

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

# Gazette

where possibility *plays!*

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## Know What's Hotter Than Summer? Improvements At John Knox Village



Rex Foster Lake, in front of the newly opened Pavilion, is currently being excavated. When completed, it will connect with Lake Maggie to offer waterviews in The Vue and Terrace apartment buildings now under construction.

**Rob Seitz**  
Gazette Contributor

It certainly is summertime...and it is possible that the livin' is easy...but improvements to John Knox Village have never been hotter.

There was a July grand opening ribbon cutting ceremony for the newly updated and renovated Rejuvenate Salon & Spa on the first floor of Cassels Tower, the 17-story apartment building with the iconic clock that Interstate 95 motorists can see.

In those new digs, residents and employees can enjoy salon and spa services befitting a resort—including His and Her hair care, texturizing and coloring, mani-pedis, waxing, facials, peels, Swedish, therapeutic and scalp massages, as well as aromatherapy blends.

Meanwhile, also in Cassels Tower, the JKV Renovations Team is busy converting what were first-floor administrative offices into five state-of-the-art new residences, three of which

will have wonderful waterviews once expansion of the Village's Rex Foster Lake is complete.

Additionally, renovation work on JKV's 10-story Village Towers apartment building has finished. It included replacing the roof, installing impact windows and sliding glass doors, exterior waterproofing and painting, and most recently, replacing all patio screen frames and screening for the nearly 200 apartments. Village Towers is unique at JKV, as it is the one building that provides the option for residents to enjoy outdoor patios.

Simultaneously, common-area renovation work is taking place in the 10-story Heritage Tower, which includes lighting upgrades, fresh paint, new carpets and upgraded flooring to replace outdated floor tiles.

Without a doubt, the hottest project is also the most ambitious one in JKV's soon-to-be 55-year history—Westlake.

*See "Improvements" on Page 2*

*Westlake – the most ambitious project in JKV's history.*

## 50 Years Ago: The '70s Full Of Influence, Fun, Frustration

**Nona Cree Smith**  
Gazette Contributor

With our anniversary in August, Marty and I were reminiscing about meeting each other in the '70s. We were an oasis in what was a turbulent and historic decade, which offers a profound sense of déjà vu about today's social and politically seismic events.

Marty had graduated from university on a Sunday afternoon, and on Monday morning he tucked his journalism degree into his jean's back pocket, packed up his VW van with his Fender Rhodes piano and King 3B trombone, then drove off to join the wild and wonderful '70s world of music.

I was getting used to my move to the USA from Britain and worked as a Creative Director at Allied Stores, the headquarters for several major American department stores and fashion boutique chains. So, consequently, our nostalgia focused on music and fashion, our economic and political history had a place in our memories, and how the swirl of extraordinary historical events impacted our lives.

### '70s, A Decade That Still Influences Us Today

The '70s were a tumultuous time. In some ways, the decade was a continuation of the '60s. The Vietnam War, which started in the mid-'50s continued until the fall of Saigon on April 30, 1975. President Richard M. Nixon visited China on Feb. 21, 1972, and marked the resumption of harmonious relations between the U.S. and mainland China after years of diplomatic isolation. The military draft ended in 1973.

*See "The '70s" On Page 3*



The Volkswagen Beetle was the most popular car sold in the U.S. with a half-million shipped in 1972. Image source: Wikimedia Commons.

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### From "Improvements" On Page 1

JKV's newest neighborhood—Westlake—will consist of a common-area first floor full of amenities, two floors of covered parking followed by airy, light-filled state-of-the-art apartment homes.

"On the first floor, residents and guests to John Knox Village will enjoy a high-tech projection theatre, a technology hub, The French Press which will be a coffee bar during the day and wine bar at night, a bistro-styled dining venue called The Westlake Eatery, a library, sacred space, business center and art studio," JKV Director of Plant Operations Thom Price told *The Gazette*.

"Additionally, now that we have knocked down our 41-year-old Main Dining Hall, we are dredging this area to make way for [the aforementioned expanded] Rex Foster Lake. Once that part of the project is complete, residents, guests and staff will be able to enjoy waterviews from more than half of the JKV's 70 acres."

Presently, Westlake is more than 80-plus percent pre-sold, however many beautiful apartment homes are still available. With a 10-percent deposit, *Gazette* readers are automatically enrolled as Platinum Level members in the Westlake Village Club.

### Benefits Of Village Club Membership

Village Club Members receive many complimentary services, including meals in JKV's four dining venues, as well as access to the Aquatic Complex, JKV's award-winning Life Enrichment programming, 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.

Starting on the fourth floor, 147 new Westlake apartment homes are being constructed. The Vue will rise to 15 stories with one- and two-bedroom floorplans ranging from 1,231 to 2,259 square feet of sun-splashed rooms.

The Terrace will stand at 11 stories, consisting of boutique-style two-bedroom apartments up to 1,845 square feet and will boast a namesake stunning rooftop terrace for residents and guests alike to enjoy.

Much of this sounds as if moving into JKV is similar to buying an apartment or villa home.

### Becoming A JKV Resident Is NOT A Real Estate Transaction

JKV is a Life-Plan Continuing Care Retirement Community, meaning that every resident who moves into the Village pays an Entrance Fee, which provides them a Life-Care Contract to secure their care, no matter what health care circumstances may arise.



*Heritage Tower resident Chris Novoa receives a haircut from Rejuvenate stylist Paula Kelly in the newly updated and renovated Rejuvenate Salon and Spa. Services for residents and employees include His and Her hair care, mani-pedis, massage therapy and much more.*

Through the Life-Care Contract, JKV residents are guaranteed—and they have the peace of mind in knowing—their future health care needs will be met. That continuum of care includes assisted living and skilled nursing care, should those needs ever be necessary—all of which take place directly on JKV's campus.

"In South Florida, assisted living costs average about \$5,000 a month, memory care is around \$8,000-plus per month and skilled nursing care is averaging \$14,000 monthly," said JKV Director of Sales Kim Ali. "So, living at John Knox Village will definitely provide you with the financial peace of mind should something come up, health-wise.

"Plus, you would miss out on living your fullest life, while enjoying our award-winning amenities and robust Life Enrichment programming."

See our "Ask Kim" ad on Page 7 for answers to other questions.

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

# JKV Jazz Series Preview

## Reserve Your Jazz Series Tickets In The New Cultural Arts Center

**Jody Leshinsky**  
Gazette Contributor

For most of us, the word "jazz," conjures up an image of music that originated in New Orleans in the early 20th century. However, jazz is such a complex musical genre because improvisation plays such a key role in the performances. Jazz is very rhythmic and has a forward momentum called "swing," and uses "blue" notes. Often, performers use a "call-and-response" pattern in which one instrument, voice, or part of the band answers another.

Beginning in September, John Knox Village is proud to present the JKV Jazz Series in the new 330-seat Cultural Arts Center. Each of the four concerts offers a different form of jazz including Latin and Salsa, Swing, Big Band, and classics from the Jazz Age Songbook.



*Tito Puente, Jr.*

### Tito Puente, Jr.: Fri., Sept. 23 At 7 p.m.

Tito Puente, Jr. brings his Latin Jazz Ensemble to JKV. Every time he steps on the stage, he walks in his six-time Grammy Award-winning father's footsteps. Tito, Jr. has become a favorite entertainer in casinos, performing arts centers and jazz festivals nationwide. He was the premiere act opening The Latin Quarter of the Tropicana Hotel and Casino in Atlantic City, and the demand for tickets kept him there for 10 weeks. Tito, Jr. finds importance in giving back, and has participated in two USO Tours, visiting and performing for troops in Japan, Korea, Spain, and Italy. He performed a tribute to his father's music on NBC's two-hour special: "The Apollo at 70: A Hot Night in Harlem," and has performed on ABC's "Dancing with the Stars" with his big band.



*Ashley Pezzotti*

### Ashley Pezzotti: Sat., Oct. 15 At 7 p.m.

Ashley Pezzotti will grace our stage with her incredible swing jazz and scatting vocals. Ashley began taking voice lessons at only four years old. A graduate of University of Miami's Frost School of Music, by the age of 25, Ashley had already performed with Wynton Marsalis and the Jazz at Lincoln Center Orchestra, Arturo Sandoval, Joey Alexander, Dave Holland, Jon Secada, and country star Keith Urban. At the Betty Carter Jazz Ahead Program, she performed her original compositions at the John F. Kennedy Center for the Performing Arts in Washington, DC.



*Dr. Ed Calle*

### Ed Calle And The Mamblue Big Band: Sat., Nov. 12 At 7 p.m.

Ed Calle and the Mamblue Big Band will perform Latin jazz and big band songs from his acclaimed CD, "Mamblue."

Dr. Calle is a saxophonist, composer, orchestrator, producer, scholar, professor and band leader. A Latin Grammy Award winner for Best Instrumental Album and five-time Grammy nominee, Calle can be heard on more than 1,200 albums, 9,000 singles and countless movie and television soundtracks as a soloist, sideman, composer, arranger, conductor or producer.

In 2010, he kept his promise to his parents and earned a doctorate from Nova Southeastern University and frequently delivers lectures exploring the relationship between music and mathematics.



*Carole J. Bufford*

### Carole J. Bufford: Sun., Dec. 4 At 2 p.m.

Carole J. Bufford will present "ROAR! The Music of the 1920s and Beyond."

Carole J. Bufford originally hails from Lincolnton, GA, where she grew up on healthy doses of Liza Minnelli, Judy Garland, Patsy Cline, Dinah Washington and Bessie Smith. An Ithaca College Musical Theater graduate, she is a firm believer in honoring, celebrating and teaching the Great American Songbook. Carole has been featured in Michael Feinstein's Great American Songbook series at Jazz at Lincoln Center and has become one of the most sought-after performers on the American vintage pop and cabaret scene. Her shows, including "Speak Easy," (featuring the Grammy Award-winning Vince Giordano and The Nighthawks), "Come Together," and "You Don't Own Me," earned her rave reviews from *The New York Times*, *The Wall Street Journal*, and *The Times* (UK). She currently tours with her solo shows, as well as with symphonies all over the country. Carole is also the recipient of the Mabel Mercer Foundation's Donald Smith Award and the recent Gold Medal winner of the American Traditions Vocal Competition.

