



JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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John Knox Village of Florida, Inc.
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For One Day, Westlake's First Move-in Was 'Queen Of The Castle'



Janet Anding, the first Westlake resident settles into her two-bedroom Captiva apartment in The Vue.

Rob Seitz
Gazette Editor

In a lifetime of globetrotting—often traveling solo—Janet Anding is very comfortable being alone. This came in handy when Ms.

Anding was by herself in Westlake—John Knox Village's new \$120 million apartment building—for one day. No Kevin McCallister "Home Alone" high jinks took place when she had the run of JKV's 147-unit latest Crown Jewel, however, of her mid-February move-in day, the nine-year JKV resident told the Gazette, "Being the only soul in the entire building, I planned to run up and down all halls and peek into whatever I could get into. This was not to be. I barely got a glass of wine and my feet up. The 'Queen of the Castle' was done for that day."

The second new Westlaker moved in the following day, and a blistering six-days-a-week move-in pace has been set ever since. Currently, over 80 percent of the apartments have been selected by prospective residents, "but we have many beautiful apartments remaining," said Kim Ali, JKV's Vice President of Sales. "Hurry though, they are going fast. At our current move-in pace sometime in early August everyone should be moved in and begin enjoying all the amenities John Knox Village has to offer."

The two conjoined Westlake apartment buildings—the 15-story Vue and 11-story Terrace—were built in the center of the Village's 70-acre botanical campus. Ms. Anding

See "The Move Is On" on Page 2

Currently, over 80 percent of the apartments have been selected by prospective residents.

We Loved Them Yeah, Yeah, Yeah

There's Something In The Way They Moved Us

Nona Cree Smith
Gazette Contributor

It's hard to believe it was 60 years ago, on Feb. 7, 1964, the plane carrying John Lennon, Paul McCartney, George Harrison, and Ringo Star landed at the newly named John F. Kennedy Airport in New York. As they emerged from their Pan American flight, the Beatles were met by a tumultuous crowd of screaming fans, reporters and flashing cameras. It was an amazing moment in musical history when the four musicians from Liverpool, England conquered America and became a global phenomenon.

Their first appearance on American television on the "Ed Sullivan Show" had a seismic effect as more than 73-million viewers heralded Beatlemania. This sudden fame surprised the world. It also surprised the Beatles. John was asked by a reporter what he thought about their sudden popularity, he replied, "I think everyone has gone daft [English for crazy]."

A Musical Revolution

Six decades later no other rock band has left such a boundless musical legacy as the Beatles. Across their recording career, they created songs and sounds that are without equal, but their greatest achievement was the pace of their creative development. Each song and new album surpassed the previous recordings in creativity, brilliant songwriting and was a game-changer, as they consistently created bold new music. The only contemporary American comparison to the Beatles' creative output at the time were the Beach Boys, with their original 'surfer' sound. The Beatles played homage to the Beach Boys' music in the song "Back in the USSR."

See "The Beatles" on Page 3



The Beatles appeared on the "Ed Sullivan Show" in 1964. Image source: Alamy.

First Residents Now Moving Into Westlake At JKV



The Terrace and The Vue at Westlake at JKV overlook the waters of Lake Maggie and the tropical landscaping of the 70-acre campus.

From "The Move Is On" on Page 1

moved from the 17-story Cassels Tower, with its iconic digital clock facing I-95, into a 15th-floor Captiva floorplan in The Vue.

The Captiva boasts two bedrooms, a den and two bathrooms with floor-to-ceiling windows providing spectacular views of the campus' Lake Maggie, the Aquatic Complex with its resort and lap pools, poolside pub, and Pickleball and bocce ball courts. Even on not-so-clear days, Ms. Anding can see the beach, downtown Ft. Lauderdale, the Hard Rock's Guitar Hotel in Hollywood and skyscrapers in Miami.

The 1,768-square-foot floor plan offers state-of-the-art living, along with an east-facing balcony.

"My view is so outstanding I have yet to close my shades at night," she said. "I am awakened every morning by a delightful, usually pink, sunrise. Moss Construction and John Knox Village did an amazing job on this gorgeous building."

Westlake provides Ms. Anding, as well as all JKV residents, family, friends and guests with an amenities-packed first-floor common area including:

- *BV's French Press and Wine Bar, a coffee and wine bar named after Cassels Tower resident Bruce Voelkel, who provided a very generous gift to the JKV Foundation.*
- *The bistro-styled Westlake Eatery*
- *A high-tech projection theatre*
- *Art, music, and fitness studios*
- *Tech learning center*
- *Library*
- *Sacred space*

In addition to the above listed features and amenities, there are also two floors of covered parking. To learn more about JKV visit www.johnknoxvillage.com or call 954-871-2655.

This Is Not A Real Estate Transaction, You Are Buying A Life-Care Contract

Once a prospective resident's interest in learning more about John Knox Village has been piqued, the next step is to meet with a Life-Plan Consultant. More often than not, the first question goes something like: "How much is this real estate transaction going to cost?"

Invariably, prospects are surprised to learn they are not purchasing an apartment or villa home on the Village campus.

"The upfront Entrance Fee new residents pay provides them with an all-inclusive Life-Care contract," said John Knox Village's Vice President of Sales Kim Ali. "This secures their care no matter what future health care circumstances may arise."

As a Life-Plan Continuing Care Retirement Community, JKV provides every resident with the peace of mind in knowing that their future health care needs will always be met.

That continuum of care includes assisted living, supportive memory care, and skilled nursing—should those levels of care ever be needed—all of which are available directly on JKV's 70-acre campus.

For more details on JKV's Life-Care contract, call 954-871-2655 or visit www.johnknoxvillage.com

Thanks For Asking

Hey Dave, Do You Have A Story To Tell?

Dave Bayer
Gazette Contributor

One of my granddaughters and my son invited me to participate in Storyworth last year. It's a program in which a person completes an online interview with 101 questions (one per week) about their life. I said "yes" but am ashamed to admit that so far, I've only replied to five of around 50 questions. Obviously, I procrastinate.

Then, in the past few weeks, some things happened. First, both my granddaughter and my son contacted me to very politely remind me to get off my duff and do my Storyworth homework. I suspect their timing was coordinated because they both said pretty much the same nice things about my writing. I promised to give it a try. Then I received the next question from Storyworth. It was "What is the meaning of life?" Well, I do like to write, but felt that coming up with a meaningful response to a deep question like that was a bit beyond my paygrade. However, some friends that I mentioned the question to offered opinions that lead me to conclude that perhaps I should make the effort to put my thoughts on paper. So, I changed my mind and decided to give it a try. About the same time, we learned that my sister-in-law Karen had died, and we had two days to arrange a trip to attend her funeral in New Jersey. We did pull the trip together, but that question about the meaning of life was never far from my thoughts.

You Have A Story To Tell

My first wife was one of five siblings. Her sister Karen (the deceased) was the youngest and the last to die. In my family, I was the youngest of four siblings. Of the combined nine in my generation (and their original spouses), I'm the only one left. Obviously, that's all part of the journey, and I feel blessed. But as we became acquainted (and reacquainted) with many folks from Karen's extended family at the funeral services, and my thinking about why I'm still here, my thoughts about the meaning of life became more acute. There were four different generations at the services, mostly from Karen's family. In their early years, that whole family was very close knit. Karen's mother, father, siblings, grandmother, aunt, and cousin all moved from Montana to New York and New Jersey TOGETHER during the 1940s. Karen's siblings and the following generation all had excellent adult role models. We all benefited from having "Mom" and "Pop" play such a big part in our lives.

