



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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The Great Pumpkin: Harbinger Of Fall

How This Orange Fruit Welcomes In The Holiday Season



John Knox Village residents Lyn and Tony Walk during an outing to Bednar's Farms last October.

*When wild, ugly faces we carved in its skin,
Glaring out through the dark with a candle within.*

— John Greenleaf Whittier

Nona Cree Smith
Gazette Contributor

Few horticultural crops signal the arrival of autumn more so than the beautiful orange pumpkin. This fall, millions of Americans will take excited children on an annual pilgrimage to church pumpkin patches or to farmers' markets in search of the perfect pumpkin for jack-o'-lantern carving and home décor. But not many people know the history of mankind's ancient relationship with this attractive and versatile fruit. Long before pies and Halloween made it a seasonal symbol, the history of the pumpkin goes back thousands of years when *Curcubita pepo* was a small hard fruit enjoyed for its seeds, which were a much loved snack among the ancient cave dwellers of north and central Mexico.

Pumpkins were possibly the first plants in the Americas

taken from their wild state and cultivated for consumption. According to archeologists, they might have been responsible for a major shift from a nomadic life to that of settled, agricultural communities. Over the centuries, people selected plants to grow bigger pumpkins with larger seeds and tastier flesh, thus creating an easily propagated, abundant, reliable food supply. Descriptions of the Indians' propagation and use of pumpkins of various sizes and colors, were described in early European travel accounts of North America. Christopher Columbus recorded seeing "calabazas" in Cuba on his voyage of 1492. Alvar Núñez Cabeza de Vaca wrote that "maize, beans and pumpkins grow in great plenty" during his trip along the Florida coast in 1528."

Pilgrims And Native Americans

Eventually, the Native Americans introduced the new colonists from England and beyond, that the earthy orange pulp was a reliable food source, especially when the Pilgrims

See "Pumpkins" on page 2

In Serious Times, Make Laughter A Friend

Humor Is Just A Defense Against The Universe – Mel Brooks

Nona Cree Smith
Gazette Contributor

The Marx Brothers, Brilliant Repartee, Biting Wit And Silly Slapstick

"Honk, honk"

—Harpo Marx

Groucho was the spark that catalyzed the comedy mayhem that made the Marx Brothers movies laugh-out-loud funny. While the Marx Brothers worked together for many years as a stage vaudeville group, they were pushed by Minnie Marx, one of the most ambitious stage moms in history, to move to Broadway and then to Hollywood. It is hard to recapture those live shows except by photos. But we can buy, rent or stream their early movies and enjoy the deranged comedy of Groucho, Harpo and Chico, plus Zeppo on occasion. Following them from Broadway to movies was Margaret Dumont in the role she was born to play, as Groucho's ironclad, stately foil. Groucho himself often referred to her as a fifth Marx Brother.

During these challenging times, it's not always easy to see things as humorous or funny, but it's important to add a healthy dose of laughter to push away the gloom. After all, the only people who enjoy wearing a mask are bank robbers.



The Famous Marx Brothers: Groucho, Chico and Harpo.
Image source: Alamy.

See "Humor" On Page 3

I'd Say The First Thing You Need Is ... A Pumpkin — Cinderella

From "Pumpkins" On Page 1

own early crops failed at Jamestown and Plymouth. In both places, Indians showed the colonists the new, strange food that could be dried in slices and hung from the rafters, mixed with cornmeal for bread, mashed with milk and made into custard, or baked on hot ashes. While the pumpkin pie was not a part of the early Thanksgiving meals, it made its first official appearance in 1796 in "American Cookery" as "pompkin pie" by Amelia Simmons. This colonial innovation was the first time pumpkin was suggested as a delicious dessert. Colonists became so dependent on the traditional pie dessert that one town in Connecticut postponed Thanksgiving until a late shipment of molasses arrived from the West Indies.

Jack-O'-Lanterns Scary But Fun

It was not until the mid-1800's that the New World "pompkin" fruit met the Celtic pagan traditions of the Old World. The pumpkin, large and orange was perfect for carved ghoulish faces with hallowed out eyes and a grimacing grin, lit from within by candles to guard suburban yards at night.

The practice of decorating jack-o'-lanterns originated in Ireland, where a notorious character by the name of Stingy Jack succeeded in tricking and catching the devil, much to the devil's annoyance. Upon his death, Stingy Jack went to the gates of hell, but the devil refused to let him enter. Instead, he sent Jack into the dark night with a glowing lump of coal to guide his way. According to legend, Jack put the coal into a carved-out turnip and was forced to wander the earth at night with just a burning coal to light his way.

The carved pumpkin became an integral part of Halloween festivities, which owes much to the Druid Feast of Samhain, or the end-of-summer feast, usually late in October. Samhain, the Lord of the Dead, came to earth on feast night to collect the spirits of all who had died during the year. Demons and witches were also freed to trick and terrify mortals at the return of winter darkness. People tried to escape the notice of demons and witches by dressing up in disguises or offering them sweetmeats. You see where this is going?

Irish children used to carve face lanterns from potatoes and turnips. When they reached America, they discovered the natural superiority of the pumpkin for carving and as a receptacle for candle light. Today on Halloween, the last great pagan holiday, the New World pumpkin grins through the night still evocative of Old-World magic.



The Headless Horseman, as inspired by "The Legend of Sleepy Hollow," written by Washington Irving. The rider is wielding a jack-o'-lantern as a temporary replacement for his missing head. Image source: Adobe Stock.



The world-wide fixation over pumpkins has led to the development of "Giant Pumpkins." The current world record was set in Belgium in 2016, at 2,625 pounds by Mathias Willemijns. Image source: Wikipedia Commons.

The Headless Horseman

Is it a pumpkin or his head?

Washington Irving's 1820 tale of the Headless Horseman, who terrorizes the real-life village of Sleepy Hollow, is considered one of America's first ghost stories—and one of its scariest.

The story features Ichabod Crane, a schoolteacher, who came to Tarry Town in the narrow valley of Sleepy Hollow to teach. He was an impressionable young man, who was fascinated by, but often, as terrified by locals' stories of ghosts that he would hurry through the woods on his way home, singing to keep from scaring himself. Until late one night, he finds that maybe they were not ghost stories but accounts of true events. Then he sees a dark, menacing figure riding behind him on a horse. Is it the Headless Horseman he has heard so many tales about? And what does it have in its hands, his head or a carved pumpkin? We never find out what happened to Ichabod, as he was never seen in Sleepy Hollow again.

Punkin Chunkin

A Distinctly American Competition.

A relatively new American sport has become immensely popular. Since the early 1980s, Punkin Chunkin (generically called "pumpkin launching") became a competitive sport of mechanically hurling pumpkins as far as they will go. The sport has aired on the Discovery and Science channels. There are more than 40,000 videos on YouTube, and the sport has even made its way into an episode of the sitcom "Modern Family."

The sport includes groups of dedicated men, women and youths, who build complex mechanical devices for the sole purpose of hurling pumpkins across open fields and farmland. The team whose pumpkin smashes at the farthest distance wins.

According to Steve Pierce, a member of the world champion American Chunker team, the sport had humble beginnings with just a few guys at a farm looking at a pile of pumpkins and challenging each other with, "I bet I can throw that further than you," bravado. They all took turns, but the best throw went only 120 feet.

The guys wondered how far the pumpkins would fly by adding force with a machine. Punkin Chunkin advanced quickly as teams built pneumatic cannons, slingshots, centrifugals, catapults and medieval trebuchets – some measuring two stories tall. Soon pumpkins started flying – often for thousands of feet.

Many of these homemade machines misfired, sending pumpkins straight up in the air or worse – even backwards into crowds, that are roped off for safety.

Farmers teamed up with engineers, ballistics specialists, scientists and other experts to push their machines to the limits. The goal is to project a pumpkin the furthest and thereby winning the Punkin Chunkin trophy: A handsome wood-carved statue of a husky, bearded fellow holding up a gigantic pumpkin.

According to Wikipedia, "The world record pumpkin shot is held by a pneumatic cannon dubbed "Big 10 Inch," at 5,545.43 feet on Sept. 9, 2010 in Moab, UT. The shot received certification from Guinness World Records in early February 2011." Wow, can you imagine flinging a pumpkin more than one mile?

Although there are Punkin Chunkin exhibitions in various areas of the U.S., the World Championship Punkin Chunkin Association (WPCPA) hosted its premier annual competition for years in Bridgeville, DE. In 2019, the competition moved to Rantoul, IL.

As of press time, we did not know if there will be a Punkin Chunkin contest this year due to COVID-19. If you are interested in finding out when the next competition will be, please visit the WPCPA web site for information: www.punkinchunkin.com



Punkin Chunkin machines include pneumatic cannons, slingshots, centrifugals, catapults and medieval trebuchets. Image source: Wikimedia Commons.



A Day Without Laughter Is A Day Wasted – Charlie Chaplin

From “Humor” On Page 1

Words such as zany, madcap, and eccentric seemed appropriate for every one of the Marx Brothers movies. Irreverent, and frankly impertinent, the brothers lifted the spirits of audiences after World War I, through the Great Depression to World War II and beyond.

From fast talking, always at the center of some nefarious scheme, Groucho, to the talented piano playing and repartee of Chico and mute harpist Harpo, who seemed to exist in a world all his own like a naughty, curly haired angel: Their fast and lunatic humor ran the gamut from lowbrow slapstick and clever punning to sophisticated verbal and visual horseplay.

The confines of the manners and protocols of polite society did not apply to the Marx boys. Their favorite targets for laser sharp putdowns and mayhem were bullies, tyrants and stuffed shirts. Groucho’s withering one-liners reduced many a pompous soul into a blithering idiot with no response. Even the highbrow wits of the Algonquin Round Table embraced the Brothers and in fact added to their creativity – George S. Kaufman wrote scripts for their movies such as “*Cocanuts*,” and Irving Berlin composed their music.