Subscription tickets for the JKV Jazz Series are available for non-residents on [Eventbrite.com](https://www.eventbrite.com) at the amazing cost of only \$81 for all four concerts. Single tickets will be available in August at \$26 per ticket.

For more information, please call the JKV Life Enrichment Department at 954-783-4039.

# 'I'm Gonna Make Him An Offer He Can't Refuse.' — Don Vito Corleone

From "The '70s" On Page 1

Women, African Americans, Native Americans, gays and lesbians, and other minorities continued to lobby and fight for acceptance and independence. The "New Right" was trying to bring back political conservatism and traditional family values in response to the more decadent aspects of the decade.

The '70s included Congressional Hearings on the behavior of our President (does this sound familiar?). While it is not known if President Nixon knew about or was involved in ordering the break-in at the Watergate Hotel, it is known that he and White House Chief of Staff H. R. "Bob" Haldeman were recorded discussing using the CIA to obstruct the FBI's investigation of the Watergate break-ins. The president even asked the CIA to slow the FBI's investigation, in order to buy time, by claiming national-security risks. The testimony of John Dean helped in the discovery of hours of taped recordings made in the White House. The tapes revealed critical conversations between the president and his cohorts, including the crucial conversation in which President Nixon ordered the cover-up. Richard M. Nixon resigned the presidency on Aug. 8, 1974, when it became apparent that he would probably be impeached.



President Richard M. Nixon waves good-bye to Washington, DC, after he resigned in the aftermath of the Watergate investigation. Image source: Wikimedia Commons.

## The Conservative Backlash

Many Americans, particularly working class and middle-class whites, responded to the turbulence of the late '60s by adopting a new kind of conservative populism in the '70s. (Does any of this sound familiar?) Sick of what they interpreted as lazy hippies and protestors, they were tired of an interfering government that supported poor and black people at the taxpayers' expense. These individuals formed what political strategists called the "Silent Majority."

This movement celebrated the ideals of the free market and lamented the decline of "traditional" social values. Their platform meant they were against government meddling in daily life, high taxes, stringent environmental regulations, highway speed limits, national park policies, affirmative action, school desegregation plans and more.

## Give A Hoot; Don't Pollute

While the "Silent Majority" had its say, the ideals of '60s liberalism continued to flourish. For example, the crusade to protect the environment from toxic industrial waste really took hold during the '70s.

One television commercial had a huge impact on audiences: It showed a first nation Indian with a big tear coursing down his face, as he paddled his canoe through waste-filled water. It helped to spur interest in American's first Earth Day in 1970, and Congress passed the National Environmental Policy Act that same year. The Clean Air Act and the Clean Water Act soon followed.

The oil crisis of the late '70s drew further attention to the issue of conservation. By then, caring for the environment had become so mainstream that the U.S. Forest Service's "Woodsy Owl" interrupted Saturday morning cartoons to remind kids to "Give a Hoot; Don't Pollute."

## Equality Gains, But Not Yet Fulfilled

During the '70s, many groups of Americans continued to fight for expanded social and politi-

cal rights. In 1972, after years of campaigning by feminists, Congress approved the Equal Rights Amendment (ERA) to the Constitution, which reads: "Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex." Although on Jan. 15, 2022, Virginia became the 38th state to ratify the Equal Rights Amendment, the U.S. Department of Justice has advised the Archivist of the United States against recognizing the ERA as a new addition to the Constitution. Stay tuned.

Title IX of the Education Amendments of 1972 (Title IX) prohibited sex (including pregnancy, sexual orientation, and gender identity) discrimination in any education program or activity receiving federal financial assistance.

## The Colorful Era Of Fashion Freedom

There are reasons some era-defining fashion trends become great Halloween costumes (tie-dyed dresses, headbands, polyester Nik-Nik shirts and platform shoes anyone?) while others become classics such as the little black dress and three-piece tailored suit (thanks John Travolta).

Seventies' fashions were defined by bell-bottom pants, flowing maxi dresses, ponchos, patchwork and plaid fabrics: Color, color and more color. In 1974, Diane von Furstenberg debuted her famous wrap dress, which was the perfect dress for the modern woman's desire for both comfort and style, yet allowed for personalization with exciting fabric designs and colors.

Many of the hottest fashions of the late '70s were on full display by the many A-listers who frequented New York City's Studio 54 disco scene when it opened in 1977.

## Disco Was King, But Rock Still Ruled

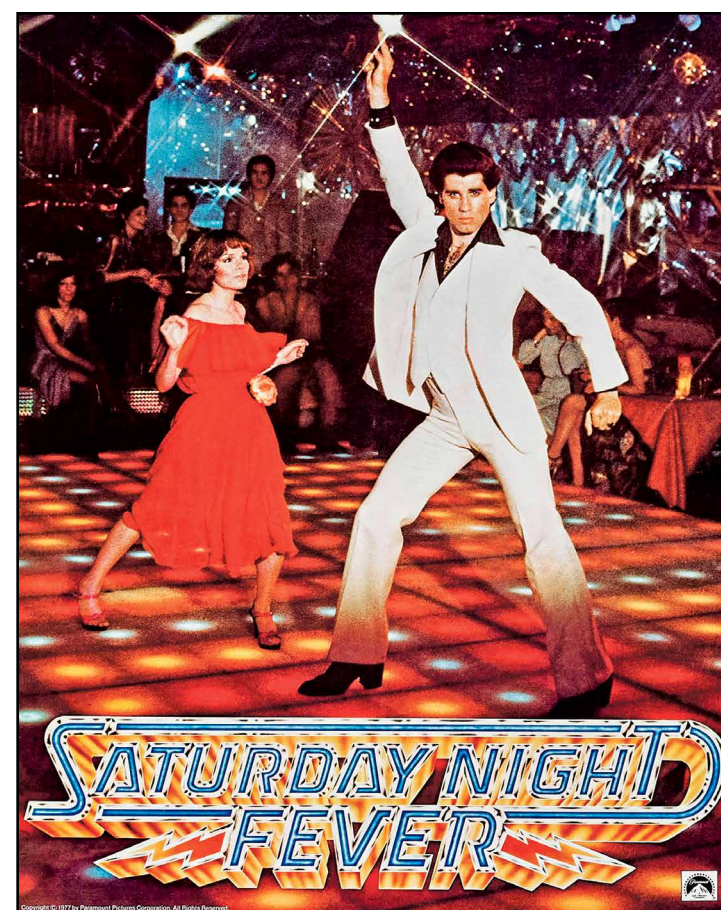
After Watergate, many people stopped following the fraught political scene altogether. They turned instead to pop culture – easy to do in such a trend-laden, fad-happy decade as the '70s.

Talk about trends, I had an 8-track tape installed in my 1974 Triumph TR6 and enjoyed the freedom to listen to my choice of music from bands like the Rolling Stones, Van Halen, ZZ Top, Pink Floyd and Queen. I even played disco music from Olivia Newton-John, Abba, the Bee Gees and Donna Summer, interspersed with the serenity of Shubert and Chopin compositions.

## We Lost Ourselves At The Movies

The film industry continued to thrive by doing what network television could not: Telling well-written stories that were more complicated, violent, interesting or sexy than, what at the time, could not be shown in family living rooms.

Two contrasting trends in moviemaking were present in the '70s. On one hand, a number of filmmakers, both in the United States and Europe, thought of film as an art form, and made films that were intellectually challenging, or some thought, pretentious. "Day for Night" directed by Francois Truffaut or the cult film "The Rocky Horror Picture Show," shown mainly in art-house theaters, had limited audiences. On the other hand, the major studios continued to make fun and exciting "blockbusters," – spectacular films that drew huge audiences. The amount of money spent on, and made by movies, grew dramatically in the decade.



The 1977 movie, "Saturday Night Fever" had a huge influence on fashion, music, dance and pop culture. Image source: Alamy Images.

The string of '70s blockbusters included the glorious "The Godfather," which still stands up to critical acclaim 50 years later and broke all box-office records. Starring Marlon Brando, as the boss of a New York mafia family, the film was violent and compelling.

"The Exorcist," based on the novel of the same name by William Peter Blatty, was so disturbing many left the theatre before the end, but it also drew in huge audiences.

Inspired by the achievements of the Apollo Project, special effects and science-fiction themes were no longer used only in "B" movies. In the '70s, they contributed to two of the biggest pictures of the decade. "Star Wars" used a range of special effects to tell a dramatic space-adventure story. The film and its sequels have become a major industry as new films continued to be released into the 21st century.

In another space movie, "Alien," the crew of a deep space mission battles a very nasty alien. The first movie was a huge success and was quickly followed by several more similar films and became a franchise.

## TV Reinvents Itself

On the television scene, a genre called the "Sitcom" took hold. "All in the Family," "M\*A\*S\*H," "The Mary Tyler Moore Show," and "Happy Days," were required viewing for many families. HBO (1972) began as the first pay-TV network, WTBS (1976) in Atlanta became the first "superstation," and ESPN (1979), all began forays into cable television.

The first show of "Saturday Night Live," (SNL) was hosted by comedian George Carlin on Oct. 11, 1975. SNL still attracts viewers 47 years later.

Speaking of television, who can forget Ron Popeil with his "As Seen On TV" Pocket Fisherman and Veg-O-Matic?

In so many ways there is a parallel between the '70s and our current decade. There is still war in the world. The Equal Rights Amendment is still not the law of the land. Congressional hearings are still investigating the actions of a U.S. President.