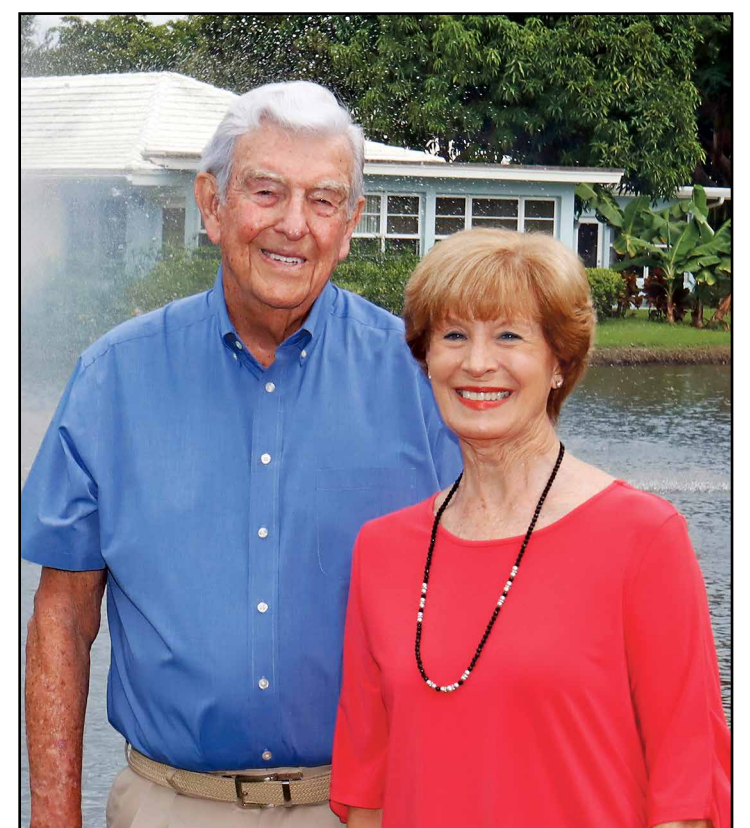
Share Your Experiences And Wisdom

Like most parents, Karen's parents did their best to give their kids opportunities to thrive and succeed. When thinking about the meaning of life, one key word is "opportunities," and what we do with those that are presented to us. It was very interesting in New Jersey to see how that is playing out over

several generations. In the 1940s, there was a unique family closeness, and while the descendants have obviously spread out quite a bit during the next eight decades, I think that Mom and Pop would be pleased that so many of the descendants reflect the family values that they brought from Montana and imparted on their kids. That's a nice legacy, something we all should try to do. How we handled our opportunities to thrive and succeed, while important, is both different and very difficult to measure. Most of us feel that we could have done more, of course. In general, the opportunities that some chose to follow were more productive than others. Sometimes, similar beginnings produce much different endings.

Your Life Is Your Legacy

So, I'm thinking that I will suggest to Storyworth that the meaning of life is largely determined by what one does with their own opportunities and those that they provide to others. In my case, I could start by doing a better job of staying up with my Storyworth homework. As my beautiful wife noted, in this case I'm even working smarter by combining a Storyworth opportunity with a *Gazette* opportunity, and Storyworth will never know.



Cassels Tower residents Dave and his wife Jackie Bayer at John Knox Village.

Hey Dave, What Is Storyworth?

Storyworth is a web-based service that helps you preserve meaningful moments and memories in a beautiful keepsake book. Then, share the experience with loved ones and discover stories you never knew.

Feel connected to loved ones

Weekly stories help you stay connected to your loved ones over any distance.

Preserve your memories

Keep a memoir of the past to pass on to future generations.

Learn about people that matter

Discover things you never knew about your family, and grow closer together.

Storyworth gives you the opportunity to share your life's story, in a simple, time-friendly way by answering pre-formatted questions. Once you complete the series of questions and answers, you'll create a keepsake to cherish for years. For more information visit the Storyworth website: www.welcome.storyworth.com

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.

'I Want To Hold Your Hand,' Started A Musical Revolution

From "The Beatles" on Page 1

John And Paul Meet In 1957

The band was formed around the friendship of John Lennon and Paul McCartney, who first met in 1957 and shared an admiration for American blues and rock 'n roll. The two were talented musicians and composers, and they gathered a talented succession of musicians to play with them; first adding George Harrison, as lead guitarist, and in 1960 for several formative months, Stu Sutcliffe, a promising art student who, with his girlfriend Ingrid a photographer, brought a Bohemian sophistication to the band.

After playing skiffle, a folksy music popular in Britain in the late 1950s, and trying out several different names (the Quarrymen, the Silver Beetles, and, finally, the Beatles), the band added a drummer, Pete Best, and became a part of the "beat music" scene, first in Liverpool clubs and then, during several long visits between 1960 and 1962, in Hamburg, Germany. Ringo Starr joined the band in 1962.

With A Little Help From Our Friends: Brian Epstein And George Martin

In late 1961, Brian Epstein, a popular Liverpool record store owner/manager, saw the band and fell in love with their music. Unshakably convinced of their potential for commercial success, Epstein became their manager. He changed their appearance from scruffy Teddy boys, to groomed young men, with longish, mop-top hair styles, replaced their leather outfits with tailored suits and polished Chelsea boots. He then proceeded to relentlessly promote the Beatles to the major British music companies with letters and tape recordings. His persistence paid off with a signed contract for the band with Parlophone Records, a subsidiary of the huge EMI group of music labels.

At Parlophone, George Martin, a classically trained musician was a respected producer, and functioned as head of Parlophone. He worked with the Beatles on their first number one hit, "I Want to Hold Your Hand." He also arranged their second hit song "Please Please Me," by changing the tempo from a slow beat into an up-tempo happy sound. It hit number one on the music charts almost immediately. Martin suggested creating an immediate follow-up and produced "Meet the Beatles" the first Beatles LP recording to keep the hit-making momentum going. Martin earned the title of "Fifth Beatle" for his extraordinary seven years of work as the band's musical guru and producer.

Sun King: The Ed Sullivan Show

The Beatles' British fame continued a swift rise in popularity, by producing spirited recordings of their original tunes and also by playing classic American rock 'n roll on a variety of BBC radio shows. In the fall of 1962, they made appearances on British television and the frenzied response by fans prompted Ed Sullivan, who was in Britain at the time, to research the rock band who made girls scream.

At the time Ed Sullivan was king of American television with his top-rated Sunday night entertainment show. He set up a meeting with Brian Epstein



The Beatles land at New York City's John F. Kennedy Airport for their first U.S. tour in 1964. Image source: Wikimedia Commons.

and on Nov. 11, 1963, the Beatles were booked for three performances on the Ed Sullivan show in America. And so started the "British Invasion" of popular music.

Hard Day's Night: Been Working Like A Dog

By the summer of 1964, the Beatles brought their joyful, flippant talents to the big screen with the movie "A Hard Day's Night." The film featured the band playing comedic versions of themselves, and capitalized on what really happens when fame hits, with many scenes of the band being chased by hordes of screaming girls, taking train rides, and wearing disguises.

Directed with energetic verve by Richard Lester and featuring several hit-making pop songs "Can't Buy Me Love," "I Should Have Known Better," "If I Fell" and "A Hard Day's Night." The movie is one of the most deliciously entertaining and upbeat movies based on a day in the life of a Beatle, complete with comedy routines and the band's flippant humor: For example, when John Lennon was asked by a reporter "How did you find America?" John quipped "Turn left at Greenland."

The movie was a huge hit and was followed up by four more movies including a popular cartoon "Yellow Submarine" with Peter Max-style colorful drawings. In 1970, the Beatles made their album on the rooftop at Abbey Road which resulted in the incredibly beautiful and sad "Let It Be."

Her Majesty Was A Very Nice Girl

In 1965, each of the four Beatles was made a Member of the Order of the British Empire (MBE), having been recommended to Queen Elizabeth II, for the honor, by British Prime Minister Harold Wilson. The establishment protested vigorously that popstars were given such high honors normally reserved for military heroes, Shakespearean actors and charitable

donors. The hubbub proved to inspire Lennon and McCartney with an outpouring of creative experimentation never seen or heard in rock music, which until then had been thought of mainly a genre for juveniles.

The Beatles' oeuvre rapidly changed and evolved, becoming ever more subtle and sophisticated. Their music in these years ranged from the chamber music-style ballad "Yesterday" and the introduction of George's sitar playing in "Norwegian Wood" to the hallucinatory songs of "Sgt. Pepper's Lonely Hearts Club Band," a tour de force of technological musical magic.

In later years, Paul McCartney was knighted, and in 2018, Prince William knighted Ringo Starr as Sir Richard Starkey for his services to the British music industry.

Don't Let Me Down: Apple Opens And The Beatles Close

In 1968, the band launched their own record label, Apple; hoping to nurture experimental pop art, they instead produced chaos and commercial failure, apart from the work of the Beatles themselves. The band continued to enjoy widespread popularity. The following year, "Abbey Road" went on to become one of the band's best-loved and biggest-selling albums.

Meanwhile, personal disagreements had begun to tear the band apart. Once the collaborative heart and soul of the band, Paul and John's constant bickering created ill-will among the band. It got so bad they decided to disband in 1970. All four musicians went their separate ways but continued to work in the music industry, recording albums, and forming bands so fans could continue to enjoy their music.

"Now And Then," The Last Beatles Song

The surprisingly soulful, recently released "last song" by the Beatles will satisfy old fans and introduce the band to new ones. I burst into tears the first time I heard the song, in part for my lost youth, but mostly for my longing for my English people and home.

Released in late November 2023, "Now and Then" was created with the help of AI, plus historical footage of the band being Beatles, a little cheeky and humorous, interspersed with live footage of Sir Ringo playing his drums, and Sir Paul singing, playing guitar and piano. Everything was combined to include live color footage of Paul and Ringo playing along with archival footage of John and George singing and playing.

The song was derived from a demo tape John made on a boom box, which had been deemed unmixable. Paul McCartney hinted that a "kind of scary" technology would help produce the final Beatle song. Purists feared it would be a mishmash of Beatles style-music.

