



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Topping Out Ceremony Raises Westlake's Roof

Treasured Ceremony Rewards Crews For Hard Work



The Topping Out Ceremony for the 11-story Terrace and 15-story Vue apartment buildings at Westlake is scheduled for Friday, Oct. 28.

Rob Seitz
Gazette Contributor

A drier than usual summer has allowed the most ambitious project in John Knox Village's 55-year history to raise its roof ahead of schedule.

Weather permitting, the final concrete pour for The Vue's 15th story roof will be completed Oct. 3. A month earlier, the rooftop for the 11-story Terrace was finished. They comprise the new two-building, 147-apartment, home Westlake at JKV neighborhood.

A more than 1,300-year-old tradition in the construction industry is to celebrate completing the shell of a structure with a Topping Out Ceremony. That ages-old custom will be celebrated Friday, Oct. 28 in the first floor common-area of Westlake.

Such a treasured ceremony began in 700 AD Scandinavia with mythology that a Topping Out Ceremony followed

after the last beam was placed atop a structure. The lore had it such that there is a spirit of its own in each tree. Builders would ask the forest to allow them to use a tree and once the home was constructed, the highest leafy branch of that tree was attached to the roof of the new structure so the tree spirit would still have a place to live.

The Westlake project builder is Moss Construction and along with JKV staff and residents, their VIPs, managers and construction crews will listen to congratulatory speeches, enjoy a catered barbecue lunch and have a chance to win a myriad of raffle prizes from gas grills to televisions, as part of the celebration.

In March 2021, Bob Moss, chairman and founder of Moss Construction, had this to say when his team topped off JKV's latest crown jewel—the 27,000-square-foot Pavilion, with its 375-seat Cultural Arts Center, two dining venues and lounge:

See "Topping Out" on Page 2

Westlake Topping Out Ceremony will be celebrated Oct. 28

A Good Scare Provides More Treats Than Tricks

'We Make Up Horrors To Help Us Cope With The Real Ones.' – Stephen King

Nona Cree Smith
Gazette Contributor

I admit I am a wimp when it comes to the frights and fears of a good Halloween scare. I get frightened simply by reading a mildly horrific book like Ira Levin's "Rosemary's Baby" (1967), or watching an amusing depiction of ghosts in the movie "Ghostbusters" (1984).

I have sat through only a few horror movies because friends insisted I go with them, and silly me, I went. The last time I went to a scary movie was to see Michelle Pfeiffer and Harrison Ford in "What Lies Beneath" (2000). I reasoned: How could a movie be too scary, starring those beautiful actors? The stars play an ideal couple on the surface, but what lies beneath is the gruesome fact that their house is haunted by the ghost of his dead mistress. It was very scary. I spent most of the movie with my hands over my eyes and humming to myself as I tried not to hear the spine-chilling soundtrack.

For true aficionados of horror in literature and entertainment, fear makes their hearts beat faster, their pupils dilate and muscles tense in preparation for action. This happens because fear floods our brains with powerful fight-or-flight hormones and neurotransmitters. Those include endorphins and dopamine, feel-good chemicals that elevate moods and create a sense of relief once the horror or frightening event is over. Even though we know we were never in any real danger,

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"Young Frankenstein," Gene Wilder, Peter Boyle, 1974. Image Source: Everett Collection, Inc. / Alamy Stock Photo.

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147 'Smart' Apartment Homes In The Vue And Terrace

From "Topping Out" On Page 1

"There are four important milestones in a construction project. First is earning the contract, second is the ground-breaking, third is the topping out celebration and fourth is the grand opening."

Working On The Infrastructure

After the ceremony in Westlake's first-floor common area, crews will go to work on its many amenities, which will include a theatre, art studio, business center, library, card room, sacred space and two restaurants—the French Press, a coffee bar by day and wine bar at night, and a bistro-inspired Westlake Eatery.

Above the common area will be two floors of covered parking, followed by the 147 state-of-the-art "Smart" apartment homes.

"Even though Westlake is more than 80 percent pre-sold, many lovely apartment homes remain," JKV Director of Sales Kim Ali told *The Gazette*. "We offer seven floorplans to choose from, so there's something for everyone."

The 15-story Vue offers one- and two-bedroom floorplans, while all apartments in the 11-story Terrace are two bedrooms, with balconies. The apartment homes range in size from 1,231 to 2,259 square feet.

Benefits Of Westlake Village Club Membership

Gazette readers are automatically enrolled as Platinum-level members of the Westlake Village Club with a 10-percent deposit. As Village Club members, they will receive many benefits, including complimentary meals at JKV's four dining venues, access to the \$6.2 million resort-styled Aquatic Complex, award-winning Life Enrichment programming, fitness classes and admission to JKV community partners such as the historical Sample-McDougald House & Gardens (featured on Page 8), the Ft. Lauderdale International Film Festival, NSU Art Museum Ft. Lauderdale, Bonnet House and Musicfor America.

To learn more about JKV in general, and Westlake in particular, call Kim Ali at 954-871-2655 or email her at askkim@jkvfl.com



Musicfor America showcased a variety of percussion instruments at a recent JKV concert. As Platinum-level Village Club members, Westlake residents receive many benefits including admission.

Buying Life-Care, Not Property

One of the biggest misperceptions prospective residents have about moving into a John Knox Village apartment or villa home is that they are buying a piece of property, when in fact they are purchasing a Life-Care Contract.

JKV is a Life-Plan Continuing Care Retirement Community which means that every resident who moves into the Village pays a one-time Entrance Fee, which secures them a Life-Care Contract that will provide for their care no matter what health care circumstances may arise.

In addition to the health care benefit residents enjoy an apartment or villa home for their entire time spent as an independent living resident.

"Every JKV resident has the peace of mind

knowing that their future health care needs will be met," said Kim Ali, JKV Director of Sales. "That continuum of care includes assisted living and skilled nursing care—should those needs ever be necessary—all of which takes place directly on our campus."

Ali added: "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. So, living at John Knox Village will definitely provide you with the financial peace of mind you want, should something come up, health-wise."

For more information, and to schedule a tour call 954-871-2655.

Thanks For Asking

What's A Face-Plant?

Dave Bayer
Gazette Contributor

According to *Merriam-Webster*, a face-plant is a sudden face-first fall, and that the first known use of the term face-plant was in 1982. I heard the term again very recently, however, this time it was very up-close and personal.

My wife, Jackie, and I were walking through the parking lot of the Skin Center for an 8:15 a.m. appointment. Jackie was slightly ahead of me and tripped over a parking block. She took a spectacular face-first fall, landing partially on both dirt and asphalt. My heart sank because, obviously, when seniors fall, bad stuff often happens.

I often wonder if anyone reads my monthly column in *The Gazette*, so when I mentioned Jackie's fall and the interesting aftermath to the editor of *The Gazette*, he urged me to write about it. So here goes.

A Face-Plant Oh My

When Jackie fell, the left side of her face and her left arm took the brunt of the impact. Fortunately, one of the staff from the Skin Center had just parked her car nearby. She helped Jackie to her feet and escorted us into the Skin Center's office. The employees there were exceptionally helpful and attentive. While several of them were attending Jackie, I was able to get the prescription that I needed, which was the reason for the visit in the first place. They, of course, urged me to take Jackie to a nearby emergency room (ER), which was certainly our plan. Jackie's face was really dinged up, and we all thought that her left arm was broken.

The Office Manager transported Jackie via wheelchair to a convenient exit and helped her get into our car. She then handed us a bag with two bottles of water, some juice and two energy bars. She figured that we would be in the ER for a while. To say that the entire staff at the Skin Center could not have been kinder or more helpful would be an understatement.

We went to the ER at Imperial Point Hospital, which is almost directly across Federal Highway from the Skin Center. The trip there took less than five minutes. When we arrived, there were no other patients in the waiting room. The admitting attendant

took Jackie directly into a room and placed her in a bed to wait for the doctor. The time from the fall to the bed was 35 minutes. Amazing.

Exceptional Care From All

I asked the attendant if she knew Lilly, an RN who works in another area of the hospital. Lilly has been like a member of my family for over 30 years. The attendant didn't recognize the name but asked me to describe her.

Lilly is tall, slender and attractive. The description must have helped, because shortly after the attendant left, Lilly appeared at our door. They had run across each other completely by coincidence. The doctor showed up shortly thereafter, and per his orders, Jackie had her arm X-rayed and a CT scan. They were both done expeditiously. Thankfully, the arm was not broken (bad sprain) and the CT scan showed no abnormalities to her head. Meanwhile, Lilly was able to "pop in and out" amongst her other duties to provide some extra TLC and advice regarding Jackie's facial abrasions and wound care.

Much like our experience at the Skin Center, the staff at Imperial Point all went "above and beyond," and really were wonderful. We were back home at John Knox Village before 11 a.m.