True to form, as much as things seem to change, the more they somehow remain the same.



Do you remember when airline flying was a luxurious event? Pictured are airline hostesses from the '70s, when airlines pitched their travel opportunities with slogans like: "Fly the friendly skies of United," and "Something special in the air" from American Airlines. Image Source: Wikimedia Commons.

# The Summer Heats Up In Pompano Beach

**Kay Renz**  
Special To The Gazette

It is going to get even hotter in Pompano Beach when the Queen of South Florida Soul, Valerie Tyson, takes the stage at The Ali Cultural Arts Center on Aug. 14. As the Miami Herald put it, “Her flame-thrower vocals threaten to burn the joint down as she raids the repertoires of such R&B greats as James Brown and Aretha Franklin.”

## The Soulful Sounds Of Valerie Tyson

As leader of one of the most dynamic special event bands to come out of South Florida, Tyson fronts a stellar group of musicians and singers who create magic every time they take the stage. This nine-piece band boasts an enviable mastery of favorites including today’s Top 40 hits, smooth jazz and soulful R&B classics, essential rock melodies, standards, and evergreens...even reggae and tropical staples. Tyson leads an electrifying ensemble that packs the dance floor time after time, event after event.

Watching this iconic performer and her phenomenal band is a “must-see event” this month. Tickets for Soulful Sundays are only \$5 at [www.pompanobeacharts.org](http://www.pompanobeacharts.org) and are not available at the door.



Valerie Tyson and her band.

## Art Exhibition Portrays The “Load” Moms Carry

Two outstanding artists are depicting a raw and honest reflection of motherhood today. Don’t miss this beautiful and powerful display at Bailey Contemporary Arts.

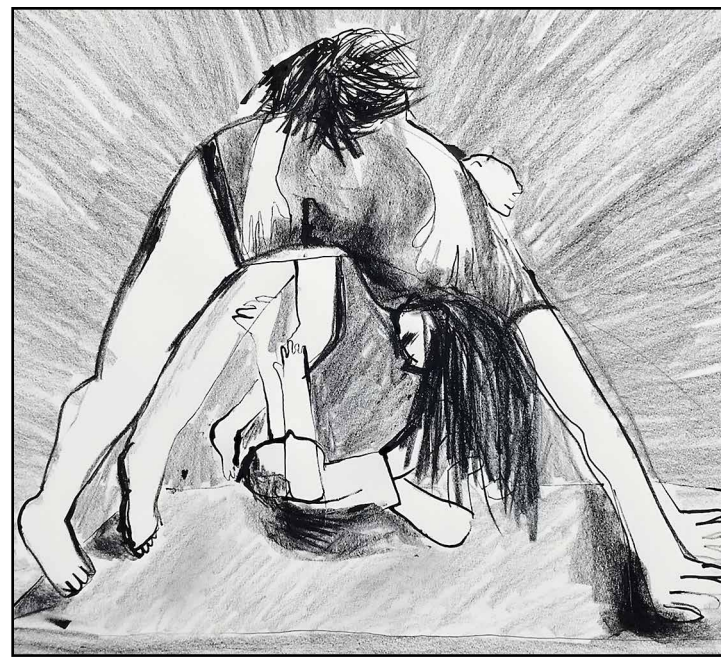
“*The Load We Carry*,” comprises two exhibitions by artists Amanda Schilling and Megan Hildebrandt respectively, in conversations about domesticity, motherhood and responsibility. Viewers are invited to see themselves reflected in the multiple artworks exhibited, which display human relationships and all the happenings that occur in the space they inhabit.

“This exhibition celebrates motherhood and the mental load that parents carry trying to push a family forward. It’s also an exposition of resilience and a look behind the scenes that is rarely shared,” said Phyllis Korab, Pompano Beach Cultural Affairs Director. “In its honesty and rawness, these offerings reflect what many families live daily, and by creating a conversation, these dynamics are celebrated.”

Photographer Amanda Schilling creates work about gender, identity and the societal pressure on women to reach unattainable standards of perfection necessary to achieve the “American dream.” In our make-over-obsessed, social-media-driven society where only our best selves are shared with the world, Schilling’s work illuminates those things that we might otherwise try to hide.

She debunks the myth of the perfect family where everyone is always smiling, children never misbehave, everything is always clean, and mothers easily master all tasks necessary to keep it that way. Her images can be at times both humorous and dark, but they’re always honest.

“I spend several hours at a time with women and their families in their homes, places of business, and around their communities documenting their interactions with the goal of capturing real moments in the lives of real women,” said Schilling. “None of the images are planned or staged. I simply strive to be a forgotten presence, spending enough time with the



“Yoga Pose For Three Bodies” by Megan Hildebrandt.

women and their families to be forgotten, or at least ignored, so they can act as they would if no one was looking.”

Visual artist Megan Hildebrandt’s exhibition uses drawing and animation to examine her experience of motherhood, and it feels simultaneously enormous and intimate. The artist wants the viewer to understand their body as one that both gives care and receives care. Audiences of all ages and backgrounds will see their lives and their lived experiences reflected in this exhibition. She employs a variety of scales and techniques, from small, postcard-sized works to large-scale projects. The environment feels half like a living room, and half like a comic book.

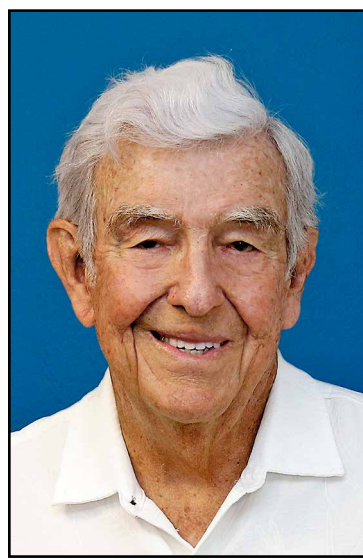
“I am a cancer survivor and mother,” said Hildebrandt. “These life events have significantly impacted my creative practice. Confronting my own mortality at age 25 and then experiencing the fragility and strength of birth, I have become obsessed with tracking time – documenting the small, routine moments of mine and my children’s lives.”

The exhibition runs through Sept. 27. For more information about hours and special events visit [www.pompanobeacharts.org](http://www.pompanobeacharts.org)

# Thanks For Asking

## Are We Showing Appreciation For Our Freedoms?

**Dave Bayer**  
Gazette Contributor



JKV resident Dave Bayer

ing: Hey, it can’t hurt to get a few reminders about flag and National Anthem etiquette from time to time.

### National Anthem Protocol

When our National Anthem is announced, we should face the flag (or the music if there is no flag) and stand at attention if we are able, with our right hand over our heart. Both men and women should remove their hats. If the ladies are wearing “decorative hats,” they can be left on, as of course can any uniform hats of performers or flag-bearers. Military members should hold a military salute during the Anthem. As of 2008, former members of the military may also salute during the Anthem.

Obviously, we shouldn’t talk, eat or drink during the Anthem. Sing along as best you can. After the song is completed, it’s not proper to applaud. This sounds odd, but our National Anthem represents a hymn. We usually don’t applaud after a hymn, and it also goes against the official Code. Sometimes it’s hard to not applaud. The fly-over immediately following the Anthem at the Super Bowl comes to mind. It really is awe-inspiring and certainly worthy of applause. In cases where the anthem of another nation is played, either in the U.S. or on foreign soil, we should stand, remove our hat, and show respect for their an-

them. We DO NOT place our hands over our hearts or salute a foreign anthem or flag.

When pledging allegiance to our flag, we basically should follow the same procedures as those listed above for our National Anthem. When our flag is being raised or lowered, or passing in a parade or in review, those present should face the flag and stand at attention with their right hand over the heart, or if applicable, remove their headdress with their right hand and hold it at the left shoulder, the hand being over the heart. Citizens of other countries present should stand at attention. Those military present in uniform should render the military salute. Members of the Armed Forces and veterans who are present but not in uniform MAY render the military salute.

What better way to show our gratitude for being Americans and the individual freedoms that many of us enjoy, than by properly honoring these symbols of our country? We can pretty much live the way we want with very few constraints, but actually there may be a better way to exercise those freedoms than by merely indulging our own personal desires. Why not use our freedoms and share our blessings to enhance the freedom of others and make their lives better?

### Making Lives Better

How much effort people make to really help others seems to vary quite a bit from person to person and from place to place. It seems that at JKV, many of our residents and staff do a good job of caring for others and using their freedoms and blessings to improve the lives of others. Financial contributions to our JKV Foundation and our Employee Holiday Fund are quite generous but even more impressive are the hours upon hours of volunteer work that our residents do to better the lives of others around them.

Of course, it’s easier for retirees to volunteer, but many JKV residents really go “above and beyond,” not only on campus, but also out in the community.

I’m sure that, when many of us retired, we promised ourselves “no more committees.” On campus, however, we have strong advisory committees comprised of residents and covering functions that significantly affect our residents, i.e., Dining, Finance, Health Services, Building and Grounds, Volunteer Services, Security & Transportation, Communications

& Technologies, Legislative, Life Enrichment and Library, plus numerous ad hoc committees. Our residents serve with skill and dedication and have a decent batting average in having their advice followed (although there is room for improvement) by our administration.

In our Skilled Nursing Centers (The Woodlands and Seaside Cove), as part of the modus operandi, we have residents who spend considerable time visiting with the resident “Elders.” Those residents are called “Sages” and receive special training before they are paired with an Elder. These personal relationships play a big part in enhancing the convivium so prevalent in our centers.

It’s wonderful to live in a community where so many residents demonstrate appreciation for their freedoms. It is especially enjoyable when they use those freedoms to make the lives of their neighbors better.