In reality, a more basic software was used and allowed John's voice to sing on the new track, over accompaniments by Paul and Ringo, with added guitar footage from George Harrison mixed in.

"Now and Then" is like a technicolor version of the black and white demo tape John had made. Paul and Ringo have turned Lennon's privately recorded, prayer-like track into a song fit to be the finale act of an extraordinary musical oeuvre.

The Beatles broke up at the peak of their fame, rather than carrying on forever, like the Rolling Stones. Despite their last song's original age, "Now and Then" is fresh and a poignant tribute by two musical statesmen, well beyond 64, to the man who embodied an unrealized potential and was gone too soon.

"Now and then/I miss you," go the lyrics. "Oh, now and then/I want you to be there for me." The lyrics are the golden age of rock, which beckons once again.



A promotional photo for the Beatles' first feature film, "A Hard Day's Night." Image source: Alamy.

Let JKV Entertain You

Plan To Visit The John Knox Village Cultural Arts Center For Great Shows And Concerts



Florida Grand Opera's Studio Artists return to JKV's Cultural Arts Center stage on April 18.

Florida Grand Opera's Studio Artists, Thurs., April 18 @ 7 p.m.

The Florida Grand Opera Studio Artists spent the full season performing principal and comprimario roles alongside FGO's roster of acclaimed directors, conductors, and musicians. They perform more often in concerts all over Miami-Dade and Broward counties, including the beloved "SongFest" series and a touring outreach opera for young audiences among other events. The Studio Artists return to the JKV CAC stage for their third performance of the season. Don't miss the opportunity to hear world-class operatic presentations from these "Up and Coming" young artists.

Tickets

- JKV Resident** Free
- Village Arts Circle** Free
- Non-Resident** \$10

Jazz & Java – World Influences On Jazz Tues., April 23 @ 7 p.m.

The Gold Coast Jazz Society invites music enthu-

siasts and history buffs alike to embark on a captivating journey through the evolution of Jazz. Held in the intimate setting of a Jazz club, each instalment of the series offers an immersive atmosphere that recreates the ambiance of a bygone era.

Tickets

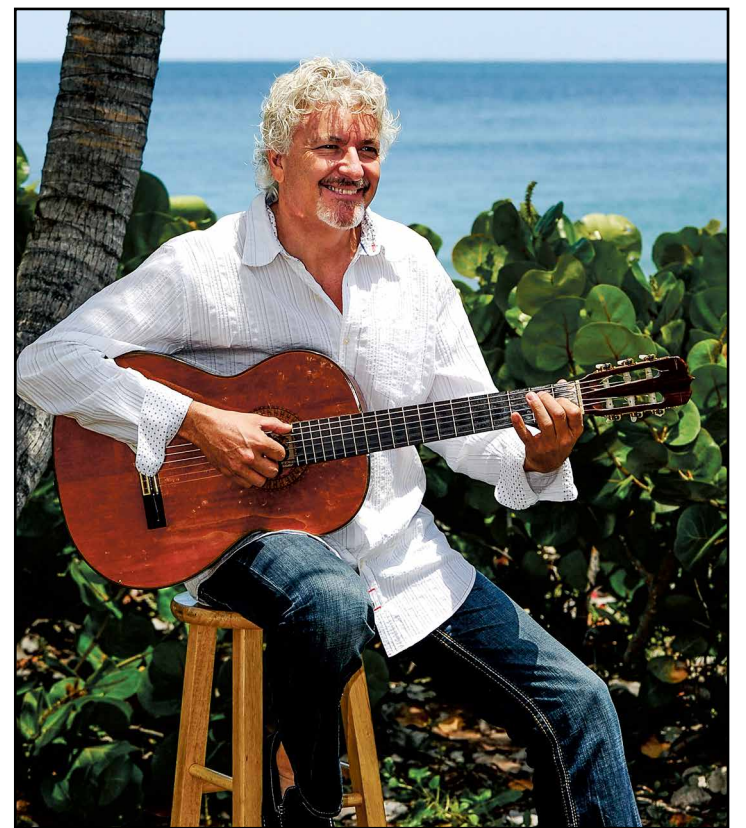
- JKV Resident** Free
- Village Arts Circle** Free
- Non-Resident** \$26
- Funded by the JKV Foundation**

To reserve your spot for these concerts or to explore our full schedule of upcoming performances at JKV, please visit www.johnknoxvillage.com/events

For inquiries about these events, contact the John Knox Village Life Enrichment Department at 954-783-4039.

Coming In June:

June 19: Jazz Vocalist Nicole Henry
See below for more information.



Guitarist Martin Hand of the Gold Coast Jazz Society.

Nicole Henry Coming To JKV June 19

Reserve Your Tickets To See And Hear This Great Jazz Vocalist



Dynamic jazz vocalist Nicole Henry appears at JKV's Cultural Arts Center on June 19 at 7 p.m. Image source: Marty Lee.

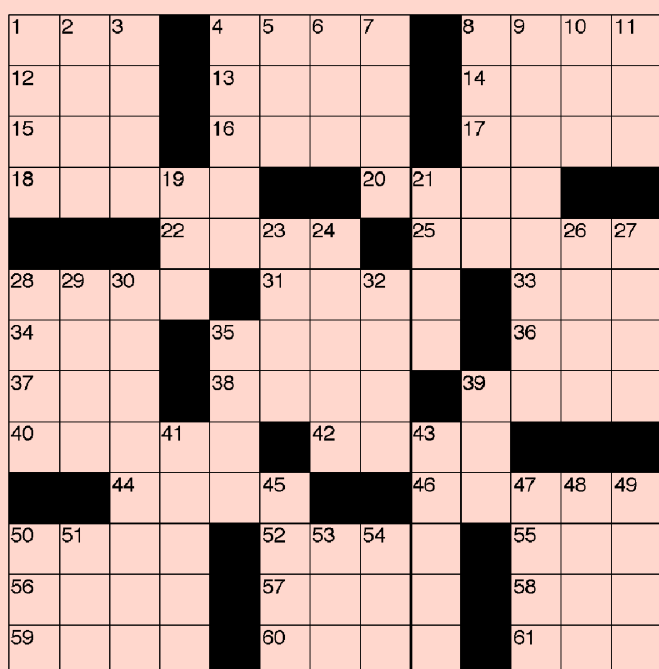
Since her debut, Nicole Henry has established herself among the jazz world's most acclaimed performers, possessing a potent combination of dynamic vocal abilities, impeccable phrasing and powerful emotional resonance.

Her passionate, soulful voice and heartfelt charisma have earned her a Soul Train Award for "Best Traditional Jazz Performance," and four Top-10 jazz albums on U.S. Billboard, Jazz Week, HMV Japan & UK Sweet Rhythms charts. Heralded by *The New York Times*, *Wall Street Journal*, *The Japan Times*, *El Pais*, *Jazz Times*, *Essence* and more, Ms. Henry tells real stories through peerless interpretations of repertoire from the American Songbook, classic and contemporary jazz, popular standards, blues and originals.

She has captivated audiences in over 20 countries, headlining at venues in cities including New York, Tokyo, Madrid, Moscow, Paris, Shanghai, Los Angeles, Chicago, Boston, San Francisco and Miami. Ms. Henry has also performed in more than 30 music festivals worldwide and in some of the world's most famous venues including Blue Note, Jazz at Lincoln Center, Blues Alley, Arshat Center, Feinstein's, Green Mill, Jazz St. Louis, Madrid Jazz Festival, the Regattabar, and Catalina Jazz.

Mark your calendar to see Nicole Henry on June 19 at 7 p.m. in the John Knox Village Cultural Arts Center. To reserve your spot for this concert or to explore the full schedule of upcoming performances at JKV, please visit www.johnknoxvillage.com/events

For inquiries about these events, contact the John Knox Village Life Enrichment Department at 954-783-4039.



Crossword Puzzle Of The Month

ACROSS

1. Relative pronoun
4. Melville's captain
8. Open
12. Computer chip
13. Calif. wine country
14. City slicker
15. Presidential nickname
16. Mock
17. Verbal
18. Point
20. Endearment
22. Belch
25. Cymry
28. Port. lady
31. Hence
33. Honey-eater bird
34. Guido's note (2 words)
35. Grandfather of Saul
36. Dallas sch.

