



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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Pavilion Open For Business, Westlake Rising To Its East

Formal Ribbon-Cutting Ceremony Set For June 9



In a special preview opening at the new JKV Cultural Arts Center, concert pianist Solomon Eichner performed a program of selections ranging from Chopin and Liszt, to Rachmaninoff and Gershwin.

Rob Seitz
Gazette Contributor

With its Certificate of Occupancy firmly in place, a number of “soft” opening events successfully completed, and a kitchen and dining team trained for elevated levels of service—the Pavilion, John Knox Village’s \$35 million latest crown jewel—officially opened May 11th.

The Pavilion’s opening comes 14 months after JKV completed its \$6.2 million Aquatic Complex, with its resort and lap swimming pools, Jacuzzi®, poolside dining, sports bar, bocce and Pickleball courts.

Pavilion Grand Opening Planned

To celebrate, at 10 a.m. on June 9, JKV will hold a formal ribbon-cutting ceremony in the Pavilion’s 400-seat Cultural Arts Center. Residents and administrators will be joined with project partners, dignitaries and VIPs from the greater community for the pageantry.

After the ribbon cutting, guests will be able to visit JKV’s two new dining venues—Seaglass and the upscale Pearl—as

well as Barton’s Nautilus Bar, named after Lakeside Villa residents Bob and Diane Barton, who provided a considerable donation to the project.

The Pavilion’s opening made way for demolition of the Village’s venerable 41-year-old workhorse Main Dining Room and subsequent dredging in that area for Rex Foster Lake and the expansion of JKV’s waterway system.

Once completed, residents, guests and staff will be able to enjoy waterviews from more than half of the Village’s 70 acres.

Westlake Apartments Going Up

Concurrently, the Westlake apartment building project is rising ever higher. JKV’s newest neighborhood will consist of a common-area first floor chockful of amenities, two floors of covered parking followed by airy, light-filled state-of-the-art apartment homes.

“On the first floor, residents and guests to John Knox Village will enjoy a high-tech projection theatre, a technology hub, The French Press, which will be a coffee bar during

See “Opening” on Page 2

Orchids – Glorious Flowers For All Seasons

I must have flowers, always, and always – Claude Monet

Nona Cree Smith
Gazette Contributor

I admit, it is essential for me to live within a bowler of blooms. As a lover of flowering plants, I must have flowers as an important part of my daily life.

When I moved to South Florida, I was dismayed to find that my peony and daffodil bulbs, and freesia crows failed to bloom. I thought loving care, food and water were enough to recreate my English garden in the tropics.

After talking with a knowledgeable “green-thumbed” attendant at a plant nursery, I found out South Florida’s tropical climate was not conducive to plants that thrived in cool, damp England. The flowers I could grow here did not thrill me the same way a bouquet of homegrown, fragrant peonies did. He suggested orchids, and showed me a dazzling array of colors, shapes and textures that make the flowers among the most beautiful known. He even showed me a small white orchid that had a fragrance that rivaled the scent of peonies.



Phalaenopsis amabilis, commonly known as the moon orchid or moth orchid. Shutterstock image.

See “Orchids” On Page 3

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The Pavilion At Westlake Opens Grandly

From "Opening" On Page 1

the day and wine bar at night, a bistro-styled dining venue called The Westlake Eatery, a library, sacred space, business center and art studio," JKV Director of Plant Operations Thom Price told *The Gazette*.

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

Westlake Village Club Benefits

Village Club Members receive many complimentary services, including meals in JKV's four dining venues, as well as access to the Aquatic Complex, JKV's award-winning Life Enrichment programming, fitness classes and admission to JKV community partner venues such as Bonnet House, the historic Sample-McDougald House and the NSU Art Museum in downtown Ft. Lauderdale.

From the fourth floor and up, the 146 new Westlake apartment homes are being constructed. The Vue will rise to 15 stories with one- and two-bedroom floorplans ranging from 1,231 to 2,259 square feet of sun-splashed rooms.

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

Life-Plan Not Real Estate

Much of this sounds as if moving into the Village is like buying an apartment or villa home. Becoming a JKV resident is NOT a real estate transaction.

JKV is a Life-Plan Continuing Care Retirement Community, meaning that every resident who moves into the Village pays an Entrance Fee, which buys them a Life-Care Contract to secure their care no mat-



JKV residents (seated left to right) Charlie Poole, Carol Strandberg and Fred Schieferstein sample menu offerings from the Pavilion's Seaglass restaurant with Dining Room Manager Mirjan Vehbiu and Joe Mallen, Dining Services Director.

ter what health care circumstances may arise.

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

Compare The Costs Of Health Care

"In South Florida, assisted living costs about \$4,000 a month, memory care is around \$8,000 per month and skilled nursing care is averaging \$13,000 month-

ly," said JKV Director of Sales Kim Ali. "Two years of skilled nursing care would eat up considerably more than, for instance, the \$260,400 Entrance Fee for our Ibis apartment home. (Featured on Page 12 of this *Gazette*).

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

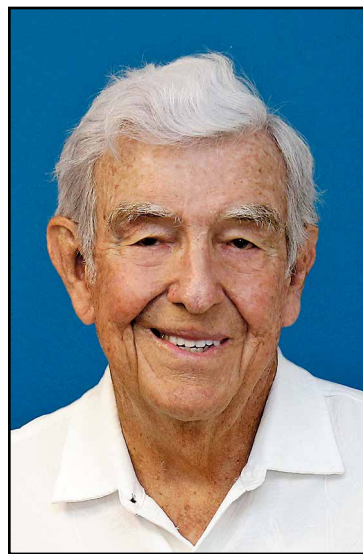
See our "Ask Kim" ad on Page 7 for answers to other questions.

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

Thanks For Asking

What's In A Name?

Dave Bayer
Gazette Contributor



JKV resident Dave Bayer

cerns of our residents are properly presented to our management.

An important part of our Senate process is a "Town Hall" style bi-monthly meeting for all residents that includes a management update on campus issues and a question-and-answer session. At a recent Q & A, a resident asked if any consideration was being given to changing the name of John Knox Village to something that better reflected what our community is all about. The answer was basically that "sometime in the future, JKV will consider a name change to differentiate JKV from other communities with the same name and to avoid the name inference that we are a community for only those of a certain faith. We are a community for all faiths."

How It All Began In 1967

That was a very interesting exchange and encouraged me to research how and why we got our name in the first place. A quick summary – in 1967, Dr. Mack Douglas, a Baptist Minister, started Baptist Village. In 1976, Baptist Village was sold to Christian Services, Inc. (CSI), a firm from Missouri that managed retirement communities and was owned by Dr. Kenneth Berg. It became John Knox Village at that time under the direction of Dr. Berg's Board of Directors. That Board was replaced by a local Board, which terminated CSI's contract in 1979. Since that time, JKV has continued to successfully grow and prosper as an independent, unaffiliated not-for-profit community.

Do you remember in high school and college when we had a "Student Senate?" It was a group of students elected by the student body to serve their fellow students by ensuring that they had a voice in matters impacting student life, and that their voices were heard by the faculty and school administration.

We have the same sort of arrangement here at John Knox Village. Our "Resident Senate" ensures that the problems and con-

cerns of our residents are properly presented to our management.

cerns of our residents are properly presented to our management.

Due Diligence

How does one accomplish "due diligence?" In an article for *The Gazette* on this subject a year ago, I wrote:

"Since moving here I discovered two sources of information that, in my opinion, are "must reads" if you are either considering a retirement community for yourself or a family member or would just like to learn more on the subject. The source that I learned about first is the "Consumer's Guide to Continuing Care Retirement Communities." It was prepared by the Pennswood Village Residents Association in Newton, PA and endorsed by the National Continuing Care Residents Association (NaCCRA). This is an excellent, well-written manual both for those seeking a retirement community and for those already living in one. The main subjects covered are the type of contracts that residents are offered, the quality of health care provided, the financial strength of the community and the various types of facility ownership and governance provided. To get a free copy you can go to the NaCCRA web site (www.NaCCRA.com) and follow the prompts to download it (about 20 pages) from the "documents" file. If that does not appeal to you, just send me an email (davebayer@aol.com) and I'll send you a copy via return email. Be assured, your email address will not be used for any other purpose.

A second excellent source of information regarding retirement communities is "What's the Deal with Retirement Communities," by Brad C. Breeding, CPF. Breeding covers much of the same territory as the NaCCRA document in even more depth, plus various other retirement housing options, including staying at home. He is a nationally recognized go-to expert on retirement planning and the senior living industry.

This recently revised book is an easy read and available via Amazon."

That advice is still valid. Before deciding, it would be advantageous to spend time at the location and meet some of the residents. Most communities offer "stay-cations" to prospects. In general, the "not-for-profits" seem to offer better value. Large communities offer a wider variety of social activities and more economy of scale. Visit the assisted living, skilled nursing, and memory care portions of the community, keeping in mind that the marketing folks, of course, prefer to feature the fine dining and first-class recreation venues. Pay attention to the financial strength of the community and ensure that it is licensed with the State of Florida in accordance with Florida Statute 651.

So, What's In A Name?

At JKV, any decisions like a possible name change would normally involve using a focus group of residents. Or perhaps a "Change the Name" contest? In reviewing names of Life-Plan Communities, I find none that actually describe what the community is all about. Most names are neutral (e.g., Regency Oaks, Unisen, Freedom Village, Abbey Delray, etc.), reflect a physical location (e.g., Indian River Estates, East Ridge at Cutler Bay, Winter Park Towers, etc.), or perhaps a fraternal or religious connection (e.g., Masonic Homes of Florida or Florida Presbyterian Homes).

So, I'm thinking, if and when JKV does consider a name change, it promises to produce some interesting conversations.