*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 currently serves on the Board of Directors of both the National Continuing Care Residents Association and the Florida Life Care Residents Association.*



Saxophonist Randy Corinthian performs “This Land Is Your Land,” during recent JKV patriotic ceremony.



JOHN KNOX  
VILLAGE

# Cultural Arts Center at John Knox Village

## AWARD-WINNING 2022 PROGRAMMING



### Aug. 5, 2022 @ 7 p.m. Brazilian Voices Concert Samba and Jazz

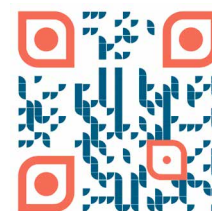
For this beautiful concert, Beatriz Malnic and Loren Oliveira, Brazilian Voices' artistic directors, have chosen works that highlight the group's strengths,

and feature their fluidity and warmth through singing. The program demonstrates the group's powerful interpretation, rich harmonies and passionate approach to Brazilian jazz and samba, while also including joyful music performed by wonderful international musicians.

### Ticket Prices:

<b>Single Tickets</b>	
Resident.....	\$20
Village Arts Circle .....	\$16 (20% off)
Non-Resident .....	\$26

Tickets are available for non-residents on [Eventbrite.com](https://www.eventbrite.com). For more information, or to be added to our mailing list, scan this QR Code or contact the Life Enrichment Department at 954-783-4039.



### Nov. 7, 2022 @ 7 p.m. South Florida Chamber Ensemble

The South Florida Chamber Ensemble uses music as a catalyst for change with

respect to education, social justice, economic equality, and health and healing. This concert will feature traditional classical music and the music of Broadway musicals.



AT JOHN KNOX VILLAGE

### Village Arts Circle 2022 Annual Membership Dues (1/1/22 – 12/31/22)

	JKV Resident	Non-Resident
Annual Membership (Individual)	\$100	\$200
Annual Membership (Couple)	\$175	\$300
Annual Membership (JKV Staff)	\$ 75	N/A
Annual Membership (Family) (up to 4 family members – i.e. children, grandchildren, nieces, nephews, etc.)	\$375	\$500
Lifetime Membership (Individual)	\$2,500	\$3,000
Lifetime Membership (Couple)	\$5,000	\$6,000



### Nov. 9, 2022 @ 7 p.m. Fushu Daiko Japanese Taiko Drumming

Audience members often report experiencing emotional releases and being moved to tears by the taiko performance.

The joyful celebratory nature of taiko drumming helps to lift the spirits of those who are in the presence of the spectacle and vibrations. Ancient Japanese culture has brought forth the spirit of taiko that Fushu Daiko proudly represents.

### Coming Soon

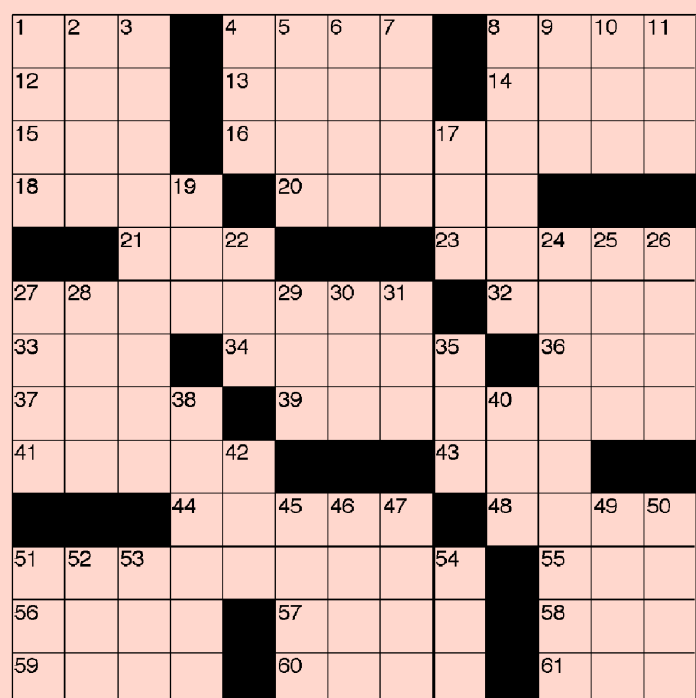
- JKV Dance Series • JKV Symphony Pops Series

To join the Village Arts Circle, call 954-784-4757



The Pavilion at Westlake  
JOHN KNOX VILLAGE

820 Lakeside Circle • Pompano Beach, FL 33060



## Crossword Puzzle Of The Month

### ACROSS

- Cubic feet per minute (abbr.)
- Heddles of a loom
- Hall (Ger.)
- Have (Scot.)
- Clergyman
- Eur. juniper
- Amount (abbr.)
- Stallion (2 words)
- Late
- Passover meal
- Afr. eye-worm
- Pipe
- Deny
- Amer. Civil Liberties Union (abbr.)
- Eur. Economic Community (abbr.)
- Goodbye (Fr.)

- Org. of Amer. States (abbr.)
- Starch
- Male noble
- Marsh
- At the age of (Lat.)
- Wild rubber
- Caribbean island
- Senet
- Catch
- Pueblo Indian
- Dash
- Internat'l Red Cross (abbr.)
- Monitor lizard
- Spawning ground
- Television channel

### DOWN

- Sudan lake

- Eclat
- Dross (2 words)
- Computer aided manufacturing (abbr.)
- Down with (Fr., 2 words)
- Qualified
- Reward
- Lava
- Rhine tributary
- Classifieds
- Shelter
- Pronoun
- Physician
- According to (2 words)
- Den (2 words)
- Zeal
- Plant disease
- Distribute
- Yesterday (Ital.)
- Adverb (abbr.)
- 3 (Rom. numeral)
- Fr. pronoun
- Fiddler crab genus
- Diacritical mark
- Office of Economic Development (abbr.)
- Nat'l Endowment for the Arts (abbr.)
- Maple genus
- Dominion
- Irish exclamation
- Projection
- First principles
- Heart unit
- Berne's river
- Genetic letters
- Too

Answers On Page 10.





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

re:tired

Late night bridge, early morning playdate with the grandkids, yoga in the afternoon, **and a dinner date this evening.**

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

DON'T AGE OUT. AGE UP.

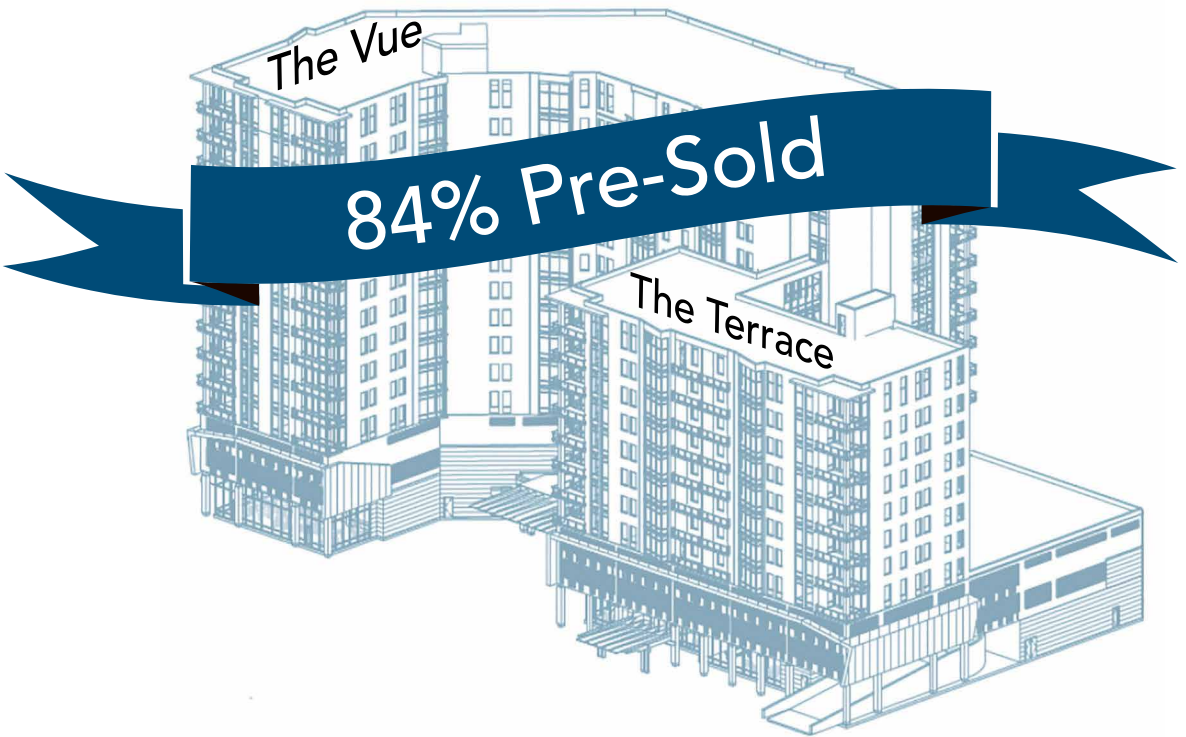
**Join us for Brunch and learn about all the things JKV has to offer:**

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



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

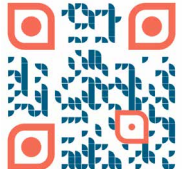
**Brunch:  
Thursday,  
Aug. 11 - or - Sept. 1  
11 a.m. – 12:30 p.m.**



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



Scan with your camera phone to learn more



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



[JohnKnoxVillage](#)





JOHN KNOX VILLAGE

# Have you *Asked* Kim?



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

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

— **Worried in Coconut Creek**

**Dear Worried:** That is a great question. It is very concerning, however if you make John Knox Village your solution, your future unlimited health care needs will be secured. You’ll enjoy our active resort lifestyle with the confidence you need today and peace of mind for tomorrow. Come in and talk with me about the right option for you.