In retrospect, what could have been a serious event in Jackie's life provided us the opportunity to be very thankful in so many ways. There really are many good and caring people in our everyday lives, and every person who we encountered in this event fit that description.

But Wait, There's More

The next day, out of an abundance of caution regarding a particular abrasion, Jackie made an appointment to see Dr. Charles Halfpenny, her primary care physician. Jackie has been a patient of that office for over 40 years, and he agreed to see her immediately.

Before Jackie arrived, Dr. Halfpenny had apparently received a copy of September's *Gazette* and had read my article regarding the differences between *The Silent Generation and Baby Boomers*. Like me, Dr. Halfpenny is a member of The Silent Generation, while Jackie is a Baby Boomer.

When Jackie arrived, she was met in the waiting room by Dr. Halfpenny's receptionist, Nola, who (with a serious look on her face) informed Jackie that Dr. Halfpenny would not be able to see her.

Of course, Jackie was shocked, but after a brief pause, Nola explained that Dr. Halfpenny: "**Would no longer be seeing Baby Boomers.**"

Nola was of course pulling Jackie's leg, and it really was funny. It's also appropriate that what easily could have been a very serious situation ended with a good laugh.

Another sidebar to the story, I finally did get an answer to my question: 'Does anybody read my column?' One person does for sure: Dr. Halfpenny.

Regardless, both Jackie and I agree that the next time, it would be much better if we could avoid another face-plant and get her an orchid plant instead.



Silent Generationist Dave Bayer and Baby Boomer Jackie live in Cassels Tower at John Knox Village.

JKV Residents Dave Bayer and his wife Jackie have both been involved in a variety of volunteer activities in the local community and at the Village. Dave is a member of the Board of Directors of the Florida Life Care Residents Association.

Halloween Fears Of Things That Go Bump In The Night

From “Halloween” On Page 1

the sense of euphoria is palpable after making it through a scary event. I can live without those thrills, thank you very much.



Mary Shelley, the author of the Gothic classic, “Frankenstein.” Image Source: Wikimedia Commons.

How Frankenstein Came into Being

“To make the reader dread to look round, to curdle the blood...” – Mary Shelley

A group of friends were vacationing at a villa on the shores of Lake Geneva, Switzerland in 1816. The summer had been a wet and dreary time for Lord Byron, a bestselling poet; his doctor, John William Polidori; Percy Shelly, a young poet; and his soon-to be bride, 18-year-old Mary Wollstonecraft Godwin. The unpleasant summer weather was a perfect time for them to gather around a blazing fire and read ghost stories. Lord Byron came up with a splendid idea, he challenged everyone to come up with a unique ghost story by the morning. Byron started, but did not finish, one about vampires. Polidori completed “*The Vampyre*,” which he eventually published. Young Mary, imagined a story about a man who fabricated and animated a living creature – a monster brought to life.

She liked the theme and spent the following year writing her book. It was originally published anonymously as “*Frankenstein: or, The Modern Prometheus*” (1818).

Gothic fiction had been fashionable for some time, while science had made numerous discoveries about the natural world, one that especially appealed to Mary, was the discovery that frogs could twitch and spasm after death when electricity was applied. With this knowledge, it wasn’t a huge leap for Mary’s imagination to create her monster. Her idea, the cross-breeding of the gothic and the scientific, became a

fascinating, yet horrific story. The promise of science offering life and miracles, and the nameless shadowy creature, a monster and miracle all in one, returned from death longing for knowledge and love, but forced, in the end, to destroy.

Of the numerous horror movies based on Shelley’s gothic novel, perhaps one of the most faithful to her book may be Mel Brooks’ “*Young Frankenstein*” (1974), because it, in a gloriously silly manner, humanizes the relationship between Victor Frankenstein and his creation. The movie highlights the creature’s thirst for knowledge and desire to be accepted by people, shown in the touching scene with the monster and a little girl singing to her flower: “Oh I love my pretty little flower,” as she throws petals down the well. She shows the monster how to pluck flower petals and how to blow a kiss.

The Haunting Of Hill House

“Horror defies our boundaries and illuminates our souls.” – Shirley Jackson

The Bennington, VT housewife and mother of four children, Shirley Jackson seems an unlikely writing pioneer of the supernatural horror genre. “*The Haunting of Hill House*” (1959) is a chilling and highly accomplished piece of writing, justly described by Stephen King as one of the most important horror novels of the 20th century.

The novel was made into an ominous, very scary movie simply called “*The Haunting*” in 1963. The story presents Professor Montague, an anthropologist whose true passion is the supernatural, who rents his brooding building in order to investigate the existence of psychic disturbances. His guests are Luke, the current owner of the house, and two women, Theodora and Eleanor with previous experience in the paranormal. The group seems to like each other and bond, but fear is a corrosive emotion and the house’s manifestations soon cause cracks to appear.

Jackson treats her story with great skill and subtlety, which really raises the scare factor to the danger line. It’s the perfect movie for a terrifying Halloween.

In 1999, another version of the movie was made, followed by a 2018 Netflix series in which the plot alternates between two timelines as it follows five adult siblings whose paranormal experiences at Hill House still haunt. The series features vivid flashbacks showing the ominous events that caused them to run away from the haunted mansion.

The horror inherent in the novel does not lie solely in Hill House (brooding though it is), or the events that take place within it, but in the unexplored recesses of its characters’ – and its readers’ – minds. This is perhaps why it remains the definitive example of extremely scary haunted house stories.

Maurice Sendak’s Darker Visions Have Delighted Children For Generations

“I was young just minutes ago.”

– Maurice Sendak

Maurice Sendak had written and illustrated countless children’s books since he began his career in 1947. Yet, despite their consistent excellence, creativity and astonishing diversity, two among them,

“*Where the Wild Things Are*” (1963) and “*In the Night Kitchen*” (1971), stand out as career milestones and offer a delightful peek into Sendak’s slightly grouchy imagination.

“*Where the Wild Things Are*” was inspired by Maurice’s Sendak’s youth, about growing up in Brooklyn with memories of his parents and his relationship with them. He wanted to write authentically about his relatives and the people in his life.

“*Where the Wild Things Are*” was not the original title of the planned book. It was supposed to be a book called “*Where the Wild Horses Are*,” about a young boy who goes to a land where wild horses roam. But he changed the concept completely when he realized he wasn’t good at drawing horses. So, the idea for the “*Wild Things*” came about. At least that was his story. I think he drew horses beautifully.

When Maurice was a child, his mother often used to call him a “vilde chaya,” which in Yiddish means wild animal. In the book, when Max’s mother calls him a “wild thing,” he answers back with “I’ll eat you up,” which is why he is sent to bed without supper.

The relatives who came to his house for Sunday lunch every week were the inspiration for his book, which he wanted to be personal creations rather than stereotypical and traditional monsters. He soon realized his drawings had a distinct resemblance to his childhood relatives, who often told him he “looked so good, we could eat you up.” He focused on their appearance as entertainment when he was younger, and this is what inspired the “*Wild Things*.”

Like Max, Maurice often went to bed without his supper. After dressing in his wolf costume and causing chaos in his house, Max was sent to bed with no supper as a punishment. Maurice revealed that he sometimes went to bed without any supper, but for a very different reason – he didn’t like his mother’s cooking.

Upon its release, many psychologists thought “*Wild Things*” could be traumatizing for children. A prominent psychiatrist said the book would cause fear of desertion, and that Max throwing a tantrum is bad behavior and seemed to be glorified in the story. Since then, the psychiatrist who criticized the book admitted he hadn’t even read it. And by the way, children loved the book,

I wasn’t sure about giving it to my baby girl, but realized I was being overprotective. After all, this was a child who went digging in dirt looking for “willy mammas” (woolly mammoth) bones with her friend Wadey. She loved the book and the “cute” drawings, so it became nightly bedtime reading for months. The book was awarded many honors, including the Caldecott Medal, as the most distinguished American picture book for children. In 1997, Maurice received the National Medal of Arts.

Halloween Through Film And Words

Whether you prefer to make Halloween a festive occasion, or a frightful celebration, we’ve given you a few ideas in this story. For more spine-chilling tales and movies, visit the library or bookstores for a terror-iffic selection of books and DVDs.

“There is a child in every one of us who is still a trick-or-treater, looking for a brightly-lit front porch.”

– Robert Brault



A well-read library book of Maurice Sendak’s “*Where the Wild Things Are*” (1963) showcases its characters. Many of our Gazette readers will remember this book as a gift to their children, while younger Baby Boomers may have grown up reading the pages and envisioning the characters in their own imaginations. Image Source: Richard Levine /Alamy Stock Photo.

The Woodlands At JKV Highly Ranked Nationally In Successful Rehab Therapy Outcomes

Marty Lee
Gazette Contributor



Mark Rayner, JKV Director of Health Services

Researching a short-term rehab center, or a home for long-term care is not often top-of-mind for *Gazette* readers, since many times the decision is based on immediate need, rather than careful choice. It is comforting to know, however, that one of South Florida's highest-rated skilled nursing centers is located in Pompano Beach: The Woodlands at John Knox Village (JKV).