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



The iconic John Knox Village clock is visible on the west side of Cassels Tower facing Interstate-95.

The Orchid Is Mother Nature's Masterpiece

From "Orchids" On Page 1

I had believed orchids were difficult to grow and very fussy about their care. I soon found out many orchids could be grown like any other plants with water, food and sunlight.

A Very Brief History

The wonderful world of flowers is almost limitless, and the members of the family Orchidaceae are loved for their endless variety of colors, shapes and textures. In antiquity and during the Middle Ages, orchids, like many other plants, were mainly grown for their medicinal properties. Orchids were especially prized for use as an aphrodisiac. The name orchis, from which the entire family was named, was first used by Greek philosopher and botanist Theophrastus because the plants' roots resembled testis.

The faith in the orchid's amorous abilities remained intact through the Roman era and into the Middle Ages with the writings of Hieronymus Bock, considered an early father of botany, who enhanced the orchids reputation for arousing sexual appetites.



Cattleya labiata orchid. Shutterstock image.

It was not until the 18th century that botanical scientists first attempted to make classifications of plants by close study. Chief among them was Swedish botanist Carolus Linnaeus who introduced a systematic botany by classifying groups of plants by the number and position of the stamens and pistils of the flowers. In 1753, he wrote about the orchis in his book *Systema Naturae* (System of Nature) which became the standard for classification, a system that is still used today.

Over the years, Linnaeus continued to develop his ideas and add new species so that *Systema Naturae* grew in a period of about 30 years from 12 pages in its first edition to 2,400 pages in its 12th edition.

Orchids In China And Japan

The Japanese and Chinese were avid gardeners from the earliest of times, appreciating plants for their beauty and fragrance and well as their utility. For them, the orchids' appeal was aesthetic, prized for their grace, allure and fragrance, which made them a favorite subject of painters. Chinese writer and philosopher Confucius called orchids the "king of flowers" and used the orchid's fragrance to portray the good character he believed everyone should strive for. His writings



Dendrobium orchid. Shutterstock image.

on orchids had a profound moral impact on Chinese culture and society.

In Japan, orchids were cultivated for their beauty and power. The Vanda orchid became known as the "Samurai Orchid," because the 17th century Tokugawa shoguns held the orchid as a symbol of military power and wealth. The samurai warriors would attach the orchid to their swords for good luck.

Orchids Arrive In Europe

The first European orchid collector was thought to be Dr. John Fothergill, who brought two orchids from China to England. Both orchids thrived despite long voyages and produced an abundance of flowers. Thus began Europe's never-ending love affair with orchids.

In 1768, the H.M.S. Endeavor planned an expedition to the South Seas for plant exploration under the command of James Cook and Joseph Banks. In 1780, another expedition went to Australia and brought orchids back to England. In 1793, the notorious Capt. William Bligh sailed the H.M.S. Providence to the South Pacific and returned home with 15 healthy orchids.

Today, it's been more than 250 years since the first orchid was named at Kew Gardens in London, and

there are now more than 30,000 species, thus making the orchid the most biodiverse of all flowering plants. While in traditional Chinese medicine and ancient Greek history, the orchid has been said to possess medicinal properties, especially for libido boosting, on the whole they are renowned the world over for their enchanting appearance.

As you might expect for a flower that's sought after for its innate beauty, its history is a lucrative one that most famously started in Victorian England. In the 19th century, "Orchidelirium," or the act of collecting orchids, was considered a sign of prestige and wealth – a movement started by William Spencer Cavendish, the Duke of Devonshire, in 1833 when he first laid his eyes on an *Oncidium* orchid in London and decided to start his personal collection. He instructed and paid his gardeners to seek out rare and beautiful orchids. They spent years traveling Asia and the Amazon in search of rare species of the flower to bring back to be exhibited in Europe for the first time, making orchids a symbol of wealth in the upper echelons of European society.

The activity of orchid hunting became a highly lucrative endeavor – which meant traveling to dangerous uncharted territories looking for orchids that could earn an explorer a small fortune.

How Things Have Changed

Today, buying orchids is easier and a lot less expensive. Unsurprisingly, the orchid's thrilling history has seen the flower – most associated with rarity, luxury, beauty and strength – become a household plant – one you can buy at Home Depot, Lowe's or Publix. There are even sponsored shows exhibiting thousands of orchids, such as the recent Orchid & Garden Festival at the Bonnet House in Ft. Lauderdale that was attended by a large group from John Knox Village.

I have several orchids in bloom right now, mainly phalaenopsis or moth orchids, dancing ladies and dendrobium. I learned years ago to start my collection by buying an orchid every month so I will always have one in bloom. My need to be surrounded by blooming flowers is fulfilled by the magnificent glory of the orchid.



JKV residents enjoyed an outing to the Orchid & Garden Festival at the Bonnet House in Ft. Lauderdale earlier this year.

Westlakers Learn About Their New Homes

Future Residents Of The Vue And The Terrace Meet The Architects

Kim Ali

John Knox Village
Director of Sales



Kim Ali, JKV Director of Sales

Principal of Perkins Eastman, discussed the project and the many amenities that are being offered on the

There has been much anticipation with the Westlake depositors to learn more about the selection process and designs of their new apartment homes, with our on-schedule move-in timeframe of the First Quarter of 2024.

We had the opportunity to introduce to them our Pittsburgh-based, but internationally renowned design team from Perkins Eastman, to conduct a "Meet The Architects" presentation for our 124 Westlake depositors.

Laurie Butler, a

first-floor common areas of The Vue—our 15-story apartment building—and The Terrace (11 stories).

Incomparable Amenities

Among the many amenities will be a new restaurant, the French Press Bistro that will turn into a wine bar in the evening. A fitness room, state-of-the-art intimate movie theater, art studio, educational meeting rooms and more are all included.

Designers Shannon Kobistek and Brandon Dilla highlighted the different selections for the apartments which included three basic and three upgraded choices, as well as some smart home packages.

The Westlakers who have placed 10-percent deposits on a new apartment will be able to see the choices in our Welcome and Innovation Center.

We had time for questions and answers and the overall consensus is...they wish the new neighborhood was completed now so they can move in sooner.

Even though there were some 124 Westlakers for this "Meet The Architects" event, there are still many amazing apartments available. To learn more about our Westlake neighborhood and take advantage of

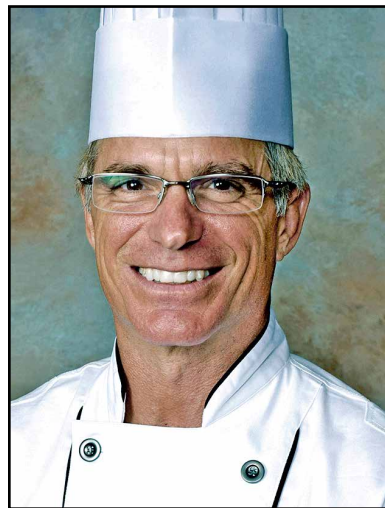


Laurie Butler, Principal of Perkins Eastman

our 10-percent depositor incentive program, which provides many on- and off-campus perks, call me at 954-871-2655 or email me at askkim@jkvfl.com

In Good Taste: Chef Mark's Recipe of the Month Spaghetti And Meatballs, Comfort Food With Style

Rob Seitz
Gazette Contributor



John Knox Village
Executive Chef Mark Gullusci

Flip-flops and shorts. Romeo and Juliet. Right and left. Few combined items go together as well as a tangy tomato sauce with firm meatballs laddled lusciously over piping hot spaghetti.

According to Wikipedia, spaghetti and meatballs was an early 20th-century innovation inspired by Italian immigrants living in New York City and in short time became a national culinary hit. The first published recipe appeared in the 1920s and during

the 100 years since, there have been nearly as many recipe variations as there are meatballs.

That is why John Knox Village's Executive Chef Mark Gullusci went with this creature comfort crème de la crème selection as June's recipe.

Meatballs:

(Yields 16-20 1-ounce meatballs)

- 1 lb. ground beef
- ½ cup fine chopped onions
- 1 tsp. minced garlic (optional)
- 2 whole eggs
- 1 cup seasoned breadcrumbs
- 1 tbsp. chopped parsley
- ½ tsp. black pepper
- 1 tsp. dried oregano leaves
- 1 tsp. dried basil leaves
- ½ tsp. kosher salt
- ¼ tsp. granulated onion
- ¼ tsp. granulated garlic
- ½ cup milk
- ¼ cup Parmesan cheese

Method Of Preparation:

Sauté onions and garlic together, set aside and let cool. Place all other ingredients in large mixing bowl



Chef Mark's Spaghetti and Meatballs is a traditional favorite that is always a taste pleasing meal.

and blend with paddle attachment on low speed. Add cooled onions and garlic. Do not overmix.

Using a scoop, form meatballs and place on a sheet tray. Roast in 400-degree oven approximately 15 minutes. Remove from pan and place in sauce, let simmer for 20-25 minutes.

Mark's 'Mazing Sauce:

- 2 cans tomato sauce (24 oz.)
- 1 small Spanish onion, chopped fine
- 3 cloves garlic, minced
- ¼ tsp. salt
- 2 tbsp. olive oil
- ¼ tsp. black pepper
- 1 tbsp. dried basil leaves
- 1 tbsp. dried oregano leaves
- ½ tsp. dried thyme leaves
- 7-9 fresh basil leaves (optional)
- 1 tsp. sugar

Method Of Preparation:

Sauté garlic in olive oil until it starts to brown, add onions, sauté 5 more minutes. Add sauce and all seasonings, except fresh basil. Add meatballs and simmer 20 minutes. Before serving add chopped fresh basil.