DOWN

37. Month abbr.
38. Orient
39. Asterisk
40. Black (Sp.)
42. Appoint
44. Sharpen
46. Covered by water
50. Night (Fr.)
52. Ivory (Lat.)
55. Certified Public Accountant (abbr.)
56. She (Sp.)
57. Oleaginous
58. Energy unit
59. Liang
60. Italian lake
61. Poem

DOWN

1. Cloak
2. Ryukyu islands viper
3. Foretoken
4. Fr. historical provinces
5. Have (Scot.)
6. Imitate
7. Pointed remark
8. Unburnt brick
9. Venire (2 words)
10. Amer. Dental Assn. (abbr.)
11. Electric reluctance unit
19. To be announced (abbr.)
21. Absent without leave (abbr.)
23. Midianite king
24. Light refractor
26. Muttonfish
27. Time period
28. University officer
29. Gr. leather flask
30. Water pipe
32. Jap. clogs
35. Time period
39. Mend
41. Of wheels
43. Kernel (pref.)
45. Equal Employment Opportunity Commission (abbr.)
47. Pointed (pref.)
48. Nail with a hole
49. Geological vein angle
50. Ensnare
51. Diminutive (suf.)
53. Life (pref.)
54. City on the Danube

Answers On Page 10.

Pompano Beach Arts & Music

Spring Into Arts And Entertainment In The City Of Pompano Beach



Artist Serena Bocchino is featured during "Intersection: Painting and Music" at the Pompano Beach Cultural Center. Image source: Jason Schuler.

Kay Renz Special To The Gazette

The flourishing Pompano Beach arts and culture scene continues to dazzle this Spring with a world premiere visual music event, a dynamic collaboration of one of classical music's great duos, and an extraordinary photography exhibit. To learn about these and all the other events and workshops visit www.pompanobeacharts.org

Intersection: Painting And Music, World Premiere Visual Music Event, April 28

Join us for a world-premiere experience "Intersection: Painting and Music" on April 28, at 7 p.m. at the Pompano Beach Cultural Center. The event will showcase the debut of an abstract new collaboration between internationally lauded opera star Amy Shoremount-Obra, renowned musicians pianist Bradley Moore, violinist Eric Silberger, violinist Mann-Wen Lo and award-winning visual artist Serena Bocchino.

The enchanting evening will also include outstanding recital performances by the musical artists featuring the works of Obradors, Rachmaninoff, and Wagner. The event's signature drinks, The Canvas Cosmo and Harmonious Hibiscus Fizz, along with a full array of beverages, will be available for purchase. Tickets are \$20. Learn more at www.pompanobeacharts.org

To immerse the audience in the collaborative experience, a camera will be placed under a plexiglass sheet on stage. As Bocchino creates on this medium, the camera will be broadcasting her paint strokes onto a large screen for easy viewing, all while the musical artists will be performing a semi-improvisatory composition.

About The Artists:

Soprano Amy Shoremount-Obra has garnered major attention for her work on the operatic and concert stage. She made her much-anticipated Metropolitan Opera debut in October 2014 and returned to the Met for the 2017-18 and 2018-19 seasons. A champion of new music, Ms. Shoremount-Obra has premiered/ collaborated with some of today's most popular and notable composers including Tarik O'Regan, Dan Visconti, John Zorn, and Paola Prestini.

Serena Bocchino is an American contemporary artist whose studio practice investigates the intersection of abstraction and expressionism with a distinct focus on music, movement and identity. Her work has been exhibited internationally in solo and group exhibitions.

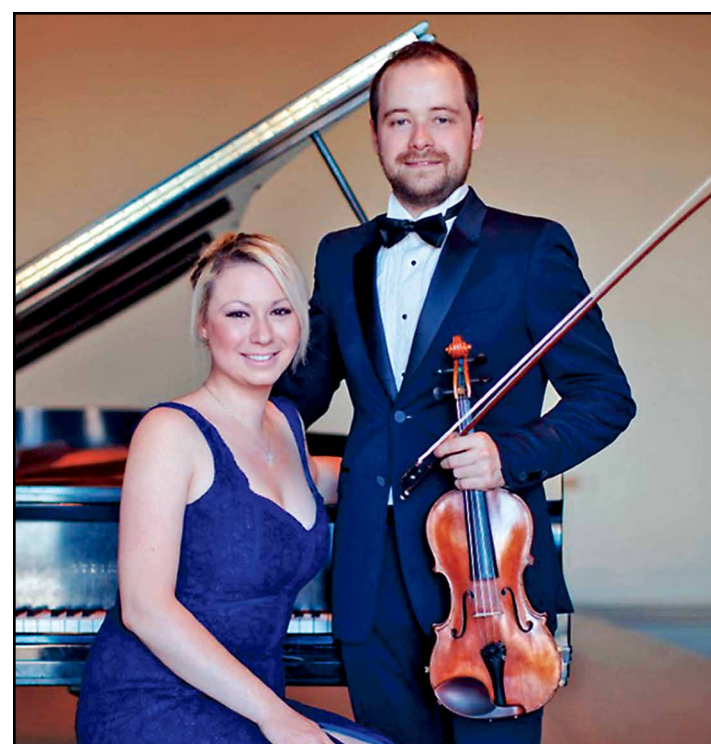
Violinist Mann-Wen Lo performs extensively throughout the world in some of the most prestigious venues as a soloist and chamber musician. Lo has been a recurring artist in performances at Carnegie Hall, Jordan Hall, Alice Tully Hall and Walt Disney Hall, among others. Most recently, her recording with the Mana Music Quartet featuring music of Queen Lili'uokalani was awarded Instrumental Album of the Year at the 2021 Na Hoku Hanohano Awards.

Pianist Bradley Moore has appeared in recitals with singers including Susan Graham, Renée Fleming, Ryan Speedo Green, Jamie Barton, J'nai Bridges, Christine Goerke, Angela Meade, Eric Owens, Eric Cutler, Theo Hoffmann, and Ian Koziara. He has been a piano soloist with orchestras including the National Symphony Orchestra and the Buffalo Philharmonic. He has been Associate Music Director at the Houston Grand Opera, and assistant conductor at the Metropolitan Opera, the Salzburg Festival, Opéra National de Paris, Canadian Opera Company, and Los Angeles Opera.

Virtuoso violinist Eric Silberger is a prize winner of the XIV International Tchaikovsky Competition and the Michael Hill International Violin Competition in 2011. Silberger has performed as soloist, recitalist, and chamber musician throughout the United States and around the world.

The Spirit Of This Place By Photographer Phoenix: April 12-May 25

Experience "The Spirit of This Place," a gorgeous photography exhibition that captures the soul of nature as seen through the eyes of internationally collected, award-winning conservation photographer, and presenter at JKV, Phoenix. Her images reflect her devotion to protecting the natural environment and a reverence for wild places. The exhibition showcases works created during her two artist residencies, respectively in Ireland and Great Smoky Mountains National Park, as well as from her Sacred Trees, Landscape, Winged Life, Venice, and National Parks Collections, which include views of Florida's Everglades. The exhibition can be seen at Pompano Beach Cultural Center from April 12 through May 25, with an opening reception on April 12. For more information: www.pompanobeacharts.org



The Borisevich Duo performs at the Pompano Beach Cultural Center on May 14.

Trip Around The World With The Borisevich Duo On May 14

You can leave your passport at home for this visual and musical trip around the world. Simply relax and revel in the incredible scenes projected of stunning global sites while enjoying the amazing artistry of The Borisevich Duo, comprised of pianist Margarita Loukachkina and violinist Nikita Borisevich. The internationally acclaimed violin and piano duet, frequently perform across the United States and Europe. During this show they will be performing music from Spain, Austria, Norway, Poland, Italy, USA, Russia and France, while the visual elements will be coordinated by the Pompano Beach Cultural Affairs Department. The event takes place May 14 at the Pompano Beach Cultural Center, with tickets at \$40.

For more information about the shows and tickets, please visit the Pompano Beach Arts website: www.pompanobeacharts.org



"Rosie," by Phoenix will be part of the exhibition at the Pompano Beach Cultural Center April 12-May 25.

Send An Email For Your Free Subscription To The Digital Gazette ACE:

The Bi-Monthly Arts, Culture, Entertainment Edition

The John Knox Village Gazette has expanded. In response to increased interest in the Gazette, the newspaper is now a more robust 16 pages.

Printed editions of the Gazette will continue to be direct-mailed to your home on EVEN-NUMBERED months. The digital edition of the John Knox Village Gazette ACE (Arts • Culture • Entertainment) will be offered on ODD-NUMBERED months in an easy-to-read horizontal digital format. The Gazette ACE focuses on Arts, Culture and Entertainment, not only at JKV, but in South Florida as well.