**Dear Kim:** “I am not one who likes to sit around and do nothing all day. What’s there to do at John Knox Village?”

— **Active in Tamarac**

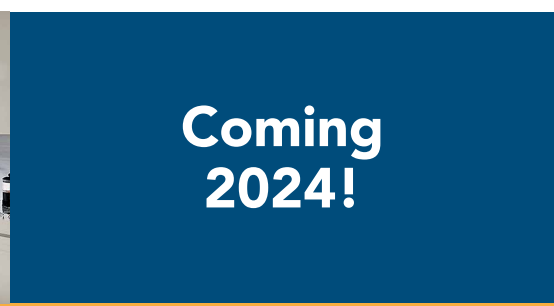
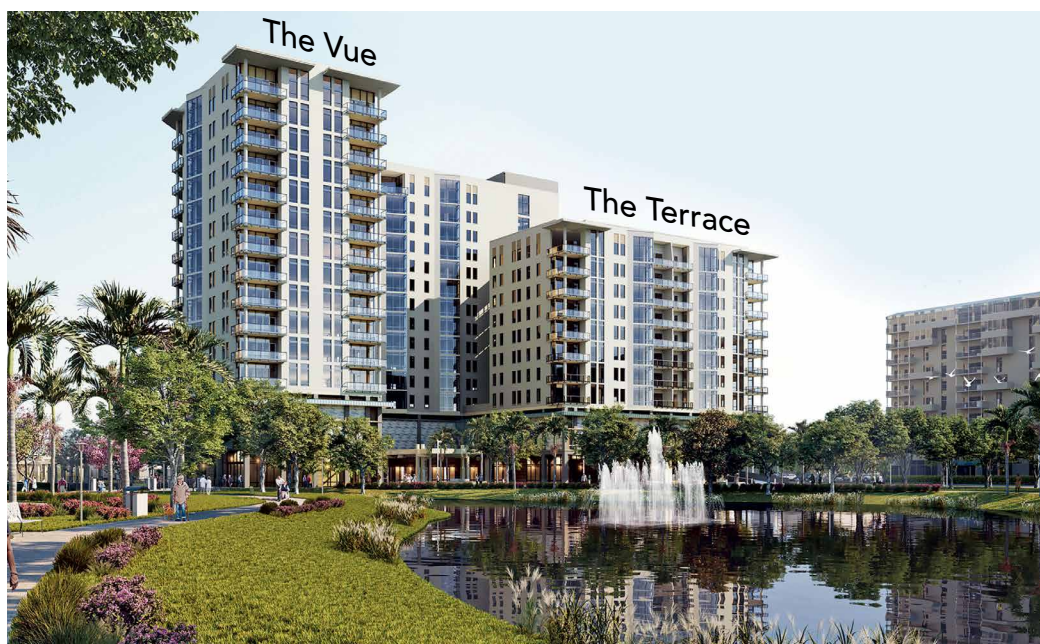
**Dear Active:** Where do I begin? Our engaging, maintenance-free lifestyle affords you the luxury of fun and freedom. You can fill your calendar as much as you like

with a vast variety of resident-led clubs and committees, fitness and creative art classes, cultural, educational and social programs. As well, you can relax at our state-of-the-art Aquatic Complex.

**Dear Kim:** “Cooking every night and doing the dishes, well, I’m over it! How is the food there? My husband and I have discriminating, but separate tastes.”

— **Waiting to be Waited on  
Coral Springs**

**Dear Waiting:** Just like a great resort, the food is delicious and the choices are many. From fun, casual fare to elegant classics, our talented chefs make the most of the Florida’s fresh, locally sourced ingredients and global culinary influences to satisfy every enthusiastic taste. Come on over and take a taste!



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

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

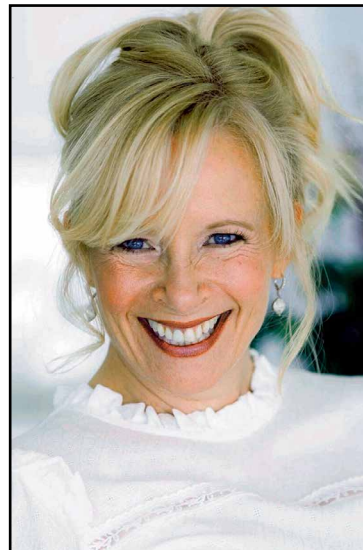


John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village 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 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

## Environmental Dimension Of Wellness: The Fifth In A Seven-Part Series

**Melissa Jill Clark**  
Gazette Contributor



*Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator*

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

### The Environmental Dimension

Our environment is everything that's around us. We are absolutely affected by our surroundings.

Do you live in a place that is conducive to your own physical, emotional and mental well-being? Is

The International Council on Active Aging (ICAA) defines wellness as: "Wellness is derived from our ability to understand, accept and act upon our capacity to lead a purpose-filled and engaged life. In doing so, we can embrace our potential [physical, emotional, spiritual, intellectual, social, environmental, vocational] to pursue and optimize life's possibilities."

This month I will expand on the environmental dimension of

it peaceful, quiet and conducive to living your best and most comfortable life? Do you feel safe in your surroundings?

Many things contribute to our environment. It's a combination of the people, places, conditions and things around us.

First there is the general area we live in.

Many of us live in South Florida because the weather here is so pleasant all year round.

I personally feel the weather here is much better for my physical, mental and emotional health. I feel so much more alive here. I absolutely love the warm weather, the palm trees and the fresh air which I get in abundance since I recently moved to South Florida. This environment is conducive for my health and overall well-being.

Then there's our more immediate surroundings, our neighborhood. Are you comfortable in your neighborhood? Do you have peace and quiet? Do you feel safe? Do you enjoy the people with whom you interact with when you step outside of your home? These are all important factors for our utmost well-being.

Picking up and moving is not always easy. It can seem a daunting task. However, the place where we live and dwell has a profound impact on us each and every day.

### Wellness In The Home

The nucleus of our environment is inside our home. Do you feel peace, happiness and joy in your own home?



## 7 DIMENSIONS OF WELLNESS

It is important to keep our home clean and clutter-free. We should strive to decorate our home in a way that is aesthetically pleasing to us.

Coming home should feel like entering your very own sacred space in the world, a place where you can relax, renew, reconnect and recharge.

It should have all the amenities for you to pamper yourself, feed yourself, heal yourself and simply enjoy your daily life.

Take inventory of your home. Notice if there's anything that you can do to make it more comfortable and appealing to you, as this is where you live each day.

Other things that create our environment are the thoughts that we entertain in our head. The way we think and see the world affects our life more than anything else around us. We cannot always change what is around us, but we can always change what goes on within us.

Choosing happiness, joy and positivity will enhance the quality of your life more than anything else that you could possibly do.

We each have the power to create our experience in life by choosing our thoughts and how we react to things that go on around us.

Things that happen are merely events and things around us are merely things. It's the story that we attach to those things that creates our experience. Often, it's subconscious, as we have developed our beliefs based on our perception of life from a very young age.

Cultivate an awareness about what goes on in your head. The next time you are upset about anything, recognize where the thing ends, and your story begins. Subtract the story and notice the difference. I have tried this and it works.

Pay attention to your thoughts and surroundings. Then do all that you can to create an environment for yourself that supports you in living your very best life now.



*Reducing clutter in your home will make your environment much more livable. Pack up those unused and unwanted household items and donate them to a charitable organization, which will pass them along to those in need.*

# Introducing JKV's Community Partners

## The Second In A Multi-Part Series: NSU Art Museum Fort Lauderdale

**Jody Leshinsky**  
Gazette Contributor



*Jody Leshinsky, JKV Life Enrichment Manager*

Residents of John Knox Village receive many benefits from the various Community Partnerships that have been created with nonprofit organizations and educational institutions throughout South Florida. These partnerships extend a handshake into the greater community to help support the missions of these agencies, while offering additional programming and outing opportunities for residents.

### NSU Art Museum

NSU Art Museum was founded in 1958 by the Junior League and operated in a former hardware store which is currently the Red Door Asian Bistro.

In 1986, the Museum opened its present facility to the public, and in 2001, a 10,000 sq. ft. wing was added to house the William Glackens Collection and Archives. At their 50th anniversary benchmark in 2008, the Museum forged their partnership with Nova Southeastern University, which provided significant advantages for their future operations and programming.