Spaghetti Preparation:

Bring large pot of water to a boil. For a flavor boost salt the water. Once water is at a full, rolling boil put pasta in stirring frequently. Test the spaghetti two minutes before it is "ready." You're looking for pasta that's springy and chewy, rather than a carby mush. Mangia bene (eat well).



Gazette readers who come for a tour of the campus can take with them either a bottle of John Knox Village-labeled Cabernet Sauvignon (pairs well with spaghetti and meatballs) or Pinot Grigio.

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

Book Review

Surviving Savannah

Event Known as
The Titanic of the South

By Patti Callahan

Donna DeLeo Bruno
Gazette Contributor

On June 13, 1838, Gazaway Bugg Lamar, a wealthy cotton merchant, shipper and financier, boarded a sparkling new steamship, "Pulaski," with his large family on its fourth voyage. Accompanying him were his wife, their six children, his sister and niece on their way from Savannah, GA to Saratoga Springs, NY to spend their summer holiday. It was expected to be a smooth trip with only one night at sea. What happened when a boiler room error caused a fiery explosion, is the stuff of this novel.

Novel Based On Historic Facts

The author relied on extensive research of historical documents, personal letters, old newspaper coverage, the Savannah Maritime Museum and the Georgia Historical Society to tell the story of this disaster. It is a compelling tale of a family whose lives were forever altered by this tragedy. The intention of "these flowers of the South," as they were called, to escape the South's brutal heat, pesky insects and possible malaria turned into a traumatic nightmare that few survived. Adding to the terror and desperation was the fact that female and males had berths on different tiers of the

ship so that as the water rushed in, fathers and husbands were unable to locate their wives and children.

The author is most adept at conveying the initial shock, subsequent chaos and escalating horror, not only after the explosion, but into the days following as those few still alive and adrift at sea clung to each other on rafts made of debris. The only two lifeboats had been damaged before they even entered the water. In addition to telling of the passengers' demise, Callahan also contemplates the bigger questions of fate and destiny. What happens to those who live through such an experience? Who do they become and why? In considering these questions, she focuses on development of the various characters who survived, primarily the patriarch Lamar and his only remaining son, 14-year-old Charles who was dubbed the "noble boy" for his selfless behavior during the days of abandonment at sea.

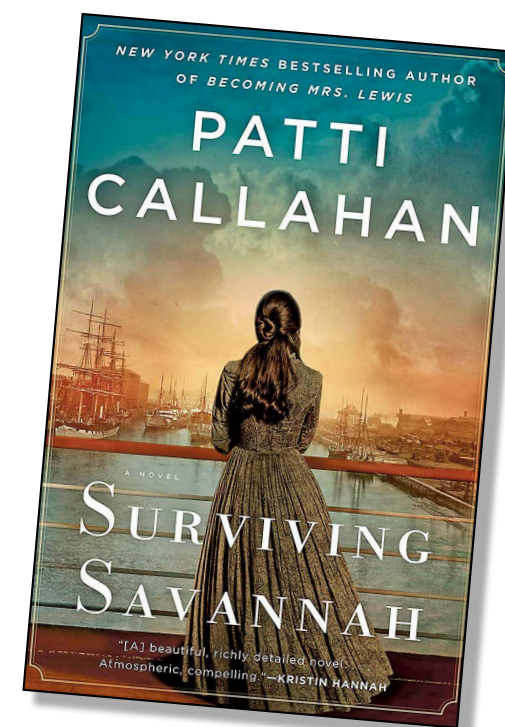
The Red Devil

When offered his drop of wine in a hopeless attempt to avoid dehydration, Charles offered his ration to a seriously ailing fellow passenger. Such a generous act, however, did not preclude his future ownership of a slave plantation when he became known as the "Red Devil" for his heinous treatment of his chattel.

As Callahan researched her subject, she was disturbed to find that the slaves that had boarded the "Pulaski" with their masters and mistresses were not listed on the manifest, since they were considered of little significance. This leads to Callahan's distress that of more significance than who survived is what survived: "Slavery and how the young boy, the 'Noble Boy' magnified and multiplied the pain by continuing it."

The Moral To The Story

Indenture, however, is not the focus of the story. The main character is a fictional one the author created and named Lilly, the young wife of a wealthy, domi-



neering, abusive aristocrat. When the ship sinks and they are separated at sea, her hopes are that he did not survive, but survive he does. Such moral dilemmas add to the conflict generated by the events and make for riveting reading.

This is mainly a tale of shipwreck and survival in the years prior to the Civil War. The author cleverly draws the story into the present when Everly, a young female museum curator suffering her own loss, becomes interested in the history of this event and the people who experienced it. It is she who becomes a worthy narrator of the tale.

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.

Lookin' For Love In All The Right Places

The Love Bug Is Still Here. Go For It. Don't Delay.

Marty Lee
Gazette Contributor

June is traditionally the wedding month. John Knox Village residents know many family members

and friends whose children and grandchildren will be exchanging their vows this month. Many JKV residents are planning trips to attend those weddings.

According to experts, wedding plans this year are on an unprecedented pace. Blame it on the pent-up demand and one of the positive results of the more-than-two-year social distancing restrictions posed by COVID-19 precautions.

In an April 10 *Washington Post* article, author Abha Bhattacharai wrote, "After a pandemic-imposed drought, the wedding industry is booming again... In all, Americans are expected to host nearly 2.5 million weddings this year, up about 30 percent from last year and the most in nearly four decades, according to the *Wedding Report*, a national trade group."

Yes, wedding bells will be ringing again in full force this June across America.

Here's one of those wedding stories, about a JKV couple who plan to attend a wedding this June. Let's call them Sandy and Russ, but they are not planning to attend a recently college-graduated grandson's wedding in New Jersey. They are not traveling to the Midwest to attend a daughter's pandemic-delayed wedding. In fact, Sandra Gordon and Russell Calvet, now in their 80s, are staying right at home and planning their OWN wedding this month.

When Sandy Met Russell

Sandy moved to John Knox Village in 2020, after encouragement from friend and JKV resident Tom McKay. Sandy had lived in the Ft. Lauderdale area since 1973, enjoying a legal career with the St. Jude's Children's Research Hospital in Gift Planning. Sandy was divorced and had lost her only son to leukemia at a young age.

"I came to JKV to see if this is where I wanted to spend the rest of my life," Sandy told *The Gazette*. "Knowing that most of my immediate family had passed away, it only made sense to join the JKV family, where I felt secure and safe. Little did I know I would meet someone who would make me happy and keep me laughing through some difficult times."

Russ enjoyed a long career as a mathematics professor and Director of Human Resources at Seminole



Russell Calvet asks Sandra Gordon for her hand in marriage, outside Stryker's Poolside Sports Pub in the Aquatic Complex at John Knox Village. Image source: Melissa Jill Clark.

State College in Sanford, FL. He was married twice and lost both wives to untimely illnesses. With four children from his first marriage, his family has grown to nine grandchildren and five great-grandchildren. Russ also moved to JKV in 2020.

Bitten By The Love Bug

"I met Sandy, who I simply adored and swiftly loved," Russ said. "Like Sandy, I was confident I would never marry again and was not looking to; however, I apparently was bitten by the same love bug that bit her. She brought affection and romance back in my life."

They recalled their first meeting. "We met at Stryker's Poolside Sports Pub, right here at JKV," Russ said. "I found Sandra most attractive, very sociable and adorable."

Sandy intimated a similar reaction to their first introduction, "We met for cocktails, and both became absorbed in thrilling conversations about our lives. We were quickly enamored with each other."

After that first meeting, their relationship quickly blossomed into daily dates and finally a marriage proposal.

"I find Sandy very striking and fascinating," Russ said. "We saw each other daily and I asked Sandy to marry me about six weeks after our first meeting. We were at Stryker's Pub again. I was smitten with her and at our age I knew there was no time to waste. I persuasively convinced her we should marry."



Sandra Gordon and Russell Calvet enjoyed Cinco de Mayo at Stryker's Poolside Sports Pub.



Stryker's Poolside Sports Pub, located in the JKV Aquatic Complex, has been the hub for social gatherings since its opening last year. Here festively hatted residents pose poolside after this year's Kentucky Derby party.

Will You Marry Me?

Russ popped the question and asked for Sandy's hand in marriage, right back at Stryker's Poolside Sports Pub. "I initially thought he was joking, but he continued to ask. I was smitten by him, and I agreed," Sandy said.

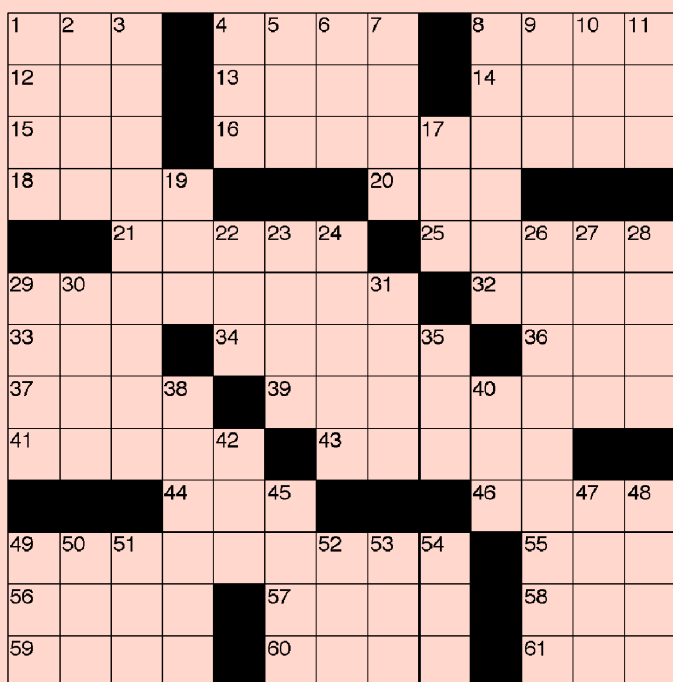
Sandy and Russ plan to have a small wedding this month. At a later date, they will have a larger reception for family and friends.