The Marx Brother movies were the bedrock of humorous influence for many a young filmmaker including Mel Brooks, Woody Allen and the ensemble of Monty Python.



Mel Brooks (front and center) with the cast of the 1981 film, “*History of the World, Part I*.” Image source: Alamy.

process, so don’t feel guilty. There’s a pretty thin line between comedy and tragedy, as exemplified by a laugh-out-loud episode of “*The Mary Tyler Moore Show*,” called “*Chuckles Bites the Dust*.”

Ted Baxter, the pompous news reader at WJM-TV, is disappointed that Chuckles the Clown will be the Grand Marshall at the Circus Parade. Chuckles leads the parade in his peanut costume and is “shelled” by a rogue elephant. The accident causes Murray, in particular, to making joke after joke about the accident while Mary thinks he is inappropriate. Lou claims that laughter is just a way of dealing with sadness, as he and Murray collapse with merriment. The entire TV station attends Chuckles’ memorial service, but it is Mary who starts laughing and can’t stop. Especially when the preacher implores Mary, “Don’t try to hold it back. Laugh for Chuckles.” Mary bursts into the loud sobs she couldn’t muster before.

It is considered to be one of the greatest TV episodes of all time for more than its humor; it points out a profound paradox of the human experience. When faced with misfortune, we can laugh, as we cry.

Doomed Production Is A Hit

“*Step one: We find the worst play in the world, a surefire flop.*”

– Max Bialystock, Producer

“*The Producers*” (1967 version), written and directed by Mel Brooks, is as gonzo as any Marx film, and possibly funnier. It stars Zero Mostel, Gene Wilder and scene stealer Dick Shawn. Its premise is simple: A Broadway producer is reduced to dallying with wealthy old ladies in order to get investment “chequies” for his latest show, in return for some loving hanky panky. Bloom, his milquetoast young accountant with an obsessive need for his “blue blanket,” realizes if they raise a lot of money to produce

a show, and if the show flops, they will have lots of money and be able to retire to South America.

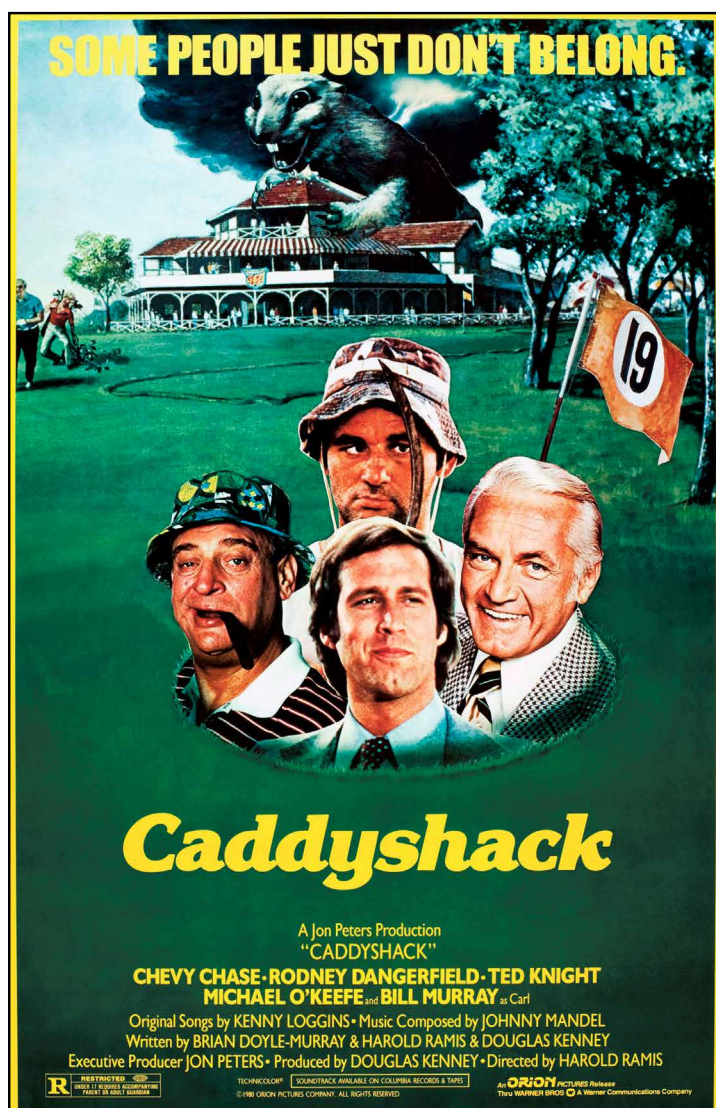
The two decide nothing will bomb harder than a sentimental musical about Adolf Hitler. After assembling a cast, including the worst playwright, director, composer, actors and costume designers, they mount the production. At first, the audience is stunned into shocked silence, but once Dick Shawn enters the stage as a hippie Hitler, the audience thinks it is a satire and starts to laugh, making the show a huge success.

At first, the 1967 film with its musical number “*Springtime for Hitler*,” received a cool reception until magazines like *Time*, *Newsweek* and *Look* proclaimed the film “uproariously funny” and compared it to the Marx Brothers. Crowds started to grow and go. Brooks received an Oscar for Best Screenplay.

“*The Producers*” success opened the door to other films by Mel Brooks worth a second or third viewing including “*The Twelve Chairs*” (1970), “*Blazing Saddles*” (1974), “*Young Frankenstein*” (1974), “*Silent Movie*” (1976), “*High Anxiety*” (1977), “*History of the World, Part I*” (1981), “*Spaceballs*” (1987), and “*Robin Hood: Men in Tights*” (1993).

Brooks’ cast of characters included landmark comedic bits like Harvey Korman’s as Count De Money in “*History of the World*,” and “*Blazing Saddles*” again with Korman chewing the scenery as Hedley Lamarr, the inimitable Madeline Kahn as Lili Von Shtupp, and former professional football player turned actor, Alex Karras as Mongo.

As you read this, we sincerely hope that you’re not going through a tough time. But if you’re feeling stressed, burnt-out or sad, we hope you can find some humor to sustain you. And if all else fails, you should watch “*Chuckles Bites the Dust*” available from Amazon. I promise, it will be impossible not to feel a little better.



The movie “*Caddyshack*” still has a loyal following since its release in 1980. Image source: Alamy.

Laughter And Resilience

“*I told my doctor I want to get a vasectomy. He said, ‘With a face like mine I don’t need one.’*”

– Rodney Dangerfield

The former aluminum siding salesman, with his sad sack face, bulging blue eyes and wisps of hair, Rodney Dangerfield managed to have a ‘later-in-life’ career as a brilliant comedian. If you like slightly lewd and crude humor watch Rodney’s best movies. In “*Caddyshack*,” he is part of an ensemble of very funny players including Chevy Chase, Ted Knight and crazy Bill Murray. “*Caddyshack*” has weathered 40 years since it first hit the screen and is considered a comedy classic.

In “*Back to School*,” Dangerfield is the center of the action as the rich owner of the Tall and Fat stores, who goes back to school to help his nerdy son. But he prefers partying to studying, so he hires a team of professionals to complete his assignments, including author Kurt Vonnegut to write a paper on Vonnegut for literature class, and NASA to complete his astronomy paper. Rodney is hilarious, and his one-liners come rapid fire. This is his best starring role for people who like to have fun and laugh.

Chuckles Bites The Dust

“*It was a freak accident. He went to the parade dressed as Peter Peanut, and a rogue elephant tried to shell him.*”

– Lou Grant

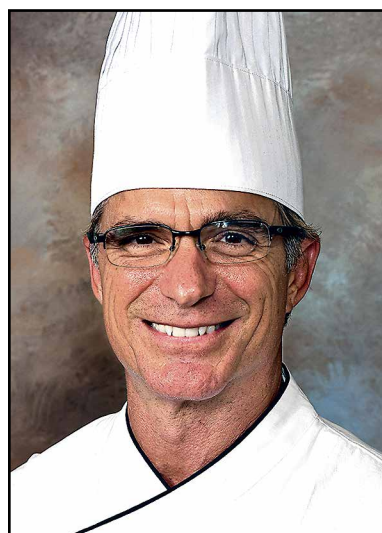
You might be wondering: How could we possibly laugh when the country is suffering from the COVID-19 pandemic? Laughter is a main coping



Ted Baxter as Ted Knight, Edward Asner as Lou Grant, and Mary Tyler Moore as Mary Richards were stars of the very popular 1970 - 1977 TV Series, “*The Mary Tyler Moore Show*.” Image source: Wikimedia Commons.

In Good Taste: No 'Shrimpy' Flavors Here, Avocado Salsa, Pesto, Kick Up Curry Crustacean Recipe

Rob Seitz
Gazette Contributor



John Knox Village Executive Chef Mark Gullusci

John Knox Village Executive Chef Mark Gullusci has found a light, easy-to-create meal that is delicious, healthy and a dish that you, family and friends will remember for quite some time.

While there are many iterations—using mangos, Pico de Gallo, rice, spaghetti or even vegetable noodles—Chef Mark combines two of his favorite accoutrements for this dish—avocado salsa and pesto.



Chef Mark's Curry and Garlic Marinated Shrimp is a taste-tempting treat everyone will enjoy.

Curry and Garlic Marinated Shrimp, With Tomato and Avocado Salsa and a Pesto Drizzle (Yields 4 Servings)

Tomato and Avocado Salsa:

- 1 avocado, chopped
- 1 vine ripe tomato, cubed
- ½ cup chopped cilantro
- Juice and zest of ½ a lemon
- Pinch kosher salt
- Pinch ground black pepper
- ½ red onion chopped
- 1-ounce extra virgin olive oil

Method Of Preparation:

Place all ingredients in bowl and mix gently so you do not bruise the avocado. Place in refrigerator.