The Woodlands opened in 2016 with great expectations. It was the JKV residents

who helped decide the future of short-term rehabilitation and long-term care in their own community. JKV is a Life-Plan Continuing Care Retirement Community, where seniors plan their future care for life: Starting with independent living in either a beautifully appointed apartment home or villa, through assisted living, short-term rehabilitation, long-term and memory care – all on one campus.

Resident Initiated Green House Home

A decade ago, residents and administrators were looking to upgrade their health center. Residents were asked for their input and a committee was formed. The committee members had heard about The GREEN HOUSE® Project model of care, and research was done, including visits to several Green House homes. The residents were convinced that the Green House methodology of a **Meaningful Life** in a **Real Home** with an **Empowered Staff** was their choice.

Mark Rayner, JKV's Director of Health Services told *The Gazette*, "Our residents were the initiators of the way we provide care. They supported the Green House concept and contributed \$6 million of their own money toward the total \$36 million cost of The Woodlands at JKV."

Rayner explained that the physical design of The Woodlands is a major difference between it and most rehabilitation and long-term care centers. "The Woodlands is a seven-story, hurricane-hardened building that features all private bedrooms, with baths, for each Elder. There are 12 homes, each consisting of 12 private bedrooms, surrounding a kitchen, dining room



There are 12 homes in The Woodlands at JKV, each consisting of 12 private bedrooms, surrounding a kitchen, dining room and common area. All meals are prepared in each home by dedicated caregivers.

and common area. All meals are prepared in each home by dedicated caregivers."

Rayner said the staff goes the distance in knowing each Elder. "We pride ourselves in deep-knowing each and every guest and resident who lives here." The staff meets with family and friends of the resident, to understand each resident's history, past career and motivations. They learn their likes and dislikes – even down to the music each enjoys.

Positive Result-Driven Care

The Woodlands' methodology of care, as practiced by the Green House Project, results in greater positive outcomes for short-term rehabilitation guests. "The Woodlands is highly ranked nationally, along with our rehabilitation partner Therapy Management Corporation (TMC), in achieving an 80 percent return to prior health status, while many other rehab centers may maintain about a 50 percent positive result," Rayner emphasized.

"The positive rehab outcomes have made The Woodlands at JKV the preferred partner for several local hospitals, specifically Holy Cross, Imperial Point and North Broward. They refer their rehabilitation patients daily."

Rayner added that The Woodlands maintains staffing protocols that far exceed State of Florida requirements.

"While the state requires two hours of nursing care per resident each day, The Woodlands and the Green House model has double the staffing requirements. During the day, there are three CNAs and one nurse for each home of 12 residents."

The exceptional care and intense oversight allowed The Woodlands to go an entire year during the COVID-19 pandemic without a single internal case.

Available For Private Pay Guests

While The Woodlands was the vision of JKV residents – assuring their continued care for life, regardless of the circumstances – there are opportunities for those needing private-pay long-term rehab care from the greater community.

"We have a few opportunities for someone [from outside JKV] to come in and pay privately for long-term care and we would continue to provide care. Once exhausted, private-pay funds can convert to Medicaid. Medicare is short-term rehab, while Medicaid is for long-term financial assistance." Rayner said.

For readers of *The Gazette* who have a family member who may need

long-term care, it is good to know that a first-class, highly rated home is close by. For additional information and availability, contact The Woodlands Admission Office at 954-247-5804, or visit the website: www.woodlandsjkv.com

While The Woodlands was the vision of JKV residents, there are opportunities for those needing private-pay long-term care from the greater community.

Pompano Beach October Arts & Music

Kay Renz
Special To The Gazette

October is filled with a cornucopia of treats as Pompano Beach kicks off the cultural season with a diverse selection of artistic offerings. Enjoy concerts ranging from opera to country, gospel to soul, brush off your dance shoes for the new Latin dance lessons, and gather your friends for the biggest and best monthly street festival, Old Town Untapped. Here are just a few highlights, and be sure to visit the website for more information at www.pompanobeacharts.org

Old Town Untapped

Once again on the first Friday of the month, "Old Town" becomes the epicenter for art, food and music. October's events feature the ever-funky and fresh jam band Funkin' Grateful, as well as a preview of Baila Pompano, the city's new Latin-focused dance program. View the mesmerizing photographic images created by legally blind artist J. Fredric May, then peek behind-the-scenes and meet the featured Bailey Contemporary Arts Center artist in residence (BaCA AiR) Leonardo Montoya while visiting his studio. To make some art yourself, check out Artist's Alley for a workshop and create a Día de los Muertos (Day of the Dead) mask.

Old Town Untapped is free and open to the public. Oct. 7, from 6 to 10 p.m.

Apparition: Postcards From Eye See You

Bailey Contemporary Arts (BaCA) features a provocative collection of images by J. Frederic May that showcases the extraordinary scope of an artist who is legally blind and subject to vivid visual hallucinations, which allows him to explore the familiar through a unique and haunting prism. Turning a tragic event into the inspiration for an experimental new artform, May invites viewers to see the world through his eyes.



Cuban American coloratura soprano Eglise Gutiérrez

The opening reception is scheduled on Friday, Oct. 7, during Old Town Untapped, from 6 to 10 p.m. The exhibition runs through Dec. 29.

Evening Of Spanish Romance And Arias

Celebrate National Latinx/Hispanic Heritage Month at the Pompano Beach Cultural Center with a scintillating performance by the renowned Cuban American coloratura soprano Eglise Gutiérrez, joined by Luis Urbina, piano accompanist. This opening event of the new *Bell'Arte Concert Series* will beguile you with

an unparalleled performance of beautiful and stirring selections by a powerful and brilliant singer.

The series will consist of four fine arts salon-style concerts, each unique in topic and genre. The impressive lineup of internationally acclaimed artists will continue with Tony Award winner Levi Kreis, operatic and soul powerhouse Alfreda Gerald, and violin phenom Rachel Barton Pine.

Gutiérrez' performance on Saturday, Oct. 15, is ticketed at \$45 and includes a post-concert champagne and dessert reception with the artist.

Baila Pompano

Maybe you're in the mood to be part of the show and brush up on your sizzling dance skills. Latin dancing is returning to the Pompano Beach Cultural Arts Center. Following on the heels of the Center's much-beloved dance series Sabado de Salsa, Pompano's newest participatory dance program will be starting this month. Presented by renowned Latin dancer and instructor Alex Bezanis of Poppin' Events, Baila Pompano will include salsa, bachata and other Latin dances, with each event including a one-hour dance class, a live eight-piece band, a DJ and performances by professional dancers.

The program will be held quarterly at the Center, starting at 8 p.m., Friday, Oct. 21. The series continues Feb. 17, May 19 and Sept. 15, 2023.

Travis Tritt & Chris Janson: The Can't Miss Tour

Get ready to sing along as platinum-selling country singers Travis Tritt and Chris Janson bring a little bit of Nashville to the The Amp on Oct. 29 at 7 p.m. From "T.R.O.U.B.L.E." to "Buy Me a Boat," this will be a boot-stompin' good time that you won't soon forget. This is an outdoor family-friendly event for all ages.

From The Woodlands To The Amazon And Back: A Life's Journey



Kristen Drago is a Guide in The Woodlands at JKV, where she supervises four long-term care homes with 65 staff members and 48 Elders. In these photos we see the fun-loving Kristen dressed as a bunch of grapes for Halloween, as an intrepid fisher lady in the Amazon jungle and as a loving guide in The Woodlands.

Marty Lee
Gazette Contributor

John Knox Village is a community of nearly 1,000 residents and more than 800 employees. We see friends, neighbors and helpful staff members as they are today. Yet inside each and every one of us, we are the culmination of life's experiences, our interpersonal relationships, our education, careers, thoughtful long-range goals and accidental circumstances. Whether we are 30, 50, 70 or 90, we are everything that has influenced our past, to become whom we are today.

In this column, we will look at one of the dedicated persons who make a difference at JKV and in their community.

Kristen Drago – Woodlands' Guide

Kristen Drago is a Guide in The Woodlands at John Knox Village, where she supervises four long-term care homes including 65 staff members and 48 Elders living in those homes. Kristen hires and supervises the caregivers called Shahbazim. Her specialty, however, is life enrichment: She is involved with the families and serves as support for and with them. She knows every one of the Elders under her care by name. As Kristen told *The Gazette*, "I research them and get to know the Elders personally. I learn their histories, their motivations and understand the music they enjoy."

Kristen came to JKV with a special interest for her duties and responsibilities. In health care since she was 20 years old, she began assisting in the office for her stepfather Dr. Erwin Vasquez, who always had a passion for seniors.

