



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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JKV's Westlake Project: April In Rear-View, Moving Forward In May Early 2024 Opening On Schedule



The twin towers of The Vue and The Terrace at Westlake are spiring upward. When completed, the Vue will top at 15 stories and The Terrace at 11 stories. A total of 146 new apartment homes will overlook the reconfigured Lake Maggie and Rex Foster Lake.

Rob Seitz
Gazette Contributor

With April in the construction schedule rear-view mirror, work on John Knox Village's most ambitious project in its 54-year history is driving forward in the month of May.

As The Gazette was going to press, concrete was being poured for the fourth floor of Westlake, JKV's newest neighborhood, which will consist of two state-of-the-art apartment buildings—The Vue and The Terrace.

"Once the fourth-floor pours are completed, the buildings will really begin getting vertical very quickly," Thom Price, JKV Director of Plant Operations told *The Gazette*. "It's going to be a lot of fun watching the towers go up."

The first floor of Westlake will be common spaces, including a high-tech projection theatre, technology hub, a coffee and wine bar named The French Press, a bistro-like venue called The Westlake Eatery, a library, sacred space, business center and art studio.

The second and third floors will offer covered parking for Westlakers. Above the parking levels, from the fourth floor

on up, 146 new apartment homes will be constructed.

The Vue will be a total of 15 stories with one- and two-bedroom floorplans ranging from 1,231 to 2,259 square feet of light-filled rooms.

The (11-story) Terrace will be a boutique-style tower offering two bedroom apartments up to 1,845 square feet in size, with a stunning rooftop terrace for residents and guests to enjoy.

Get In On The Ground Floor

"Even though we are over 80-percent pre-sold with 10-percent deposits there are still many beautiful apartments available," said Kim Ali, JKV Director of Sales. "By putting your 10 percent down, you are not only, literally, getting in on the ground-floor of the Westlake project, you are also automatically enrolled as a Platinum-level member of the Westlake Village Club. Prices will go up, so secure today."

Ten-percent depositors receive many complimentary services, including access to JKV's \$6.2 million Aquatic Complex, with its resort-style pool, four-lane lap pool, Jacuzzi®,

See "Construction" on Page 2

Hurricane Season Is Coming, JKV Team Will Be Ready

Kirsten Whiting
Gazette Contributor

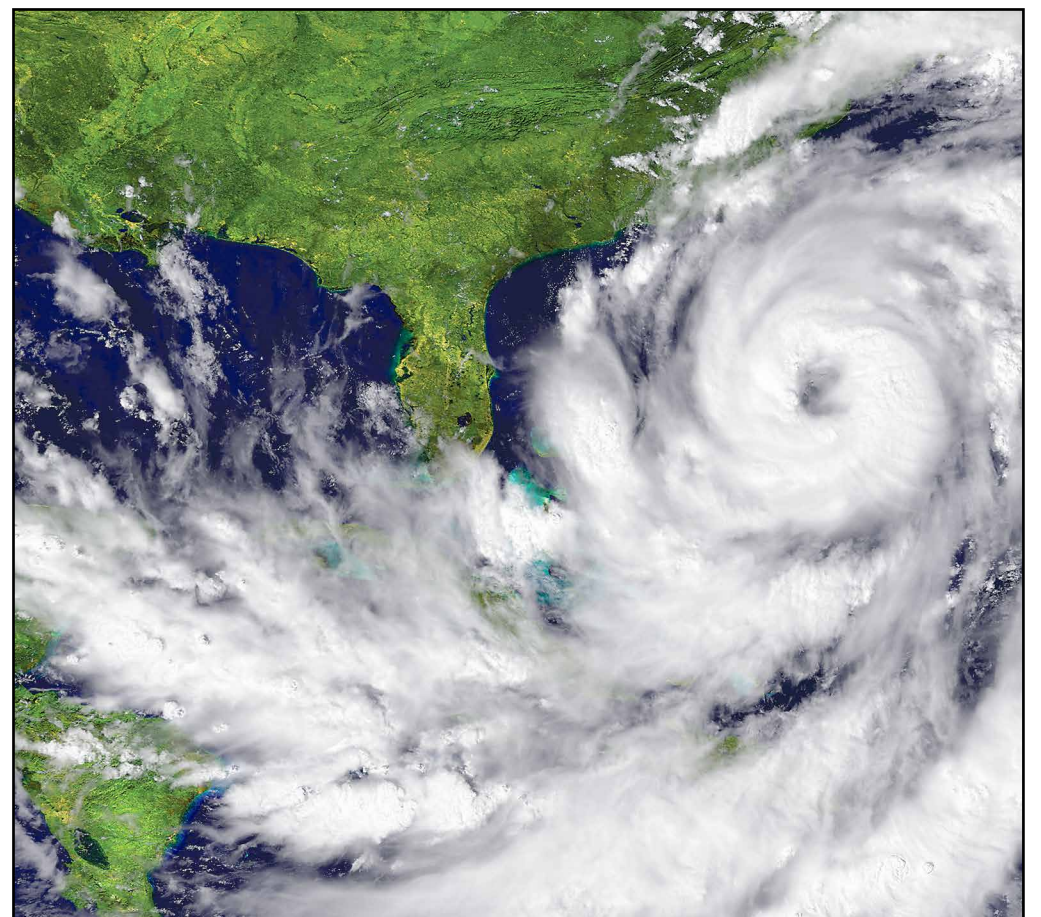


Kirsten Whiting, JKV Risk Manager

One of the many benefits for Residents living at John Knox Village, South Florida's premier Life-Plan Retirement Community, is the tremendous assistance available before, during and after emergencies such as hurricanes.

Hurricane season 2022 is on its way, running from June 1 through Nov. 30 and weather indicators are pointing

to a higher-than-average 2022 hurricane season, according to the Colorado State University (CSU) Tropical Meteorology Project.



John Knox Village takes hurricane preparation very seriously.

See "Hurricane Ready" On Page 3

Westlake Is More Than 80 Percent Pre-Sold

From “Construction” On Page 1

Pickleball and bocce ball courts, the indoor and pool-side Glades Grill restaurant and Stryker’s Poolside Sports Pub.

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

“With construction right on schedule for our early 2024 opening, the Village Club gives Westlakers a chance to enjoy all that JKV has to offer, while watching all the progress at the construction site,” Ali said.

April was a milestone month for another part of the Westlake project, when JKV received its CO (Certificate of Occupancy) for the Pavilion. Along with a 350-plus seat Cultural Arts Center, the Pavilion boasts two new dining venues—Seaglass and high-end The Pearl, along with Barton’s Nautical Bar, named after JKV residents Bob and Diane Barton, who provided a generous donation to the project.

Opening the two new restaurants provides the opportunity to demolish the Village’s 41-year-old Main Dining Room and dredge that site for a lake and expand the Village’s waterway system. Once Rex Foster Lake is completed, waterviews will be seen from more than half of the Village’s 70-acre campus.

To learn more about John Knox Village, as well as Westlake, call 954-871-2655 or visit www.johnknoxvillage.com or www.JKVGrows.com



Barton’s Nautical Bar is located adjacent to The Pearl and Seaglass restaurants in the Pavilion.



The Pearl is one of the Pavilion’s two new restaurants.

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

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 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 will enjoy living in a state-of-the-art apartment or villa home, along with loving our award-winning amenities and our robust Life Enrichment programming.

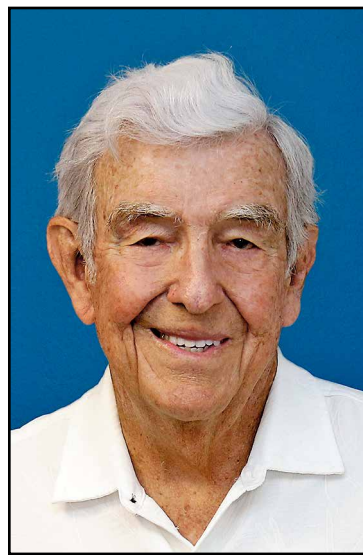
“With skilled nursing [24-hour monitored] care averaging around \$13,000 per month, memory care of \$8,000 per month, and assisted living at about \$4,000 monthly; over the course of a couple years a \$200,000 entrance fee that gets you into JKV can get eaten up pretty quickly.”

To learn more, “Ask Kim” by calling 954-871-2655 or emailing at askkim@jknvfl.com

Thanks For Asking

Does Anybody Read This Stuff?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

for a major overhaul of nursing home quality.

Could POTUS be reading my stuff? Just kidding, I’m sure he has way too many other things on his mind these days. Also, the nursing home segment only took 19 seconds, with Biden vowing to crack down on private-equity owners of nursing facilities. He also said the nursing homes would receive more stringent Medicare/Medicaid oversight.

Nursing Home Concerns

The subject of nursing homes is near and dear to my heart for several reasons. My oldest sister spent her last year in a for-profit nursing home in the Midwest. The care that she received left much to be desired, and I was not able to help her very much. Also, I have several friends in our John Knox Village Skilled Nursing Homes: Seaside Cove and The Woodlands. I’ve been very favorably impressed with their situations and find it frustrating that many folks outside our hedge think that all nursing homes and

Skilled Nursing Facilities are the same and may need to be overhauled.