Pesto Drizzle:

- 1 cup pine nuts
- ¼ cup garlic bulbs
- 1 cup Parmesan cheese
- Kosher salt to taste
- 1 cup fresh basil leaves
- ¼ cup curly parsley
- 1 cup extra virgin olive oil

Method Of Preparation:

Roast pine nuts in 300-degree oven for 15 minutes and cool. Place all ingredients in a food processor and pulse until course. Place in a container, then into a refrigerator.

Marinated Shrimp:

- 8 shrimp (13/15 in size), thaw if frozen, leave tails on
- 1 tsp. sesame oil
- 1 tsp. soy sauce
- 1 tsp. curry paste
- 2 cloves chopped garlic

Method Of Preparation:

Place all ingredients in bowl and mix. Marinate for 1 hour. Heat 1 tsp. olive oil in sauté pan, add shrimp and cook 1 minute on both sides, place on a plate to cool as you assemble the salsa onto the plate.

Either spoon or use a cup to form a bed of salsa, place two shrimps per person onto the salsa and drizzle the pesto sauce around the dish, garnish with cilantro leaf.

For those who think they might enjoy a chilled wine with this dish, Chef Mark recommends a bottle of John Knox Village-labelled Pinot Grigio. *Gazette* readers can receive a complimentary bottle of its Pinot Grigio, or Cabernet Sauvignon wine after taking a COVID-careful tour of the Village. Call the Marketing Department at (954) 783-4040 to learn more.

Just like the residents of John Knox Village, it is easy to watch and enjoy this and other delicious recipes from Executive Chef Mark Gullusci, just visit the John Knox Village YouTube channel at:
www.youtube.com/user/JohnKnoxVillage/videos

Book Review

The Second Mountain

By David Brooks

Donna DeLeo Bruno
Gazette Contributor

This most recent book (2019) by David Brooks is aimed at helping us lead more meaningful lives. Brooks uses the image of two mountains. For many, the first entails graduating from school, beginning a career, starting a family, with the intention of making your mark on the world. These are the normal goals our culture encourages: A nice home, a fine family, pleasant vacations, good food, supportive friends. In this stage, one is asking himself, "How do I measure up? Where do I stand?" But after many years devoted to reaching the top, many find their success unfulfilling or some unforeseen event knocks them off the top. How they react to this moment, Brooks says, is highly significant in determining their futures. Some become resentful, angry, disappointed, withdrawn and bitter; while others reject the superficial values of society and recognize something "bigger" than individual personal achievement is out there.

Ascending The Second Mountain

For example, rather than seeking to be the manager of a company, one might turn to mentoring to help others improve. A life that was once primarily lived for oneself, becomes a life lived for others. This is the second mountain to which he refers. People on the second mountain have become better at living. Deeper and wiser, they make a commitment to spouse and family, to a vocation, a philosophy or faith, or to their community. They no longer have the strong desire for status, recognition, power or money. They do not abandon those things but shift their values and focus on other things that make them joyful, rather than just happy.

The author also mentions Mack McCarter, an ordinary man in his 70s in Louisiana, who has made it his business to know every patron in a particular cof-

fee shop, ask their name, make a joke or tell a story much to the amusement of all. The patrons enjoy his presence that emanates such joie d'vivre.

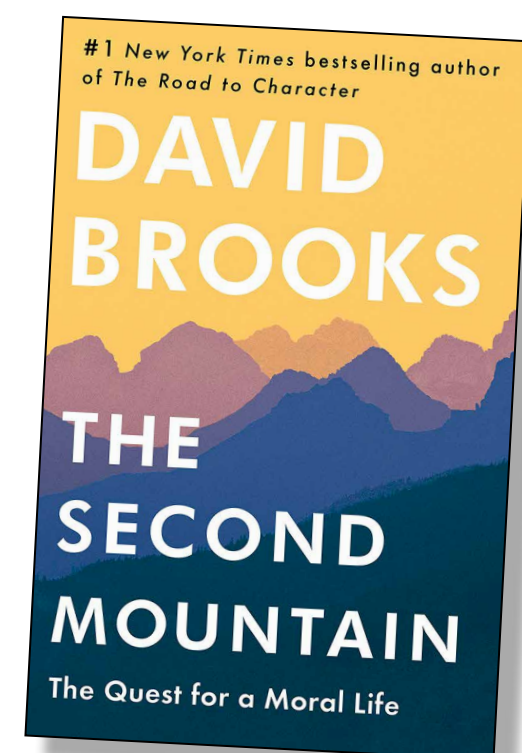
Another, Benjamin Hardy, adopted three foster children and asserts that it changed his life. Although difficult, he has never known such fulfillment. Greg Boyle who ministers to gang members in LA says the same; he feels he is living his calling. They have found that happiness can't be lived alone. These individuals, who have given themselves to deep and loving commitments, radiate joy.

Examples From The Second Mountain

Brooks also mentions Jim Lehrer with whom he worked on "PBS NewsHour," who would frown whenever Brooks made a mean or derogatory comment about someone, but would smile with approval when Brooks showed his kinder instincts. He also mentions Abraham Lincoln, whom I admire greatly and of whom I have made a study. In 1861 Abe visited the house of Gen. George McClellan hoping to encourage him to push harder against the Confederacy. Told the general was not at home, Lincoln chose to wait in the parlor. When McClellan returned, he walked right past the parlor and went to bed. Lincoln waited another half hour until the butler brought the message that it would have to wait. Lincoln remained calm despite the outrage of two cabinet members who had accompanied him. The President ignored the obvious insult, saying, "Better at this time not to be making points of etiquette and personal dignity." He would wait because he had given himself to a higher cause, saving the Union. This was not about him, but about a higher goal. He was already on the second mountain.

Brooks quotes many who have reached this phase of transcendence: John Steinbeck, Kierkegaard, C.S. Lewis, Iris Murdoch, Tolstoy, St. Augustine, Dalai Lama, Pope Francis, Ralph Waldo Emerson, Alexis de Tocqueville, Maslow, Justice Anthony Kennedy and others. In fact, in the introduction, he states that some have said he hasn't written a book as much as quoted from other great philosophers and authors. In addition, Brooks refers to studies – one by Harvard University School of Education researchers – who asked middle and high school students whether their parents cared more about their academic achievement or their tendency toward kindness. All chose the former which demonstrates the emphasis in our society on the self rather than others.

This is a worthwhile book about a serious subject



– how we spend our lives. Brooks knows of what he writes because he willingly shares his own transformation from the first mountain to the second. In the five years since the publication of his former book "The Road to Character," his life was in turmoil. His ascent left him "aloof, invulnerable, and uncommitted in his private life, leading to divorce after many years of marriage." He felt guilty of prioritizing time over the people closest to him. He felt "uprooted, lonely, at loose ends as his children drifted off to college and careers." That was the impetus to examine how he and we should be spending our days. Finding what gives you joy and purpose is key. Happiness fades, but joy remains, usually when we have found a higher calling that focuses on others rather than ourselves.

This book is replete with the wisdom of some of the greatest minds: Albert Camus, Carl Jung, Viktor Frankl, William Wordsworth, George Orwell, Immanuel Kant and Sigmund Freud. There is much to be learned from them.

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. Donna is a member of the John Knox Village Silver Scrubbers group, guiding authors in publishing their books.

Pomp And Pageantry May Be Missing, But Exciting Work Moves Forward

Rob Seitz
Gazette Contributor

While the pomp and pageantry were missing—another in-person COVID-19 casualty

—John Knox Village nonetheless proceeded with breaking ground on its next ambitious project for residents—current and future.

When completed early in 2022, the Westlake Pavilion will offer a 400-seat Performing Arts Center, two new restaurants—the Pearl and Seaglass—with indoor and lakeside dining, a Nautilus Bar straddling the two dining venues and a pre- and post-event Gallery Space.

“I daresay the Pavilion will make John Knox Village the talk, not only among residents, prospects and around town—but also within the senior living industry,” JKV Chief Marketing & Innovation Officer Monica McAfee told *The Gazette*. “The Performing Arts Center will rival our neighboring Pompano Beach Cultural Center in size, scope and state-of-the-art technology. Add to that an art gallery, terrace and outdoor dining overlooking our expanded waterway system and JKV becomes more than just a home.”

Exceptional Dining Venues

The Pearl and Seaglass restaurants will add two more dining jewels to South Florida’s life-plan retirement community of choice. They will complement two other eateries that will be opening when the Village’s \$6.9 million Aquatic Complex becomes a reality near the end of next month.

The Glades Grill and Stryker’s Poolside Sports Pub will offer delicious dishes, along with cold beverages, while residents and guests enjoy the sun sail-shaded resort-style pool or dive into the four-lane 75-foot long lap pool for a wet workout.

“Think of what lies ahead during these exciting times,” McAfee said. “In short order, we will be enjoying the two swimming pools, the two dining spaces, two each Pickleball and bocce ball courts, a Jacuzzi and a fire pit. Wow.”

The grandest of JKV’s Master Vision Plan is its vibrant new Independent Living project called Westlake. Two new apartment buildings—The Vue and Ter-



In this artist's conception, residents gather outside JKV's planned nearly 400-seat Performing Arts Center.

race—will offer 150 state-of-the-art, designer finished apartment homes, ranging in size from 1,277 to 2,346 square feet in the 17 and 15-story apartment buildings.

Enhanced Waterfront Ambiance

An integral part of the project is the enlargement and enhancement of the Village’s current dramatic water views, including redirecting and more than tripling the size of Rex Foster Lake, the soon-to-be water centerpiece of the Village.

First-floor common areas of The Vue will boast many new amenities, including a high-tech production theater, technology hub, business center, art studio, Sacred space, club room, library, a bakery, coffee and wine bar shop, called the French Press, and the Westlake Eatery, a fast-casual restaurant serving freshly made fare all day.