We would like to email you the current issue, AND sign you up for the May/June edition emailing at the end of April. The catch is we need your permission to email the FREE monthly publication to you. Email your subscription request to gazette@jkvfl.com

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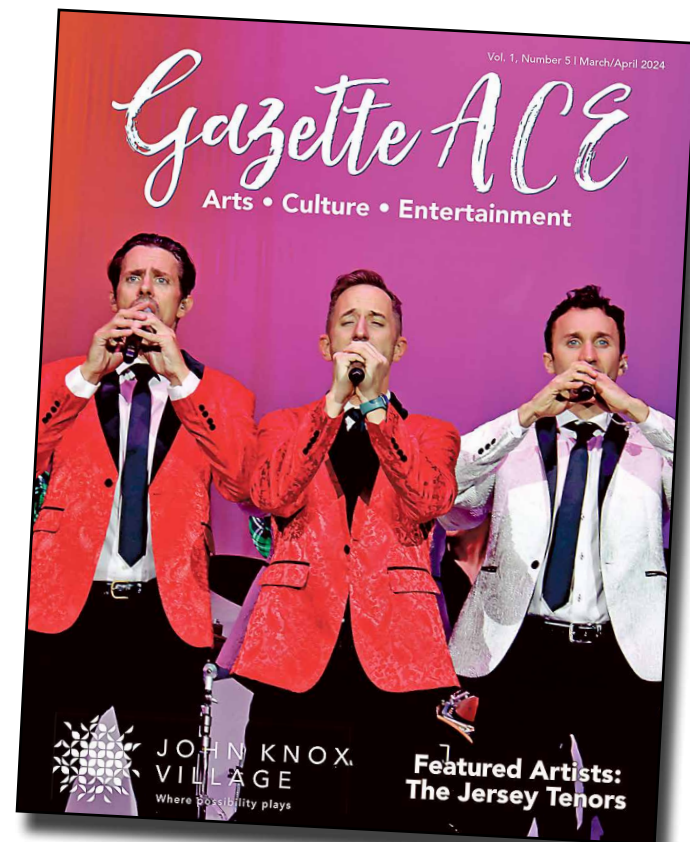
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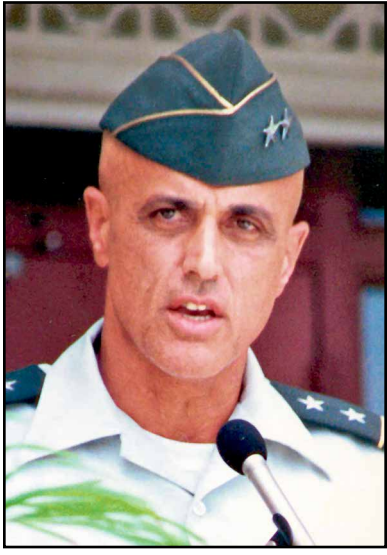
Thank you for the many years of continued readership and support. Remember to email us your subscription request at gazette@jkvfl.com so you never miss a complimentary digital Gazette ACE. You can also mail your subscription request to: Gazette ACE, 651 SW 6th St., Pompano Beach, FL 33060.

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Often A Gentle Nudge Is All It Takes

Burn Loeffke
Gazette Contributor



Burn Loeffke

We all need a nudge once in a while to get us moving in the right direction. The illustration of “*The Thinker and The Doer*” adjacent to this column did it for me. It is better to be a doer than a pontificator.

I recall how Pastor Kennedy McGowan of First Presbyterian Church of Hollywood, FL captivated my mind. He wrote about how a simple practical act led to winning a Nobel prize.

Pastor McGowan wrote the story of how cleaning costs of the men’s restrooms at Schiphol Airport in Amsterdam were reduced by 80 percent by providing a target to aim at. The cleaning manager there wanted to reduce “spillage.” So, he etched small, photorealistic images of flies, to reduce the spillage, he simply gave the guys something to aim at.

Pastor McGowan observed: “It was a clever idea, but why did it win a Nobel prize? Well, the prize isn’t particularly for the fly, it’s for the idea the fly represents. The idea is called the ‘Nudge.’”

An economist, Richard Thaler coined the name.

Big signs do not produce big results, all that fly did was give a little nudge in the right direction, a little nudge with huge results.

“The economist, Thaler, won the Nobel Prize for his ideas on how such little things make big impacts on people’s behavior, bigger than people had realized.”

Small Changes Can Lead To Big Changes

As a 40-year veteran of the U.S. Army, I have endured many injuries, and my back pain is a constant challenge. My more than 200 parachute jumps and multiple injuries make my back a healing priority. I wake up in pain. Stress also causes me pain. But I have found that exercising to build strong abdominal muscles is what helps me ameliorate the pain.

I used to do 100 crunches at a time, but I have found that doing fewer crunches, just 25 at one time, allows me to do more in the long run. Consistent exercise at smaller numbers, just a nudge in my case, leads to better results.

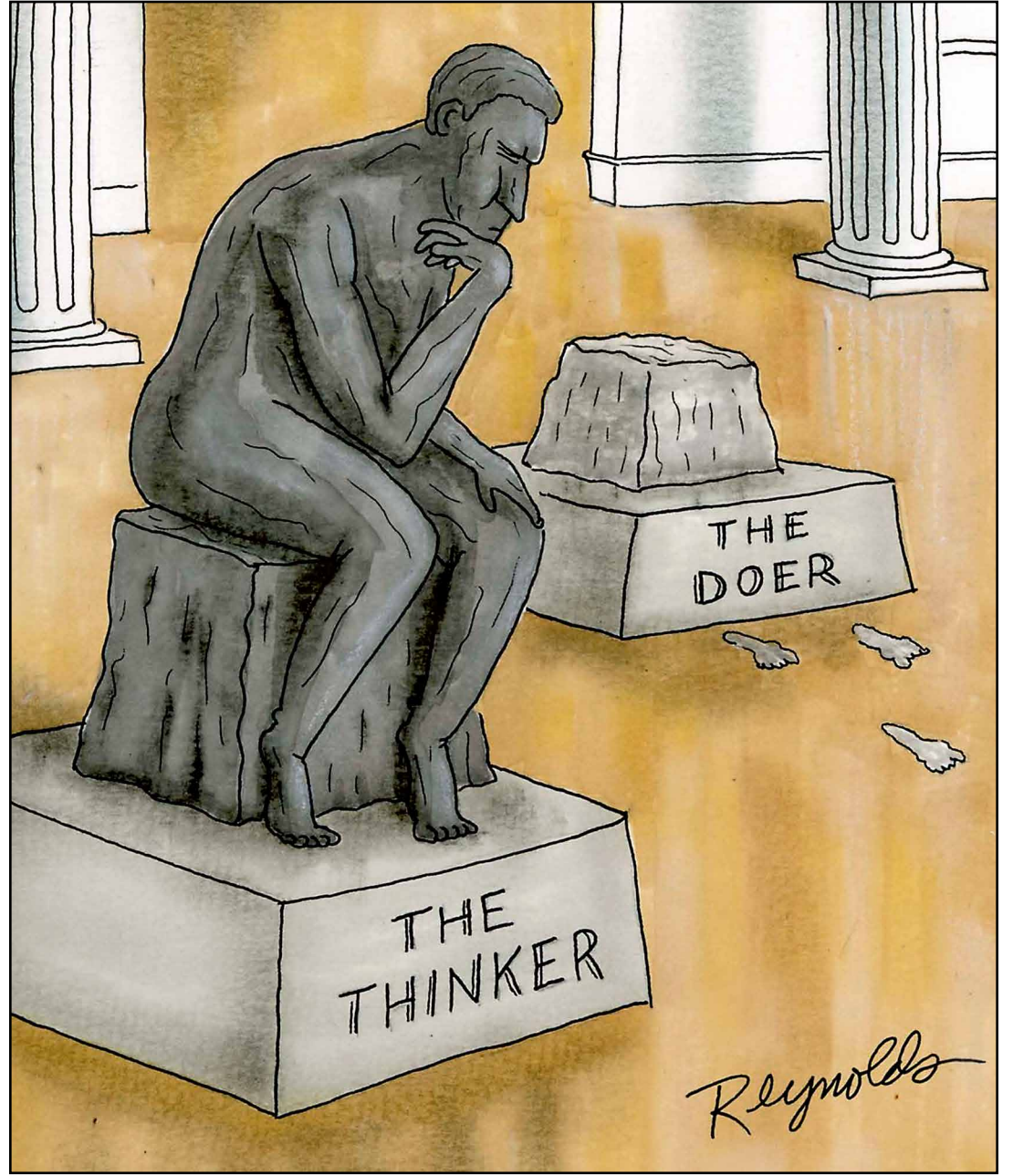
Start Me With 10

In a song by Nelson Eddy in the 1940 movie, “*New Moon*,” and later by Barbra Streisand from the musical production, “*The New Moon*,” the lyrics read: “Give me 10 men who are stout hearted men and I’ll soon give you 10,000 more.” This song has inspired me more than any other. As a military man, it built in me the concept of training well a few who will then train the many. The Army came up with the idea of assigning Ranger-trained soldiers to regular infantry units. These Ranger soldiers would be the backbone for the smaller units.