The subject is really a bit complicated, primarily because most folks do not understand that most nursing homes are NOT Skilled Nursing Facilities (SNFs). SNFs provide a high-level of medical care that includes nursing, rehabilitation, and other care including medications, while most nursing homes do not. Also, stand-alone nursing homes and SNFs are NOT Life-Plan Continuing Care Retirement Communities, but all Life-Plan Continuing Care Retirement Communities, by definition, usually include some form of SNF.

A recent Florida Health Care Association report contained the following facts about long-term care in Florida: There are 691 licensed nursing homes in Florida containing approximately 84,448 beds. The estimated number of residents is 71,000 (equates to around 85-percent occupancy).

Nursing Home Costs Exceed \$100,000 Per Year

There are 3,080 licensed Assisted Living Facilities in Florida, representing approximately 106,103 beds. The median annual cost of care for a private room in a nursing center is \$100,375. The median annual cost of care for a private room in an assisted living facility is \$48,000.

In Florida, of the 71,000 residents living in nursing homes, fewer than 4,000 of them are within Life-Plan Continuing Care Retirement Communities. In Florida, according to a recent report from the Florida Office of Insurance Regulation, we have 69 operational Life-Plan Continuing Care Retirement Communities with a total of 23,080 residents in Independent Living, 3,794 in Assisted Living and Memory Care, and 3,770 in Skilled Nursing.

So what? The main message here is that living in a Life-Plan Continuing Care Retirement Community is not the same as living in a nursing home. As the figures above show, of the 30,000+ residents of

Life-Plan Continuing Care Retirement Communities in Florida, over 75 percent are in Independent Living, with the remaining 25 percent divided between Assisted Living, Memory Care and Skilled Nursing. The standards of these SNFs are way above those to which President Biden was referring. Actually, there are no existing national standards for nursing home staffing, although Florida has had such standards since 2002.

The improvements to nursing homes that President Biden vowed to make, probably won’t have any effect on Life-Plan Continuing Care Retirement Communities in Florida, because the standards in our SNFs are already well above those being proposed. The main benefit may be that for-profit nursing homes around the country raise their levels of care, improve the well-being of their residents, and that our Medicare/Medicaid dollars will be used more efficiently. Of course, improving the public perception of the aging industry in general would also be a nice plus. So, if POTUS really does read my stuff, I say go for it. A significant portion of our aging population needs and will appreciate the help.

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



The Woodlands at JKV has been a 5-star rated skilled nursing home.

John Knox Village Is Hurricane Season Ready

From "Hurricane Ready" On Page 1

They are basing their predictions on several factors:

- **CSU scientists say there will be at least 19 named storms and nine hurricanes—four of which will be Category 3 or stronger.** An average season normally has 14 named storms, and seven hurricanes, three of which are major hurricanes.

According to a report released by NPR, "hurricanes are likelier to be larger and more powerful as they form over hotter ocean water. Thanks to climate change, global sea-surface temperatures are rising."

You can read the NPR story on the web at: <https://www.npr.org/2022/04/07/1091459296/2022-hurricane-season>

Active Hurricane Season Predicted

This year's forecast follows the third most-active hurricane season (for named storms) on record, the Insurance Information Institute reported. During the 2021 season, there were 21 named storms, including seven hurricanes.

At JKV, we are fortunate to have a dedicated team of staff who help residents prepare for the storms, stay with them during the storms and work on campus recovery afterward.

The Village is already busy preparing for another season. We distribute Resident Hurricane Relocation

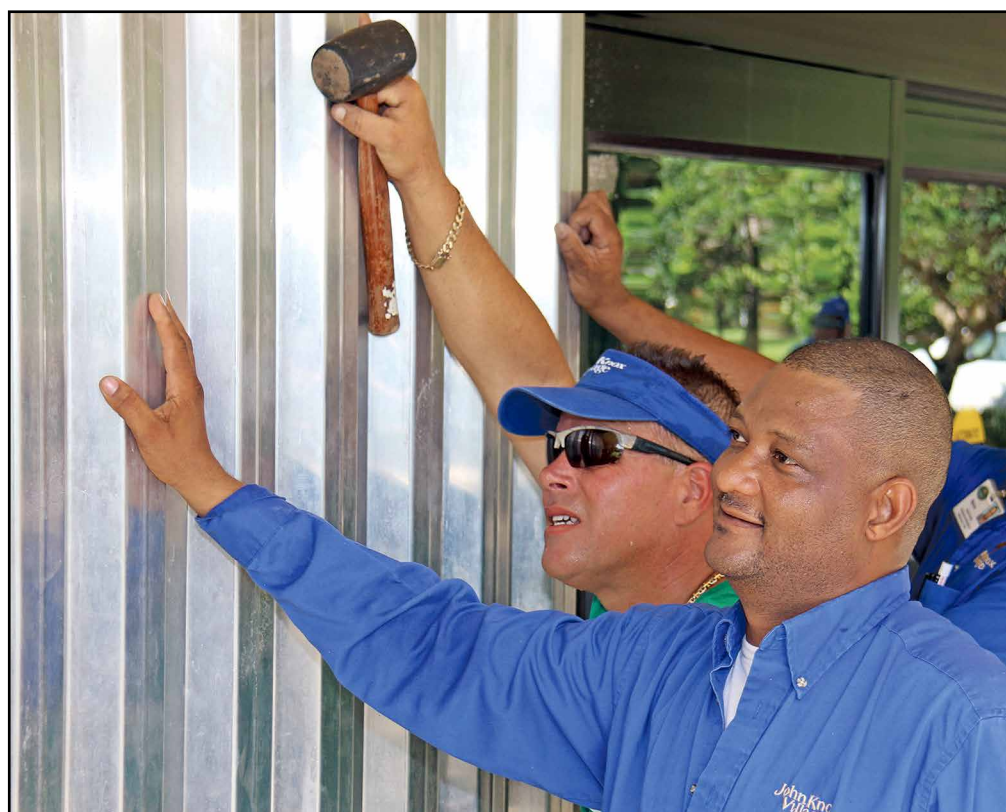
Survey forms, which let us know whether residents will be staying on campus through storms.

To make certain everything is in order, management and staff will participate in mock hurricane drills that include reviewing plans, checking supplies, training staff, topping off generators and even practice putting up shutters around the campus.

JKV also has Resident Senators ready and able to assist in every area as well. Resident Senators and those staff members assigned to each apartment building will meet prior to each storm, to allow for questions and concerns.

Resident meetings, reminding of the services available and procedures in place to keep everyone safe during hurricanes, will be held as well.

JKV in particular, and South Florida in general, was fortunate in 2021, as Hurricane Elsa skirted southwest Florida around the Fourth of July holiday, being the



A dedicated staff helps residents prepare for a storm, staying with them during the storms and working on campus recovery afterward.

closest to making landfall near Broward County.

Regardless we will remain diligent.

As we like to say at JKV: "We hope for the best, but prepare for the worst."

JKV Classic And Antique Car Show Returns

Marty Lee
Gazette Contributor

After a two-year hiatus caused by the COVID-19 precautions and limitations on social gatherings, the annual John Knox Village Classic and Antique Car Show returned to campus in mid-March.

The show was originally inspired in 2005 by JKV resident Dr. Paul Loree, who owned a 1941 Cadillac Series 62 Formal Sedan by Derham. Dr. Loree suggested to Bob Milanovich, JKV's Marketing Director at the time, "to have several cars, and their owners, on campus for John Knox Village's own car show."



George T. Cole from Cocoa Beach, FL displayed his 1948 Jaguar Mark IV Saloon at the Classic and Antique Car Show.

That first Classic and Antique Car Show was such a success that it became an annual springtime event.



John Knox Village resident Don DeJong and his son Dirk DeJong (former JKV Board of Directors member) proudly display their 1966 Ford Thunderbird Convertible and 1941 Buick Super Convertible at the 16th Classic and Antique Car Show.

Now in its 16th year, more than 25 cars and trucks were displayed during the 2022 affair. Ranging from Model A Fords of the '20s and '30s, to classics from the '40s, '50s, '60s and '70s, the cars assembled on the grass adjacent to the Welcome and Innovation Center. Hundreds of JKV residents, family and friends visited the site and took a walk down memory lane, many swapping stories of their first cars.

Lunch was provided to all exhibitors and the

"People's Choice Award" was presented to Dirk DeJong for his 1941 Buick Super Convertible. After lunch, the cars paraded down the streets of JKV, so everyone could view the classics in action.



The show was a family affair. Here JKV resident Gloria Tomey (right) joins (from left) grandson-in-law P.J. Vilardo, great granddaughter Aurora, granddaughter Jenna Vilardo, and great grandson Roman.



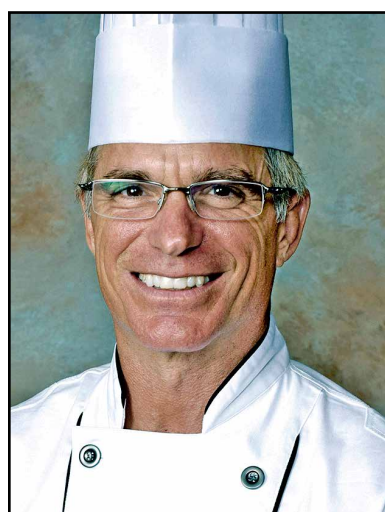
Dr. Paul Loree (left), with resident Boots Maurer, is the founder of the Annual JKV Antique and Classic Car Show.