“John Knox Village is embarking on this tremendous project to provide and enrich the lifestyles of its current and future residents,” President & CEO Gerry Stryker, told *The Gazette*. “A Master Vision and Site Plan of this magnitude and complexity has taken a team of innovative professionals, guided by our

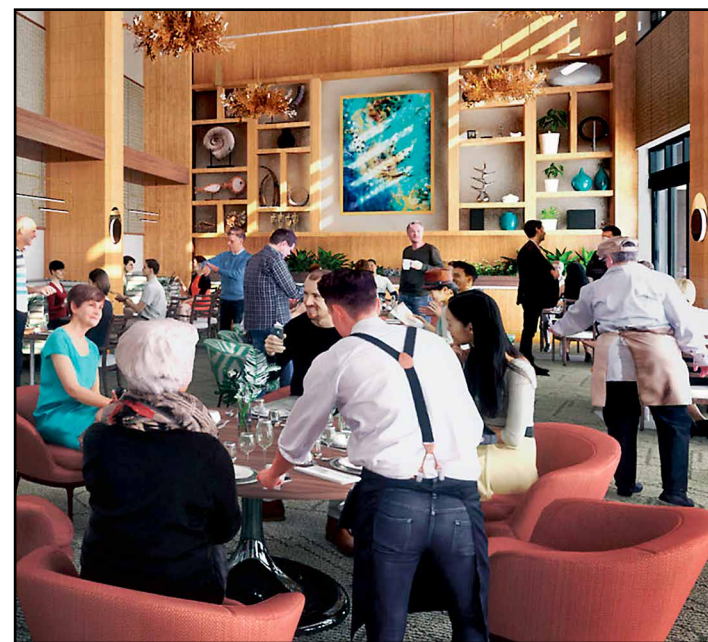
residents, management team and Board of Directors to reach this point in our journey.”

JKV is home to more than 1,000 residents in coastal Pompano Beach, FL. Independent Living residents enjoy their times in gorgeous Garden Villas, as well as four apartment buildings—Heritage Tower, East Lake, Village Towers and Cassels Tower. The Village also offers the peace of mind for residents that comes from knowing all future, higher-levels of health care are taken care of at its on-campus assisted living facility Gardens West and two skilled nursing centers—The Woodlands and Seaside Cove, both of which also provide award-winning short-term rehabilitation care to members of the greater community.

To learn more about John Knox Village, the Westlake projects or short-term rehab care, call the Marketing Department at (954) 783-4040, or visit www.JohnKnoxVillage.com or www.jkvgrows.com.



150 new Independent Living Apartments are on the horizon as part of JKV's Master Vision Plan.



The Seaglass restaurant will be one of four new dining venues planned throughout John Knox Village.

web JohnKnoxVillage.com
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Answers On Page 10.

Sudoku

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

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9		7		8				
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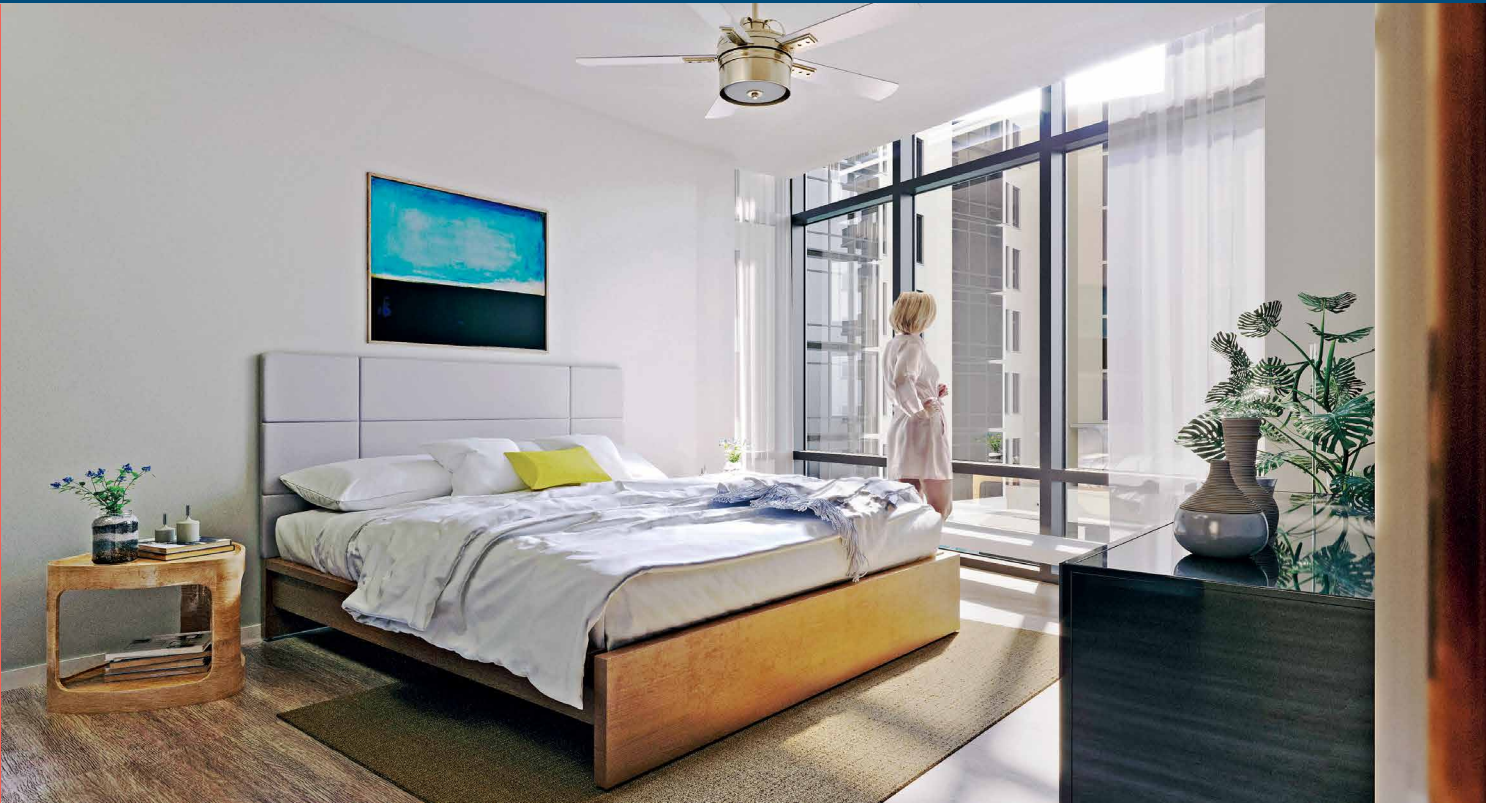


After Florida Gov. Ron DeSantis allowed the reopening of nursing homes to families, John Knox Village celebrated with a very COVID-careful birthday party. Vernice Huff, one of the Elders from The Woodlands, celebrated her 100th birthday with daughter Lynn Foley.



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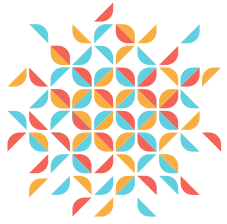
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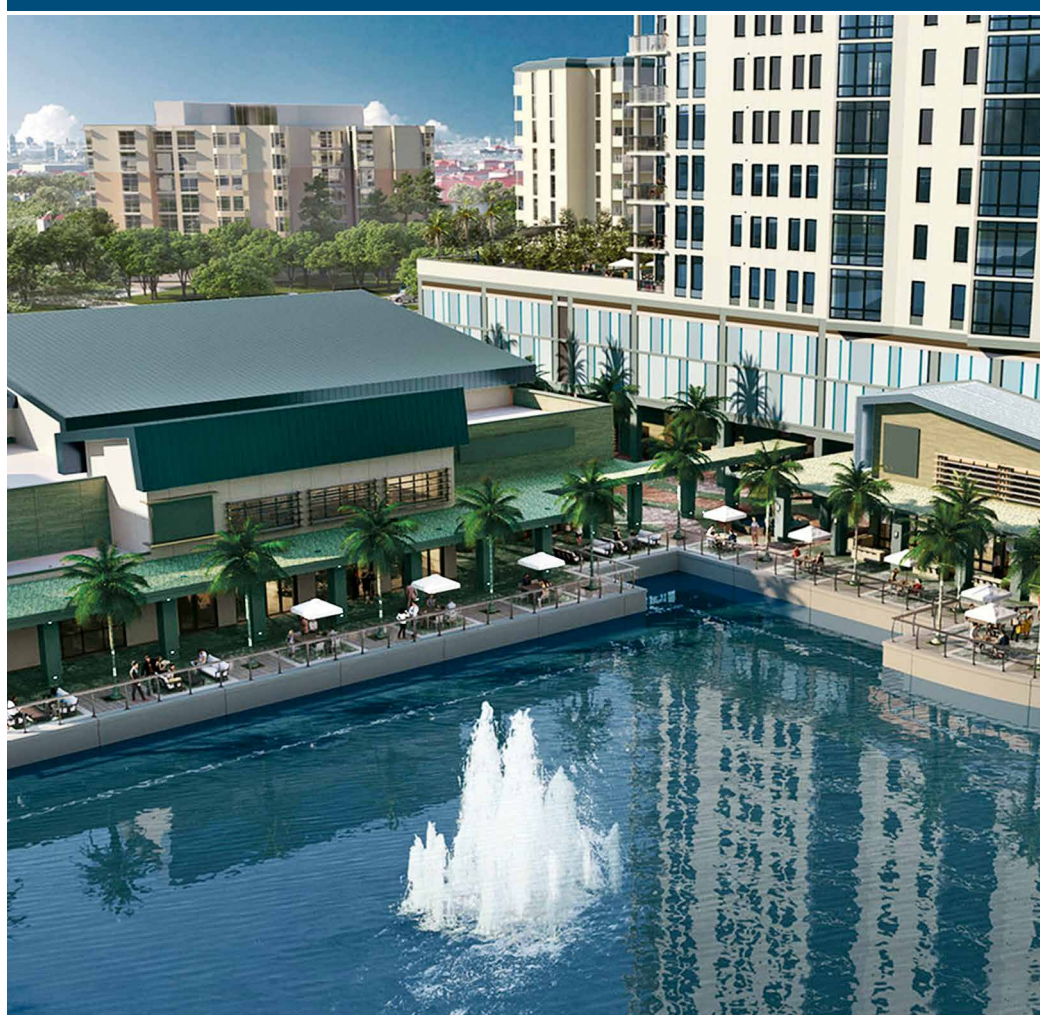


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John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial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

Meds, Nutrients And COVID-19

Maintaining Your Health Goals During The Pandemic

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

People with cardiovascular disease and high blood pressure are at higher risk of developing severe COVID-19, requiring hospitalization, intensive care, and unfortunately, about a three times higher risk of death.