The late Dr. Vasquez was the founder of the Light of the World Clinic, established in 1989 with a mission to provide quality, culturally sensitive health care and preventative medical services to the disadvantaged residents of Broward County. Both Kristen and her mother, Elaine Miceli Vasquez, are on the Clinic's Board of Directors.

During her 11 years with Dr. Vasquez, Kristen said, "I learned everything from my stepfather, as the office manager and a licensed medical assistant."

After serving as unit coordinator at Cleveland Clinic, she then accepted a position as a home health liaison and found her niche. She came to admissions and was a hospice liaison for Cleveland Clinic. The Woodlands was one of her responsibilities.

With her contacts at The Woodlands, she was recruited to join the JKV staff. "I worked in admissions for a year," she said. "I also did marketing and worked as a field person. After one year, I was offered the job as a Guide."

Kristen has now been at The Woodlands for four years, with the last three years as a Guide.

This is the Kristen we know and see daily at The Woodlands and around the Village. We often see her assisting Elders on campus, or on field trips around the Pompano Beach area.

The Kristen we do not see, is the single mother of a 22-year-old daughter and a 14-year-old son. We also do not see, the accomplished "fisherman," or should we say, "fisher lady," who during her free time is often by herself on her jon boat fishing the freshwater canals from the Keys to Jupiter.

Kristen has followed her own path in life, which was greatly influenced by her mother. "My mom is my rock," she said. "She was tough. She worked two jobs. She raised us with deep family morals and to respect and help others in need.

"We moved to Florida when I was very young. I spent summers in Long Island where my uncle had a boat and I got into fishing."

While in her teens, Kristen worked for the Jungle Queen, just off Ft. Lauderdale Beach. She sat in the little shack selling tickets and got to know the guys on the fishing boats. They would invite her to go fishing.

As a teenager, she was a consummate beach girl. She loved to surf, and always dated guys who fished.

The Intrepid Fisher Lady

When she started fishing, Kristen did not want to be a hanger-on. She wanted to be educated and active in the sport. She needed to know about the line, the hooks, knots, lures and other equipment needed to fish.

"The boys would not invite me to go fishing unless I could do everything myself. I had to determine what to do and how to do it. I taught myself and got good and confident. Now I mostly fish alone."

As a fisher lady and active in social media, "kristenmicelidrago" is Kristen's Facebook presence.

Also known by her nickname, "Reggaegerl," she loves reggae music. "When I was in the sixth grade, our neighbor played reggae music. I heard it through the walls of the condo and loved it. After graduating from Ft. Lauderdale High School, I went to Jamaica every year for reggae music and the culture."

Fishing The Amazon

Through social media, Kristen met lots of people, including a guy who fishes and lives in Ft. Lauderdale. He is also a recruit for a fishing lodge located on the Amazon River. The prospect of fishing the Amazon hooked Kristen. "I worked a year to save the cash to book the Amazon fishing trip."

Kristen's target in the Amazon was big peacock bass. "I have fished peacock bass in Florida," she said. "My largest was seven-and-a-half pounds."

She flew to Brazil in November 2021, then made it to the lodge taking a series of commuter planes and small boats. "They were very strict on COVID. We had to have negative tests and masks were worn in the lodge.

"I was the first American lady angler to fish the lodge. I was the only woman there with about 75 guys. I was a little intimidated at first and the guys were saying I would not last.

"The guys finally said, 'She knows what she is doing,' and accepted me as one of the guys.

"I spent 13 days deep in the Amazon, and the 17-pound peacock bass I caught was my personal best. We released all of the fish.

"At the end of my stay they had a last night party. They called me 'The American Girl,' and awarded me a hammock and an exotic drink. They honored me for making it through the jungle. My guide said, 'I'm so proud of you.'"

Oddly enough, through all her fishing prowess, Kristen is an avid animal lover, who believes strongly in the sanctity of life. She enjoys the sport of catching, but releases all the fish she catches.

You can listen to a podcast of Kristen's Amazon adventure and her fishing prowess at: [Lunker Dogs Reel Guy show: Amazon Peacock Bass with the Reggaegerl on Apple Podcasts](#)

Adventure And Spirituality

"In my job [at The Woodlands], I see so much [age-related] illness," she said. "I want to bring happiness and be a good person. I am a very happy person and I care for my soul. Peace and love motivate me.

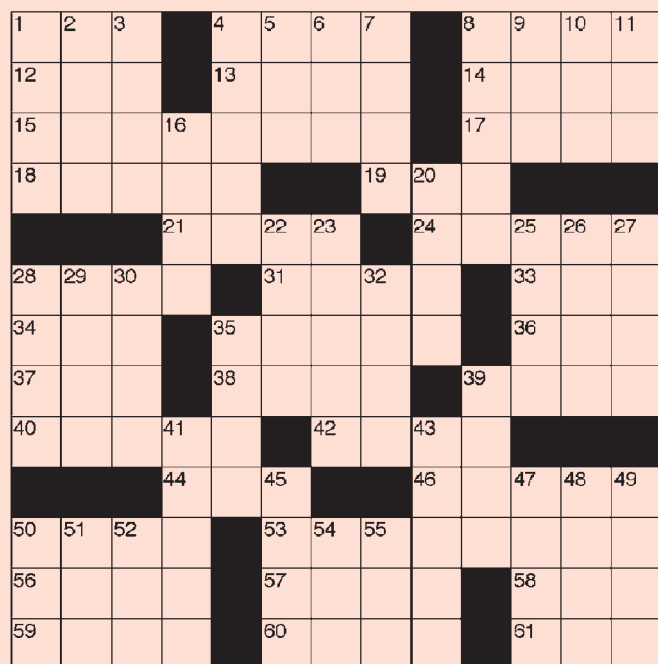
"I have homeless friends that I help feed and clothe. I also love adventure—and I am a spiritualist."

One special story describes the dedication and love Kristen brings to her Woodlands responsibilities. An Elder was scared while facing the end of her life. As Kristen described it, "I had the courage to help her on her journey. I relied on reading her [JKV's Lifestyle and Aquatics Manager] Melissa Jill Clark's poem, *Your Chrysalis: A Message of Hope for End of Life*." "Although she was so scared at first," Kristen said. "It was peaceful and it helped her in the transition."

The following is a short excerpt from that poem:

**"Please know,
That you do not live in vain;
That your spirit and your love,
Will forever remain."**

– Melissa Jill Clark, "Your Chrysalis"



Crossword Puzzle Of The Month

ACROSS

- 1. Love (Lat.)
- 4. Fr.-Ger. region
- 8. Apiece
- 12. Scandalous material
- 13. Irish sweetheart
- 14. Carplike fish
- 15. Fr. historical provinces
- 17. Muslim holy man
- 18. Door (Lat.)
- 19. Mulberry of India
- 21. Inclement weather
- 24. Capital of Para, Brazil
- 28. River in "Kubla Khan"
- 31. Crest
- 33. Honey-eater bird
- 34. Lively (Fr.)
- 35. Heart auricle
- 36. Lady's title

DOWN

- 1. Both (pref.)
- 2. Jap. rural community
- 3. Aesir god
- 4. Devil
- 5. Turk. title
- 6. Scot. alder tree
- 7. Ottoman peasant
- 8. Rom. official
- 9. Air-to-air missile (abbr.)
- 10. Circuit Court of Appeals (abbr.)
- 11. Endorse
- 16. Buttocks
- 20. Father: Hebrew
- 22. Eight (pref.)
- 23. Universe
- 25. Arm
- 26. Male noble
- 27. Tufted plant
- 28. Amalekite king
- 29. Flavor
- 30. _____ Rivera, CA
- 32. Southern France
- 35. Sleeping
- 39. Public vehicle
- 41. Rom. province
- 43. Rockies range
- 45. Fish sperm
- 47. False friend
- 48. Knife
- 49. To or from a distance (pref.)
- 50. City on the Danube
- 51. Goddess (Lat.)
- 52. Vine
- 54. Nat'l Endowment for the Arts (abbr.)
- 55. Cholera

Answers On Page 10.





JOHN KNOX VILLAGE
A Life-Plan Retirement Community

re:tired

Morning yoga at the Aquatic Complex, a pickleball game in the afternoon, and drinks with friends at the Poolside Sports Pub.
Tired? Sure. Retired? Call it what you want, that's not me.

DON'T AGE OUT. AGE UP.



The Vue

The Terrace

Over 80% Pre-Sold

RETIREMENT AT ITS FINEST

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

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

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

Brunch:
Thurs., Oct. 13
or
Thurs., Oct. 27
11 a.m. – 12:30 p.m.



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

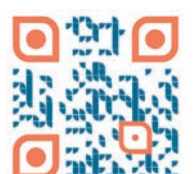


web JohnKnoxVillage.com



JohnKnoxVillage

Scan with your camera phone to learn more





JOHN KNOX VILLAGE

An Award-Winning Life-Plan Retirement Community

Have you *Asked* Kim?