Russ summed up the whirlwind romance, even late in life, "The love bug is still at JKV, even though you may be in your 80s, as we are. Go for it and don't delay."

To this writer, the love story of Sandy and Russ reminds me of those lyrics from Johnny Lee's 1980 country hit song. If you have been looking for love later in life, maybe you've been "Lookin' for love in all the wrong places."

Reservations for a table at John Knox Village's Stryker's Poolside Sports Pub anyone?

Crossword Puzzle Of The Month



ACROSS

1. Universal product code (abbr.)
4. From (Scot.)
8. S. Afr. language
12. Classic car
13. Mine stair
14. Sayings (suf.)
15. Automated teller machine (abbr.)
16. Calm
18. Broad hill
20. Royal Air Force (abbr.)
21. Provide
25. Austral. wild dog
29. Muse (2 words)
32. Ointment
33. Turkish caliph
34. Rom. farce

DOWN

1. Russ. range
2. Wahoo fish
3. Staple
4. Illness
5. Lance of King Arthur
6. Abridged (abbr.)
7. Ivory (Lat.)
8. Luncheon
9. Mulberry of India
10. Donkey (Fr.)
11. Male person
17. Rage
19. Afghanistan (abbr.)
22. Feminine (abbr.)
23. Norse mythical hero
24. Carbic grass
26. 4th incarnation of Vishnu
27. Eng. poet
28. Prospects
29. "The Bartered Bride" character

30. Jewish month
31. Antelope
35. Serum (pref.)
38. Ancient Gr. city
40. Robot play
42. Extravehicular activity (abbr.)
45. Anti-satellite (abbr.)
47. Heddles of a loom
48. Cordage fiber
49. Unusual
50. Edible seeds
51. Compass direction
52. Truth: Chin.
53. Altar constellation
54. Flushed

Answers On Page 10.



JOHN KNOX VILLAGE

An Award Winning Life-Plan Retirement Community

indulge.
experience.
SAVOR.



DON'T AGE OUT. AGE UP.

The John Knox Village Pavilion

Hear about our new state-of-the-art, \$35 million Pavilion, featuring a modern 400-seat Cultural Arts Center, 2 dining venues, bar, indoor and lakeside dining, and event gallery.



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

JKV Advantage

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

Westlake

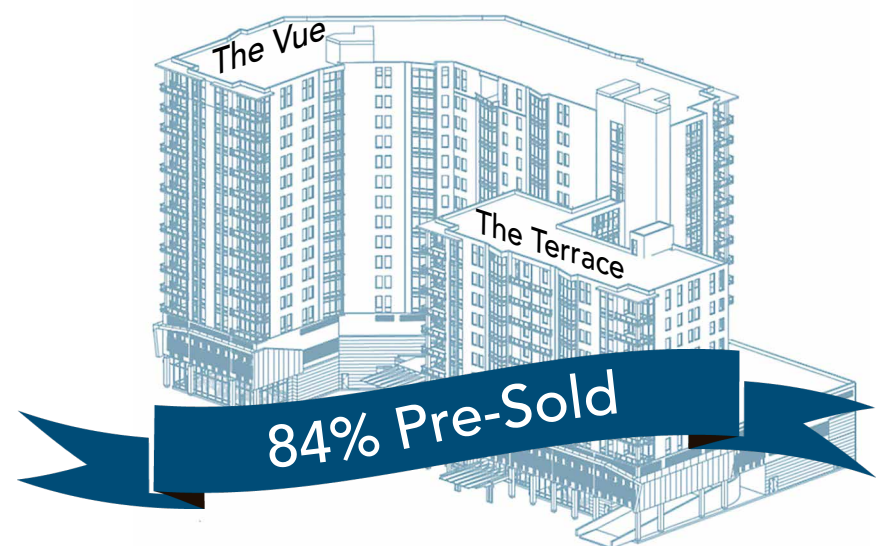
The newest resort-style neighborhood at JKV featuring two all-new, modern apartment buildings.

Thursday, June 23

or

Thursday, July 14

11 a.m. – 12:30 p.m.



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



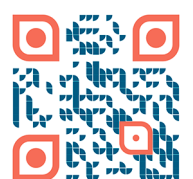
JOHN KNOX VILLAGE

Where possibility plays

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JohnKnoxVillage

Scan with your camera phone to tour the Pavilion



G70622





JOHN KNOX VILLAGE

Have you *Asked* Kim?



Dear Kim: "From the pictures we've seen, the new Westlake neighborhood looks amazing. What all will it include?"
— *Ready soon in Boca Raton*

Dear Ready: Our new Westlake neighborhood will be South Florida's most exciting place to be. Along with luxurious apartment homes, Westlakers will enjoy exceptional new dining venues, both indoors and outside, a new bar, movie theater, art studio, expansive and enhanced water views, plus a state-of-the-art Cultural Arts Center. Now that's just for starters.

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

Dear Kim: "My partner and I are a little concerned about how well we will fit in at John Knox Village. Should we be?"
— *Wondering in Wilton Manors*

Dear Wondering: Not at all! JKV is an open, inclusive place that is welcoming to all. The diversity of our residents is what makes our warm and friendly community so enjoyable and unique.



Westlake
JOHN KNOX VILLAGE

Coming soon!



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 | jkvgrows.com

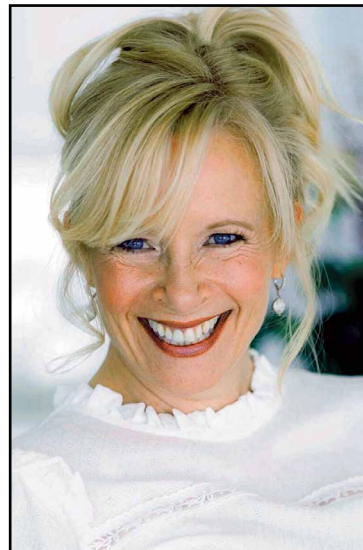


John Knox Village is committed to compliance with all federal, state and local fair housing laws. It is our policy to offer senior living to those that qualify without regard to race, color, national origin, religion, sex, sexual orientation, familial status, or handicap. The employees of John Knox Village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

Live Your Best Life Now

Physical Dimension Of Wellness: The Third In A Seven-Part Series

Melissa Jill Clark
Gazette Contributor



Melissa Jill Clark, JKV Lifestyle and Aquatics Coordinator

your own life wellness plan.

Your Body Is Your Home

Your body is the place where you live. It is your body that carries you wherever you go. Your body is your vehicle for everything that you want to do in life. It is so important to take care of your physical body. Here are the main aspects to focus on for your own physical self-care and well-being.

The International Council on Active Aging has declared these Seven Dimensions of Wellness as the important elements upon which we should focus to create a happy, healthy and fulfilling life: Physical, Social, Spiritual, Emotional, Environmental, Vocational and Intellectual.

This month, I will expand on the Physical dimension of wellness in order to inspire and empower you to apply these principles as an integral part of

Nourish

Give your body the nutrients that it needs. We all enjoy our social meals and foods that are fun and delicious. There's nothing wrong with enjoying these in moderation. It's important to listen to your body and notice how specific foods make you feel.

Everyone's body is different, and we all react differently to various foods and types of diets.

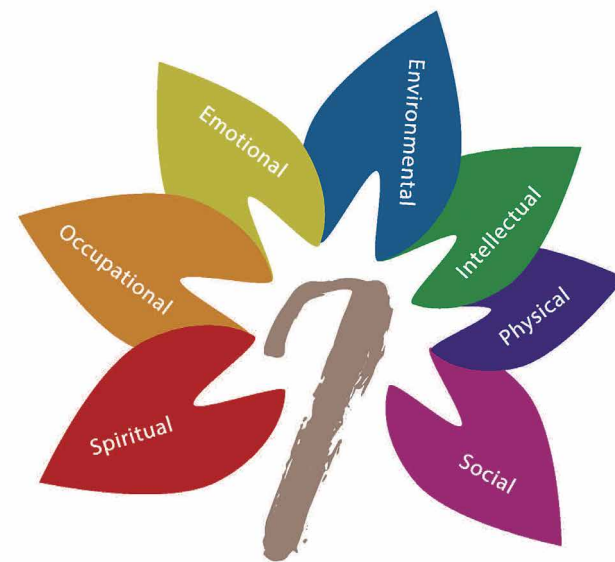
The best advice that I can give you is to eat as many nutritional, whole foods as you can throughout the day. Whole foods are those that we eat just the way they are. Fruits and vegetables that grow naturally are the most nourishing foods we can eat.

Make the choice to eat these foods as often as you can. The more you fill your body with nourishment, the healthier you will be. You will also have less room and be less likely to overeat less nutritional indulgences.

Move

Enjoy the gift of exercising and moving your body simply because it feels good. It is so very important that we move our bodies. If you haven't been exercising lately, you'll probably have to push yourself at first, but once you reap the benefits, you will want to come back for more. You will wonder why you waited so long to get started when it just feels so good.

Make sure to choose exercise with movements that you enjoy and have fun with it. Besides your exercise routine, give yourself the gift of movement throughout your day.



7 DIMENSIONS OF WELLNESS

Move when you feel stiff or sore. Move if you feel sleepy or tired during the day. Move every time you feel mentally or emotionally stuck. Just take five minutes if that's all you have. Play some music that you enjoy and dance, stretch, walk or do anything that your body likes: Just simply move your body. Movement will make you feel happy, and you will be vibrant, inside and out.

Always choose movements that you enjoy and you will keep coming back for more.