A lot of controversy surrounds some commonly used cardiac medications such as statins (cholesterol lowering medications) and ACE inhibitors (used for high blood pressure), since both classes of medications increase the number

of the ACE 2 receptors that SARS-COV-2 uses to enter the cells. In other words, if cells were like houses, and coronaviruses were burglars, these medications increase the number of doors and windows through which the burglars can enter the house and cause trouble.

Having said that, the Coronavirus SARS-COV-2 seems to attack not just lungs, but also the lining of our arteries, the heart and the brain, where the same medications (statins, ACE inhibitors and ARBs) may provide a protective, anti-inflammatory, effect.

Several studies are now trying to sort the controversy out and investigate if these cardiac medications are helpful in COVID-19 or not. Given the unfortunate manipulations of public opinion about another medication, Hydroxychloroquine (driven by political and financial interests put above human lives), one can only hope that we indeed will hear the truth.

Meanwhile, I thought it might be useful to share with you that many commonly used cardiac medications can put their users at risk of nutrient deficiencies,

with potential negative impact on their immune systems. My goal is to increase your awareness, not to create panic – when after all, approximately three times more Americans die each year of cardiovascular disease (about 647,000 Americans) than of COVID-19 (more than 190,000 Americans to date), thus far. Do not stop your cardiac meds because of this article, but you might want to ask your physician to check your nutrient level, and supplement accordingly.

Nutrients Versus Medications

Which nutrients are affected and by which medications? Blood pressure medications such as diuretics, ACE inhibitors and ARBs seem to deplete us of zinc – a key nutrient for our immune system. In fact, zinc seems to reduce the ability of many viruses to replicate (multiply), that is why we take zinc lozenges when coming down with the flu. Other immune boosting nutrients depleted by diuretics are magnesium and potassium, and some, like Lasix, can even deplete the hugely important vitamin C.

Diet Adjustments That May Help

Great sources of zinc are seafood, animal protein, mushrooms, nuts and seeds. For magnesium, potassium and vitamin C, eat a variety of fresh fruits and vegetables, from leafy greens to berries.

Statins can deplete us of coenzyme Q 10 and selenium, two additional nutrients crucial for the immune system. Ask your physician to check your levels – coenzyme Q 10 can be taken as a supplement while Brazil nuts, mushrooms, animal protein and eggs are among the best sources of selenium.

How about the “king” of nutrients for the immune system – the sunshine vitamin - vitamin D? We know that a low level of vitamin D correlates with severe COVID. Most people living in the South are told not to worry about their vitamin D, as they are getting plenty of sunshine. But many medications lower vitamin D level through accelerated degradation including cardiac meds spironolactone and nifedipine, anti-epileptics carbamazepine and phenytoin, anti-cancer drugs tamoxifen, taxol and cyclophosphamide, prostate cancer medication cyproterone acetate



Proper nutrition, exercise, adequate sleep, laughter and love are all basics to a healthy lifestyle.

and steroids such as dexamethasone. Ask your physician to check your level and keep at above 30 ng/ml with supplemental vitamin D3, if needed.

Maintain A Healthy Lifestyle

Medications can be tremendously helpful and even save our lives, but do not forget that a healthy lifestyle (healthy diet, optimal weight, moderate exercise, adequate sleep, laughter, love and social connection despite physical distancing) is the best booster for your immune system. It can help you not only make it through this pandemic, but also shrink your risk of heart disease, diabetes, cancer and live a longer, fuller, happier life with no side effects.

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

Getting Old Is Not For Sissies

Anne Goldberg
Gazette Contributor



Anne Goldberg
The Savvy Senior

Years ago, I had two posters of octogenarians in my home gym. One was a man in a very brief swimsuit, ripped like Schwarzenegger and the other was a woman, also in a swimsuit, with the body of an Olympic athlete. The titles on both were “Getting Old is Not for Sissies!” (actually based on a quote by Bette Davis.) I was in my late 40s and I loved those posters. Those super grands were my role models.

Fast forward 20 years, and through the ups and downs of life, I did not become a senior body-builder. I haven't quite got

buns of steel or a six-pack. In fact, it's more like buns of sponge and a two-pack, but I am no sissy and do not quiver in fear over getting older. After all, I've earned my Elder stripes and I'm here to reap the rewards.

Sissy? No, not me. I've developed muscle in another area. I have developed the “muscle” of resilience.

With Age Comes Resilience

Life has thrown so many ups and downs at me. I have endured and survived its most painful losses and disappointments. With age, and the experience it has brought, I have seen that, while I never get over certain events, I do get through them. More often than not, I get through them with a greater understanding and empathy for myself and others.

Resilience gives me the strength to prevail. *Psychology Today* defines it as: “That ineffable quality that allows some people to be knocked down by life and come back stronger than ever. Rather than letting failure overcome them and drain their resolve, they find a way to rise from the ashes.”

To Love And To Be Loved

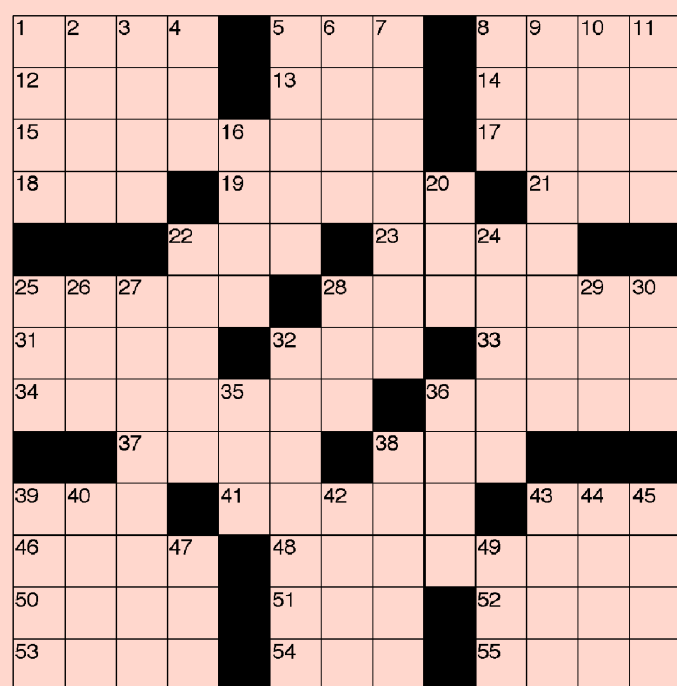
Resilience is born of experience and pain, and yet it is the nectar of life, born of perspective and wisdom. Being resilient is knowing that, with time, suffering eases and life sweetens again. As long as I am breathing, there is the opportunity to love and be loved, to share and experience good times. So no, getting old is not for sissies. It requires strength, and a stubbornness of spirit that comes from a life lived.

Be a savvy senior. Know that while aging is inevitable, becoming old is an option. See the good. Know you can prevail.

P.S. Democracy is not an option. Please vote.



Anne Goldberg, The Savvy Senior, has a mission to help seniors know they are old enough to have a past and young enough to have a future. Her vision is to create an army of senior volunteers bringing their wisdom and experience back to the community. She helps seniors live into their future with vitality by teaching them how to use computers, with conferences and workshops on “The Art of Living Longer,” with decluttering & organizing, and with “Tell Your Story Videos,” preserving the stories and wisdom of your life for future generations. Visit: www.SavvySeniorServices.com



Crossword Puzzle Of The Month

ACROSS

1. Jackfruit
5. Ten (pref.)
8. Dayak people
12. Original sinner
13. Devon river
14. Wings
15. Air
17. Byron poem
18. Compass direction
19. Chin. duck eggs
21. Wool cluster
22. Loose woman
23. Fermented honey drink
25. Chateaubriand heroine
28. Golf club
31. Polish rum cake
32. Women's Army Corps (abbr.)

DOWN

33. Munich's river
34. Annona
36. Pers. carpet
37. Close
38. Guest house
39. Trend
41. Former Turk. president
43. Pother
46. Amalekite king
48. Riot
50. Wool (Lat.)
51. Exploit
52. Aoudad
53. High (pref.)
54. Three (pref.)
55. Concur

DOWN

1. Green
2. Arabian Sea gulf
3. Window lead
4. Soul or spirit (Fr.)
5. Cotton fabric
6. Exodus (abbr.)
7. Of pottery
8. Adjective-forming (suf.)
9. Flatter
10. Rhine tributary
11. Wagon tongue
16. Somoan port
20. Beak
22. Sound loudly
24. Foreign in origin
25. Absolute (abbr.)
26. Truth: Chin.
27. Substantial
28. Siesta
29. Canadian (abbr.)
30. Crab-eating macaque
32. Effete (2 words)
35. Monkey
36. Neglect
38. Bury
39. FDR's dog
40. Bedouin headband cord
42. River into the Humber
43. Air (pref.)
44. Smear on
45. Migratory worker
47. Lively (Fr.)
49. King in India

Answers On Page 10.