The Evangelist Luis Palau

Pastor McGowan’s sermon also mentioned the evangelist, Luis Palau. For more than 65 years, Rev. Palau played an influential role in Christian missions and worldwide evangelism as a powerful speaker, teacher and author. He preached before millions around the world including presidents. When he died in 2021, at his funeral, no one talked about the millions to whom he preached or the presidents he met. They mentioned his friendships, his love for others and the time he gave to others. They talked about the small things that led to the big things. This is a good lesson not to neglect the small things for it is the small things that make up the big things.

When faced with a challenge, sometimes just a nudge is all it takes to get the ball rolling. The Chinese philosopher Lao Tzu, is attributed to the quote, “The journey of a thousand miles begins with one step.” Taking a small first step encapsulates all



Rather than cogitating and procrastinating, it is better to take the first small step.
Image source: CartoonStock.

aspects of life. It is important to take things one at a time when any journey, professional or personal, seems too tedious and daunting.

I am also reminded of the Biblical passage, **Matthew 13:31-32**, about the mustard seed that a man took and sowed in his field. “It is the smallest of all seeds, but when it has grown, it is larger than all the garden plants and becomes a tree, so that the birds of the air come and make nests in its branches.”

Take that small first step, maybe just a nudge, will realign our lives and our relationships in the right direction.

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 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 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. Burn is now a resident of John Knox Village in Pompano Beach, FL.

JKV Rotary Club Steps Up To The Plate

Residents, Staff Rise To Occasion When Asked To Help



Rob Seitz
Gazette Editor

Talk about rising to the occasion. More than 150 members of the John Knox Village Rotary Club, Residents and

Employees converged in the Village Centre Auditorium last month on an ambitious and altruistic mission to

assemble, pack and seal 15,000 bags of fortified rice and soy meal.

The JKV Rotary Club sponsored Rise Against Hunger—a four-star rated Charity Navigator organization. And rise the group did—significantly exceeding their lofty goal by packing a whopping total of 16,632 meals.

“When we decided to do 15,000 meals, the company said that we needed from 80 to 100 volunteers,” Casse Tower resident, Rotary Club member and event organizer Norma Jenkins told the *Gazette*. “I was sure we would get 100 [participants]. JKV residents usually step up to make a difference when they know the need. I never mind working hard for a worthwhile project and this certainly is one.”

Rise Against Hunger aligns itself with the United Nations’ Sustainable Goal #2 of Zero Hunger, by distributing nutritious meals to people facing hunger across the globe. The nearly 17,000 meals are destined for impoverished areas in the Philippines.

With sanitary gloves and hairnets in place, everyone enjoyed themselves as they diligently measured the rice and soy meal, sealed the bags, and watched as boxes were loaded into the Rise Against Hunger truck for distribution.

To learn more about Rise Against Hunger visit www.riseagainsthunger.org To see more photos from the event visit the John Knox Village Facebook page at www.facebook.com/johnknoxvillage



Volunteers from JKV Residents, Team Members and Rotarians packaged more than 16,000 meals in an effort to benefit “Rise Against Hunger.”

Sudoku

Answers On Page 10.

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

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	1	4	5		8		6	9

'Elderland,' Resident Stories Set To Music

Rachael Gallagher
JKV Spiritual Life Director



Rachael Gallagher

The arts have told stories of faith and humanity for centuries, and they continue to inspire conversations about the past, present and future of spirituality in a variety of modern contexts. When I reflect upon the relationship between the arts and spirituality, I think of our desire for connection – a desire to connect with a higher power, with one another, and with a deeper understanding of ourselves.

Many artistic pieces find inspiration in religious traditions: from the Norse gods of Wagner's "Ring Cycle," to "The Last Supper" by Leonardo da Vinci, to the Buddha statues of central and eastern Asia, to "Jesus Christ Superstar," composed by Andrew Lloyd Webber.

The successes of these works come from widespread and ongoing support from a diversity of audiences and admirers from around the world. People of all traditions and backgrounds find common ground in the humanity displayed through composers', painters', and sculptors' heroes and villains, connecting the stories of the past with the faiths of our world today.

Enter: "Elderland"

The arts invite audience members and admirers to bring their unique perspectives and to go away with



Michael Biello and Dan Martin creators of "Elderland."



Pictured above are some of the JKV Residents who shared their life stories as the inspiration source for composer Dan Martin and lyricist Michael Biello's musical "Elderland."

something newly inspired. We, as audiences, think we want to be entertained, but in addition to that, we need to find meaning, purpose and belonging. The arts create spaces for learning and sharing – opportunities to let one's perspectives find a new sense of meaning.

This is a theme particularly seen in the new original work of composer Dan Martin and lyricist Michael Biello. Their musical, "Elderland," was inspired by the current perspectives and the historical stories of residents of John Knox Village and contains a combination of songs and monologues that will pull at the heartstrings, inspire laughter and tears, and will connect us to one another through rich harmonies and beautiful storylines.

"Elderland" takes the audience on a spiritual journey that begins with each character wondering whether they even have a story worth sharing. The audience quickly becomes aware that each one of us is an important piece of the puzzle of life as we learn about these characters finding faith, falling in love, serving the greater community, practicing generosity, accomplishing impressive career milestones, raising families, and so much more. The stories are all real, coming from 25 hours of filmed interviews with JKV residents and team members, inspiring the musical's creative team to explore the larger community-wide narratives of life at JKV.

Premiere Concert Reading

Biello and Martin's "Elderland" will premiere as a first-ever concert presentation later this year at the Cultural Arts Center at JKV, featuring an ensemble of

seven local professional – Carbonell Award-winning actors/singers.

For those unfamiliar with a concert reading, it is an early step in the creative process where the performers sing from music stands accompanied by piano without costumes, choreography, or an orchestra, and it gives the audience and the creative team an opportunity to hear the piece for the very first time and to imagine what a fully staged production will eventually look and sound like.

Unsurprisingly, incorporating the stories of Village residents and team members has sparked a lot of energy and excitement around the project. Telling the stories of the diverse residents of JKV is an opportunity for connection, inspiration, understanding and peace.

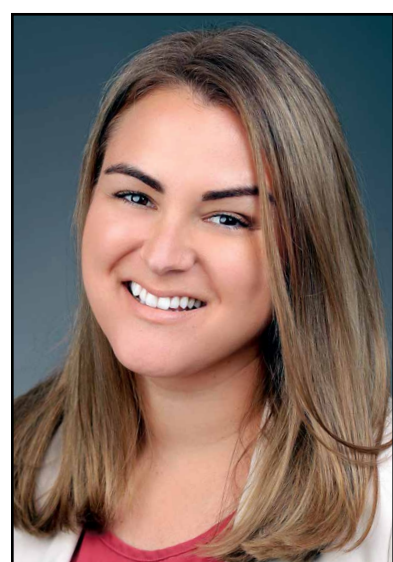
Biello and Martin's work is an expression of the unique history shared among all of these stories, including the tragedies, hopes and triumphs. Through the joy and laughter, the love, and even the pain, there is shared humanity.

Attending a performance like "Elderland" helps us to be attentive to our emotions and desires, which can contain important clues in our relationships with a higher power, ourselves, and others. This process is key to making the arts a part of our spiritual lives. Audiences can enjoy the songs of Biello and Martin's "Elderland" at the concert reading later in 2024 at JKV's Cultural Arts Center and experience interfaith peace and connection truly flourishing.

Please contact Rachael Gallagher at rgallagher@jkvfl.com or 954-784-4748 for more information.

Enhance Your Mental Health Journey

Manuela Rodriguez, LMFT
Gazette Contributor



Manuela Rodriguez, LMFT, Baptist Health Psychotherapist

In today's fast-paced world, mental health has become a crucial aspect of overall wellness. From relationships to productivity, it impacts every facet of our lives.

This article explores the significance of mental well-being and provides practical tips for enhancing it without necessarily seeking therapy.

This, in no way, is indicating to replace therapy, but instead enhance your exist-

ing mental health journey.

Asking for help can often feel like a burden or overwhelming. Instead, we invite you to shift perspectives and welcome mental health as a part of your overall wellness. Financial, spiritual, emotional, physical, social, professional, and environmental wellness are areas of our well-being that impact each other.

When you take time to work individually on each area, you will see the ripple effect. Just the same, we will see impact if we only focus on one specific area of our well-being. It is important to create a healthy balance in all areas.

The following are three quick tips to enhance your Mental Wellness:



Prioritize self-care, whether that is mental or physical to maintain emotional balance.

Practice Mindfulness

Incorporate mindfulness into your daily routine by engaging in activities such as meditation, deep breathing exercises, or simply taking moments to observe your surroundings. Mindfulness helps to reduce stress, improve focus and enhance self-awareness.

Prioritize Self-Care

Dedicate time each day to activities that rejuvenate your mind and body. Whether it is reading a book, taking a warm bath, or going for a leisurely walk, prioritize self-care to recharge and maintain emotional balance. Self-care does not have to be a week-long vacation and that's it. It is daily habits and routines that fuel self-love.