Hydrate

Make sure to drink plenty of water. Hydration is so important, especially in the warm weather that we have in South Florida. They say by the time you are thirsty you're already beginning to dehydrate. Make a point to drink water throughout your day to keep yourself healthy and hydrated.

Rest

Carve out time to rest throughout your day. Sometimes closing your eyes for 10 minutes can refresh you as much as a full nap. A good night's sleep is just as important to your overall health as is exercise, proper nutrition and hydration. Create a nice bedtime ritual for good sleeping habits.

In order to support your body's natural circadian rhythm, it is best to expose yourself to as much natural sunlight as you can earlier in the day, and avoid bright lights at night.

Eating a healthy diet, avoiding caffeine late in the day, and refraining from drinking too much alcohol can help you find a rhythm of better sleep cycles.

There are so many things to focus on, in order to be well and live your very best life. These are the basics for keeping yourself physically fit. Take the time to give your body what it needs.



At JKV, a fitness class in cardio-drumming to music is a great upper body exercise to keep you physically motivated.

Online Security Starts With Strong Passwords

Bernard Nixon
Gazette Contributor



Bernard Nixon

Here's an example:

SunWalkRainDrive5

If you are dreading having to memorize unique passwords for potentially dozens of online accounts, spare yourself the strain. GroovyTek recommends one of the following:

- **You can use a Password Book.** This is just a booklet where you can organize a list of your accounts including passwords and usernames.

- **You can use a Password Vault, like Bitwarden.** Password Vaults are online services that allow you to store encrypted copies of your account passwords and usernames online.

We can't talk about online security without talking about passwords. They are the main line of defense in online security. As annoying as it can be, changing passwords frequently and keeping different passwords for each account can tremendously help your online security. It is recommended that for a strong password you use a long phrase or sentence. These tend to be easier to remember than a random string of numbers and letters.

Wherever you are keeping your passwords, make sure you have them readily available when surfing the web. It will make your digital life much more convenient.

Web Browsers

To stay safe online it is only recommended that you use one of these three internet browsers:

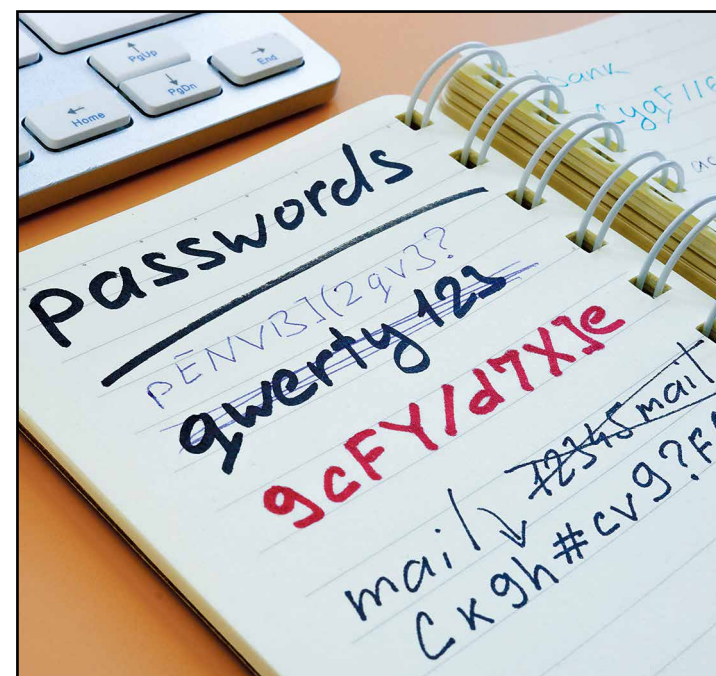
- **Google Chrome**
- **Mozilla Firefox**
- **Microsoft Edge**

All three of these have robust security features built into them and will help you stay secure while you are browsing online, although each has its own advantages.

Chrome is great for users that already use a Gmail account, since it will also allow access to the "G Suite" of Google online apps. You can also use profiles to allow multiple users to use Chrome with their own custom settings, and you can sync Chrome across devices.

Firefox offers a lot of features that help people browse the web, especially if you are on a slower machine. Firefox has the most robust commitment to privacy and can protect you against trackers that monitor your activity on the web, and for an additional fee you can use their built-in VPN service for extra security.

Edge on the other hand is the successor to Microsoft's Internet Explorer, which some may recall as one of the earliest existing web browsers. Edge has become much more capable than Internet Explorer



A password book is always a good idea. Write down your passwords and change them frequently.

ever was. It is an excellent alternative to Chrome and Firefox. You can get more mileage out of your Edge experience if you use it with your Microsoft account; when you "Give with Bing" via Microsoft Rewards, your searches will earn points that are automatically donated to the cause of your choice for real world money.

Now that you know the ABCs of online security, stay vigilant when you surf the web and keep an eye out for the signs of fraud. Knowledge is your first and best line of defense, and as long as you stick to the guidelines we've established, you should be able to avoid the pitfalls of fraud.

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

An Ode To Vitamin C

The doctor should give vitamin C while pondering the diagnosis.

— Dr. Frederick Klenner (1907-1984)

Tereza Hubkova, MD
Gazette Contributor



Dr. Tereza Hubkova

Most of us probably know that vitamin C deficiency leads to scurvy, a disease felt to be rare outside of the developing world and caused by malnutrition. Scurvy was described as far back as ancient Egypt. During times of long sailing expeditions in the 16th to 18th centuries, as many as 50 percent of sailors on long voyages succumbed to anemia, poor immune system or bleeding from their skin due to scurvy – a picture reminiscent of Ebola.

Before such final stages of profound deficiency, lack of vitamin C causes fatigue, often debilitating, weakness, achy arms and legs (both bone and muscle pain), dry and rough skin, dry mouth and eyes (similar to Sjogren’s syndrome), poor wound healing, neuropathy, depression, and sadly, this deficiency often goes undiagnosed.

Vitamin C Deficiency

The reasons for developing vitamin C deficiency may be limited diet (which is not uncommon in older people, especially those who live alone), alcoholics, smokers, but also those who do not digest or absorb their food properly or have a higher demand for this essential nutrient. Vitamin C deficiency is very common in intensive care units and cancer patients, for instance, and that is not due to their hospital diet, but to the increased consumption of vitamin C during critical illness. Environmental pollution causes higher demands on our vitamin C intake as well, so deficiencies may be far more common than appreciated (many

doctors never check vitamin C levels). Once I started checking vitamin C levels on my patients, I saw at least one case of scurvy every couple of months, and I don’t even work in the acute care setting. While most animals make their own vitamin C, humans have lost this capacity and thus rely entirely on our diet for adequate vitamin C. Sources of vitamin C include fruits and vegetables, such as kiwi and citrus fruit, berries, bell peppers, leafy greens, broccoli and parsley, but cooking decreases the amount of vitamin C precipitously.

Pioneers In Vitamin C Research

The 20th century gave birth to several pioneers in the use of vitamin C for the treatment of infections and other disorders. Dr. Frederick Klenner (1907 – 1984) used very high doses of vitamin C successfully in the treatment of many viral diseases, including polio and measles. Despite publishing 28 papers about his experience with vitamin C, he received little to no recognition from mainstream medicine.

Dr. Robert Cathcart (1932 – 2007) had been successfully using high dose vitamin C in dosages as high as “tolerated by the bowel,” meaning just short of causing diarrhea not only for a variety of infections, but also for allergies and acceleration of healing from orthopedic surgeries.

Dr. Abram Hoffer (1917 – 2009) pioneered the use of high dosages of nutrients, including vitamin C, for mental health disorders.

Linus Pauling, Ph.D. (1901 – 1994), the only person ever to be awarded two Nobel Prizes (for chemistry and for global peace), was introduced to vitamin C by Dr. Abram Hoffer and Dr. Irwin Stone and credited it to improvements in his own health. He published “*Vitamin C and the Common Cold*,” and “*Cancer and Vitamin C*,” and promoted an increase of the recommended daily amount (RDA) of vitamin C to more closely match the higher amounts generated by most animals and believed to promote health and wellness. He coined the word “orthomolecular,” used by an area of medicine striving to prevent and treat diseases by optimizing the nutritional status of individuals.

Orthomolecular medicine and the use of vitamin



Fresh fruits and vegetables are great sources of vitamin C.

C for treatment of cancer continues to be attacked as unscientific despite numerous articles demonstrating its benefits (if dosed adequately). Most recently, NHANES (National Health and Nutrition Examination Survey) noted clear correlation of low vitamin C levels with an elevated CRP-marker of inflammation, associated with increased risk of heart disease, cancer and dementia. The interest in high dose vitamin C is being revived from its use in cancer treatment to trauma, oral health and infections, including sepsis, so stay tuned for updates.

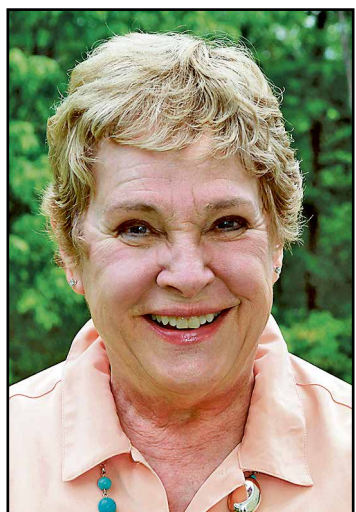
Check Your Vitamin C Level

If you feel a little under the weather, ask your physician to check your vitamin C level. And while you are at it – perhaps check other commonly low nutrients, such as vitamin D, zinc, B12, or your cellular magnesium – you might be surprised. Supplementing these nutrients is vastly cheaper than waiting until disease develops. And from my experience, it can make a world of a difference.

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.