Part of the lineup of vintage cars and trucks on display during the 16th Annual JKV Antique and Classic Car Show.

In Good Taste: This Bend On Traditional Shepherd's Pie Recipe Is Jolly Good

Rob Seitz
Gazette Contributor



John Knox Village
Executive Chef Mark Gullusci

In keeping with this month's English theme (see article on all things Queen Elizabeth II on page 5), John Knox Village Executive Chef Mark Gullusci has twisted his Shepherd's Pie recipe that is, well, Jolly Good!

He notes that Shepherd's Pies are made with lamb or mutton. When made with ground beef, the meal becomes Cottage Pie, which is what he has illustrated here for Gazette readers.

The Brits created the recipe as a way for frugal housewives to utilize leftovers. Potatoes were introduced to Europe in 1520 by the Spanish, however it was not until the 18th century when English cooks embraced the now popular tuber.

Here's Chef Mark's Cottage Pie recipe. Enjoy.

Cottage Pie (Serves 4)

- 1½ lbs. ground beef
- ½ cup peas
- ½ cup pearl onions
(thawed and sauteed until browned)
- Diced carrots
- 1 bulb shallot
- ½ tsp. thyme
- ½ tsp. oregano
- Kosher salt and ground black pepper to taste
- ½ cup corn
- 1 pint beef stock
- 1 tbsp. butter



Chef Mark's Cottage Pie recipe is a twist on the traditional English Shepherd's Pie.

- 2 tbsp. All-purpose flour
- Mashed potatoes:
- 1 lb. russet potatoes
- 2 oz. butter
- 1 cup milk
- 2 oz. grated Parmesan cheese (one ounce for in the mashed potatoes and one for topping the potatoes before browning.

Method Of Preparation:

Heat 1 tbsp. salad oil in skillet and brown ground beef until all the pink is gone. Strain beef in colander to remove all fat. In same skillet add shallots, carrots and pearl onions, and sauté 4 minutes. Season with thyme, oregano, kosher salt and pepper to your liking. Add cooked beef to skillet and add 1 tbsp. of all-purpose flour. Mix in flour to absorb any fat. Set aside.

In a separate pot, melt 1 tbsp. butter, add 1 tbsp. flour. Next, add beef stock and heat until boiling and thickened. Blend this mixture into beef mixture. Place mixture into a casserole dish big enough to hold everything.

Make mashed potatoes by peeling and cutting potatoes into 2-inch cubes.

Place enough cold water to cover potatoes, then boil until potatoes are tender, approximately 15 to 20 minutes. Test by sticking potato with a fork. Fork should go into potatoes easily. Strain potatoes and place back in pot, add butter, milk, 1 tbsp. Parmesan cheese, salt and pepper and mash until smooth.

Spread potatoes evenly on top of meat, sprinkle 1 tbsp. of grated Parmesan cheese over potatoes and put in 400-degree oven until light browning appears. Remove and let rest 5 to 10 minutes before serving.

Gazette readers who come for a tour of the campus can take with them either a bottle of John Knox Village Cabernet Sauvignon (pairs great with Chef Mark's Cottage Pie) or Pinot Grigio.

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



Book Review

The Life She Wished to Live:

A Biography of Marjorie Kinnan Rawlings, Author of The Yearling

By Ann McCutchan

Donna DeLeo Bruno
Gazette Contributor

It was only when Marjorie Kinnan Rawlings relocated to the backwoods scrub of Florida in 1928, that she felt she "had come home." She found peace among the native southern crackers and black neighbors, descendants of slaves who hunted or grew their food, worked the land, tended the citrus trees, harvested hogs and distilled moonshine. It was a far cry from her mother's ambition that she marry well and live in an elite society.

From her beloved father, Marjorie had inherited his love of nature and sensitivity to plants, seasons and animals. Even as a student, she had shown promise as a writer, winning a number of literary competitions. One of her greatest talents was an ear for authentic dialect, the vernacular as did Mark Twain before her.

Move To Cross Creek, FL

After her education in Wisconsin, Margorie married and moved to New York where she worked as a publicist and freelance journalist. But she was ever restless, which she referred to as the "cauliflower aspect" of her nature, needing to be "transplanted frequently." She found contentment and the isolation she required to write at Cross Creek, FL, in an old grove and farmhouse 85 miles southwest of Jacksonville surrounded by black employees. Unable to explain the attraction of this wilderness, it nevertheless transformed her writing in a most remarkable way.

She grew oranges to subsidize her writing, hunted fox on horseback, as well as alligators, quail, doves, and ducks all the while sending transcripts of her works back and forth to her editor Maxwell Perkins, whose wise suggestions led to her blossoming into a Pulitzer Prize winning author. His friendship was also indispensable to her.

For her novel "South Moon Under," she was praised for her reproduction of the "voice of the scrublands... uncannily accurate." One literary magazine mentioned a "tenderness" in her novels about Florida and a gift for the "idyllic," as well as an explanation of "why the poor love their soil." She was depicting the struggle of man against a natural background. Eventually, her intimate acquaintance with this place would culminate in her masterpiece "The Yearling," about a boy forced to kill his pet deer, a book about "innocence lost" many of us may recall from junior high school. Her forte was writing about very simple folks whose problems are the "most fundamental and primitive."

Addiction And Depression

Writing was not easy for Marjorie, but an arduous process; in this way she shared her experiences with F. Scott Fitzgerald and Ernest Hemingway. She also shared their addiction to alcohol and bouts of depression. She continued to write, including the most effective "lonely man" story with "The Provider," as well as a cookbook celebrating local country recipes. Due to heavy drinking and smoking, as well as five auto accidents and a lifetime ailment of diverticulitis her health began to deteriorate.

Besides her most well-known work, "The Yearling," Marjorie was also known for her efforts toward racial justice for blacks and protection of the environment. She asserted that "on this earth, man and the products of the earth are bound together." She found beauty in rural Florida and "strove passionately to describe that beauty: The breeze in the pines, the elusive fragrance of magnolia blooms, the cheer-cheer of the cardinal or the crack of an axe in the forest."

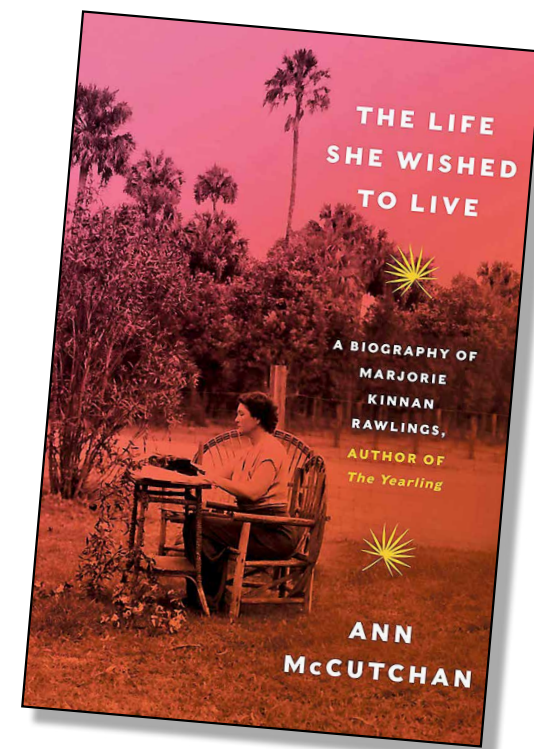
Respecting The Environment

Her main characters always demonstrate a respect

and sensitivity to their natural surroundings – "their interdependence with nature and each other." This work is a well-researched and enlightening biography of a deeply complex woman who found her home in the Florida scrub, a location that provided her with the inspiration and writing material for which she had been seeking. She wrote of neighbors, farmhands, wildlife, weather, flora and fauna.

The author has successfully delineated Marjorie Kinnan Rawlings' development as a writer in this setting. Many of the facts of Marjorie's life are conveyed from actual letters exchanged between the author and her husbands, brother, friends, editor, business associates and other noted writers. McCutchan also relied on collections at the University of Florida to celebrate Rawlings' legacy; her attempts to share through her books and stories, the particular natural beauty of the Old Florida landscape that nourished and sustained her in "the life she wished to live."

Donna DeLeo Bruno is a retired teacher of Literature and Writing. Donna spends summers in Rhode Island and contributes book reviews to four local newspapers, and winters in Ft. Lauderdale.



Britain Celebrates Queen Elizabeth's Platinum Jubilee

Some Are Born Great, Some Achieve Greatness, And Some Have Greatness Thrust Upon Them

Nona Cree Smith
Gazette Contributor

As a young English girl, I was fascinated by the Royal family and was lucky enough to watch a young woman become Queen Elizabeth II on a wet June day in 1953. It was a joyful event for Britain and the Commonwealth, because for the first time this ancient rite of passage was to be televised to an audience of more than 27 million people in Britain and millions more viewers around the world.

In the early 1950s, not many people in Britain owned a television, but as this was the event of a lifetime, those with a set invited family, friends and neighbors to coronation parties in front of their black and white televisions. I remember sitting crossed-legged on the floor, surrounded by a small group of girls who were as enchanted as I was by the real-life fairy tale unfolding on the screen.

Never before had I seen anything like the pageantry of the Gold State Coach, drawn by eight gray geldings, making their slow procession from Buckingham Palace through the streets of London to Westminster Abbey, carrying the young queen to a ceremony that had crowned the heads of English royalty for nearly 1,000 years.