Tech Tips Get You Up To Speed

Maurice Scaglione
Gazette Contributor



Maurice Scaglione

Today we're going to cover a few different subjects. First, let's examine telephone scams.

Every week someone tells me that Microsoft, Apple, Norton or another tech company has called them. They said something to the effect of "Your computer is broken, let us show you." Then they slyly take remote control of your computer, show you some red buttons, tell you, "see" we told you its broken and for \$400 will solve your troubles.

Avoid The Current Scams

Please hang up on anybody you do not personally know. None of these companies is going to call you. Other scams include your computer freezing and displaying a large picture to the effect of, "call this number right now." Often the machine will yell at you to scare you. In this case, to make it stop screaming, press down, and hold the power button until the count of 10 slowly, then restart. Alternatively, just pull the plug from the wall, if it is not a laptop.

Other scams will tell you to go to CVS or Target, buy an Apple gift card, or a Target gift card for \$300 to \$500. Then go home and call them with the card number. There is one simple thing to do if you ever get a computer or bank scam call. Simply say, "I don't use that bank, or I do not own anything like that." Don't wait for an answer and hang up. If they call back don't answer or just hang up again. Don't bother telling them you will report it to the police, they'll just laugh.

Another popular scam is the screaming grandchildren. Your grandchild is not in trouble screaming in the background, you are being preyed up emotionally. Don't send money, call your family instead.

Another is the bank scam: "We transferred too much money for your IRS refund to your bank and now need your account number, Social Security number, and date of birth to correct the error." No one from any bank is going to call you out of the blue and ask you for that personal information. Do not ever believe any phone calls you get involving money. You are going to get robbed.

Low Cost Android Phone

Now let's move on to a new Android phone that is reasonably priced and very much the size of the Apple SE. Google introduced a "fits in your hand" phone called the Pixel 4a for \$349. An exciting feature is the built-in live screen caption. If you are hard of hearing or in a noisy environment, it will live transcribe your telephone conversation. The words spoken by the other party will show up on your screen.

This will also transcribe podcasts and videos you are watching. This feature is available on many Android phones, just call your carrier to turn it on for free. The Pixel 4a has a great camera, battery life, small enough to fit in a pocket and offers large storage of 128GB. It is one of the few phones left on the market to include a headphone jack to plug in a wired headset. It comes with a super-fast charger but does not offer wireless charging. Interestingly enough, it is eco-friendly, using about 45 percent of post-consumer recycled materials inside. This means the plastic you have recycled on the curb, now has a new life in a phone.

Like the Apple SE it does not offer 5G, and as discussed in the past, 5G is nothing to be of any interest for at least another two years in the U.S.

The Pixel 4a runs the Google operating system called Android which includes what is called the Google assistant. The assistant is a feature like Siri on Apple but does better in answering questions. It is smarter since it uses the Google search engine to answer general interest questions. Of course, it gives driving directions and makes phone calls with your voice, among other things.

News For Windows 10 Users

If you have a Windows 10 computer, Microsoft has given up on the ancient browser called Internet Explorer and replaced it with a product called Edge. What is interesting is that Edge is based on the software created by Google that powers their browser called Chrome. You will notice a new blue round icon that looks almost like a wave of water. Microsoft has said that Windows 10 is the last operating system. There will not be a version 11 or 12, instead what they will do is constantly update Windows 10 to later versions. Older computers sometimes don't like the updates. If, by chance, your computer becomes extremely slow after an update you can reverse it.

First, confirm that you were moved to the problem version called 2004. This refers to the fourth month of the year 2020, not the year 2004. Press the **Start**



The \$349 Google Pixel 4a. Google image.

Windows logo button in the lower-left corner of your screen. Click **Settings**, it's the third icon that looks like a Gear. On the next page, in the upper left click **System** and then all the way at the bottom on the left click **About**. A new window opens, page down halfway, it will say "Windows specifications" Below that will be a version 2004. If it says 1903 or any number other than 2004, you don't have the update. And it is not the cause of your computer slowing down.

To reverse the 2004 update, Press the **Start Windows** logo button in the lower-left corner of your screen. Click **Settings**, it's the third icon that looks like a Gear. On the next page, click on the "**Update and security**" button, on the left side click the word, "**Recovery.**" Now on the right side, you will see "**Go back to the previous version of Windows.**" Click the button "**Get started.**" If "Get started" is grey and you cannot click it, you do not have the option to go back. Sadly, you are stuck with the new version and need to update drivers and bios on your computer.

Maurice Scaglione is a 25-year veteran of the computer industry. He runs Stupid Computers, LLC (954) 302-3011, offering personal computer training in home or office. He resolves problems and instructs on the use of computers, smartphones and tablets such as iPhone, Android, iPad, etc. You are welcome to send your questions to him at stupidcomputersllc@gmail.com and he will attempt to include answers in future articles.

Underestimating Church Ladies At Fantasy Fest



"Aunt" Ted Leary plays violin with her sister "Gram" Evie Bodenwieser on piano, as they so often did for church events and many other gatherings.

Kathleen Dempsey
Gazette Contributor

As Halloween approaches, my thoughts turn to Fantasy Fest in Key West. No, I have no plans to go.

I am fondly recalling when Grandma and her sister went down for it. Both of them loved a good parade, and they had heard somewhere that Key West had a "fantastic" Halloween Parade. Apparently they did not hear specific details, and the adjective "fantastic" can be interpreted many ways.

When the two little "church ladies" announced at our Sunday family dinner their intention to attend the parade, my daughter, Lisa, and I exchanged looks. Should we tell them? It developed that our enthused elderly ladies already had room reservations, and were looking forward to the colorful drive down through the Keys from Boynton Beach. We two rolled our eyes in resignation and smiled at our sweet grandma and auntie. After all, who would harm two innocent little old ladies? Besides, they were definitely naive, but certainly far from stupid. We were sure common sense would prevail once they saw the actual preparations

and participants. Off they went.

Fantasy Fest Odyssey

This occurred in the late 1990s, well before cell phones were in general use. And, if truth be known, I seriously doubt they would have utilized them anyway. "Techie" is not a word I would have used to describe either Gram or Aunt Ted. Plus, their phone conversations were always very brief and to the point, no idle chitchat due to childhood phone conditioning with party lines. So we heard not a word from them. Lisa and I looked forward to the following Sunday dinner to hear all about their adventure.

Thus the following weekend as soon as dinner was served and the grace said, we waited for these in-

dominable elderly women to describe their experience in Key West. I finally had to ask casually, "So how was Fantasy Fest?" Gram answered first: "It was crowded." Then Aunt Ted: "It was colorful!" Lisa couldn't keep from grinning. Then I asked what we both really wanted to know: "Did you attend the parade?"

Gram answered, "Of course. That's what we went down there to see." I had obviously asked a stupid question. Lisa couldn't stand the suspense any longer, so she chimed in, "So how was it?" Our esteemed relatives then described how they had taken folding chairs from home since they had heard the parade was extensive. They found a clear spot along the parade route and set up early. They wanted to see the whole thing from start to finish without their legs giving out. Yes, they were smart.

All That Glitters Is Not Gold

"Well," I prompted, "so you saw the very beginning?" Gram responded, "Yes, as the first participants came toward us, we noticed they were wearing

flesh-colored bodysuits with lots of glitter. Then, as they got closer, we realized they weren't wearing any bodysuits, just glitter." Lisa and I nodded knowledgeably, and I then said, "So you packed up and left?" Aunt Ted snapped right back, "We had sat there for a long time to keep those seats in a good location, we weren't about to leave. After all, that parade was the reason for the trip."

Lisa and I exchanged looks. We had certainly underestimated our little church ladies. With more prompting, Gram described how some of the marchers had used bunches of grapes at strategic locations for their "costumes." Aunt Ted chuckled, "Good thing it was a warm evening." We were amazed, amused, and impressed.

"Weren't you uncomfortable with all those naked bodies?" I finally asked. "No, we had our clothes on," asserted Aunt Ted. She added she was glad they had thought to bring folding aluminum chairs since it was a very long parade. When we asked if they had stayed for the whole thing, they said, "Of course."

Gram explained that the crowd behind them was so big it would have been difficult to leave even if they had wanted to go.

What a surprise. Lisa and I apparently did not know these dear ladies as well as we had thought. They had plenty of spunk and apparently were broad-minded as well, and still ready for adventure. To this day we relish that heritage.

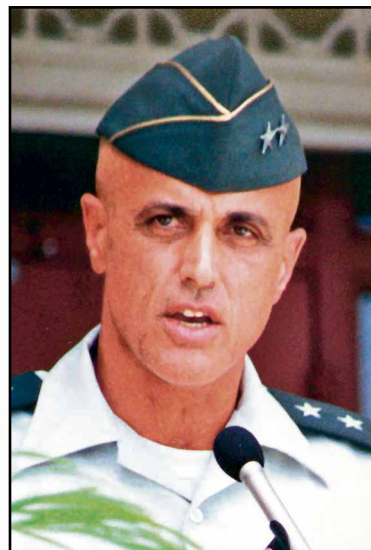
Editor's Note: The 41st annual Fantasy Fest 2020 was scheduled in Key West from Oct. 16 through Oct. 25, but has been cancelled due to the COVID-19 pandemic.

Kathleen Dempsey is a retired journalist and world-traveler. As a member of the John Knox Village Silver Scrubbers, Kathleen published her autobiography, "White Gloves And Rattlesnakes: An Old Broad's Life Travels." Kathleen and her husband Fred Segal live in Pompano Beach, FL.

The Triad, The Foursome And What We Can Do To Assure Freedom

A World View From A Retired Military Veteran

Burn Loeffke
Gazette Contributor



Burn Loeffke

The Triad

All that I am writing was declassified many years ago. The first A-Bomb was dropped from an airplane 75 years ago on a Japanese city. Thousands died instantly and many more later from radiation. Since then we have perfected nuclear war with more deadly weapons and more efficient delivery systems.