Build Supportive Connections

Cultivate relationships with friends, family or community groups who provide a sense of belonging and support. Social connections are vital for mental well-being, offering opportunities for emotional expression, empathy and encouragement.

By integrating these simple strategies into your lifestyle, you can proactively enhance your mental health and promote overall well-being. What are the ways you will bring balance into your life?

Manuela Rodriguez, LMFT, has been in the mental health field for over 10 years with experience in education. Currently, she is a Psychotherapist with the Community Health Department of Baptist Health.

To sign up for the Baptist Health Community mailing list, scan the QR code to the right. Go to the camera app on your phone or tablet. Aim the camera at the code and wait for a window to appear that will direct you to the content.

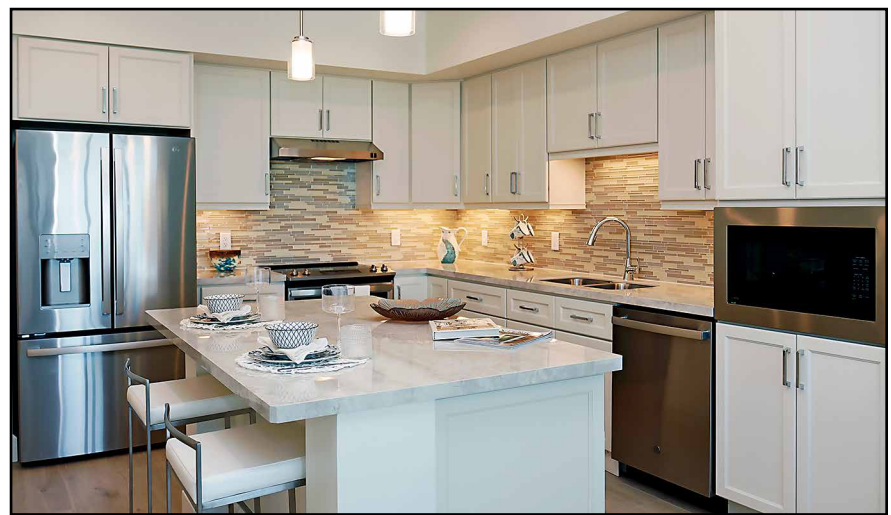




Westlake at JKV, Now Open and Available for Private Tours



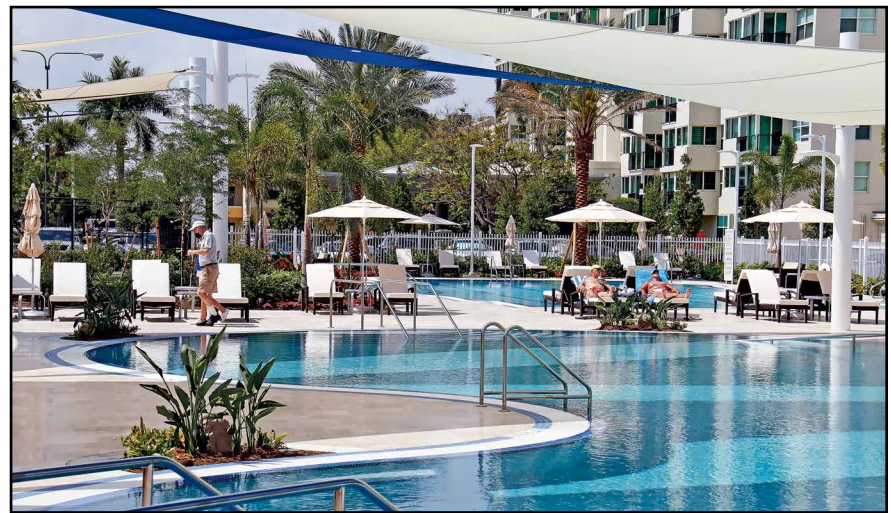
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Aquatic Complex with two pools, Pickleball and more.

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RA-1/16



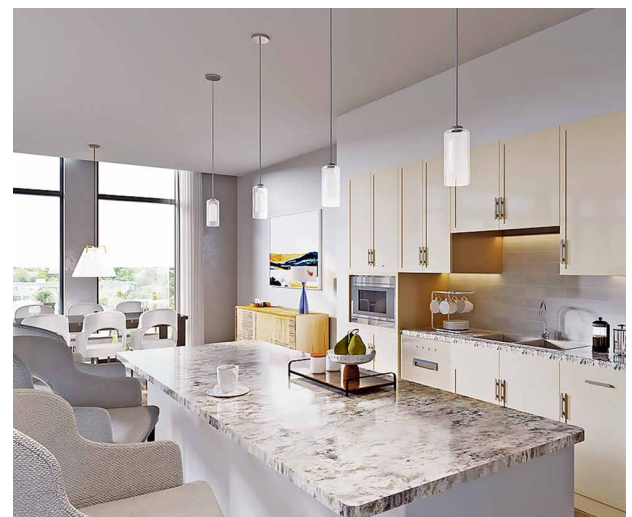
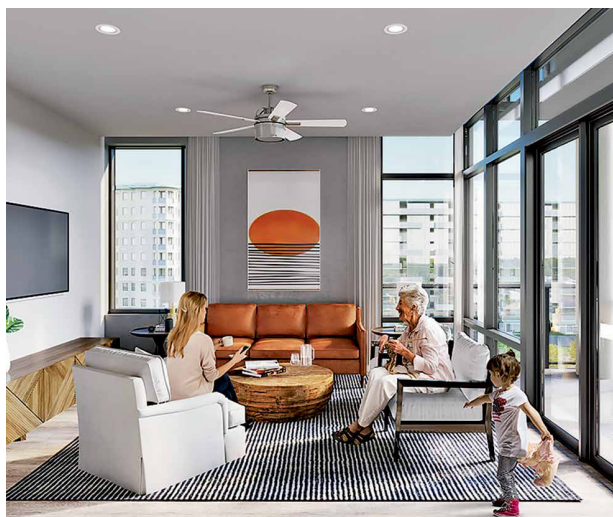
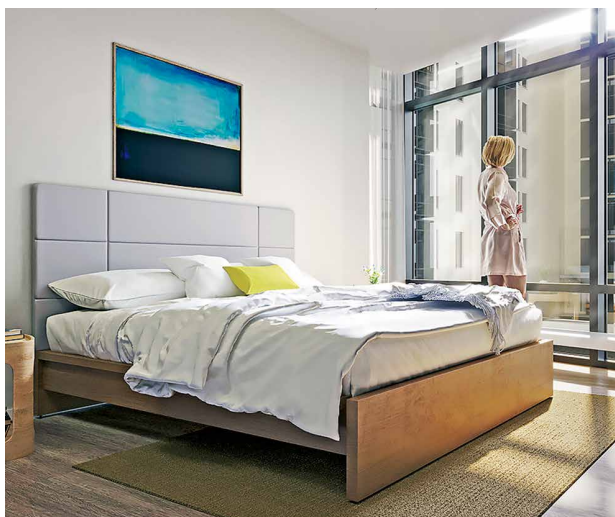
Playing fetch at the Wellness Park, then lunch at the Palm Bistro with the grandkids, followed by a show at the Cultural Arts Center.

Tired? Sure. Retired? I'm not stopping.

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 Music Studio
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Thursday, April 11
 11 a.m. – 12:30 p.m.
 Space is limited.

Call to RSVP for the Tour today **954-871-2655**



Living Apart Together

Ketsia Levasseur, MA, CCM
Gazette Contributor



Ketsia Levasseur, Owner and Founder Premier Concierge Care Management, LLC

Tweet: If you don't wish to remarry or live together, there is a growing trend of older adult couples keeping their respective homes while enjoying a romantically exclusive and intimate relationship.

They are freed from expectations of domestic chores and eventual caregiving, yet enjoy more emotional support and companionship than if they were simply dating.

Can two households be better than one? In a trend called "living

apart together" (LAT), a growing number of older adults are experimenting with committed relationships that also allow for autonomy.

These are people who prefer intimacy and companionship in their lives. At the same time, marriage—or even living together—brings more entanglements than they want to take on. For instance, some have already nursed a spouse through dementia or cancer and done the "in sickness and in health" role; they don't care to do it again, especially when the window for good health may be limited.

Instead, they agree to be romantically exclusive but keep their own homes. They may eat most dinners together but sleep over only a few nights a week, alternating houses, such as in a Life-Plan Retirement Community like John Knox Village.