Once inside the Abbey, the 26-year-old queen walked with dignified solemnity to the Coronation Chair which faces the High Altar. The chair been the centerpiece of coronations since 1296, when it was made to enclose the Scottish Stone of Scone. The Archbishop of Canterbury conducted the service, a duty which has been undertaken since 1066. For the first time, a representative of another Church, the Moderator of the Church of Scotland, also took part.

The coronation service was almost three hours long and included anointing the monarch with sacred oil, an intimate part which was hidden from view by a canopy of gold. The ceremony continued in full view of the assembled dignitaries with the emblematic placing of the jewel encrusted symbols of royal power: Two scepters, a gold orb, gold bracelets and spurs. At the center of all this splendor was a calm Elizabeth, sitting on an ancient throne, as the Archbishop of Canterbury slowly placed the King Edward crown on her head and declared her Queen and Empress over Great Britain and the enormous empire spread across the world. On her return to Buckingham Palace, Queen Elizabeth wore the equally beautiful but much lighter Imperial State Crown.

A Dynasty-Changing Twist Of Fate

An Unlikely Heir Became Britain's Greatest Monarch.

King George IV was so worried by his son Edward, Prince of Wales, and his playboy ways, he publicly



"Trooping the Colour" has marked the official birthday of the British Sovereign for over 260 years. It features hundreds of officers, horses and musicians from the Household Division in ceremonial uniform. Image source: www.defenceimagery.mod.uk

said, "I pray to God my eldest son, never marries, and has children, so nothing comes between Bertie, (his second son) Lilibet and the throne." As fate would have it, Edward fell in love with divorcée Wallis Warfield Simpson so deeply, he chose to abdicate the throne on Dec. 12, 1936. He did not want to live "without the woman I love." And so Princess Elizabeth would follow her father George VI to the British throne.

70 Years Later, We Celebrate Queen Elizabeth's Platinum Jubilee

*"A good laugh is sunshine in the house."
- William Makepeace Thackeray*

The Platinum Jubilee of Queen Elizabeth II will be a milestone celebrated across Great Britain, the British Commonwealth and Territories in honor of a monarch who has left an indelible mark on the life of a nation and the world. She exhibits a steadfast character, honorable nature and thoughtful intelligence, with just the right touch of humor.

Various local proclamations and celebrations have been going on since January and will culminate with an extended four-day Platinum Jubilee weekend beginning on June 2.

"Trooping the Colour" will start things off with the pageantry that the British do so well. It will be fully staged for the first time since the start of the pandemic. The Royal Family is planning to appear on the Buckingham Palace balcony to watch a fly-by from the Royal Air Force and on the same day, more than 1,500 beacons will be lit across the UK and the Commonwealth with the principal beacon set aflame in a special ceremony at Buckingham Palace.

The long weekend of fun and pageantry will include something for everyone to enjoy or participate.

On Friday, June 3, a service of thanksgiving for the Queen's reign will be given at St Paul's Cathedral in London, while on Saturday, June 4, the Queen will attend the Epsom Derby. The prestigious horse race is the only Classic in the flat racing calendar, in which the Queen has not had a first-place win and it would be a dream come true if the horse-loving queen would have her horse win in her jubilee year.

On Saturday evening, the "BBC Platinum Party at the Palace," concert promises to

feature a full live orchestra. George Ezra is the first performer to be named on the line-up, which the BBC said will range from "pop stars to rock royalty to opera singers."

"Stars from film, TV and the stage will also celebrate some of the most significant cultural moments from the Queen's reign."

Sunday, June 5 will bring the "Platinum Jubilee Pageant," with a dragon puppet larger than a double-decker bus, marching bands and circus acts to celebrate the Queen's reign.



Queen Elizabeth II with the Archbishop of Canterbury during her coronation in 1953. Image source: Alamy.

Additional Events In Celebration

There are two long-term events that especially excite me, as a British citizen. One I will participate in, but stateside: I will plant some trees on our acreage in honor of The Queen's Green Canopy, a tree planting initiative to combat climate change.

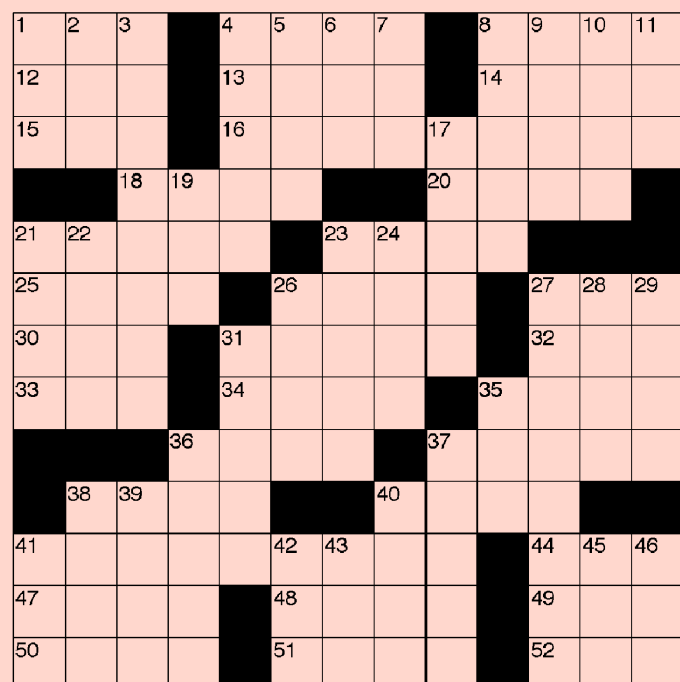
The other event I would love to see is the Superbloom at the Tower of London. More than twenty million wildflower seeds have been sown within the filled-in Tower Moat. The flowers will bloom in May and on through the summer. Hopefully, pollinators will get busy and make this a garden in perpetuity. A super, four-lane slide entry to the Superbloom gardens adds to the colorful fun.

Thank you, your Majesty, for an amazing 70-year reign. For more information, please visit www.royal.uk/platinum-jubilee-central-weekend and www.royal.uk/platinumjubilee



Queen Elizabeth II and The Duke of Edinburgh on her coronation day at Buckingham Palace in 1953. Image source: Alamy.

Crossword Puzzle Of The Month



ACROSS

- 1. Quid
- 4. Hall (Ger.)
- 8. Aid
- 12. Pointed (pref.)
- 13. US Dam
- 14. Son of Samuel
- 15. Formal dance (Fr.)
- 16. Pomace (2 words)
- 18. Quote
- 20. High (Lat.)
- 21. Heath evergreen
- 23. Novice
- 25. 7th incarnation of Vishnu
- 26. Sibillant sound
- 27. Industrial Workers of the World (abbr.)
- 30. Compass direction
- 31. Sultan's residence
- 32. Indo-Chin. language

- 33. Shooting match (Fr.)
- 34. Old yarn measure
- 35. Rebuff
- 36. Tribe
- 37. Card
- 38. Seaweed
- 40. Geological epoch
- 41. Housed
- 44. Hawaiian frigate bird
- 47. Sweet spire
- 48. Day (Lat.)
- 49. Poetic contraction
- 50. Lofty
- 51. Musical beat
- 52. Noncommissioned officer (abbr.)

DOWN

- 1. Vehicle compartment
- 2. Fiddler crab genus
- 3. Musical instrument (string)
- 4. Mosque student
- 5. Rhine tributary
- 6. Asian gazelle
- 7. Garland
- 8. Single (pref.)
- 9. Touch
- 10. Victory site of Nelson
- 11. Dip
- 17. Ankles
- 19. Amazon tributary
- 21. Former
- 22. Islamic month
- 23. Weary
- 24. Munich's river
- 26. Part of a golf club

- 27. Mirage
- 28. Women's Army Aux. Corps (abbr.)
- 29. Transitional editing effect
- 31. Coast
- 35. Flood
- 36. Deadly
- 37. Old-style verb
- 38. Gulf of the Ionian Sea
- 39. Heb. avenger
- 40. Onionlike plant
- 41. Hole
- 42. Central daylight time (abbr.)
- 43. Aunt (Sp.)
- 45. Office of Economic Development (abbr.)
- 46. Orinoco tributary

Answers On Page 10.



JOHN KNOX VILLAGE

An Award-Winning Life-Plan Retirement Community

experience the Pavilion

Coming

Early Summer 2022

The newest addition to the JKV campus is our \$34 million Pavilion

The 27,000 sq. ft. Pavilion is home to:

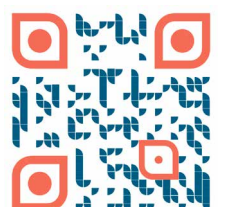
- 350+ seat contemporary Cultural Arts Center
- Pre- and post-event gallery space
- Furman Court, a tranquil, modern outdoor area for gathering and relaxing
- Seaglass and The Pearl dining venues
- Barton's Nautilus Bar
- Terraces & green spaces
- Lake views



Give us a call to find out more about our Life-Plan Community 954-871-2655



Scan with your camera phone to tour the Pavilion



JOHN KNOX VILLAGE
Where possibility plays

web JohnKnoxVillage.com
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Have you *Asked* Kim?