Many of us grew up with the Triad, the acronym for the three delivery systems. The Bomber, the Submarine and lastly the huge ICBMs.

ICBMs are gigantic missiles housed in deep silos to protect them from destruction from an incoming enemy missile. ICBM stands for Inter-Continental Ballistic Missile and when launched can reach targets as far away as 5,000 miles in less than 20 minutes. Missiles launched from submarines are smaller, but depending where they are when launched, can reach a target in as little as five minutes.

The Foursome

There was a fourth system called the suitcase bomb. These were nuclear weapons small enough that could be carried in a large suitcase or carried by specially trained paratroopers. I served for a short while in a detachment that trained on jumping with these weapons. It is the suitcase bomb that worries me. When the Soviet Union collapsed, several of these bombs went missing. Today, the technology is in the hands of those who wish us ill.

Not If But When?

Some of us are surprised that these weapons have not been used by the many who are willing to die, and in the process hurt their enemies. A further problem we face, is the fact, that we cannot always identify those who wish us harm.

For many years we have seen photos of armed militias in the Middle East, and Africa – fully armed with AK-47s riding in the back of pick-up trucks. Today, as a military veteran, I am shocked that we are seeing similar images in the United States. Democracy as we know it, is in danger across the world, and is being subverted by the misguided use of power.

As the philosopher Immanuel Kant wrote in the 1700s, “The possession of power inevitably spoils the free use of reason.”

What Can We Do?

I have children. My hope is to create a world where our grandchildren can live in freedom without the threat of extinction from war, pandemic, pollution and climate change. As Mother Teresa was fond of saying, “I may not be able to do great things, but I can surely do many small things with love.”

Medicine, Food And Housing For The Poor

Instead of spending billions on more efficient ways to destroy each other, let’s cooperate in helping to alleviate suffering in our backyard. Let us feed the hungry. Let us build homes for the homeless. Let us work together to find medical solutions to afflictions that affect us all. And let us listen to each other. These are the kinds of efforts that help build friendships.

The United States has long been the example of freedom and liberty around the world, but those freedoms are in danger.

In one of the greatest speeches ever recited in American history, President Abraham Lincoln, on the grounds of the Gettysburg Battlefield, closed his remarks with the famous words: “And that government of the people, by the people, for the people, shall not perish from the earth.”

I urge you to consider the future of your children and vote your conscience on Nov. 3.



During his military career, Burn Loeffke parachuted, during both war and peace, more than 200 times.

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.



Marty Lee
Gazette Contributor

As we look forward to the general election on Tuesday, Nov. 3., it is important to acknowledge

your right and your responsibility to vote. Elections are supervised by, and under the direction of, your local county government. Do not be persuaded by others who may offer alternative information on the validity of your vote.

For any specific questions or concerns, you will want to check with your County Elections office.

In Broward County, voters should visit the website: www.browardsoe.org or by phone contact: Broward County Supervisor of Elections (954) 357-7050.

For Miami-Dade County voters, visit the website: www.miamidade.gov/global/elections/home.page or by phone contact: The Elections Department (305) 499-8683.

In Palm Beach County, voters should visit the website: www.pbcelections.org or by phone contact: Palm Beach County Supervisor of Elections (561) 656-6200.

If you have missed the deadline for requesting a mail-in ballot, consider your options for early voting. While each county will be different, Broward County (FL) offers 22 convenient locations for early voting. See the list of early voting locations below.

Broward County Early Voting

General Election: Early Voting Dates, Hours, and Sites, Oct. 19 through Nov. 1 from 7 a.m. to 7 p.m.

African-American Research Library
2650 Sistrunk Blvd., Ft. Lauderdale, 33311

- Northwest Regional Library**
3151 University Drive, Coral Springs, 33065
- Broward Health North Conference Room**
201 E. Sample Road, Deerfield Beach, 33064
- Nova Southeastern Univ. (Alvin Sherman Library)**
3301 Ray Ferrero Jr. Blvd., Davie, 33314
- Coral Ridge Mall, N or NW Entrance**
3200 N. Federal Hwy., Ft. Lauderdale, 33306
- Pine Trails Park Amphitheater**
10555 Trails End, Parkland, 33076
- Davie/Cooper City Library**
4600 SW 82nd Ave., Davie, 33328
- E. Pat Larkins Community Center**
520 Martin Luther King Blvd., Pompano Beach, 33060
- Emma Lou Olson Civic Center**
1801 NE 6th St., Pompano Beach, 33060
- Lauderhill Mall**
1519 NW 40th Ave., Lauderhill, 33313
- Ft. Lauderdale Branch Library**
1300 E. Sunrise Blvd., Ft. Lauderdale, 33304
- South Regional Library**
7300 Pines Blvd., Pembroke Pines, 33024

- Hallandale Beach Cultural Community Center**
410 SE 3rd St., Hallandale Beach, 33009
- Southwest Regional Library**
16835 Sheridan St., Pembroke Pines, 33331
- Miramar Branch Library**
2050 Civic Center Place, Miramar, 33025
- Tamarac Branch Library**
8701 W. Commercial Blvd., Tamarac, 33321
- Hollywood Branch Library**
2600 Hollywood Blvd., Hollywood, 33020
- West Regional Library**
8601 W. Broward Blvd., Plantation, 33324
- Nob Hill Soccer Club**
10200 Sunset Strip, Sunrise, 33322
- Weston Branch Library**
4205 Bonaventure Blvd., Weston, 33332
- North Regional Library**
1100 Coconut Creek Blvd., Coconut Creek, 33066
- Women’s Club of Wilton Manors**
600 NE 21st Court, Wilton Manors, 33305

Whether you plan mail-in voting, early voting or in-person on election day Nov. 3, make sure you vote.

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

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

J	A	C	A	D	E	C	I	B	A	N
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L	A	N	A	U	S	E	A	R	U	I
A	L	T	I	T	E	R	J	I	B	E

JKV's Active Aging Week Will Be 'Virtually' Like No Other

Rob Seitz
Gazette Contributor

Active Aging Week runs from Oct. 4 through Oct. 11 this year, and for John Knox Village and other Life-Plan Retirement Communities around the world, it will be like no other. COVID-19 has made sure of that.

Begun in 2003 by the International Council on Active Aging, AAW would typically be a week of large gatherings with people celebrating how positive the process of aging can truly be.

While that lofty goal and enthusiasm around the seven jam-packed days remain high, virtually all in-person events will be missing, giving way to the "virtual" classroom, fitness studio, performing arts locations, with the educational, physical and entertainment settings provided through Zoom videoconferencing or pre-recorded segments.

JKV, South Florida's premier Life-Plan Continuing Care Retirement Community, has a full schedule of activities to stimulate body, mind and spirit.

"The entire JKV Life Enrichment Team went into flex-mode, once we recognized that the vast majority of our Active Aging Week events would be 'virtual,'" Life Enrichment Manager Jamisyn Becker told *The Gazette*. "We will still be able to provide our residents, and prospective residents, with a full array of things to do, it is just that many of these events will be done from the comfort of their homes on computers or mobile devices, rather than in our Auditorium, party rooms or elsewhere around our campus."

Included among the AAW highlights, in which *Gazette* readers can take part "virtually," are presentations or demonstrations on the following topics.



Dr. Tereza Hubkova giving a presentation at the Integrative Healthcare Symposium.

Immunotherapies

• Dr. Tereza Hubkova will discuss immunotherapies during a pandemic. Dr. Hubkova is a regular contributor to *The Gazette* and is currently Medical Director of Advent Health, The Center for Whole Person Health, in Overland Park, KS.

Meditation

• Group Mindful Meditation with Dr. Tawanda Spaulding, a registered marriage and family therapist intern, professional holistic life coach and intuitive healer.

Online Art Classes

• Virtual Art Class with Kevin Morrissey, a Master's in Fine Arts artist, who will teach a drawing and



Artist Kevin Morrissey (top), meeting with JKV residents Twylah and David Haun, will teach virtual art classes.

sketching class, including some figure work from a plaster cast and statue.

Brain Tips

• "Brain Sense," with Linda Sasser, Ph.D. A national speaker on brain wellness, Dr. Sasser will help people learn about brain health and ways to improve their cognitive skills.

Health For Life

• Active Self-Care Lecture with Licensed Massage Therapist Amber Bost. Discover a handful of ways to ensure your health remains optimal as you age.

Cooking With Chef Mark

• JKV Executive Chef Mark Gullusci will provide two educational and entertaining cooking demonstrations during AAW. Due to 6-foot physical distancing, in-person attendance at both demos will be very limited. Call the Marketing Department at (954) 783-4040 to learn more and reserve your seat.



International yoga teacher, certified holistic health and life coach Melissa Jill will give virtual life tips.

Yoga And Holistic Health

• Melissa Jill, CEO and founder of "Alive with Melissa," is an international yoga teacher, healer, certified holistic health and life coach and speaker. She will offer her thoughts around yoga, self-love, emotional healing, positive thinking and setting intentions to create a blissful life.

Nutrition And Immunity

• Certified Nutritional Therapy Practitioner and chef-owner of Taste of Healing, Carol Green will provide three "virtual" cooking demonstrations highlighting foods that "Boost the Immune System And That Taste Delicious."



JKV Executive Chef Mark Gullusci and Nutritionist Carol Green will be offering virtual cooking demonstrations.

Special For Pets And Their Owners

Several events will be taking place on JKV's beautiful 70-acre campus, including two for *Gazette* readers and their four-legged friends. *A Blessing of the Pets Service* will take place Sunday, Oct. 4 at 7 p.m. in the JKV Wellness (Dog) Park, and a *Furever Friends Foto* session will be held on Oct. 6 from 10 a.m. to 4 p.m. in the Village Centre Lobby. Veteran JKV photographer Marty Lee will take photos of your favorite pet. Call (954) 783-4040 for reservations.