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

Dear Kim: I love my yard, but I'm tired of the mowing, pruning my orange trees and all the other tedious chores around the house. Can you make our lives easier?

— *Tired in Deerfield Beach*

Dear Tired: Absolutely! At JKV and the soon-to-be Westlake, we take care of all the little things, and the big ones too. No more home maintenance, yard work or housekeeping. We do all that for you. You can just kick back, relax and enjoy all the things you love to do.



SUMMER SERIES

Introducing Dave Bayer, longtime resident of John Knox Village. You've been hearing me give you the answers. Now, you can "Ask Dave" and get a Resident's point of view.

Dear Dave: How do I choose the "Right" Community?

— *Wondering in Lighthouse Pt.*

Dear Wondering: Very carefully, because it's a BIG decision, and each CCRC is unique. Visit as many communities as you can and ask a bunch of questions. A good source for information is the report Consumers' Guide to Continuing Care Retirement Communities. You can either google the National Continuing Care Residents Association (www.naccra.com) and download a copy or contact me (davebayer@aol.com) and I'll email one to you.

Size matters – the bigger CCRCs offer more variety and better "economy of scale." You probably will get more bang for your buck

in a not-for-profit CCRC. In Florida, pick one registered with the State in compliance with Florida Statute 651. Make sure you check out the community's provisions for Assisted Living and Skilled Nursing Services. Some CCRCs are (unfortunately) moving away from providing skilled nursing on-site. Also, it's always easier to focus more on amenities, such as apartment specifications, dining venues, fitness and aquatic activities.

It's called "doing your due diligence." You will be glad that you did. AND, you will probably end up at John Knox Village.

Do you have questions? Ask Kim!

Call 954-871-2655 today or email: askkim@jkvfl.com

John Knox Village 400 SW 3rd Street (Main Gate), Pompano Beach, FL 33060

Johnknoxvillage.com | jkgrows.com



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

Spiritual Dimension Of Wellness: The Seventh In A Seven-Part Series

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Manager

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 spiritual dimension of wellness

I believe that we are spiritual beings sharing the human experience. We are all very precious souls living inside of our physical bodies. So, when we take care of ourselves and our spiritual well-being, we are focusing on doing what it is that feeds our soul.

What is it that feeds your soul? What is it that makes you feel truly alive? Here are just a few ways that you can feed your soul, but of course the list goes on.

- *Pray*
- *Meditate*
- *Volunteer*
- *Help others*
- *Spend time in nature*
- *Spend time with people who make you happy*
- *Read inspirational books*
- *Spend time in your place of worship*
- *Travel*
- *Play music*
- *Garden*
- *Express your creativity*
- *Spend time doing what brings you joy*
- *Pursue your passion, dreams and purpose*

I am most passionate about helping others, and bringing them inspiration and happiness. Sharing love feeds my soul.

We each, in our own way, can share kindness with

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

The topic of spirituality is very near and dear to my heart. It is also a topic that I tread very carefully with, because we each have our very own personal spirituality and beliefs.

When I speak of spirituality here, I speak of the true essence of who you are.



Yoga and meditation with friends who share your passion enhance your spiritual wellness.



7 DIMENSIONS OF WELLNESS

others whom we come into contact with throughout the day and throughout our lives. We may never know the impact that one moment can make in another one’s life.

We, people of all religions and beliefs, can share the same common denominator, that we are all precious human beings, and we all have the capacity to share love and the ability to make a difference in our world.

Just talking about this makes me feel excited and this is how I know I am feeding my soul and honoring my own spirituality.

Take the time to breathe, to focus inward, and to listen to your heart. Your heart knows.

I truly believe that is what brings us most joy, and what we are naturally drawn to, that leads us each to fulfilling our own purpose here on this earth.

- *What is it that brings the most joy?*
- *What is it that fulfills you?*
- *What is it then, when you spend time doing it, you truly feel you are making a difference in other’s lives?*
- *What is it that makes you feel most connected to your own spiritual beliefs?*
- *What is it that makes you feel alive?*
- *What is it that makes you feel in tune to your own precious heart?*
- *What is it that makes you feel most connected to others?*

I am not here to tell you what to believe. I’m here to inspire you to commit to what you truly believe in, and to live your life unapologetically in alignment with that.

You’ll feel more peace, joy and fulfillment, and you’ll be living your very best life.

Sample-McDougald House & Gardens

The Fourth In A Multi-Part Series Presenting JKV’s Community Partners

Jody Leshinsky
Gazette Contributor



Jody Leshinsky, JKV Life Enrichment Manager

It seems only fitting that John Knox Village has forged a community partnership with Sample-McDougald House & Gardens, given its long history of support from generations of community members.

Built in 1916 by Albert Neal Sample, an architect from North Carolina and brother of John M. Sample, the home served as the base for the Samples’ farming operations. After withstanding the hurricanes of 1926 and 1928 due to its superior construction, with decades of Sample family members in residence, the house was purchased by Sarah and William McDougald, Sr. in 1943.

Home With Historical Significance

Mrs. McDougald had the foresight of applying for, and adding the home to, the National Register of Historic Places. The children of the McDougalds continued their mother’s wishes by gaining community support, private and government, to relocate the home from its original location on Dixie Highway to its current location on 10th Street in Pompano Beach.

Thanks to their community partnership with JKV, current and future JKV residents can experience many educational presentations both on the JKV campus and at the Sample-McDougald House & Gardens location.

Throughout the year, historians from the Sample-McDougald House will bring their lectures to the JKV campus and in March 2023, they will present a special program during the JKV ArtSage Festival.

JKV Residents Are Active Participants

Twice a year, there will be customized group tours of the Sample-McDougald House with transportation provided by JKV. In addition, there will be three literary programs where residents and future residents can learn from and meet published authors about historical topics.

Four times a year, Sample-McDougald House presents art exhibitions as well as artist workshops in

conjunction with the art on exhibit. JKV will coordinate outings for our residents and future residents through the Life Enrichment Department.

For residents who are artists, the *En Plein Air Program* takes place four times a year and participants will be able to bring their own art supplies and paint, and/or draw in the great outdoors on the beautiful grounds of Sample-McDougald House & Gardens.

Gazette readers can learn about the benefits of choosing the Life-Plan lifestyle at John Knox Village. Call the Marketing Department at 954-871-2655 for more details.



Sample-McDougald House celebrates the architecture and history of Pompano Beach dating from 1916.

Long COVID Concerns And Aftereffects

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

The COVID-19 pandemic, the worst pandemic in centuries, claimed over three million lives thus far. But many of those who survived COVID continue to have lingering symptoms that have negative impacts on their quality of life. As many as one out of four of us continue to experience “long COVID” after recovering from the initial infection. The symptoms of long COVID range from mild to debilitating fatigue, headache, brain fog, difficulty focusing,

“pins and needles” sensations, hair loss, shortness of breath, cough, palpitations, dizziness, sleep issues, depression or anxiety, digestive problems, rashes, joint and muscle aches, and changes in menstrual cycle, to name just some. What’s more, these post-COVID or long COVID symptoms can last from weeks to months to even years.

The symptoms resemble those of chronic fatigue, also known as “myalgic encephalitis,” a crippling condition that has been destroying lives of thousands of people for decades, often after enigmatic microbial illness. These people were often going from doctor to doctor (on days when they felt good enough to get out of the house), but because all routinely done tests would be within the normal ranges, they were often dismissed, or given an antidepressant.

Could It Be The Microbiome?

An interesting study published by British Medical Journal revealed that a majority of those who developed long COVID had an abnormal (less diverse and therefore, less healthy) gut microbiome, to begin with.

When thought through, this finding should not be surprising. A healthy gut microbiome is crucial to a

healthy immune system, and imbalance in our gut microbiome (so called “dysbiosis”) and increased intestinal permeability (or “leaky gut”) are among the top root causes of excessive inflammation as well as autoimmunity.

Mast Cells Are The Gatekeepers

Key players in the inflammation caused by dysbiosis are our mast cells. Mast cells are immune cells that act as gatekeepers that sense our environment like radar and sound an alarm when they detect a possible danger. Such danger signals are viruses, bacteria, yeast/mold and parasites, as well as environmental toxicants, including electromagnetic radiation (from our cell phones, wi-fi, etc.).

Mast cells are mostly in tissues that interact with our environment, such as our skin, digestive tract, respiratory tract, sinuses, and strategic positions around our nerves, blood, and lymphatic vessels but also our brain. When mast cells get activated by a danger signal, they spill chemicals like histamine, serotonin, platelet activating factors and many more.

It seems that our immune systems can handle one or more of such dangers – i.e. mount an effective inflammatory response, kill the enemy, clear the battlefield and move on – but eventually, the cumulative amount of too many danger signals is simply too much. When we reach that point, forcing mast cells to sound the alarm non-stop, releasing their chemicals all over the body, we become chronically inflamed. The inflammatory molecules (cytokines) make us achy, tired, and depressed – just like long COVID.