Dear Kim: "I am a beach lover and love my early morning walks along the water. How close are you to the ocean?"
— *Lounging in Fort Lauderdale*

Dear Lounging: We're just two easy miles from Pompano Beach. The beach is very popular with our residents, so you'll always have good friends with whom to share fun in the sun.

Dear Kim: "We have been looking into future options. Can you tell us what the difference is between a rental community and JKV?" — *Planners in Cooper City*

Dear Planners: Good for you. You are being proactive and researching your options. A rental community gives you the flexibility to do a one-year or month-to-month agreement. Rental communities typically have

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

one dining room and fewer amenities than a **Life-Plan Retirement Community** like JKV. At JKV, you can live your best life by enjoying several dining venues, our Aquatic Complex, robust, award-winning Life Enrichment programming and more. All this while having the peace of mind knowing that you made a choice for your **unlimited health care needs at a predictable price that you chose.**

Join us for Brunch

Learn about all the things JKV has to offer:

Thurs., May 12: 11 a.m. – 12:30 p.m.

or

Thurs., May 26: 11 a.m. – 12:30 p.m.

Please RSVP by calling 954-871-2655. Space is limited.



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

John Knox Village 400 SW 3rd Street, Pompano Beach, FL 33060
Johnknoxvillage.com | jkvgrows.com



John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village have a legal obligation to treat each individual in a consistent and equally fair manner. In order to assist you with your decision on your new home, we are providing a list of guidelines used to qualify residents for tenancy in our community. Please note that this is our current rental/ownership criteria; nothing contained in these requirements shall constitute a guarantee or representation by John Knox Village that all residents and occupants currently residing at the community have met these requirements. There may be residents and occupants that have resided 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.

Live Your Best Life Now

Social Dimension Of Wellness: The Second In A Seven-Part Series

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator

The International Council on Active Aging (ICAA) defines wellness as this: “Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential to pursue and optimize life’s possibilities.”

The International Council on Active Aging further declares these seven dimensions of wellness as the important elements upon

which we should focus, in order to create a happy, healthy and most fulfilling life. These are physical, emotional, spiritual, intellectual, social, environmental and vocational dimensions.

Each month for seven months, I’m covering a different one of the above dimensions. Last month,

I shared the importance of focusing on the vocational dimension of wellness. In this article, I will expand on the social dimension of wellness with you, in order to inspire and empower you to apply this principle as an integral part of creating your very own best life.

Social time with others is so important to our health, wellness and overall well-being. People are happier, less stressed and more well-adjusted when they feel a sense of community, and a sense of belonging. Socializing helps to prevent feelings of loneliness. It also helps with cognitive function and increases sense of joy.

Socialize To Increase Quality Of Life

Many studies have shown that socialization increases not only longevity of life but enhances the overall quality of life itself. Studies have also shown that socialization can be a natural antidepressant, and it can help improve mental and emotional health.

Sometimes, if we find ourselves feeling isolated, lonely and depressed, the last thing we might want to do is go out and socialize. However, this is when it is most important to push ourselves because, in that moment, this truly is the best thing we can possibly do.

Depression can be eradicated once we take our



7 DIMENSIONS OF WELLNESS

mind off ourselves and focus on others. When we open up to receiving kindness from others, we give ourselves a very precious gift.

The Blue Zones

The Blue Zones is a study of five different places around the world, where centenarians live their healthiest, happiest lives. One of the elements that they all have in common is a strong sense of community. Connection is important for ultimate well-being, so make socialization a regular part of your life. This is one of the Seven Dimensions of Wellness. Enjoy meals and other activities with others. Join clubs, volunteer, attend events and be open to exchanging connection with people throughout your day, wherever you go.

There’s nothing more rewarding than the feeling of helping someone else. Everyone is fighting a tough battle at one time or another, so take the time to connect with others and simply be kind. We never know the impact that our kindness can have on another human being.

Embrace Friendships

There is a saying that I absolutely love, “Enjoy the moment, and the energy of that moment will transcend beyond all boundaries.” If we simply embrace every moment possible with other human beings, we never know the impact we can have on this world. We also may never realize the impact of opening our heart to another human being can have on our own lives. We were made to share love and connection with each other. It’s a basic human need.

Consider making it a point to add more socialization into your life. It’s good for your health and it will bring you so much joy.



At JKV, there is a full daily schedule of social and recreational activities to interact with residents and to meet new friends.

Protect Yourself From Online Fraud

Bernard Nixon
Gazette Contributor



Bernard Nixon

the ways that they operate, and how you can protect yourself online:

Suspicious Emails

One of the major ways they are targeting people is through a fake refund or purchase emails. These can all look slightly different, but they all have a similar blueprint that you can learn to recognize and avoid. Usually, they are masquerading as a receipt for either a refund or purchase that you never made. The goal of the email is to worry you, cause you to second-guess yourself, and eventually to reveal your personal information to them to “fix” the problem.

Don’t Fall For These

There are three tell-tale signs to look out for in

these emails to tell if they are fake or not:

- **Poor spelling and/or grammar** (“Hello sirs, i am your Comcast Agent. We need to talking to you about bills”).
- **Illegible or outlandish email address in the “From” field** (“amazoncustomerreturns@zukkaresh.rt, customerservice1da2341aw231a@gmail.com”).
- **Incorrect, low-quality, or “knock-off” brand images in the body of the email.**

If you receive an email that shows one or more of the above signs of fraudulent intent, contact the institution they are claiming to represent directly and ask them to confirm the correspondence. Don’t ever respond to, or open a link from an email you suspect may be a scam.

Who Can You Trust?

Emails aren’t the only way crooks try to get at people online, sometimes they will set up or infect unsecured websites that can be dangerous to visit. These are often hobby sites or smaller online retailers, but they are often just a front to collect your payment data when you attempt to purchase a product from the website.

Different websites have different levels of security. These different levels of security let you know how much personal information is safe for you to share. To be able to tell what is safe and what isn’t, there are two basic indicators to look for before you trust a website. Conveniently enough, they are both located in the address bar and located at the top-left corner of most web browsers.

- **First, check if the web address has “https” at the beginning.** This is a security protocol that



Be cautious, even suspicious, of texts or emails that ask you for personal and/or financial information.

legitimate websites use to ensure the privacy of your connection to the site.

- **Second, check for a gray or green lock off to the left of the address.** This is an indication that the connection is secured.

If a website shows both of these indicators, feel free to share personal info like your email address and phone number if you trust the organization. If it does not have either of these, or it says “Not Secure” to the left of the address, do not trust this site with any personal or payment information. Even if the website is legitimate, your connection there is not secured and any information you share with them could be intercepted.

Next month we will examine the importance of strong, non-duplicated passwords.

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

The Bitter Truth About Sugar And Sweeteners

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

If you want to live a healthy, long life without diabetes, obesity, high blood pressure, heart disease and a host of other chronic conditions, you better do something about your sweet tooth.

Sugar is incredibly bad for us, even for those who manage to stay slim. First evidence of crystallized sugar dates back to India over 2,000 years ago. From India, the craft of making sugar from sugar cane spread to China, then the Islamic world, before reaching the West Indies

and Americas in the 16th century.

Through most of history, sugar was an “expensive spice” used in small quantities, until the discovery of beet sugar and mechanization of sugar production in the late 18th century, turning sugar from a luxury item into a commodity. In 1957, the production of high fructose corn syrup was discovered, rapidly replacing sugar in American food and beverage manufacturing and marking the steep rise in the epidemics of obesity, diabetes, high blood pressure and other chronic diseases.

The Health Problems Of Fructose

Fructose accounts for as much as 10 percent of today’s caloric intake, but the negative impact on our health goes well beyond the calories.

For one, fructose stimulates production of fat in our bellies and livers. Fatty liver is not only the number one liver disease in the world, but also contributes to insulin resistance, a first step towards type 2 diabetes.

But fructose also leads to a production of uric acid in our body. While most of us are familiar with the connection of uric acid to gout – an exceedingly painful condition, caused by crystallization of uric acid in the joints – uric acid also leads to oxidative stress in

our mitochondria, now believed to be the root cause of diabetes and obesity.

In addition, fructose leads to salt and water retention and decreased nitric oxide production, leading to high blood pressure and stiffness in our arteries. Fructose also seems to be programming future high blood pressure in unborn babies still in their mothers’ wombs.

The majority of fructose in the American diet comes from soft drinks, consumption of which is an independent predictor for the development of metabolic syndrome and diabetes. When 200 grams of fructose were given to overweight men for just two weeks, one in four developed high blood pressure and new metabolic syndrome, that quickly. While it increases our waists, fructose simultaneously decreases our metabolism (or resting energy expenditure) leading to obesity – while not even curbing our hunger. Scary? It should be.

As if that was not enough, fructose causes imbalance in our gut microbiome (dysbiosis) which leads to impaired permeability of the intestinal lining (in laymen terms, “leaky gut”) – a major source of inflammation. This can affect any part of our bodies: From our lungs (increasing the risk of asthma), to our joints (arthritis), to our brains (Alzheimer’s dementia, depression, and host of other neurodegenerative conditions). Do you still think it’s sweet?

The Problems In Table Sugar

Table sugar (sucrose) contains half-glucose half-fructose, so it doesn’t get you off the hook at all. It is also a strong activator of the dopamine reward center and even opioid receptors in our brains, conditioning us to seek it again and again – the food industry’s dream come true.