Summer Is For Tripping

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Summer will soon be here, and it’s the time for travel, family reunions and get-togethers. Even if you’re not planning to travel anywhere this summer, others may be coming to see you.

Often people make special efforts to see family they left long ago, but when they get there, they suddenly remember why they left in the first place. Sometimes guidelines, thought through before the visit, can make it more pleasant.

As a psychiatrist and therapist, I am forbidden—theoretically—from telling anyone specifically what to do. As general guidelines, consider the following to make your visits more enjoyable and productive.

Do’s To Follow

1. Be the calmest one in the room. No one is ever perfectly calm. At best, some are calmer than others. We have a baseline tension level that we carry around all the time. Stresses just add to it. By attaining the best emotional calm level we can, we will assist the brain in its most complex task—relationships.

2. Be friendly. Most of us have an idea of what that means—smiles, hugs and kind words. Make those around you feel like you’re glad to be there.

3. Be interested. Ask questions like: What have you been up to? How are things? Make sure you listen to the answers. Don’t commandeer the conversation more than your share: If it is just you and one other person, don’t speak more than half the time. If there are three of you, don’t speak more than one-third of the time. Try to keep the conversations equal.

4. Help out with tasks if you are visiting someone’s home. Offer to lend a hand whenever and wherever it may be needed.

5. Give a small, but thoughtful token gift as a thank you when visiting, or offer to pay for a dinner at a restaurant or take-out for in-home feasting.

6. Remember to stay in touch after the visit, no matter how difficult. It’s a good practice in learning how to manage anxiety level later when difficulties arise.

Don’ts To Avoid

1. Don’t compete for talking time or winning a point in a conversation and don’t argue. When touchy differences arise, listen and ask questions. Try to understand the other’s point of view. If they don’t have an open mind on the subject, trying to pivot them to your point of view is in vain. Try watching a comic movie to lower tension if it gets unmanageable. In family theory, this idea is called avoiding conflict.

2. Don’t clam up or go away (i.e. shopping, napping) to avoid contact. Your visitation took time to plan and an effort to meet, so stay in the moment of contact. Avoiding contact is called distance. And yes, it is used as a verb, as in distancing.

3. Don’t talk about others not there in the room—it’s called triangling.

4. Don’t tell others what to do—it’s an overfunctioning posture. Maybe it makes you feel better but how about the other’s feelings?

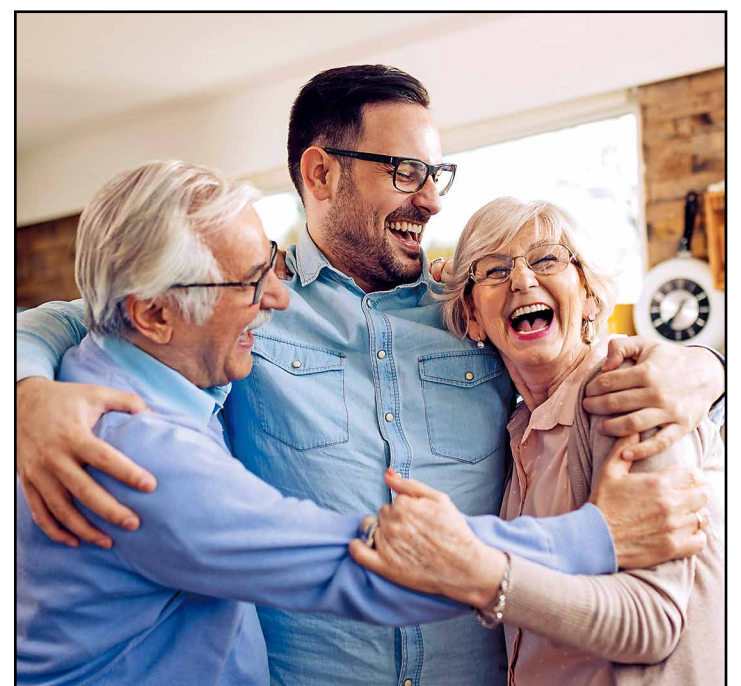
5. Underfunctioning? That includes not thinking of yourself as an equal, deferring too much, or sometimes just not thinking at all.

6. Overfocusing on someone. This is another way to hand off anxiety in an uncomfortable situation. Try to focus on each other equally.

7. Sibling positions, even ones we thought long-gone, may come back alive and well during a sibling visit. Try something different for a change.

Stay relaxed and in control of your emotions. Try a simple method to relieve anxiety and to enhance your feeling of well-being: Let your arms and legs go limp, breathe deeply and observe. Watch to see what is going on.

All these concepts taken from Bowen family systems theory, pioneered by noted American psychiatrist and professor in psychiatry at Georgetown University Dr. Murray Bowen, are attempts we all try at one time or another to manage anxiety. They don’t work long-term, though. They simply move the anxiety around the system. We really need to know how to manage tension within ourselves. That is what takes us to a whole new level of possibility: Possibility in thinking, creating and relating.



Take advantage of summer family and friend gatherings to renew and refresh your relationships.

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

Sudoku

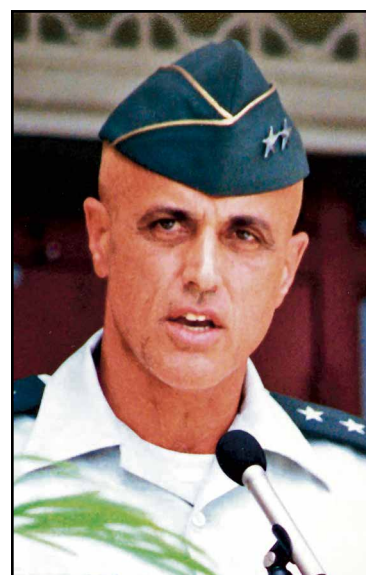
Answers On Page 10.

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

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

A Dad's Letter To His Son On Father's Day

Burn Loeffke
Gazette Contributor



Burn Loeffke

Son, you came into the world during fighting in Panama. Your mother had refused to evacuate and go back to the U.S. to have you. Her courage was a morale booster to the wives. The word was: As long as your mom Francesca stays, we stay.

It was late in the day when I received a call, "Sir your wife says that she does not care if there is a war. You need to come now. Your son is being born." It was a false alarm. You were refusing to leave the safety of your mother's womb. Finally, we had to pull you out.

From this tumultuous beginning, a warrior was raised. I want to share with you several events, where you demonstrated courage from a very early age.

1. We were at a park that had a very high slide that was almost vertical. There were few adults trying it and no young boys. When I asked you if you would like to try it. You replied, "Yes, I am nervous but I need to conquer my fears."

2. You went as my medical assistant to dangerous places such as Cambodia, Vietnam, Kenya, Bosnia, and the two top murder capitals of the world, El Salvador and Honduras. You never showed fear.

3. You became a man at age 14 on Mt. Kilimanjaro in Tanzania. With altitude sickness, frostbite, sunburn and freezing weather, you kept going. The African sun and the below-zero temperatures gave you that unusual combination of frostbite and sunburn. We were late on our climb and you had vomited and stopped twice. We were now dealing with the African sun overhead. You refused to give up. You continued to the top at 19,341 feet. You literally crawled on hands and knees and touched the marker.

4. Son, you have influenced me in so many ways I don't believe you know. You once jumped on our bed and pulled on my cross and said to me: "Dad you are a Jesus man." When I asked why you said that, you answered; "You wear his cross." From that day on I started acting more Christian-like. I knew you were watching me.

5. Together with your sister, you assisted in the Peace Process in Northern Ireland. You were a team leader at a camp that brought Protestants and Catholics together. You went back and did it again the next summer. Above everything else you are a Peacemaker.



Burn Loeffke with his infant son Marc in 1989.

6. I believe that your good deeds in Northern Ireland pleased God. He rewarded you by giving you Erin, a beautiful, smart and courageous Irish wife, who by the way, is a better football player than you. She has earned the title of "sticky fingers," a title only given to the very best football receivers.

7. Erin and you have accomplished as a team, feats that few can equal. Your bicycling trip across the length of New Zealand is an adventure that needs to be written. The two of you have many more adventures ahead.

I thank the Good Lord for giving me a son like you and a daughter-in-law who has made you a happy man.

*I love and admire you
Dad*

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

Absence Makes The Heart Grow Fonder

If You Travel This Summer To Visit Friends And Family: Give Thanks For Close Relationships

Rev. Rachael Gallagher
JKV Spiritual Life Director



Rev. Rachael Gallagher

For the past 27 months, I've chatted with friends through Zoom calls, celebrated birthdays virtually, and even co-hosted a podcast remotely.

I've held and participated in prayer services from a well-placed closet in my apartment due to a spotty internet connection. I kept my microphone muted so no one would be distracted by my noisy dogs.

Because of the pandemic, in-person relationships, celebrations,

business meetings and religious practices have been relegated to 13-inch screens. I know of more than a few couples who have had Zoom weddings, and our own John Knox Village Sunday Chapel services were only available via Zoom for quite a while. For 27 months, the phrase "socially distant" has been a mainstay in our vocabularies.

But now, after 27 months of COVID-19 destabilizing the world we knew, we seem to be entering a new normal. Faith communities are opening up to in-person services. We are becoming more comfortable with seeing friends face-to-face. Even travel seems to be possible again.