Proper Diet May Be Key

There are many ways that we might be able to reduce our risk of long COVID and help those affected recover. The most obvious place to start is a diet that supports a healthy immune system and diverse microbiome – a diet low in sugar and refined carbohydrates, high in micronutrients (such as zinc and selenium), protein, healthy fats (eat your fish oils) and fiber. Keep your vitamin D in good shape, ideally through outdoor activities. Supplements that

many functional and integrative medicine physicians found to be useful are curcumin, N-acetyl cysteine, melatonin, quercetin, resveratrol, coenzyme Q10 and probiotics.

Always work with an experienced medical and nutritional provider. Make sure you do not have any drug-supplement interactions and best of luck.

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

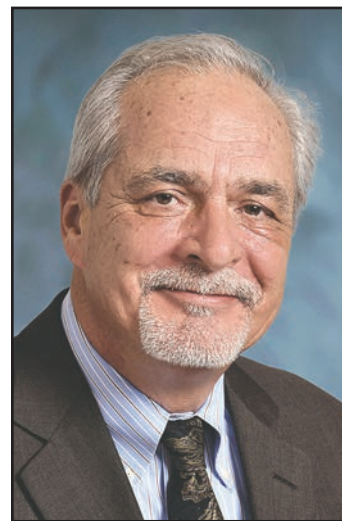
Booster Clinic Held On Campus

Once the U.S. Food and Drug Administration authorized updated COVID-19 vaccine booster shots from Moderna and Pfizer, the John Knox Village administration and medical teams mobilized its efforts for what was the fifth conveniently located on-campus clinic for residents and employees in September.

“This kind of extra care is just another benefit residents living at John Knox Village enjoy,” said Director of Sales Kim Ali. “In addition to the COVID booster vaccines, residents and staff had the opportunity to receive their flu and pneumonia shots right on campus too. Talk about convenience.”

Monkeypox – Some Perspective

Dr. Mark Cochran
Gazette Contributor



Dr. Mark Cochran

The most recent outbreak of global concern is the spread of monkeypox. As of this writing, there have been more than 30,000 confirmed cases across 84 countries with more than 10,000 in the U.S. The World Health Organization will likely soon declare this infection endemic.

The monkeypox virus is in the same variola family of virus as smallpox, cowpox, horsepox, but not related at all to chickenpox. While smallpox can

only infect humans, monkeypox also infects animals such as rodents, which can serve as a disease reservoir. Monkeypox symptoms are much less severe than smallpox, causing a painful rash which forms scabs, lasting two to four weeks, and is not fatal.

Incidence of monkeypox so far has been primarily among men who have sex with men. The virus is spread mostly from skin-to-skin contact, but transmission can also come from objects such as bedding and towels. Respiratory droplets can also transmit the disease.

Thanks to the smallpox vaccine, there have been no cases of smallpox since 1977. Previously, however, it

was a terrible scourge throughout human history causing skin disfigurement and death, most notably in our own indigenous populations throughout colonization some 300 to 400 years ago.

In the 1790’s, Dr. Edward Jenner, a medical legend, had noted that milk maidens often had clear complexion and hypothesized that their apparent immunity to smallpox was because of contact with cowpox virus. He invented a smallpox vaccine from a cow lesion and famously tested it on an eight-year-old boy who demonstrated complete immunity when deliberately exposed to human smallpox.

Since smallpox vaccination ended in the 1970s, monkeypox has slowly been gaining in prevalence. Smallpox vaccines protect against monkeypox as the viruses are 85 percent identical. There are limited supplies of vaccines available to protect against monkeypox, but only one is approved for use by the FDA. This vaccine is called JYNNEOS, originally developed for smallpox using cowpox virus antigens. The FDA issued an emergency use of the vaccine to be administered under the skin rather than deeper into fat. This allows dosages to be reduced to one-fifth, thus stretching the supply of available vaccine. While one dose will provide a few years of protection, two doses will give near lifetime immunity.

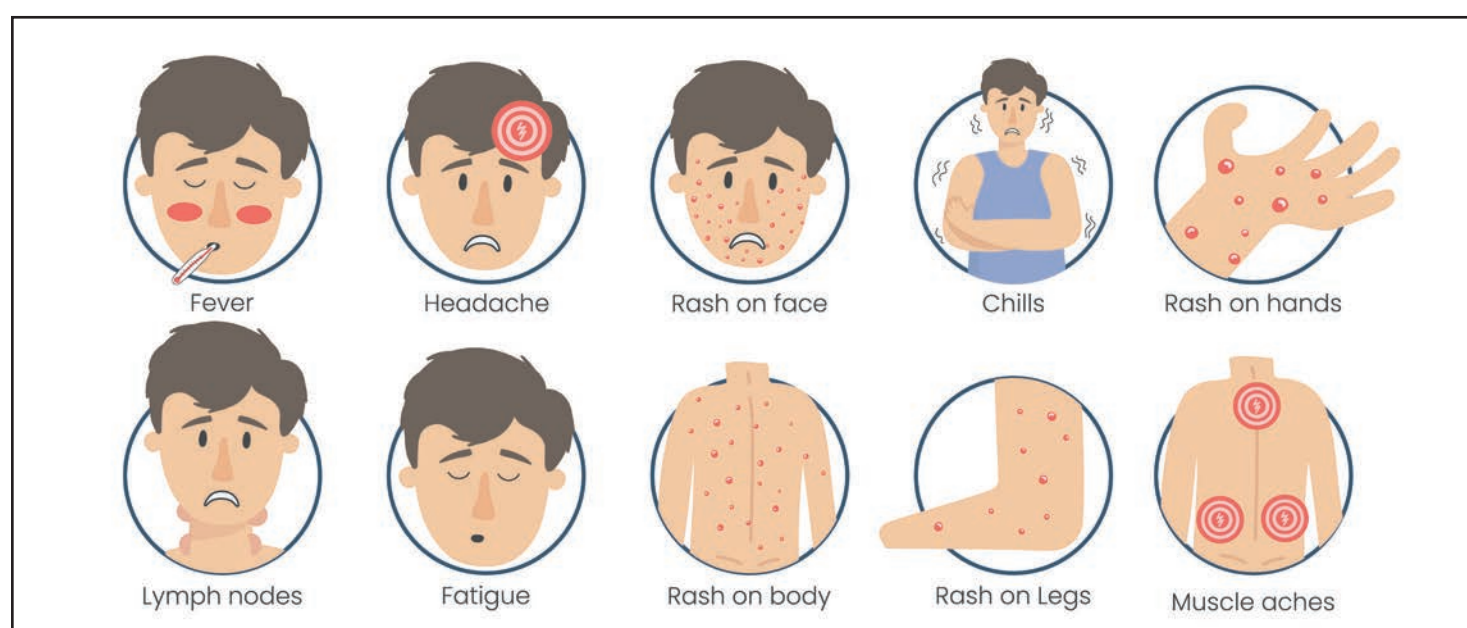
All of us in our age group have received a smallpox vaccine. While that original vaccine does confer a degree of protection, it is not absolute as there have been a few cases of monkeypox reported from folks in our age group.

There is also, thankfully, an effective antiviral medication called TPPOX. The drug was developed for smallpox, and while not approved for the treatment of monkeypox, the CDC offers it under a compassionate use authorization. It is also in short supply but manufacturing has recently been ramped up.

While monkeypox is certainly something of which to be mindful, it is not like COVID. Monkeypox transmission is completely different. Consult your medical professional if you have concerns.

Dr. Mark Cochran holds a doctoral degree in Microbiology and Immunology and has been JKV’s medical expert during the COVID-19 pandemic. He is retired from Johns Hopkins Medicine, where he built and led the Johns Hopkins HealthCare Solutions team, which included his work in creating the model of care used by residents and staff at JKV’s on-campus Center For Healthy Living.

His experience includes drug discovery, vaccine discovery and development, business development, clinical research, disease management, Wellness and Lifestyle management, program management, and venture capital initiatives. He has also held leadership positions in organizations such as Johns Hopkins Medicine, Bayer Pharmaceuticals (in Germany and USA), Blanchette Rockefeller Neurosciences Institute, MDS Capital Corp., and NeuroVentures Capital.



Monkeypox symptoms are much less severe than smallpox, causing a painful rash which forms scabs.

Sudoku

Answers On Page 10.

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

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

The Purple Heart

Burn Loeffke
Gazette Contributor



Burn Loeffke

According to the National Purple Heart Hall of Honor, more than 1.8 million Purple Heart medals have been presented to service members since the award was created by President George Washington on Aug. 7, 1782. The military's current regulations require that a service member be injured by enemy action and receive documented treatment from a medical officer. The official list of wounds that "clearly justify" the award includes, "Concussion injuries caused as a result of enemy generated explosions."