Given that one out of three Americans is either overweight or obese, perhaps sugar should be made into a luxurious “spice” once again, and high-fructose syrup containing drinks banned altogether, or taxed enough to pay for the trillions of health care dollars spent related to its use each year.

Can’t we just enjoy diet drinks instead, since there are so many artificial sweeteners to chose from? Not so fast. Many artificial sweeteners have been linked to



Stick with whole foods and learn to appreciate the natural sweetness in foods like fruits and vegetables.

dysbiosis and damage to our intestinal lining leading to inflammatory bowel disease and other problems, depending on the type of artificial sweetener, amount and our genetics.

Maybe we should just stick to whole foods and learn to appreciate the natural sweetness in foods like fruits and vegetables, whose content of vitamins, flavanols and other micronutrients mitigates some of the negatives of their sugar.

If I did not convince you, just try to stay away from sugar for one month. I bet I will get some thank you notes after just two weeks.

Be well and be happy.

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

Triangling In Relationships

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

In Family Systems Thinking, we do use the word triangle as a verb, as in “triangling.” What in the world is it?

Have you ever attended a conference, speaking with someone in the hallway? How long does it take for a third to come up and join you, or try to anyway? That may or may not be triangling. It may be simple curiosity. Nevertheless, we humans do have some force propelling us into being the third of a twosome.

Dr. Murray Bowen, the architect of the Family Systems Theory, thought it to be such a force because three in a relationship are more stable than two. Anxiety seems to travel around within a group of three. Some of the groups stay together a long time. Others burst and find other groups.

Sometimes anxiety becomes so severe that a small group cannot contain it all, so it finds somewhere else to go to, telling the group story once more. In the everyday kind of triangle, it is simply gossip. It might be looking for sympathy or getting help. Or it might be simply looking to find a group to join. It might be going to a higher authority to bolster one’s side...on and on.

Sometimes the anxiety travels outside that group, such as to a congregation. It might then involve the protective agencies or the court. In this way, anxiety can travel out from one group into a large part of society.

We See Triangling In Today’s Politics

If someone objects, the story or narrative might find two sides, as we have now in our society, each accusing the other (I assume because of higher than usual anxiety levels) of lies. Groupthink travels by way of triangles to everyone, even to those who don’t often have an original thought of their own. They simply repeat someone else’s narrative as though it were theirs.

We can all call up examples of this behavior. It especially occurs in families. Watch for it at especially anxious times, like when someone has died, or is born.

And if we want relationships that work well over

time, we’ll become familiar with triangling for what it is: Another relationship difficulty that can be dealt with.

How Do We Deal With Triangling?

Well, not in the traditional way many of us have been taught to: By going to the triangers, confronting and having it out with them. That will probably end up in hurt relationships, hurt feelings and more triangling. Better to work on self by trying to be the calmest one in the room, and from a position of calmness, stay in touch with the emotions present. Calmness is catching, as is anxiety. So, if one can communicate from that still, small emotional place, it may influence the situation. We always work on self, and not the other.

Also, do not talk about someone who is not present. It is always tempting but does not help anyone. In fact, while my children were growing up, I used to take them, unless the teacher objected, to many of the parent-teacher meetings. It was just one of my guiding principles that I thought would teach them a lot.

Gossip, Lies, Hyperbole

Much of the time, triangling is based on hyperbole or outright lies. Once a clergy person spoke of a situation where someone didn’t want the pastor to be there. He took to many triangles around the congregation. Your friends will come and tell you about it. They did.

Rev. X replied with an impartial audit of records at the first possible time. The audit vindicated Rev. X completely. The complainer was fired from his position soon thereafter.

Once, I had a renter in my office suite who was trouble from day one. Out of the blue, I got a call from a real estate agent who said they wanted me to sign rights over to the renter who wanted to buy the suite. I didn’t even know it was for sale. Being quite shocked at this, I stalled. I asked the agent to put my renter on the phone. ‘How long have you been considering this?’ I asked. ‘Oh, about six weeks,’ she replied. She had said nothing to me, though mine was the name on the lease. I said that in fairness to myself, I would have to take a few weeks to consider everything. In the end, I bought it from the seller and she left with her troublesome behavior.

From these stories, we can see triangling up close and personal.

Until next month, stay out of the triangles if you can, but if not, you’re only human.



Gossiping about the other, the person not in the room, is an example of triangling in a relationship.

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

Sudoku

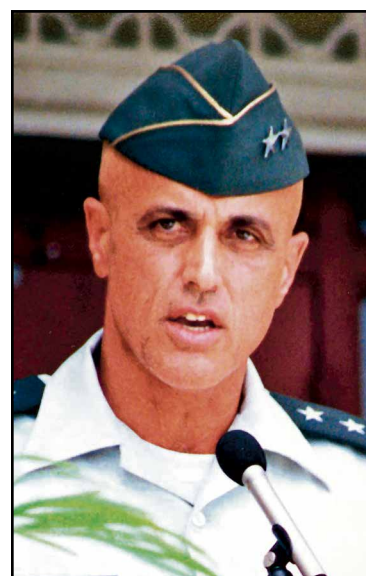
Answers On Page 10.

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

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

China Needs To Influence Russia

Burn Loeffke
Gazette Contributor



Burn Loeffke

The current situation in Ukraine has me gravely concerned. Not only for the humanitarian needs of the Ukrainian people, but also for the inherent threat of nuclear war.

I have a little experience in this matter. As a General in the U.S. Army in the 1970s, I was the Army Attaché in Russia. As a staff officer, I participated with the Russians in Geneva, Switzerland in the Strategic Arms Limitation Talks (SALT) negotiations. I was also the first U.S. Army General to be Defense Attaché in the People's Republic of China (PRC) in the 1980s.

With so many topics to consider this month, the war in the Ukraine demands our attention. This is one soldier's view.

Mutual Assured Destruction

We had been living for decades under this strategy. It means that both Russia and the U.S. would be destroyed if either launched a nuclear strike. Vladimir Putin issued a wakeup call when he announced in March 2022, that he was putting his nuclear forces on alert. One man is willing to take the world to the brink. Ukrainians are asking for a NO-FLY zone over Ukraine. This is a red line that we do not want to cross. It would put the U.S. in direct confrontation with Russia, who has a dangerous leader.

We Had A Treaty

As part of the SALT treaty, Russia and the U.S. agreed to onsite inspections of nuclear systems on their territories. The inspection started with a call that tells us, that Russians would arrive in the U.S. in 24 hours. They would say they will arrive on the East or West Coast. We would meet them, ready to take them to whatever site they wish to go. We in turn, did the same, as we informed the Russians that we would land on the West or East Coast of Russia. These inspections gave both sides a glimpse of the status of one part of the nuclear arsenal. We developed a cooperative system under the slogan **TRUST but VERIFY**. The survival of our nations demands that we verify.

WARNING: We are today in dangerous times. The inspections mentioned in the above paragraph have been discontinued. An important initiative in making the world safer is not there.

Are The Russians Lying To Us?

This was the first question that a Senator asked when I was testifying in front

of the Senate Committee on POW/MIAs in the 1990s. My response: "Many brave Russians have told the truth and were punished for doing so." My Russian counterpart, General Dmitry Antonovich Volkogonov was one of those brave officers who was dying of cancer. One of my duties was to keep him alive.

He was wary of being treated in Russian hospitals, so I accompanied him to our hospitals in Washington to be treated. We became friends and I personally saw his courage as he published the truth that did not please many. General Volkogonov was the first Soviet officer to have sworn in front of the Senators in Congress, "to tell the truth, so help me God."

Chernobyl

The nuclear accident at the power station in 1986, caused radiation to fall around the world. I was in Moscow weeks later as the director of Task Force Russia. I interviewed the Russian General in charge of containing the disaster. This man and other brave Russians were dying from the radiation they received while flying in helicopters to assess the damage. This accident convinced many that little would survive a full scale nuclear war. To this day, there are zones that are uninhabitable because of the radiation.

What Can Be Done?

Fifty years ago, President Richard Nixon and Dr. Henry Kissinger were working to have China help us to leave Vietnam. Today the world needs China to influence Putin to stop the slaughter in the Ukraine. The word for China in Chinese is Zhong (middle). We need for the Middle Kingdom to be in the middle helping mediate this conflict.

Misunderstandings

Wars have started because of misunderstandings. Confucius, the Chinese philosopher, has advice for those of us who want to prevent wars: "I am not afraid of others not understanding me. I am afraid of not understanding others."

Bernard "Burn" Loeffke is a retired Major General of the United States Army and frequent contributor to The Gazette. He fought and was wounded in the Vietnam War. In four years of combat as a Lt. Captain, Major and Lt. Colonel, he was awarded several valor honors including the silver star, bronze star and others. He later served as the commanding general of U.S. Army South. In the 1980s, he was the first American Army General to serve as Defense Attaché in the Peoples Republic of China and was also Army Attaché in Moscow. In 1992, he retired and was called back four months later to head a year-long delegation looking for POWs in the former USSR. He retired again in 1993, and immediately started his second career in medicine. He finished his medical studies in 1997, and participated in medical missions in war-torn or impoverished areas such as Bosnia, Haiti, Kenya, Iraq, Niger, Darfur and the Amazon jungles.