Plans To Return To A Near Normal

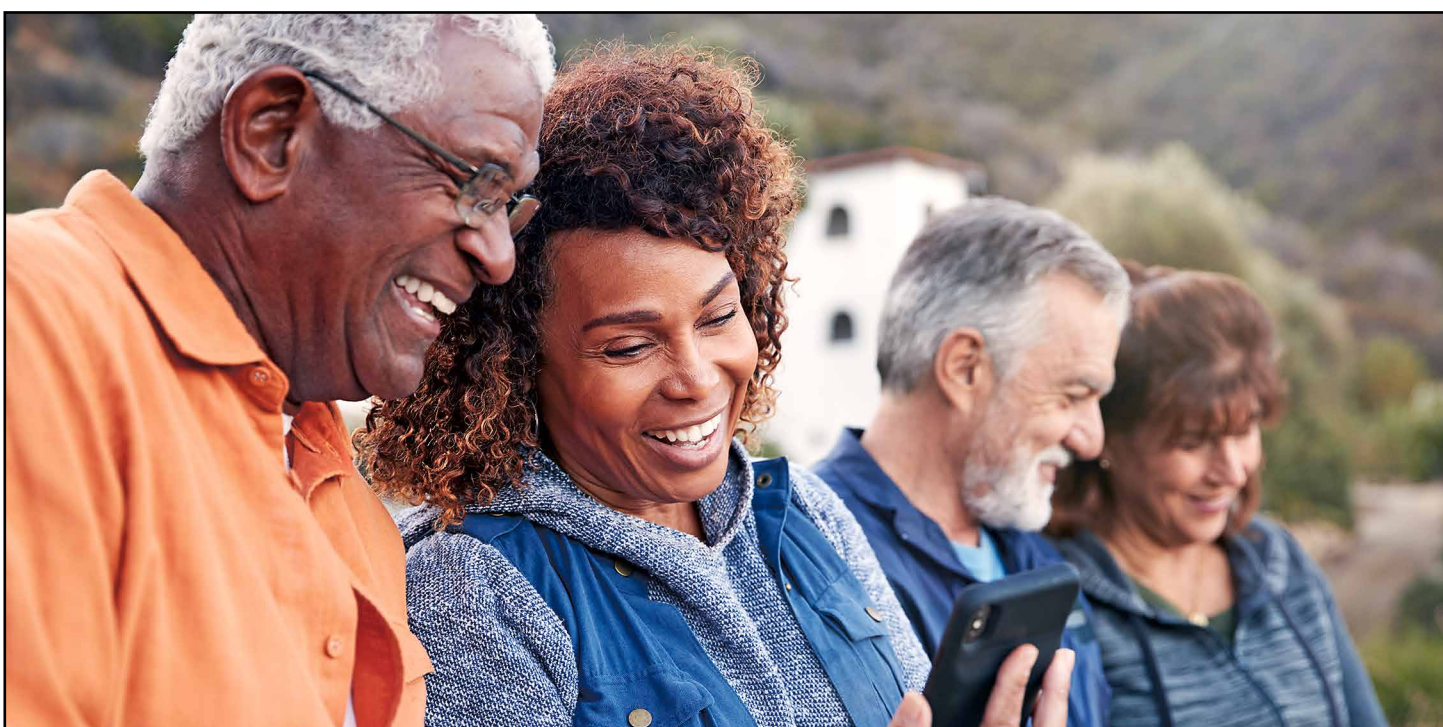
For the first time in 27 months, I am looking forward to reuniting with some very good friends. Prior to COVID-19, we would travel together on an annual mystery trip, and our most recent trip was scheduled to happen at the end of March 2020. (The irony of that trip is that, back then I was living in Philadelphia and we were all set to travel hundreds of miles to visit Key Largo – I had no idea that just over a year later, Key Largo would be a quick drive from my new home in Ft. Lauderdale.)

Now, 27 months later, we are planning to meet up in St. Simon's Island, GA and there's nothing that is a mystery about it. The one thing that hasn't changed

is my deep love and appreciation for the friends that I will spend three nights catching up with, eating and drinking with, laughing with, and maybe even crying with. If there's one thing that I know for sure, it's this: I am ever more grateful for these relationships in my life. They say that absence makes the heart grow fonder, and I am convinced of it in this situation.

After all we've been through collectively, it seems that as we emerge from our socially distant isolation,

we may all be feeling a little more grateful for the relationships in our lives. And, while Zoom seems to be here to stay, I think we can all agree that hugging the people we care about has no equivalent. In whatever your next steps are as we adapt to our new normal, treasure the important relationships in your life and make sure you are practicing gratitude for those you love.



As you prepare to connect with friends and family this summer, treasure the important relationships in your life and make sure you are practicing gratitude for those you love.

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

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

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

Currently On View And A New Exhibit

At NSU Art Museum Fort Lauderdale

For Immediate Release
Special to The Gazette

NSU ART MUSEUM

FORT LAUDERDALE

New Exhibitions

“Keith Haring and Pierre Alechinsky” Through Oct. 2, 2022

Confrontation: Keith Haring and Pierre Alechinsky will draw major attention in celebrating one of the most beloved figures of 20th-century American art, while simultaneously providing a means of access to one of the legends of the European avant-garde. This exhibition differentiates itself from past iterations of Haring presentations through its emphasis on showing the artist’s place within a broader historical lineage that extends to artists beyond American borders. In connecting Haring to Alechinsky and CoBrA, this presentation emphasizes the under-recognized legacy of this key experimental movement, one that eroded artistic and social barriers by bringing work into the streets and adapting non-traditional creative sources including children’s art and pre-historic visual culture in order to instigate social change. CoBrA was a European avant-garde movement active from 1948 to 1951.

“Beyond Alechinsky” Through Oct. 2, 2022

In this accompaniment to the major exhibition *Confrontation: Keith Haring & Pierre Alechinsky*, a spotlight is cast on the ways in which Haring’s playful imagery, improvisational technique and childlike innocence reveals him to be one of the group’s key disciples. Simultaneously, this presentation provides viewers with a condensed overview of the historic CoBrA movement, and the artistic context that profoundly shaped the life and work of Pierre Alechinsky.

“Lux et Veritas” Through Oct. 23, 2022

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

“Photographing the Fantastic” Has Been Extended To August 2023

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

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.



Ates Isildak Dustin Miller, 4/3/1985 - 4/10/2020. Holographic print, NSU Art Museum Fort Lauderdale; purchased with funds provided by Michael and Dianne Bienes, by exchange © Ates Isildak.

The exhibition features works by: Berenice Abbott, Alexandre Arrechea, Wynn Bullock, Edward Burtnytsky, Magdalena Campos-Pons, Gregory Crewdson, Anna Gaskell, Ann Hamilton, Mona Hatoum, Kati Horna, Samson Kambalu, Louise Lawler, Nikki S. Lee, David Levinthal, Vera Lutter, Loretta Lux, Ana Mendieta, Abelardo Morell, Zanele Muholi, Andres Serrano, Onajide Shabaka, Cindy Sherman, Victor Vazquez, Gillian Wearing, Carrie Mae Weems, Susanne Winterling and others.

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

Upcoming Events:

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

Free admission. Enjoy NSU Art Museum Fort Lauderdale’s exhibitions and 2-for-1 all-day happy hour in the Museum Café.

Creativity Exploration “Mystery Masks” June 11 from Noon to 1:30 p.m.

Make a playful mask to cultivate mystery and intrigue inspired by Magnhild Kennedy, known as Damsselfau. Explore identity, revealing/concealing, and creating a wearable action object. Advance reservations required and space is limited. Price: \$10 for members, \$15 for non-members.

Fort Lauderdale Neighbor Day June 26 from Noon to 5 p.m.

Every LAST Sunday of every month, Ft. Lauderdale residents receive FREE admission to NSU Art Museum as part of Fort Lauderdale Neighbor Days.

Exhibitions Currently On View

“Beyond the O.K. Corral” Through August, 2023

Beyond the O.K. Corral is an interactive Augmented Reality (AR) exhibition by renowned photographer David Levinthal, Wilson J. Tang (special effects art

director, video gaming designer, and a founder of YumeGO, the first AR “Experience Browser”) and the YumeGO team, commissioned by NSU Art Museum. The AR exhibition allows participants to step into Levinthal’s iconic photograph *Gunfight at the O.K. Corral* (2014) that was inspired by the Western movies of Levinthal’s youth in the 1950s.

“The New Woman” Recent Acquisitions Through Fall, 2022

On the occasion of a recent gift of works by William J. Glackens and his circle by the Sansom Foundation, NSU Art Museum Fort Lauderdale presents *The New Woman*.

The title refers to the phrase which came to be used in the late 19th century, to characterize the newly present women of the middle and upper class who were beginning to participate in urban life. At the same moment in time, Modernism was taking shape in both art and society, and women were beginning to stake a position in both realms. Glackens and his wife, artist Edith Dimock, were very much engaged in this evolution of the role of women, and actively participated in the Women’s Suffrage movement. Their representation of female figures was shaped by the vantage of their social consciousness. This exhibition depicts women on both ends of the societal spectrum during the Gilded Age of America, and it is between these two spheres of the domestic and the bohemian, that *The New Woman* of the 20th century would take form.

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

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

Pompano Beach Cultural Center Presents Sideways: The Eclectic Art Of Galal Ramadan



“Mongolian Boy” by Galal Ramadan.

Kay Renz
Special to The Gazette

Pompano Beach Cultural Center proudly presents the solo exhibition, *Sideways: The Eclectic Art of Galal Ramadan*, featuring colored pencil images created by the award-winning Pompano Beach visual artist. His extensive portfolio includes detailed portraits, and images of flowers, architecture, animals, and still lifes. The exhibition runs through June 29.

“Ramadan’s incredible life-like drawings are so colorful, vibrant and full of light,” said Phyllis Korab, Cultural Affairs Director. “These drawings are a window into his life, and his broad experience of people and scenes from around the world.”