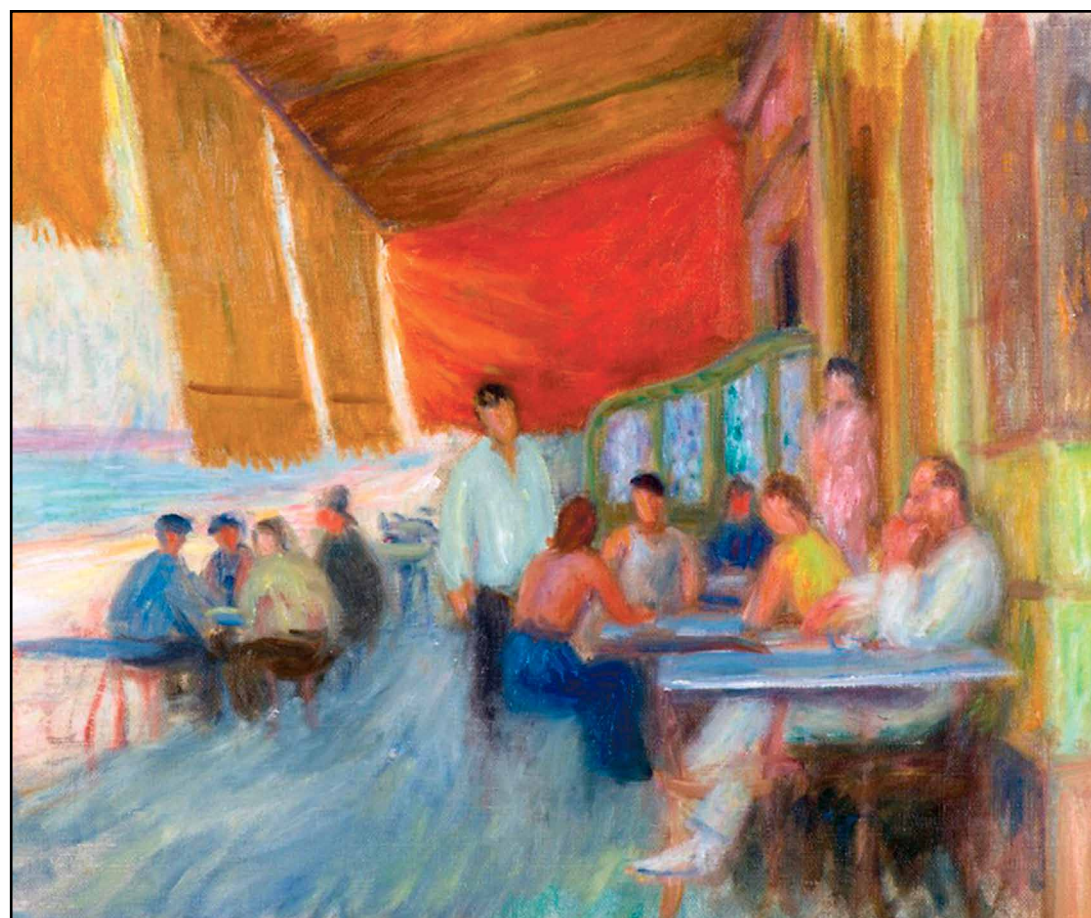
The Community Partnership between JKV and NSU Art Museum provides monthly programming on the JKV Campus. "Coffee with the Curator" and "Coffee with the Museum Educator," provide residents an opportunity to learn from Museum staff about the thorough process and planning that goes into the selection and installation of each contemporary art exhibition. Art history lectures are also offered through the Museum's Speaker's Bureau and present topics such as "Artists Who Revolutionized Art" or "The Artistry of American Painters."

Additionally, JKV residents enjoy customized group tours led by a docent, and by showing their resident ID, residents are afforded free, self-guided Museum admission with one guest and a 10-percent discount in the Museum Store and Café. Additional member discounts are extended to the Museum's Creativity Exploration monthly workshops, as well as feature lectures, film screenings and exhibition premiere days. Advance registration is required for these events.

### Starry Nights At NSU Art Museum

Each month, the Museum presents Starry Nights, which is a free evening at the Museum on the first Thursday of the month with a 2-for-1 wine special in the Museum Café.

Gazette readers interested in more information about John Knox Village and the benefits of our Community Partnerships, should contact the Marketing Department at 954-871-2655.



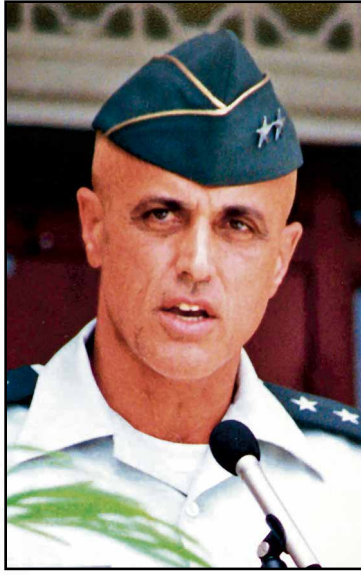
*"Outdoor Café" by William J. Glackens, c. 1932, oil on canvas. Image source: Wikimedia Commons.*





# What Can I Do?

**Burn Loeffke**  
Gazette Contributor



*Burn Loeffke*

I recently did an interview with an independent television company and the interviewer asked me: “What is the future of the world?”

My answer was simple: “The future is our children.” We need to emphasize the role of children in helping stop the slaughter in the Ukraine and elsewhere.

### Stop! Please Stop!

“Daddy, what can I do? I am just a little boy.” Marc, our eight-year-old was responding to my sadness when I came home. I had just received news that another friend had been killed in Vietnam.

His question: “What can I do?” sparked an idea. What if we asked our children to write letters asking leaders to stop the conflicts and work towards peace? What if children could accompany their parents during a session of the U.N. Security Council?

What if these children could listen to their parents and then meet in a separate room, where they could discuss the same issues and come out with their own proposals? Our future is our children. Let us give them a voice in their own future.

### I Only Know War

An Israeli General was once asked to write about peace. His answer was: “I know war, I don’t know peace.” This emphasized the need for warriors to learn to avoid conflicts. How do we do this? The United Nations is a good place to start. The Security Council of the U.N. is composed of five permanent members: the U.S., China, Russia, France and Great Britain. Ten non-permanent members are elected, each for a three-year term. This year Albania, Brazil, Gabon and Ghana are among the non-permanent members.

### Children In The Security Council

Let’s listen to our children. It has been documented that it is easier to get to agreements if we keep the participant number small. The U.N. Security Council is a good place to start. Young teenagers with innovative ideas should be chosen to represent their countries. The goal is to develop initiatives that would enhance peace in the world and stability in our ecology.

I am thinking about such young innovators as Greta Thunberg, the young Swedish environmental activist, who challenges world leaders to take immediate and comprehensive action on climate change mitigation.

Closer to home, I think about the teens who took action to encourage gun



*“Daddy please don’t go.” Our children grieve as fathers and mothers head out to war. Let us listen to our children. They may be the key to peace in the world.*

control after 17 of their fellow schoolmates and faculty were murdered in Parkland’s Marjory Stoneman Douglas High School on Feb. 14, 2018.

### Let’s Give Our Children A Voice

As we look to the future, our children – who are more inspired than many in our older generation – see a future world filled with increasing climate disasters, rising sea levels, pollution: Wars that decimate us, famines that starve us and disrespect that divides us. It is clear to me that our inspiring young minds are the keys to future success for a peaceful world. Let us give them a voice.

Innovation is not encouraged by returning to the past and repeating universal mistakes. Let us teach our children to be bold and innovative, to approach the world with thoughtful ideas to solve our common problems. Steve Jobs, the founder of Apple and one of the greatest innovators of our time, once said, “The ones who are crazy enough to think they can change the world are the ones who do.”

Let us listen to our children – they may just be the key to restore the world and its people to peace and harmony. They have a huge stake in the future: After all, they will be living in this world, long after our generation is gone.

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

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# Reflections By Angelica Blakely

## JKV Spiritual Life Coordinator Reflects On Her New Position

**Angelica Blakely**  
JKV Spiritual Life Coordinator



*Angelica Blakely, JKV Spiritual Life Coordinator*

From the moment I met with JKV Spiritual Life Director Rachael Gallagher via a Zoom interview, I knew I wanted to be at John Knox Village. I could just tell from the conversation that we were aligned and that I would be happy here. This conversation began what would be a two-month process of interviews, preaching and eating... a lot.

My first impression of the residents was amazing. They were very thorough in their questioning and love

for the Village. I knew this position meant a lot to them and I just wanted the best candidate for them, even if it wasn’t me.

### Hoping To Get The Call

I remember getting the call to come and preach as part of the interview process. Rachael called and said, she thought April 3rd was a good day. I was elated. For me this was confirmation, as that was the 20th anniversary of my father’s death. He was extremely instrumental in the cultivation of my own relationship with my heavenly Father.

He made it his mission that all of us were baptized and grounded in the word of God before he left. I knew he would be with me, in spirit.

When I arrived that morning, I remember the overwhelming love and support I gained from the residents. They went out of their way to welcome me and let me know they were praying for me and assured me I would do well. In fact, everyone did, including Rachael, the production assistant, the

organist and even Rachael’s husband. The day ended with lunch and more questions from residents. I had the best time and left hoping I would be back soon to stay. I remember getting the call that I was being offered the position and it sincerely brought tears to my eyes. This position is a dream for me and aligns, not only with my current career goals, but also my academic background and my upbringing.

The feeling that I experience when I drive on campus is magical. There is a peace that comes over me that is hard to put into words. This is such a unique place, and the people represent that uniqueness.

The staff from the top down are all on the same page of ensuring that this is the best place to live and work. I have never worked at a place with such a strong sense of camaraderie and joy. Everyone seems to love their job and enjoy their day at JKV.

### It’s All About Love Of Community

I am thrilled to be using my background in counseling and emotional intelligence to assist in moving the Village forward in many ways. My foundation for all I do is love. I believe if we lead with this and



*Residents and staff share the same sense of community at JKV, whether at work or at play.*

keep it at the center of all of our work, we will bring about awareness of self and a genuine care for others. I anticipate great things in the future from our department and I am blessed and honored to be a part of it.

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

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

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

# Currently On View And A New Exhibit

## At NSU Art Museum Fort Lauderdale

**For Immediate Release**  
Special to The Gazette

### NSU ART MUSEUM

FORT LAUDERDALE

#### New Exhibitions

#### ***“By the Sea, By the Sea: Waterscapes and Beach Scenes by William J. Glackens,” Exhibit Opens Aug. 28***

*By the Sea, By the Sea* will draw from the Museum’s vast collection of William J. Glackens’ masterful seascapes, celebrating his unfettered, modern visions of leisure and labor by the waterfront at the turn the century. From his charming views of women approaching the placid seas in his masterwork *Cape Cod Pier* (1908), to his triumphal display of maritime industrial progress in *Tugboat and Lighter* (1904-1905), this exhibition will provide a backward glance that connects to one of the greatest enterprises in today’s Ft. Lauderdale.

This exhibition will also premiere a selection of the Samson Foundation’s recent donation of hundreds of archival materials to the Museum; enabling NSU to share never-before exhibited family and documentary photographs.