Honor Our Fallen Military

Remember Those Who Defended Our Freedom On Memorial Day

Rev. Rachael Gallagher
JKV Spiritual Life Director



Rev. Rachael Gallagher

Memorial Day is an American holiday, observed on the last Monday of May, honoring the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it originated in the years following the Civil War and became an official federal holiday in 1971.

Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings, and participating in parades. Unofficially, it also

marks the beginning of the summer season, but here in South Florida, we've been celebrating summer for months already.

America's War Between The States

The Civil War, which ended in the spring of 1865, claimed more lives than any conflict in U.S. history and required the establishment of the country's first national cemeteries.

By the late 1860s, Americans in various towns and cities had begun holding springtime tributes to these countless fallen soldiers, decorating their graves with flowers and reciting prayers.

On May 5, 1868, Gen. John A. Logan, leader of an organization for Northern Civil War veterans, called for a nationwide day of remembrance later that month. "The 30th of May 1868, is designated for the purpose of strewing with flowers, or otherwise decorating the graves of comrades who died in defense of their country during the late rebellion, and whose bodies now lie in almost every city, village and hamlet churchyard in the land," he proclaimed.

Memorial Day Honors Those Lost In All Wars

Memorial Day, as Decoration Day gradually came to be known, originally honored only those lost while fighting in the Civil War. But during World War I, the

United States found itself embroiled in another major conflict, and the holiday evolved to commemorate American military personnel who died in all wars.

For decades, Memorial Day continued to be observed on May 30, the date Gen. Logan had selected for the first Decoration Day. But in 1968, Congress passed the Uniform Monday Holiday Act, which established Memorial Day as the last Monday in May in order to create a three-day weekend for federal employees. The change went into effect in 1971. The same law also declared Memorial Day a federal holiday.

Pompano Beach Memorial Day Parade

Cities and towns across the United States host Memorial Day parades each year, often incorporating military personnel and members of veterans' organizations. This year, the Pompano Beach Memorial Day Parade begins at 10 a.m. on May 30 at McNab Park and ends at the City of Pompano Beach Cemetery. For more information visit: www.pompanobeachfl.gov/programs/memorial-day-parade-1

Americans also observe Memorial Day by visiting cemeteries and memorials. Some people wear a red poppy in remembrance of those fallen in war.

However you choose to observe Memorial Day this year, take a moment to honor a veteran in your life and to remember those we have lost while serving. After all, it is to them whom we owe our freedom.



Visitors to Arlington National Cemetery pay their respects to loved ones in Section 60 on Memorial Day in Arlington, Va. (U.S. Army photo by Rachel Larue/Arlington National Cemetery/released). Image source: Wikimedia Commons.

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

CUD	SAAL	HAND
ACU	OAHE	ABIA
BAL	FRUIT	PULP
CITE	ALTE	
ERICA	TIRO	
RAMA	HISS	IWW
SBE	SERAI	LAI
TIR	HEER	SLAP
FOLD	DEUCE	
AGAR	LIAS	
PROTECTED	IOA	
ITEA	DIES	OER
TALL	TAKT	NCO

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

JKV Residents Meet And Greet The Authors

Tim Malloy, James Patterson And Mike Lupica Talk About Writing Their Books

Marty Lee
Gazette Contributor

A large group of JKV residents – book lovers all – were invited to a special opportunity by FAU Osher Lifelong Learning in Ft. Lauderdale to meet and greet noted authors James Patterson and Mike Lupica, who collaborated on the recently published book, *“The Horsewoman.”* The event’s on-stage interviewer was Tim Malloy, an Emmy Award-winning television reporter, author and co-writer with James Patterson on the non-fiction book *“Filthy Rich: The Shocking True Story of Jeffrey Epstein.”*

James Patterson is the world’s best-selling author and a prolific writer, having published more than 200 novels since 1976. He has had more than 114 *New York Times* bestselling novels. Patterson quite frequently collaborates with others on books including: *“Run, Rose, Run: A Novel”* with Dolly Parton, and *“The President Is Missing”* with Bill Clinton.

Mike Lupica recently co-wrote *“The Horsewoman”* with Patterson. Lupica is well known for his sports commentary in the *New York Daily News* and his appearances on *ESPN*. Lupica’s daughter Hannah is a horsewoman and a competitive show jumper. Both Patterson and Lupica have homes in Palm Beach, so it was just a matter of time before they joined forces to write a novel about a mother and daughter who are competitors in the sport of equine show jumping.

All-Star Writing Team

In the interview Patterson and Lupica were asked how they decided to write together, to which Lupica replied, “If you are going to write with someone, I strongly recommend you pick the world’s bestselling author.”

“Jim had heard that my daughter Hannah was a



Tim Malloy, James Patterson and Mike Lupica explained their process of authoring books to JKV residents.

competitive rider; where men and women of all ages compete against each other.”

Patterson said, “The story of *“The Horsewoman”* is about equestrian show jumping and the story of a mother and daughter, who both want to compete in the Olympics.”

Lupica said there was one goal in writing the book: “To put you on the horse and in the ring. The equestrian sport means, that after all the years of training, hitting just one rail can put you out of the competition. It was a real joy when Jim came into my life. His philosophy is to throw everything in – even the kitchen sink. Working with Jim was like taking a master class in storytelling. It’s like telling a story to someone across the room, but they don’t want to get up.”

Returning the praise Patterson said that Mike is “the best writer I ever worked with. Better than Bill [Clinton] and Dolly [Parton].”

Audience Reactions

Attendees received a copy of *“The Horsewoman.”* JKV Resident Andrea Hipskind said of the Meet and Greet, “I have always been a James Patterson fan, since the early Alex Cross days. I recall watching Mike Lupica on *ESPN* and reading his columns in various publications. I have read so many of Patterson’s books that it is impossible to count.

“The Meet and Greet with Mr. Patterson and Mr. Lupica was thoroughly enjoyable. I really loved the comic banter that exists between the two authors.”

JKV Residents Karen and Pete Audet also attended. “The opportunity to meet both Patterson and Lupica was beyond amazing,” Karen said. “You could see the

great vibes between the men. It gave me the impetus to read Patterson’s latest books and even some of his older books.”

Karen read her copy of *“The Horsewoman,”* and said, “The book kept me interested until the final page, wondering which woman would be the champion. The chapters are full of excitement both good and bad. I learned a lot about horse competitions. After reading the book, I am certain that Mike’s daughter is intensely involved with horses.”

Pete joined in his wife’s enthusiasm for the Meet and Greet and said, “I was amazed that the rapport between the two authors was really deeply insightful.

“We learned quite a bit about the sport of horsemanship. Since there is no age or sex bias in the sport, it truly becomes man [or woman] and horse against the steeplechase course. Mike Lupica shared that his daughter was an accomplished rider and went on to share the anxiety, the stomach in the throat apprehension, whenever his daughter engaged in a steeplechase obstacle jump. You could feel the parental empathy. The sheer weight of the animal’s jump and the prayer her horse lands on all four legs, and the successful subsequent emotional release.

“The banter on the stage ran back and forth and truly gave you the sense the authors were talking from experience, and only allowing the readers a small piece of the vicarious experience.”

If you are a fan of Patterson and Lupica, they are working on two more books together. One will be *“House of Wolves,”* about owners of professional football teams.



Author James Patterson with JKV residents Karen Audet and Andrea Hipskind.

Live And Local Concert Series Presents J.P. Soars, Award-Winning Bluesman At Ali Cultural Arts Center

Kay Renz
Special to The Gazette

Pompano Beach’s Ali Cultural Arts Center is excited to expand the South Florida musical landscape by providing a stage for the area’s best bands with the *Live and Local Concert Series*, showcasing all genres, including rock & roll, hip-hop, grunge, reggae, blues, classic pop, alternative and more.

