time in these personally meaningful places that hold the secrets of our souls.

Over the age of 40, the key to renewal is reminiscing. If you are ready for some spring blossoming to boost your mind and brain, let's travel in time to visit seven special places of your life.

### 1: Rise

Where did you grow up? In one place or many? Consider the main place you associate with childhood.

Recall the geography, weather, seasons, rituals, festivals, cultural activities and life experiences of this special place.

### 2: Role

Where did you first assume an adult role that got your life on a roll? This place could be associated with education, employment, family, military or public service, sports or another activity. Remember what it felt like to discover your abilities and get launched in the world beyond your family of origin.

### 3: Romance

What place do you associate with finding romance and love? If this person is still in your life, reminisce about times spent with them, if not, consider Alfred Lord Tennyson's poetic line, "Tis better to have loved and lost than never to have loved at all." Remember the wonderful feeling of falling in love.

### 4: Rebirth

Where did you begin a new life? This special place could be associated with a new home, a new job, a new relationship, a new role or a new stage of life that stirred a sense of excitement and adventure in your soul.

### 5: Retreat

What place did you need to leave behind? A job, lifestyle or relationship can bring us to the wrong place at the wrong time. Our soul may prompt us to move on, for the sake of our well-being. Even so, we are often left with some fond memories of a place or person we left behind.

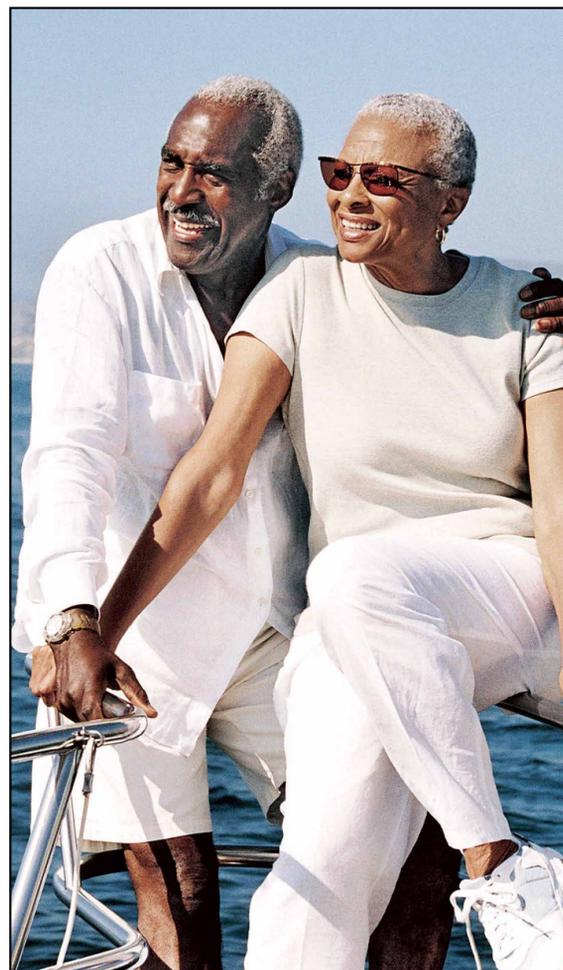
### 6: Recreation

Where is your favorite place to have fun? Maybe it's going to the beach, taking your family to Orlando or going out to dinner with a friend at your favorite restaurant. Wherever it is, think about your happy memories from this place. It's time to go back.

### 7: Reach

This is the most important place of your life: Your next place. Perhaps it is time to start a new class, hobby, exercise program or volunteer work. Maybe it is time for you to move to a new home or community where you have more social engagement.

The pandemic gave us all plenty of time to consider our current circumstances. The good news is that we survived: We're still here.



A sense of place is crucial to our health. Think about your happy memories. Time and place are the cognitive scaffolding of our memories.

Wherever your special places have been, there is always a next place to reach for. Happy trails.

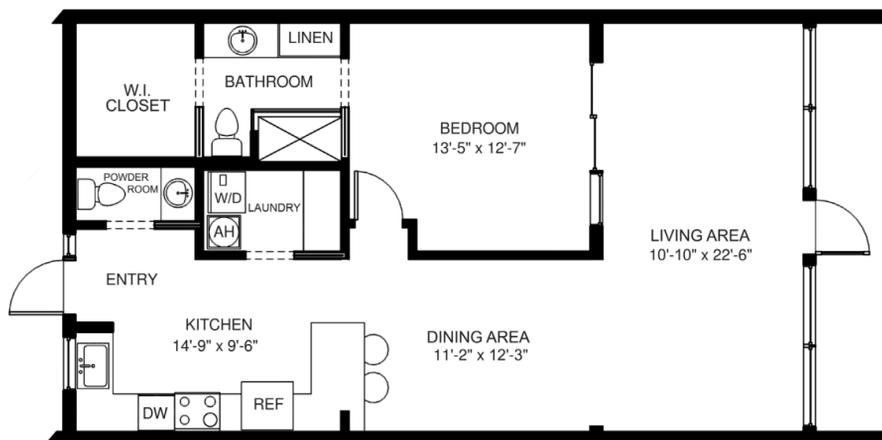
Brain Wealth founder **Phyllis T. Strupp, MBA**, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it 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)

## Enjoy Single-Story Living In The Cypress Garden Villa

### 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 one-bedroom, and one-and-a-half-bath design offers a 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-Care Contract security that every JKV resident enjoys.

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



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



JKV's Aquatic Complex features a resort and lap pool, Pickleball and bocce ball courts, plus drinks and snacks at the Poolside Sports Pub.

As a JKV resident, 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.**

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