#### ***“Confrontation: Keith Haring and Pierre Alechinsky” Through Oct. 2, 2022***

*Confrontation: Keith Haring and Pierre Alechinsky* draws major attention to one of the most beloved figures of 20th-century American art, while raising awareness to one of the legends of the European avant-garde. This exhibition places Haring within a broader historical lineage that extends to artists beyond American borders.

#### ***“Lux et Veritas” Through Oct. 23, 2022***

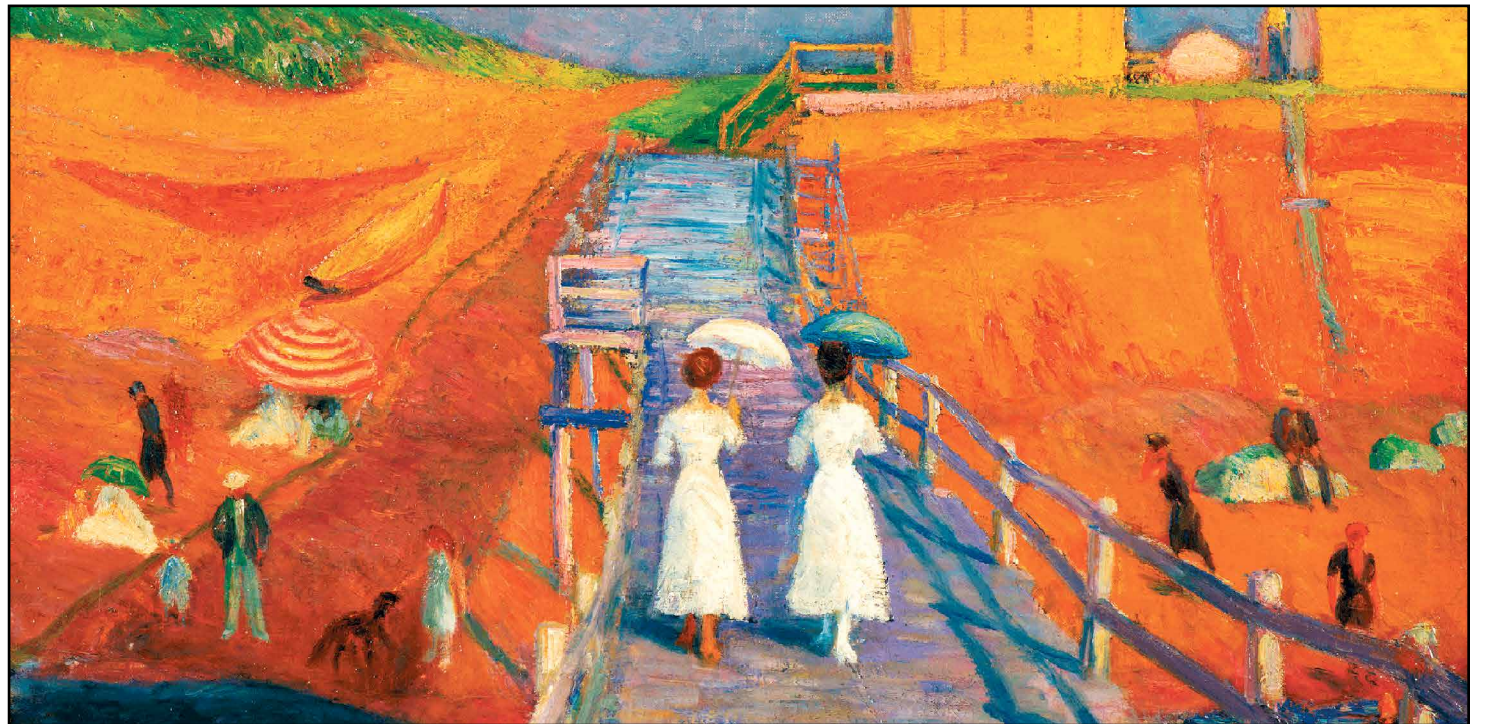
The exhibition *Lux et Veritas* explores a transformative period in contemporary art by focusing on a generation of artists of color who attended Yale School of Art for graduate studies between 2000 and 2010. The exhibition’s title alludes to Yale University’s motto, *Lux et Veritas*, which translates from Latin to “Light and Truth.” In the context of this exhibition, the title references how these artists thought with critical complexity about their work and their movement through institutional structures.

#### ***“Photographing the Fantastic” Has Been Extended To August 2023***

*Photographing the Fantastic* explores photographs of magical moments, the uncanny and the wondrous, drawn from NSU Art Museum’s extensive collection.

*Photographing the Fantastic* is curated by NSU Art Museum Director and Chief Curator Bonnie Clearwater.

Plan a visit to NSU Art Museum and enjoy the presentations of numerous exhibitions now on view. Museum hours: Sunday: Noon to 5 p.m., Tuesday through Saturday: 11 a.m. to 5 p.m. Closed Mondays.



William J. Glackens, “Cape Cod Pier,” 1908. Oil on canvas. NSU Art Museum Fort Lauderdale; gift of an anonymous donor. On view Aug. 28, 2022 through Spring 2023.

#### ***“Beyond the O.K. Corral” Through August 2023***

*Beyond the O.K. Corral* is an interactive Augmented Reality exhibition by renowned photographer David Levinthal, Wilson J. Tang (special effects art director, video gaming designer, and a founder of YumeGO, the first AR “Experience Browser”) and the YumeGO team, commissioned by NSU Art Museum. The AR exhibition allows participants to step into Levinthal’s iconic photograph *Gunfight at the O.K. Corral* (2014) that was inspired by the Western movies of Levinthal’s youth in the 1950s.

#### ***“The New Woman” Recent Acquisitions Through Fall, 2022***

*The New Woman* refers to the phrase which came to be used in the late 19th century, to characterize the newly present women of the middle and upper class who were beginning to participate in urban life. At the same moment in time, Modernism was taking shape in both art and society, and women were beginning to stake a position in both realms. Glackens and his wife, artist Edith Dimock, were very much engaged in this evolution of the role of women, and actively participated in the Women’s Suffrage movement. *The New Woman* is curated by NSU Art Museum Bryant-Taylor Curator Ariella Wolens.

#### ***William J. Glackens “From Pencil to Paint” Through Fall, 2022***

*William J. Glackens: From Pencil to Paint*, features over 100 of the artist’s works from the 1890s – 1930s, and highlights Glackens’ roles as illustrator and painter. By presenting drawings from the beginning to end of his career and juxtaposing them with specific paintings for which they were made, the exhibition sheds new light on Glackens’ lifelong commitment to the field in which he first excelled and his uncanny ability to capture specific gestures, places and significant historical events such as the Spanish-American War.

#### **Upcoming Events:**

**Museums on Us®: Aug. 6, 11 a.m. - 5 p.m. and Aug. 7 from Noon to 5 p.m.**

Bank of America, Merrill Lynch and U.S. Trust credit and debit cardholders receive free access to more than 200 institutions. Cardholders will receive free admission on the first full weekend of each month. Cardholders need only present their card and a photo ID to gain a free general admission. The promotion does not include access to special exhibits, ticketed shows or fundraising events.

**Sunny Days/Starry Nights: Free First Thursday, Aug. 4 from 11 a.m. to 7 p.m.**

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

**Creativity Exploration: “Up-Cycled Beads” Saturday, Aug. 13 at Noon**

Learn to make paper beads inspired by the wearable work of Ugandan artist, Sanaa Gateja and the draped sculptures of El Anatsui. *Creativity Exploration* adult workshops promote the benefits of creative exploration and the mind-to-body experience. The workshop is led by educator Lark Keeler, a specialist in mindfulness education. \$10 for members; \$15 non-members.

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

**Fort Lauderdale Neighbor Day Sunday, Aug. 28 from Noon to 5 p.m.**

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

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

# Westlake Construction Project Spotlight

## Moss Labor Foreman Eric Taylor

**Kenni Walker**  
Moss & Associates  
Special to The Gazette

Longtime Ft. Lauderdale-based construction company Moss & Associates is building the most ambitious project in John Knox Village’s 54-year history: Its newest neighborhood—Westlake, consists of two state-of-the-art apartment

high rises, The Vue standing at 15 stories and the 11-story Terrace.

For *Gazette* readers who are interested in the Westlake project and have toured the Village, you may have met this Moss representative.

Labor Foreman Eric Taylor is literally the gatekeeper of the Westlake Project site. His responsibilities include pedestrian and traffic control, labor supervision, safety, and ensuring the housekeeping and cleanliness of the jobsite.

The Westlake site was recently recognized as the cleanest jobsite in Moss’ portfolio, so I would say that makes Taylor, Moss’ Number One Foreman.