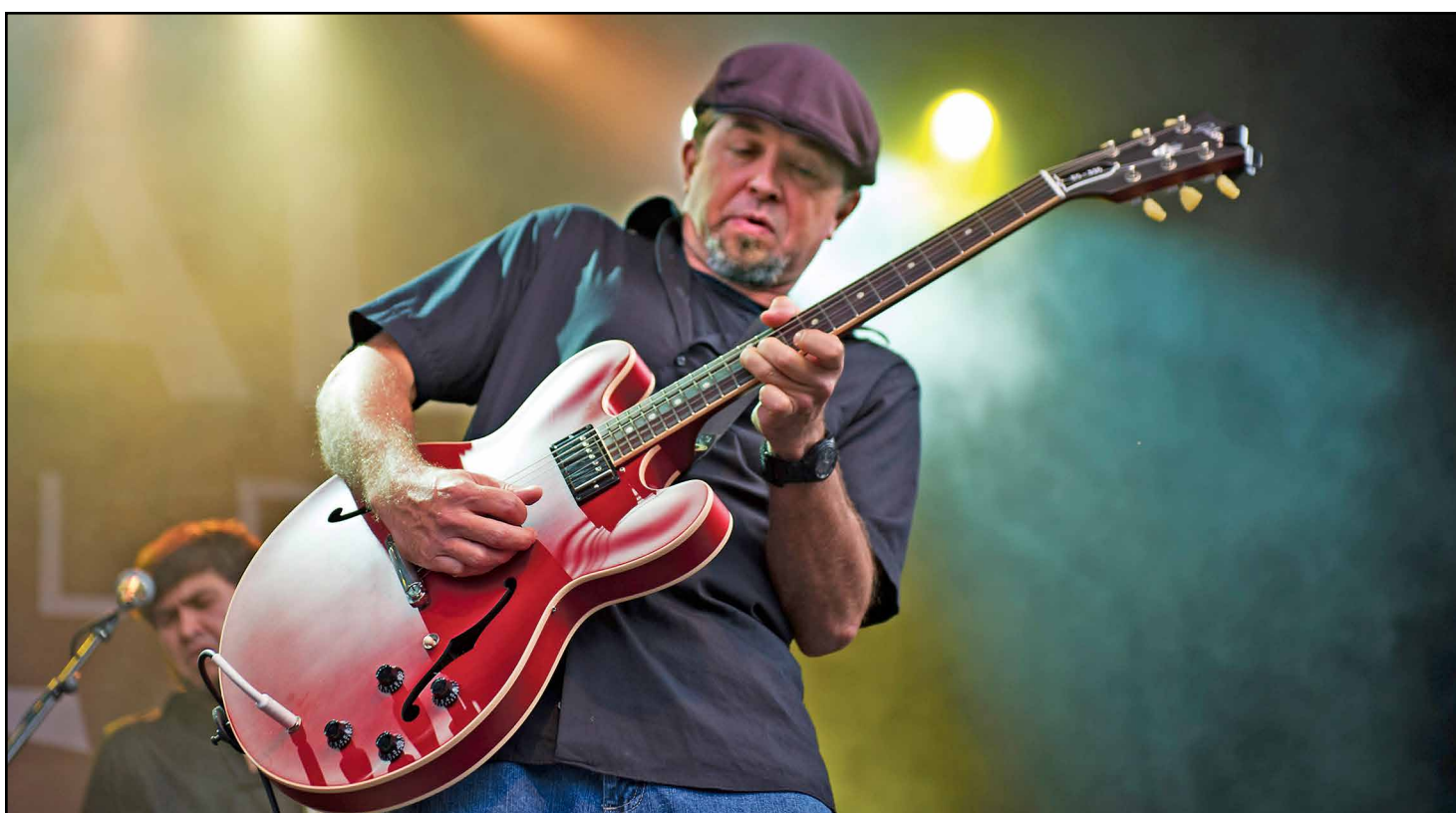
On Friday, May 20, J.P. Soars will bring his brand of blues to the stage at the Ali Cultural Arts Center in Pompano Beach.

J.P. Soars: Acclaimed Blues Artist

Soars is a blues singer, guitarist, songwriter and record producer. In 2021, he was nominated for a *Blues Music Award* in the Contemporary Blues Male Artist category. A 2009 winner of the International Blues Challenge, Soars has released six albums, including his most recent collection, *“Let Go of the Reins”* in 2019.

A gritty and expressive vocalist, Soars elicits signature tones from hollow-body guitars, and employs a homemade two-string cigar box guitar for his incendiary slide guitar playing. He has toured extensively in Germany, Holland, France, Switzerland, Luxembourg, Austria and Colombia, as well as throughout the United States and Canada. In the past two years, Soars and his backing band the Red Hots have also played the Peer Blues Festival in Belgium, sharing the stage with Buddy Guy, Joe Bonamassa, Brian Setzer and Larry Graham, and the Mississippi Delta Blues Festival in Caxias do Sul, Brazil before 10,000 people.

“We are so excited that this award-winning, internationally renowned musician will be playing on the Ali stage,” said Phyllis Korab, Director, Cultural Affairs Department. “J.P. Soars has been the recipient



Blues Artist J.P. Soars will appear at the Ali Cultural Arts Center on Friday, May 20.

of continuing critical acclaim, has enjoyed extensive worldwide airplay and his recordings have been in the top rungs every major blues chart.”

Space is limited, and no tickets are sold at the door. Get your tickets now for the performance on Friday, May 20 at 7 p.m., featuring powerhouse blues guitarist and vocalist J.P. Soars. Tickets are \$10, available at www.pompanobeacharts.org

Food and beverages will be available for purchase.

Upcoming Live And Local Concert

The next *Live and Local* concert will be Friday,

June 17 at 7 p.m. featuring Positively Africa, the premier contemporary African band of South Florida, specializing in a compelling blend of afro-fusion, jazz, funk and traditional rhythms.

Directions To Ali Cultural Arts Center

The Ali Cultural Arts Center is located at 353 Martin Luther King, Jr. Blvd., Pompano Beach, FL.

Directions: Take Dixie Highway to Dr. Martin Luther King Jr. Boulevard/Hammondville Road and head west. At NW 5th Avenue, turn right (north) and enter the parking lot on your right.

Surviving Thanks To 'MOM'

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

If I could share a cup of coffee with Mother Nature, I would love to ask her why she worked so hard for millions of years to make our brain as it is today. My guess is she would say that the answer is right under our noses: To survive better.

Sure, we face tough times right now, but our ancestors survived far worse conditions, including a very close call with extinction.

About 70,000 years ago, a deadly disaster occurred, possibly a massive volcanic eruption of Mount Koba in Indonesia.

In the aftermath of this environmental catastrophe, temperatures dropped suddenly and food became scarce, even in the tropics. The human population died off, dropping to a few thousand breeding pairs living in groups close to each other in sub-Saharan Africa.

Despite this close call, here we are today – all eight billion of us. We are all descendants of the mitochondrial Eve and Y-chromosome Adam that made it through these tough times. How did our ancestors cope with the anxiety and fear of those uncertain times?

The Brain's Best Friend

This narrow survival victory was our brain's finest hour. We would not be here if our brain had not pulled its weight and bailed us out. Somehow our ancestors partnered with our brain to cheat extinction without the aid of books, computers, college, smartphones, artificial intelligence, or anything else we associate with "intelligence" today.

As sunlight and food disappeared, what kept humans from destroying each other in a downward spiral of fear and violence that would have kept their nervous systems in a permanent, inflammatory over-

drive? What was the magic trick our brain used to survive the worst times we have ever faced?

We know the answer wasn't food, as that was in short supply. And we know that it wasn't exercise, as these survivors didn't have enough fuel for vigorous exercise. Even today, findings confirm that optimal levels of nutrition and exercise by themselves do not guarantee longevity or brain health.

Our ancestors stumbled upon the brain's best friend for fighting stress: The neurotransmitter oxytocin. With a chemical formula of C43H66N12O12S2, oxytocin is a mighty organic molecule (MOM for short).

This miraculous MOM factor called oxytocin does two things to make the brain happy: It reduces inflammation and pain.

Eight Ways To Renew The Brain

Don't confuse oxytocin with oxycontin, the synthetic version of oxytocin which helped to fuel the opioid crisis. Oxytocin is the real thing, made deep within the brain by the hypothalamus, the brain's mind-body and fight-or-flight manager.

One of oxytocin's secret weapons is a small amount of sulfur, which is important for DNA and cell repair. But wait, there's more: Oxytocin is available for free anytime, even when food is scarce.

Oxytocin, first discovered in 1835, comes from the Greek words for "quick birth," since this MOM factor facilitates childbirth and breastfeeding. Both men and women have oxytocin receptors in the brain, although women tend to have more of them.

Fortunately, you don't have to have a baby to get a good dose of oxytocin. Over the past 200 years, research findings have confirmed that oxytocin – nicknamed the cuddle hormone – is generated by a wide range of social bonding behaviors that involve empathy and trust.

We have access to the same oxytocin-boosting, stress-busting activities that worked for our ancestors – and some new ones as well. Here are eight quick-and-easy, free ways to boost your MOM factor:

1. **Dancing**
2. **Eye contact**



Village Towers Residents Paula and Gordon Prat enjoy a dance at a gathering at Stryker's Poolside Sports Bar.

3. **Generosity**
4. **Hugging**
5. **Listening to favorite music**
6. **Looking at family pictures**
7. **Participating in a support group**
8. **Talking to a friend**

Oxytocin only lasts for about 20 minutes in the blood stream. Connect with others frequently and avoid social isolation to keep the MOM factor flowing. You will get a good night's sleep and make your brain happy too.

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

Reserve Your Spacious New Amelia A1 Apartment Home In The Vue At Westlake

John Knox Village is buzzing with excitement as the Pavilion, with its 350-plus seat Cultural Arts Center, restaurants and gathering spaces, nears completion. Two new residential towers, The Terrace and The Vue at Westlake, are now under construction.

This month's featured apartment home is the Amelia A1, available in The Vue. Get in the queue, make your 10-percent deposit and become a Westlake Club member. Plan a visit to John Knox Village and enjoy a complimentary lunch in the Glades Grill overlooking the Aquatic Complex.

The Amelia Apartment Home Features:

- **Stainless steel kitchen appliances: Range, refrigerator, dishwasher and microwave**
 - LED kitchen lighting
- **Under-mount stainless steel sink w/spray faucet and disposal**
- **Quartz/granite kitchen countertops**
- **Choice of upgraded backsplashes**
 - Choice of kitchen hardware
 - Generous cabinet selections

Master Suite

- Spacious walk-in closet
- Baseboard molding
- Walk-in shower

Bright, Spacious Interior

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

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

web JohnKnoxVillage.com

JohnKnoxVillage

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



The Vue and The Terrace at Westlake will overlook the reconfigured Lake Maggie.

**The Amelia A1 In The Vue At Westlake:
1 Bedroom / 1 1/2 Baths + Den: 1,231 sq. ft.**