Eclectic Art Created With Colored Pencils

His work reveals a fascination with natural colors, and an appreciation of cultural matters and the basic elements of art and life. Ramadan describes his journey as a self-taught artist: “After my retirement in 2015, I bought a set of 48 Prisma color pencils and began to teach myself fine art. Inspired by the beautiful work of the members of the CPSA [Colored Pencil Society of America], I decided to try it. I was

hooked immediately and joined the CPSA in February of 2017. My love of fine art, my appreciation of colors, and attention to detail, added depth to my experience. I tried many artistic mediums, but found that I loved the versatility, precision and flexibility of colored pencil.”

His work has been shown in juried solo and group exhibitions and he has been featured in several international art magazines.

Born and raised in Alexandria, Egypt, Ramadan now resides in Pompano Beach, FL. He teaches colored pencil classes and workshops at several locations in Broward and Palm Beach counties and is an active member of several national and international art associations. His artwork *Egypt, History & Culture* was awarded third place in the Boca Raton Artists Guild Spring 2019 juried exhibition at ArtServe in Ft. Lauderdale.

Pompano Beach Cultural Center is located at 50 W. Atlantic Blvd., Pompano Beach.

The Gallery Hours are Monday through Friday: 10 a.m. – 6 p.m., Saturday & Sunday: CLOSED. Open during performances.

The exhibitions are free and open to the public. For more information visit: www.pompanobeacharts.org

Build Connections With Summer Travel

Phyllis Strupp
Gazette Contributor



Phyllis Strupp

Tired of hanging around home so much? Summer vacations have regained their allure. Some two-thirds of Americans are planning at least one summertime trip, despite higher gas prices and lingering pandemic concerns.

Perhaps you are planning a Caribbean cruise, a Disney World trip with the grandkids, or a staycation. Whatever your summer plans, don't miss out on the biggest benefit of travel: Building new brain connections.

Travel can also make life harder for your brain, however. These three simple rules can guide you to choose rejuvenating trips that stimulate new brain connections.

1. Weigh Health Costs

As the pandemic taught us, health over age 50 is more precarious. Consider the health-related "costs" of a trip just as carefully as you consider the financial costs.

Because the immune system protects the brain from invaders, the pro-inflammatory factors of travel are important to consider. Airplanes, big crowds and infectious diseases pose challenges to your immune system. Digestion and sleep, the cornerstones of immune health, can be disrupted by changes in diet, water, alcohol and time zones. These factors can promote inflammation in both the body and brain, making it easier to get sick.

Also, plan ahead in case you get sick on a trip. Make sure you know who to count on and where to go if you get sick while away from home.

Given the potential health costs of travel, make sure you are making a trip that is meaningful to you. Avoid taking trips motivated by vanity or boredom.

2. Count The Brain Benefits

As you have probably discovered, travel can restore equilibrium. A change of scenery can refresh the mind while giving over-utilized brain areas a chance to rest. Getting away from daily chores and routines can deepen relaxation—especially if you spend a lot of time at home.

New places can stimulate new memories and new brain connections as well. However, the biggest brain-boosting benefit of travel is the social payoff. Trips centered around births, funerals, reunions or weddings can strengthen loving bonds with family and friends. These relationships boost brain health while reducing inflammation and pain. If you travel by yourself, making new friends can give you a brain boost too.

No matter who you travel with, enjoying the people you are with is the key to receiving brain benefits.

3. Embrace Armchair Travel

Travel uncertainties arising from COVID-19, the Russian-Ukrainian war, airline schedules, fires and natural disasters may increase your enthusiasm for staying home. Don't feel deprived.

As far as your brain is concerned, travel is not essential for living long and well.

Armchair travel can bring even more brain benefits than a trip—without the health risks. The trick is to engage the mind in new ways to open brain pathways at home. Let me paraphrase Henry David Thoreau's conclusion in Walden:

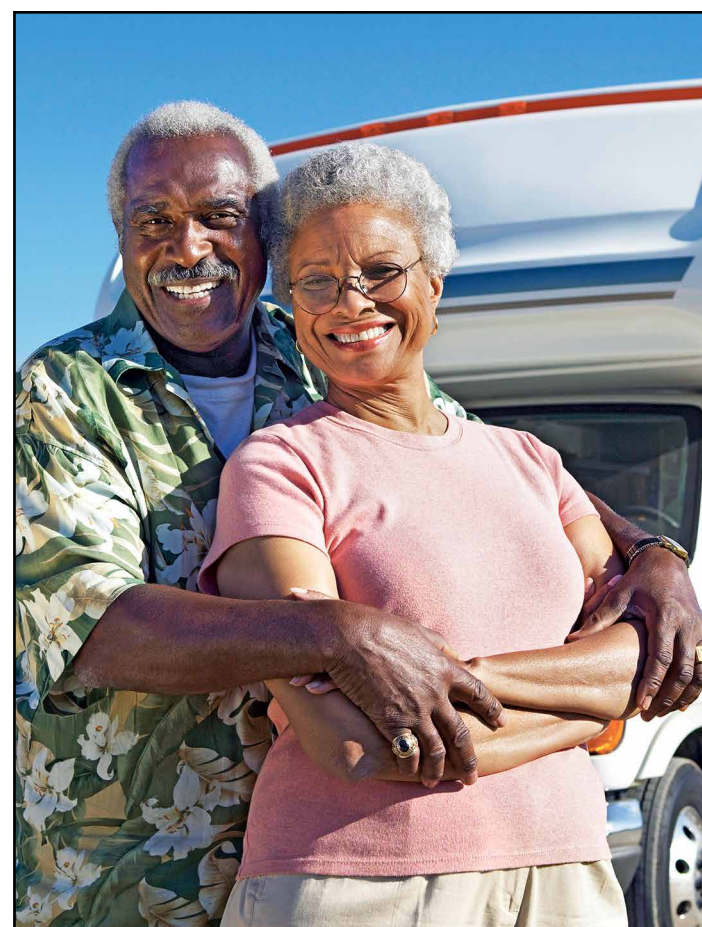
"It is not worth the while to go round the world to count the cats in Zanzibar...Nay, be a Columbus to whole new continents and worlds within you, opening new channels, not of trade, but of thought."

Here are some armchair-travel activities you can pursue to open new channels of thought while you stay home:

Travel sketching: Learn how to make quick drawings from pictures of interesting sights.

Language study: Learn or refresh the language of a place where you'd like to visit.

Journal about past trips: Write about your past travel experiences.



Whether you plan a Caribbean cruise, a Disney World trip with the grandkids, or to rent a motorhome to see America, take advantage of the opportunity to build new brain connections.

Attend travel-related presentations: Learn about the experiences of other travelers.

Vicarious thrills: Ask friends and family for details about their travel adventures.

No matter what type of travel adventure you choose to take this summer, enjoy the journey.

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

Economical And Convenient Living In The Ibis Apartment Home

John Knox Village will be ready for you when you are ready to make the move to resort-style living with life-plan security. Schedule a visit and take the tour of the new Pavilion with its Cultural Arts Center, dining venues and Barton's Nautilus Bar. Learn how John Knox Village will take care of your needs today, tomorrow and every day in the future.

For the ultimate in life-plan security, convenience and economy, tour the month of June's featured one-bedroom/one-and-a-half-bath with den Ibis apartment home.

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- LED kitchen lighting
- Under-mount stainless steel sink w/spray faucet and disposal
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- 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

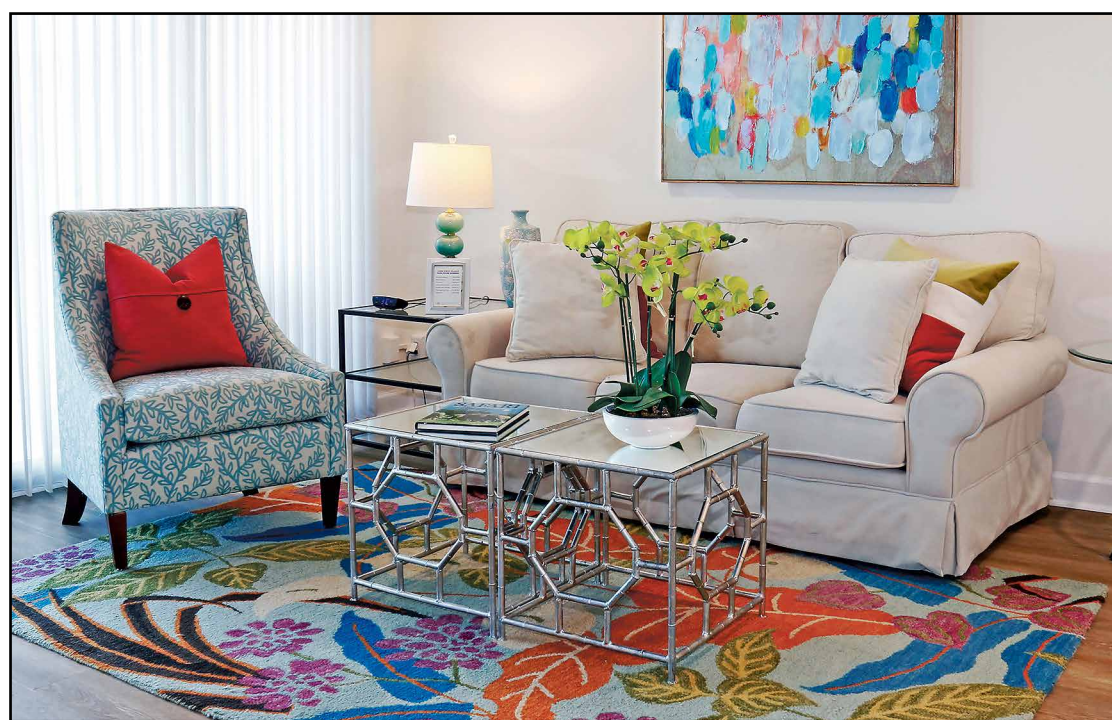
- Crown molding option
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