#### **A Friendly Smile For All Who Meet Him**

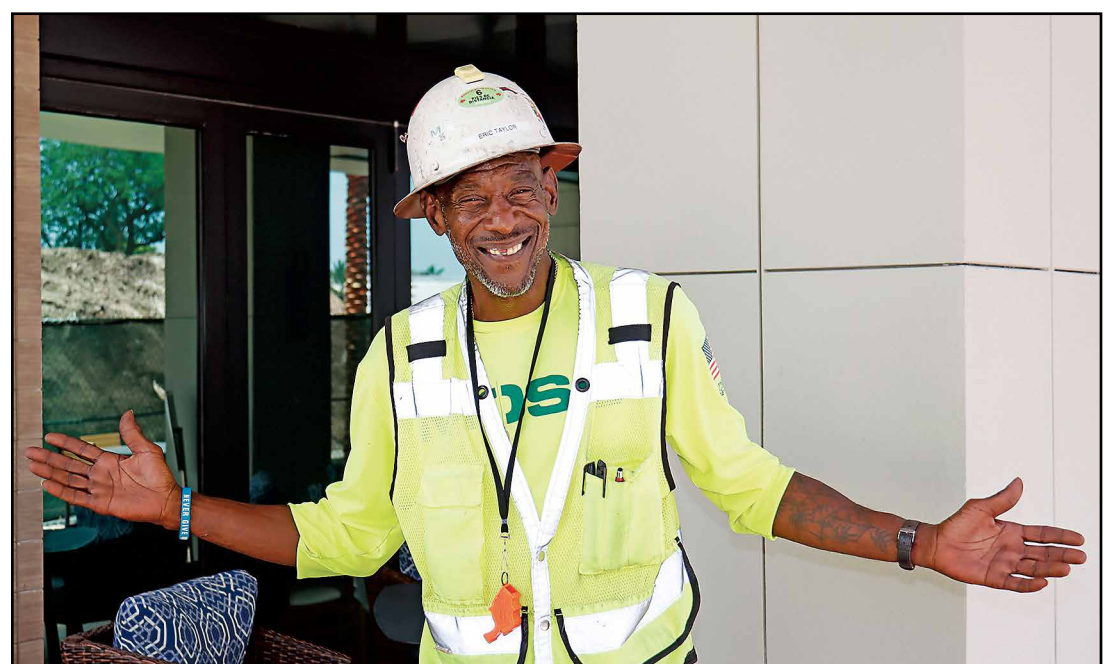
The JKV family truly has a prized possession with Taylor at the helm over the last two years.

The eight-year member of the Moss family has been in the construction industry since 2000. A native of Miami, FL, he is a fan of all South Florida sports teams, but especially the University of Miami’s Hurricanes.

Additionally, he is a very involved father to all seven of his children—six sons and one daughter.

Taylor is also a published author who enjoys poetry and landscaping. His dream is to one day have his poetry available in elementary school libraries.

With his contagious smile and outgoing personality, Taylor has become



Eric Taylor, Moss Construction Labor Foreman, stands outside the completed Pavilion. Eric is a familiar face to JKV residents and has been on the John Knox Village Westlake construction job site since day one.

remarkably familiar with residents and staff, knowing many by name. He treats the Village as if it were his own.

Prospective residents touring JKV will feel Eric’s contagious excitement for the Westlake Project.

# Reinvent Your Summer Reading

**Phyllis Strupp**  
Gazette Contributor



Phyllis Strupp

At midsummer, reading appeals to even the most active people. No matter where you are—at the beach, on a plane or at home on the couch—reading can inform the mind and inspire the spirit. Best of all, reading can be done alone, in the privacy of one’s own little world.

Many people seem to think that reading is a great form of brain exercise. However, reading can be hard on the brain, due to TMI (too much information) and increased social isolation.

If you play your cards right this summer, reading can exercise your brain while your body remains cool and calm. The big payoff is when reading boosts your social engagement and reduces social isolation.

You may have to reinvent your summer reading to make it count as brain exercise. Let’s consider three questions to discover what makes reading a win for brain health.

## Why Are You Reading?

Your motive for reading is the first and foremost consideration. That is because your brain is not as easily amused as your mind.

For example, an acquaintance of ours named Jack got dementia in his 70s. He continued to “read” the newspapers and magazines he had enjoyed for decades. But he couldn’t remember anything he had read. His mind was reading, but his brain was not.

Attention engages the mind, while learning, comprehension and output give your brain a workout. Yet not all reading is worth so much effort. Your brain is clever about avoiding busywork. It’s not going to work any harder than it has to.

Give your brain a reason to retain what you read:

- Avoid reading that is motivated by negative emotions such as anger, fear, guilt, greed or hatred.

- Embrace reading that prepares you for a class, discussion, meeting, performance, rehearsal, reunion, speech, workshop or other socially-engaging event. For example, if you are going to attend a musical or dramatic performance, read a synopsis ahead of time.

## How Are You Reading?

While motivation is the top consideration, sensory input is also very important to the brain. The senses you engage while reading will influence how well the brain retains the information.

The visual cortex of the human brain is relatively small and efficient. When you read using a screen, very little of your brain is receiving the sensory input, making retention more difficult.

Also, looking at screens for long periods can impair vision and reduce brain serotonin, causing mood and sleep disturbances.

If you are reading with something in your hands, visual as well as important tactile brain information, stimulates the brain. Also, turning pages excites the brain in a way that scrolling does not.

Listening engages large areas of the brain, making retention much easier. For thousands of years, language was spoken only; reading and writing are more recent skills. I marvel at how my 93-year-old mother with low vision remembers so much of what she hears on the radio.

Give your brain more sensory stimulation to help it retain what you read:

- Avoid reading on screens
- Embrace reading with a book, periodical or paper in your hand, listening to books on tape (not while driving), or attending a book or poetry reading at your local library.

## What Are You Reading?

Finally, let’s talk about the meat and potatoes of your reading diet. Some people don’t read at all. Others read just to “learn” about current events. As we saw earlier with Jack’s example, reading can be a habit of the mind that does little to engage the brain.

If you don’t read books, give it a try. If you read books, read something new. For example, I never read autobiographies. This summer, I read a 600-page autobiography by neuroscientist Santiago Ramón y Cajal (1852-1934), the first Spaniard to win a Nobel Prize.



Rediscover your local library this summer.

His drawings of brain cells are still used in medical training today. What a learning adventure!

By “cross-training” your mind, you will get many fascinating insights to share with others. This is the output that brain exercise is all about. You have to digest what you read to share it in a conversation or discussion. Make reading a part of your social life.

The best way to get brain exercise from reading is to take a class at a local community college. In the meantime, try this brain-boosting method to reinvent your summer reading:

1. Go to your local library and browse through the just-arrived books.
2. Pick up something new.
3. Sit in one of the comfy chairs in the air-conditioned room and read.
4. Tell a friend something interesting from your reading.

You will get one of the best brain workouts you have had all summer and sleep like a baby.

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)

# The Sanibel Floorplan: Just One Of Many Offered At JKV's Exciting New Westlake Project

Now is the time to reserve your choice of apartments in the Westlake at John Knox Village apartment project. Westlake will be comprised of two apartment towers – The Vue at 15 stories and the 11-story The Terrace. For a **fully refundable 10-percent deposit**, Gazette readers can choose their location for their new apartment home.

This month, *The Gazette* is featuring the luxurious Sanibel floorplan. Only 24 Sanibel apartments are available in The Vue. This 2-bedroom, den and 2 ½ bath apartment offers 1,896 square feet of open-air living. Plan a visit to John Knox Village to find out about the Sanibel and much more. If you are looking for Life-Plan security, convenience and elegance, call the Marketing Department at 954-871-2655.

## The Sanibel 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

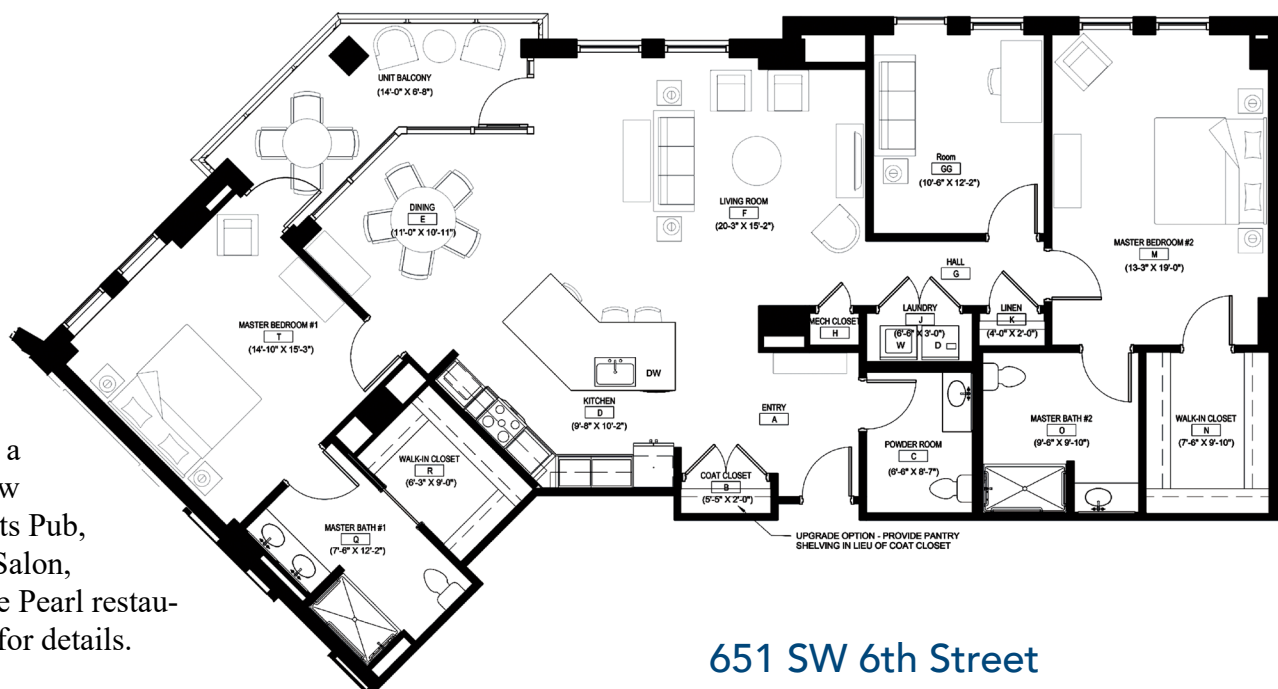
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

As a JKV resident, you’ll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the new Aquatic Complex with two pools, Glades Grill, Stryker’s Poolside Sports Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with its Cultural Arts Center, Seaglass and The Pearl restaurants and much more. Call the Marketing Department at 954-871-2655 for details.



This month’s featured apartment home is the Sanibel, located in The Vue – part of the new Westlake at JKV project.

## The Sanibel Apartment Home 2 Bedroom / 2 ½ Bath / with Den / 1,896 Sq. Ft.



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