It is fitting that we should remember those wounded and killed in battle. I am a graduate of the West Point class of 1957, and the list that follows remembers that year's class of West Point Purple Heart recipients.

Band Of Brothers And Sisters

The military has been called a fraternity of courage. Men and women who have served in the military have a strong bond that was created during their service.

Those who have been wounded have an even stronger bond with those who shared their blood together. William Shakespeare wrote in "Henry V," "He who sheds his blood with me shall be called my brother."

West Point Class of 1957

Forty of my classmates were killed or wounded during the war in Southeast Asia. For 65 years since graduation, the survivors have formed strong friendships. Some of us call each other monthly and reach out to those who need help. We consider ourselves fortunate to have friends we can call whenever we want. The following members of my West Point class are on record as having been awarded the Purple Heart:

- Don Bowman
- Glaudis Gaspard Jr.
- Giles Harlow
- Harlin Olson Jr.
- Richard Scholtes
- Ted Felber
- John McCarthy
- Bob Faulkender
- John Keefe
- Mike Ilsemann
- John Loberg
- Don Whalen

- Ed Soyster
- Bill Friend
- John Dubbelde
- Leon Bieri
- Gerald Dwyer
- Bob Alsheimer
- Warne Mead
- Willis Thompson
- Nick Robinson
- Eric Christensen
- David Perrine
- Bob Drudik



The Purple Heart medal is presented to service members who have been wounded or killed as a result of enemy action while serving in the U.S. military.

- Richard Pfeiffer
- Jim Swenson
- Jack Farris
- Bernard Loeffke
- Charles Williams
- Gerald Jagrowski
- Herbert Rice, KIA posthumous
- Duncan Smyly, KIA posthumous
- Barnes Rose, KIA posthumous
- Len Hanawald, KIA posthumous
- Walter Pritchard, KIA posthumous
- Bob Rawls, KIA posthumous
- Morris McBride, KIA posthumous
- Erman Newman Jr., KIA posthumous
- Ed Quill Jr., KIA posthumous
- Harper Keeler, KIA posthumous

These classmates, and the millions of military men and women who proceeded us, and those who followed us, are true patriots. They dedicated themselves to the cause of freedom, to the Constitution and the rule of law to preserve our independence and our democracy.

Let us remember what President Abraham Lincoln spoke in the last lines of the Gettysburg Address: "That we here highly resolve that these dead shall not have died in vain—that this nation, under God, shall have a new birth of freedom—and that government of the people, by the people, for the people, shall not perish from the earth."

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.

Blessing Of The Pets At JKV

Rachael Gallagher
JKV Spiritual Life Director

Every year on or around the fourth day of October, people all over the world, residents of John Knox Village included, celebrate the feast day honoring the patron saint of animals, St. Francis of Assisi.

In remembrance of his love for all creatures, JKV guardians or pet parents traditionally take their animal companions to our Wellness Park (dog park) for a Blessing of the Pets ceremony.

According to the Humane Society, the earliest books about St. Francis were written by Thomas of Celano, a member of Francis' religious order who knew the saint personally. Thomas' books reveal Francis' love for animals and his conviction that religious faith and care for God's creatures go hand in hand.

St. Francis Of Assisi: Patron Saint Of The Animals

St. Francis was born in Assisi, Italy in the 12th century, to wealthy Catholic parents. After time as a soldier, he renounced his life of luxury for a life of prayer and service to the poor. While praying at an old country chapel in San Damiano, he heard the icon of Christ crucified speak to him saying, "Francis, Francis, go and repair my house which, as you can see, is falling into ruins."

He spent the next few years rebuilding ruined churches in the area. Eventually he gained some followers, and received permission from the Pope to begin his order of brothers. This was followed by an order of sisters, under the supervision of his friend, noblewoman St. Clare of Assisi. Francis never became a priest, but his fight against poverty and his joyful preaching converted people everywhere he went.

St. Francis had a great love for all of God's creatures and was known to practice his preaching by giving talks to the birds. It's said he was so compelling that birds would fly down from the trees and perch on his shoulders to be able to hear him better.

Today, over three million people a year make a pilgrimage to the tomb of St. Francis in the town of Assisi, revealing him to be one of the most popular and beloved saints of all time.

In 1979, Pope John Paul II paid tribute to Francis' love for creation by declaring him the patron saint of ecologists.

Blessing Of The Pets At JKV

Join us for the Blessing of the Pets on Tuesday, Oct. 4 at 10 a.m. in the JKV Wellness Park (dog park). Well-behaved pets are welcome.

Pet owners can show their appreciation for their pets, make new friends and share the company of other animals and their owners. JKV's Spiritual Life Director, Rachael Gallagher will bestow individual blessings on every animal in attendance. Call the JKV Marketing Department at 954-871-2655 to reserve a spot for you and your pet.



JKV's Spiritual Life Director Rachael Gallagher meets with one of the Village's beloved friends during last year's Blessing of the Pets.

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

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

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

Two New Exhibitions Opening Oct. 30

At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

New Exhibitions

**William Kentridge: “Ursonate”
Opens Oct. 30 through April 16, 2023**

Johannesburg artist William Kentridge’s performance piece, “Ursonate” will be on view at NSU Art Museum, with screenings during museum hours, every hour on the half hour, 11:30 am to 3:30 pm. Based on Dada artist Kurt Schwitters’ 1932 sound poem “Ursonate,” consisting entirely of a nonsense, invented language, Kentridge’s work is comprised of two film projections: One in which the artist emphatically gesticulates as he sounds the score accompanied by an opera singer and percussionist, while a constant flow of animated calligraphic images drawn by Kentridge are projected on the second screen.

William Kentridge (b. Johannesburg, South Africa, 1955) is internationally acclaimed for his drawings, films, and theater and opera productions. His method combines drawing, writing, film, performance, music, theater and collaborative practices to create works of art that are grounded in politics, science, literature and history, yet maintaining a space for contradiction and uncertainty. Kentridge’s work has been seen in museums and galleries around the world since the 1990s. His opera productions, including Mozart’s “The Magic Flute,” have been seen at opera houses including the Metropolitan Opera in New York, La Scala in Milan, and the Sydney Opera House. His theatrical productions, including “Ursonate” and “The Head & the Load,” have been performed in theaters and festivals around the globe.

Film duration: 33 minutes 54 seconds



William Kentridge, “Ursonate,” 2018. Dual channel HD film, 33 min, 54 sec © William Kentridge, Courtesy William Kentridge Studio and Collection of Valerie Dillon.

**Kathia St. Hilaire: “Cross Country”
Opens Oct. 30 through April 23, 2023**

NSU Art Museum Fort Lauderdale presents the first institutional exhibition of South Florida artist Kathia St. Hilaire (b. 1995, Palm Beach, FL). This presentation,

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.



Kathia St. Hilaire, “Legba,” 2020, Oil based relief, canvas, paper, enamel, tire skins, leaves, pigment, fabric, metal. Courtesy of Michael and Leslie Weissman.

entitled “Cross Country,” will address the artist’s personal experience of growing up as a female artist of Haitian descent within the diasporic Haitian communities of Opa-Locka, West Palm Beach and Okeechobee, FL. Each of these “Little Haitis” is a transcultural experience, in which the artist is inspired by both everyday experiences and a deep, visceral connection to the Haitian community. These ties are however equivocal: There is a disconnection from the artist’s ancestral past as she encounters it within her own urban environment via her own personal cultural identification and innate beliefs. St. Hilaire strives to confront and memorialize these complex issues, refusing to shy away from imagery that may be controversial, political or historic, all of which is filtered through portrayals of everyday life in the neo-diaspora.

St. Hilaire incorporates visual tropes and contemporary Western art discourse into her work, but the focus remains on Afro-Haitian culture. Beyond what is visually depicted, the artist’s choice of materials is central to Haitian culture, and often signify broader themes of labor and migration. For example, St. Hilaire’s interest in Vodun Flags led to one of the most distinct aspects of her practice, whereby she creates her own flags using a printmaking technique called reduction relief printing.

With each chosen material and process, St. Hilaire is creating a new language of mark-marking. In her own words, “I am able to craft meanings that contextualize my personal history with the historical commodity items that play an important role in colonialism.”

St. Hilaire will embrace the spatial opportunities afforded by presenting her work on an institutional scale by challenging the ways in which her painterly structures engage with their settings and audience. This exhibition is curated by the Museum’s Bryant-Taylor Curator, Ariella Wolens. In addition to this solo presentation, St. Hilaire and Wolens will co-curate an exhibition of the Museum’s exceptional collection of Haitian art, featuring works by figures such as Gesner Abelard (b. 1922, Port-au-Prince), Préfète Duffaut (b. 1923, Cyadier, Haiti, d. 2012, Port-au-Prince) and Myrlande Constant (b. 1968, Port-au-Prince). St. Hilaire’s contribution to NSU Art Museum Fort Lauderdale will be cemented with the creation of an outdoor mural that will live on the façade of our renowned building.