JKV residents Gaile and Carl Boomhower with Lil Bit.

To request the complete John Knox Village Active Aging Week 2020 brochure, and for more information, call the JKV Marketing Department at (954) 783-4040.

web JohnKnoxVillage.com
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John Knox Village is one of South Florida's premier Life-Plan Continuing Care Retirement Communities and is home to nearly 1,000 residents. More than 800 staff members are dedicated to resident care, safety and security.



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 resided at 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.

Harvesting Pearls From 2020: Our Brains Are Depending On Us

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

The pearl is the only gem that is intentionally formed to solve a problem. When a grain of sand slips into the shell of a mollusk, the critter creates a smooth pearl to surround the invader and get rid of the irritation.

Similarly, a pearl of wisdom is formed to solve a problem. When a troubling thought slips into our minds, we use wisdom to create a beautiful thought—a pearl of wisdom—to get rid of the irritation.

As we experience the autumn of life, this wisdom-making work is especially important for brain vitality. That's because your brain is at the mercy of the thoughts that swirl around in your head. If irritating thoughts are frequently bathing your brain tissue in stress hormones, your brain might be aging faster than your body. On the other hand, inspiring, energizing thoughts produce a healing chemistry the slows the brain's aging.

Find Your Pearls Of Wisdom

So, we need our pearls of wisdom to fill our minds with life-affirming thoughts that keep our brainspan—the brain's productive life—in sync with our lifespan.

Given all the grains of irritation that may have slipped into our minds during this pandemic year, we have lots of pearl-making work to do this autumn. Our brains are depending on us. But given the continuing constraints on our daily interactions with others, it's time to consider some new ways to harvest and share wisdom.

Over the past few decades, an increasing awareness of wisdom's role in healthy aging has triggered wisdom-related research. While there is no one definition of wisdom, most agree that it includes these traits:

- *Altruistic concern for the welfare of others*
- *Pragmatic knowledge of the social aspects of life*
- *Emotional stability*
- *Self-understanding*
- *Tolerance of differing values*
- *Dealing effectively with uncertainty*

If you are wondering how wise you are, some researchers have been laboring away on questionnaires that help you figure that out. These questions (in order of importance) will point you in the right direction to get started in assessing your wisdom:

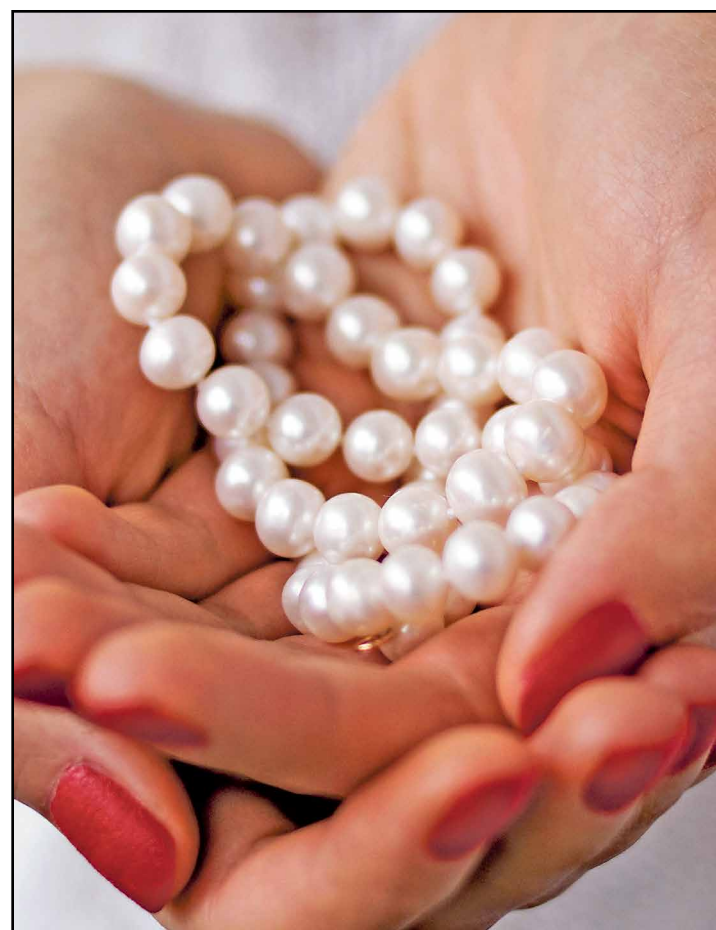
1. *Can I truly appreciate the little things in life?*
2. *Can I easily express my emotions without feeling like I am losing control of the situation?*
3. *Does reviewing my past give me a good perspective on my current concerns?*
4. *Am I good at identifying subtle emotions in myself?*
5. *Have I learned valuable life lessons from others?*
6. *Do I often use humor to put others at ease?*

Looking back over the past six months, the pandemic has offered us many opportunities to expand our wisdom—if we choose to do so. For example, spending more time at home gives more time to appreciate the little things in life, unless we choose to focus on what we can't do or don't have. Perhaps we have taken our health or comfortable home for granted—and these are big things, not little things, which many people do not have. Since wisdom is a social endeavor, consider discussing these questions with friends and family.

Seek Your Online Pearls

These days, one of the most exciting opportunities we have to boost our wisdom is through online interactions. When we interact in person, sometimes we can overlook what people are "saying" with their facial expressions. Also, we can lose awareness of the emotional energy we share with others.

On a Zoom event, you can see everyone's face up close and personal—including your own.



A pearl of wisdom is formed to solve a problem. Be sure to collect your pearls for a life-enriching present and future.

What emotions do you see people conveying in their facial expressions? Does your face express joy, sadness, frustration, or something else? Notice what a delightful difference it makes if someone smiles or uses humor. Give it a try, and see how easy it is to share your wisdom with a smile.

The Life Enrichment folks at John Knox Village will be offering many virtual activities to celebrate Active Aging Week from Oct. 4 to 11. Go ahead and participate in as many activities as you can. The neurobiology of wisdom is rejuvenating. Read about some of the online activities on page 11 of *The Gazette*.

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 2016 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

The Harbor II Apartment Home Is Just Your Style

Make Your Move Before Year's End And Save

John Knox Village will be ready for you when you are ready to make the move to life-plan security. During this time of crisis, rest assured that John Knox Village will take care of your needs today, tomorrow and every day in the future.

Take advantage of exceptional savings on the featured Harbor II Apartment Home. You have a choice of two locations: From convenient midrise apartment living at East Lake, overlooking beautiful Lake Maggie, or enjoy stunning panoramic views from the 17-story Cassels Tower. You'll savor a truly carefree lifestyle. Call the Marketing Department at (954) 783-4040 to arrange your COVID-19 sensitive tour.

The Harbor II 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

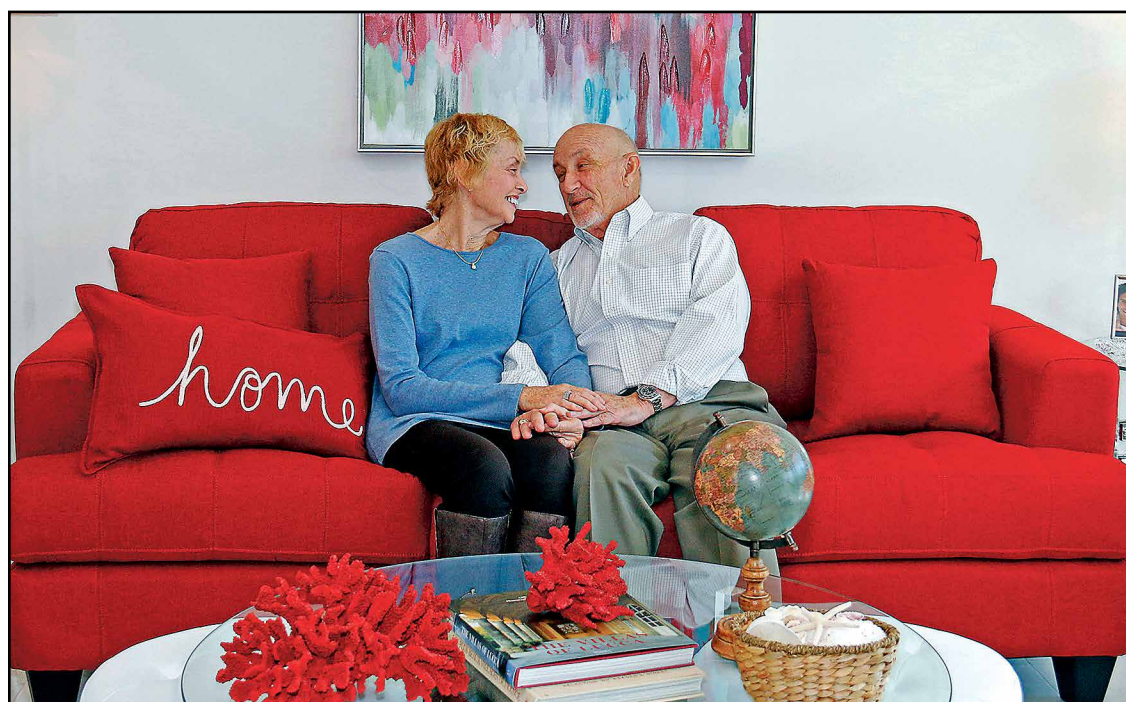
- Crown molding option
- Frameless shower door
- Custom closet option
- Washer and dryer

As a JKV resident, you'll enjoy the carefree lifestyle that comes with a comprehensive long-term care insurance policy, unlimited use of the Rejuvenate Spa & Salon, Fitness Studio, Palm Bistro, heated pool and much more. Call the Marketing Department at (954) 783-4040 for more information.

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Enjoy comfort and convenience in the Harbor II apartment home.

The Harbor II
1 Bedroom / 1 1/2 Bath / 1,013 Sq. Ft.