St. Hilaire received her M.F.A. in Painting and Printmaking from the Yale School of Art in 2020, and her B.F.A. in Printmaking from the Rhode Island School of Design in 2017. Her work has been prominently featured in group exhibitions at The Tang Teaching Museum at Skidmore College, Saratoga Springs, New York; Half Gallery, New York; Blum & Poe, Los Angeles and James Fuentes, New York. She is the recipient of the National Young Arts Foundation Award (2021), Eli Harwood Schless Prize, Yale School of Art (2019) Jorge M. Perez Award (2019), and the Ripley F.W. Albright Memorial Award, Rhode Island School of Design (2015).

Upcoming Events:

Docent Speakers Bureau Presents: “The Feminine Perspective,” Oct. 3, 10:30 a.m.

The NSU Art Museum Docent Speakers Bureau returns to the John Knox Village Centre Auditorium on Oct. 3 at 10:30 a.m. with a presentation entitled, “The Feminine Perspective.” Traditionally, women were seen as an inspiration for great art, but not as the creators of great art. The talk begins in the 17th century and looks at the cultural and social reasons that confined women to this more passive role and how difficult it was for them to gain recognition as artists in their own right. It will discuss works from artists such as Mary Cassatt, Sonia Delaunay, Georgia O’Keefe and Frida Kahlo.

The speaker will be Allison Fiedel. She became a docent at the urging of her mother, who received her Master’s in Art History and Judaica studies from Columbia University at the age of 59. Her mother was a docent at the Jewish Museum and the Guggenheim in New York City, and the Baker Museum of Art in Naples. Allison has been a docent at NSU Art Museum since the summer of 2019 and led tours for about seven months until the museum shut down due to COVID-19. She is happily back leading tours and a proud new member of the Speakers Bureau.

Sunny Days/Starry Nights: Free First Thursday, Oct. 6 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. Starry Nights is presented by Broward Health.

Fort Lauderdale Neighbor Day Sunday, Oct. 30 from Noon to 5 p.m.

Ft. Lauderdale residents receive FREE admission to NSU Art Museum and 2-for-1 Wine, All Day Happy Hour on the last Sunday of every month. Visit the Museum Cafe and Store and receive 10 percent off books published by NSU Art Museum. For free admission, residents must show a photo ID, driver’s license, or residential utility bill with proof of Ft. Lauderdale address.

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

After Amazing Kick-Off, JKV Jazz Series Continues Oct. 15 With Ashley Pezzotti



Swing jazz vocalist Ashley Pezzotti

Rob Seitz
Gazette Contributor

After an amazing kick-off to John Knox Village’s inaugural Jazz Series—with Tito Puente Jr. and His Latin Jazz Ensemble wowing the Cultural Arts Center crowd—the second installment in the four-concert series will not miss a beat.

Swing jazz vocalist Ashley Pezzotti will bring her love for music to JKV on Oct. 15 at 7 p.m. At the

young age of 25 years old, Ashley has nonetheless performed with renowned artists such as Wynton Marsalis, Arturo Sandoval and Jon Secada.

No doubt, she will be performing songs from her 2019 album, “We’ve Only Just Begun,” which features an array of original compositions inspired by the Great American Songbook.

Ed Calle And The Mamblue Big Band

JKV’s Jazz Series will continue on Nov. 12, which will bring to campus Latin Grammy Award Winner for Best Instrumental Album and five-time Grammy nominee, Dr. Ed Calle and the Mamblue Big Band.

This renowned musician, composer, orchestrator, scholar, professor and band leader is known for his extraordinary ability to sight-read, interpret and perform virtually any musical style.

Carole J. Bufford Roars Into The CAC

The series ends Dec. 4 on a high note, with “ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!” This concert features classics from the Jazz Age songbook made famous by the likes of Sophie Tucker, Louis Armstrong, Al Jolson, Fats Waller, Bessie Smith, Helen Morgan and more.

JKV Jazz Series Single Ticket Sales are \$26. To RSVP visit www.eventbrite.com and search for John Knox Village.

If you have questions about these shows, please call the JKV Life Enrichment Department at 954-783-4039. Gazette readers can also visit www.john-knoxvillage.com and click on the Events tab for the schedule of upcoming performances.



“ROAR! Carole J. Bufford and the Music of the 1920s and Beyond!” will be featured on Sunday Dec. 4.

Scare Away The Inner Demons

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

We are now into Autumn, the days are shorter and the holiday season gets underway. First at bat is Halloween on Oct. 31. Pop-up costume stores, pumpkin patches and hayrides are easily found. Scary ghosts, goblins, witches and zombies appear in windows, yards and even parades.

Halloween has become a very popular holiday. As with other holidays, Halloween has become big business: Consumer spending for this spooky celebration was a record \$10 billion in 2021.

Perhaps you welcome these ghoulish festivities—or are in the 25 percent of Americans who wish it would all just go away. Either way, it's worth knowing how Halloween can help cognitive performance at all ages.

The Fear Factor

Halloween's origins lie in a highly practical goal: Managing fear. Centuries ago, the Celtic people in Scotland, Ireland and Wales celebrated a late-October harvest holiday called Samhain, which later became All Hallows' Eve (Halloween). At this time, the village elders had to make tough decisions, using their wisdom to anticipate the food needed to survive winter.

The Celts believed it was easier for spirits to enter this world and threaten the survival of people and livestock over the winter. So, they developed offerings and rituals to appease these scary spirits. Halloween helped them cope with their fear of death.

Over time, more familiar rituals such as trick-or-treating, pulling pranks and pumpkin carving became part of the Halloween celebration. In the 1800s, Celtic immigrants brought Halloween with them to America. Over the past 30 years, Americans have taken Halloween around the world with them, boosting its popularity in many countries.

Share The Fear

Perhaps a reason for Halloween's enduring appeal lies in a feature of human brain development. Under age 40, our brain is more vulnerable to negative emotions.

It's no wonder that Halloween is more popular under age 55. The shared chills and thrills can help to scare negative emotions away, when our brain needs a helping hand to do this.

Let's take a peek under the hood to see why this is. These three major brain networks support our daily mental activity:

1. Sensory-motor network: Present – smell the roses
Specializes in perception and movement. Develops early in childhood, with steady decline in reaction time over age 30. Prefers visual, hands-on, exciting activities.

2. Cognitive control network: Future – pin the win
Specializes in goal-oriented behavior. Develops over age 12, reaching its peak by age 30. Uses language to manage emotions, plan ahead and make rational choices.

3. Default-mode network: Past – tell the tale
Specializes in storytelling. Develops mainly over age 40. Enables the autobiographical self, daydreaming, humor, identity, imagination, language, personal memories and wisdom.

Under age 40, each of these three main networks tends to work on its own, allowing the brain to specialize its work. As a result, both mind and body move faster on any given task.

However, this younger, quicker brain is also more vulnerable to negative emotions. For example, working apart from the cognitive control network, an overactive default network can fixate on negative emotions, facilitating anxiety, depression, inflammation and sleeplessness.

Wisdom Overcomes Fear

Between ages 40 to 60, our big three brain networks become more integrated. The pace of any given task slows down to allow for better teamwork among these key networks. With its bird's-eye perspective, the cognitive control network can make short work of negative emotions that bedevil the other networks.

Teamwork among the brain networks unleashes the fear-fighting weapons of friendship, fun, hugs, humor,



Halloween is a time for scary good fun.

music, storytelling and wisdom to restore the brain's equilibrium.

By age 60, a person is equipped with a brain optimized for wisdom rather than speed, less vulnerable to the fears of youth. Think back to the ancient Celts. While the younger people were distracted by revelry, the wise, older leaders were making the scary life-or-death decisions. This strategy worked well. Otherwise, the Celts would not have survived the harsh winters and we wouldn't know anything about Halloween.

Fortunately, we now have grocery stores and Sunbelt states to help us get through the winter. However, the inner demons still haunt us.

This Halloween, perhaps you can join in the fun and help someone under 40 blow off steam from negative emotions. The older you are, the more successful you've been in overcoming the inner fear demon to survive hard times. Congratulations, the ancient Celts would be proud of you.

Brain Wealth founder Phyllis T. Strupp, MBA, is an award-winning author and brain training expert, speaking to audiences around the U.S. on how brains and lives can get better with age. Her book, "Better with Age: The Ultimate Guide to Brain Training," introduces a pioneering approach to "use it or lose it," based on successful outcomes from her 10 years of experience in brain coaching. Visit Phyllis' website: www.brainwealth.org

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

Weather permitting, the 15-story Vue tower will be topped off by Oct. 3. A formal Topping Out Ceremony for the entire Westlake project is set for Oct. 28.

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

The Amelia Apartment Home Features:

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

Master Suite

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

Bright, Spacious Interior

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

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

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



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

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