Some Benefits Of LAT

- *Companionship, intimacy, and emotional support*
- *Freedom and "space" to maintain existing friendships and interests*
- *Absence of conflict about domestic chores, finances, and other logistics*
- *Greater focus on the joy of the relationship ("keeping the romance alive")*
- *Protection from the responsibilities of caregiving*

Discuss These Issues First

- **Finances.** How will you pay for expenses relating to your shared activities (groceries, restaurants, concert tickets, travel expenses)?
- **Family obligations.** How do you spend holidays? Birthdays? Do you expect to interact with each other's kids, grandkids, etc.?
- **Caregiving.** What happens when your partner's health starts to decline? How much are you willing to do or not do? (What sounds good in theory can be difficult to implement, given the emotional bond that develops.) Who will handle the bulk of the caregiving? Adult children? Paid caregivers? (Does your partner realistically have a budget for that?)

• **Long-term care.** What about decisions regarding assisted living, memory care, or nursing homes? Will you participate in the discussion of your partner's living arrangements, or will that be up to their family members only? Long-term care is part of the contract for JKV residents.

Looking to age on your own terms?

Consult with the experts in aging well: Learn more about our services at www.premierconciiergecm.net



In a trend called "living apart together" (LAT), a growing number of older adults are experimenting with committed relationships that also allow for autonomy.

Ketsia Levasseur, MA, CCM is a certified case manager with a master's degree in gerontology. She has been working in eldercare since 2004, most recently as a hospital case manager. In 2019, she opened Premier Concierge Care Management to address the gaps she saw in the medical system. Now she can devote herself to making sure her clients have the seamless care and quality support they deserve. Ketsia can be reached at 954-446-7022 or email her: ketsia@premierconciiergecm.net

As An Innovative Senior Living Leader, JKV Provides In-Home Urgent Care-Level Services To Its Residents

Rob Seitz
Gazette Editor

"We knew we wanted to do something other than conduct business as usual," Jennifer Stevens, JKV's Vice President of Health Care told the *Gazette*. "After considerable research we contracted with dispatchhealth®—a Colorado-based company with a strong local presence—that provides same-day urgent medical services for our residents seven days a week."



Jennifer Stevens, JKV's Vice President of Health Care

When administrators at John Knox Village began seeing an uptick in resident visits to area emergency rooms and urgent care centers, the time was right to take some innovative action.

In addition to dispatchhealth, residents at South Florida's premier Continuing Care Life-Plan Retirement Community, who find themselves in an urgent medical situation, have the peace of mind knowing they can pull their in-home emergency cord, activate their JKV emergency pendant or call JKV Security.

JKV EMTs On The Spot

By performing any of those three actions, a JKV EMT (Emergency Medical Technician) will be dispatched to their home to evaluate, triage and determine whether dispatchhealth should be contacted or the medical situation requires going to a hospital emergency room.

If it is a dispatchhealth call, either a Physician's Assistant or Nurse Practitioner will come to the resident's apartment or villa home.

A resident found himself needing dispatchhealth after returning from a 10-day trip not feeling well. Shortly after his phone call, Mark Levey, a Village Towers resident for nearly five years was met in his apartment by a JKV EMT and dispatchhealth medics.

"Dispatchhealth had a cartful of their exam equipment with them," Mr. Levey said. "The PA and MA examined, tested and diagnosed me, and sent in a prescription to my pharmacy right there and then."

"Everyone was friendly and caring and it was a lot better than going to an urgent care office, having to wait to be seen by their medical team, who would be treating other patients at the same time."

Medically Equipped Professionals

While not designed to replace residents' Primary Care Physicians, some of the offerings through this innovative program include: EKG, IV fluids, medications, antibiotics, stitches, splinting, advanced on-site blood testing, urinary catheter insertion, rapid infectious disease training, lancing of abscesses.

Many of the treatments being handled for JKV residents include: Cellulitis, CHF exacerbation, COVID-19 symptoms, diarrhea/nausea/vomiting, dehydration, falls, pneumonia, severe constipation, shortness of breath with COPD, skin infections, strains, sprains and minor fractures, urinary tract infections and weakness.



(L to R) EMT Lead Andre Campbell with EMTs Emelyn Guedes and Chris Rosario.

"These days an average visit to an ER is \$15,000," Mrs. Stevens said. "Plus, the time residents spend in the waiting room while being exposed to who knows what."

"There are a lot of wonderful reasons to live at John Knox Village: Five-star amenities, top-shelf entertainment, great dining and now in-home medical treatment; talk about a worrisome burden being lifted off our residents."



Answers to Crossword Puzzle on Page 4 and Sudoku on Page 6.

W	H	O		A	H	A	B		A	J	A	R	
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8	6	3	4	7	2	1	9	5
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7	1	4	5	2	8	3	6	9

Join The Celebration April 17 At Founders Park

50th Anniversary Of The Pompano Beach Historical Society

For Immediate Release
Pompano Beach Historical Society

On April 17th, join the Pompano Beach Historical Society's 50th Anniversary Program and Celebration. Several exhibits chronicling both the history of Pompano Beach and the history of the Historical Society will be on display. There will be food, refreshments, and entertainment for all ages. Tom Johnston, Esq, a long-time Pompano Beach resident and Historical Society member, will be the keynote speaker.

Festivities begin at 3 p.m. and continue with proclamations and the keynote address commencing at 6 p.m. at the Hood Center, Founders Park, 217 NE 4th Ave., Pompano Beach, 33060.

Creation Of The Pompano Beach Historical Society

In 1973, a small group of local residents – most, descendants of pioneer families – got together to discuss the need to collect and preserve the many stories, photographs and other objects that together represented the historical narrative describing Pompano's pioneer founding.

The Pompano Beach Historical Society was formed as a non-profit organization in 1974 to collect and preserve the artifacts and memories of "Old Pompano." Founding members of the Society chose the plow as a symbol for the organization to reflect the community's agricultural heritage.

The Society's first president was Mrs. Ennis Warren Ballou who was born in Pompano in 1910. Her father, John Warren, owned a local farming supply store and her husband, David Ballou, owned the local John Deere Tractor outlet. The young town of Pompano was indeed a farming community back then and had a total of about 200 residents.

Shortly after the Historical Society's founding, the Kester family donated two "Kester Cottages" to the Society to start a Pompano Beach Historical Museum. They were later moved to Founders Park, Pompano's oldest park established in 1926. The cottages are on the local historic register, and are open to the public for regularly scheduled tours, during monthly programs, and by appointment.

Originally, the Society met at the library and civic center, but in 1989 plans were developed for a meeting room. In 1995, the new building in Founders Park was dedicated as the Dick and Miriam Hood Center.

Also located in Founders Park is the City's original Fire Station housing two antique Pompano Beach fire engines dating from 1926 and 1949. Both are maintained by members of the "5555 Society" and are in working order. The site also contains



One of two Kester Cottages relocated to Pompano Beach's Founders Park.

Pompano's original Water Pump House and commemorates the location of the original Water Tower that served the city until the 1950s.

In 2002, the Pompano Beach Historical Society established the Pompano Beach Green Market for the purposes of promoting Pompano's old downtown and as a salute to the community's agricultural past.

In 2008, the Historical Society, partnering with the City of Pompano Beach, took the lead in organizing the community celebration of Pompano Beach's 100th anniversary. The Centennial Celebration staged many events and with Dan Hobby's contribution, the Historical Society published a new book: "Pompano Beach: A History of Pioneers and Progress;" the Society's now authoritative book chronicling Pompano from rural, back-country beginnings to the Florida destination-city it is today.

A New Era: Today's Pompano Beach Historical Society

Today, the Historical Society presents monthly programs and lectures throughout the year open to the public at no charge. Each program typically has a relevant historic theme and is often led by a leader of the local community, a known educator, or a resident historian. The monthly programs, along with the Green Market, serve as the principal means for the Historical Society to engage with the community and fulfill its mission. The Society also conducts bi-monthly Historic Bus Tours, available to the public, that provide a narrated visit to over 30 historic sites within the community.

The Pompano Beach Historical Society works closely with other like-minded organizations such as the City of Pompano Beach Historic Preservation Board, the Sample-McDougald House, the Broward County Preservation Board, Rock Road Restoration Historical Group, and others to support the preservation of our past.

You are invited to join in the Historical Society's 50th Anniversary Program and Celebration on April 17th.



Pompano Beach's original fire station is located in Founders Park.

Pompano Beach Historical Society will celebrate 50 years (1974 – 2024) of achievement and historic preservation with an Open House, followed by recognition presentations and a keynote speaker, Wednesday, April 17, from 3 to 7:30 p.m. at the Hood Center, Founders Park, 217 NE 4th Ave., Pompano Beach 33060. For more information call 954-782-3015

Sometimes The 'A' Word Is A Good Thing

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

Do not worry there will not be any profanity in this article. The "A" word to which I am referring is Alexa.

Alexa is a cloud-based voice-controlled virtual assistant that many people have installed in their homes. To "wake" her up simply say her name, which is why I refer to her as the "A" word.

At John Knox Village, we recently conducted a pilot program that incorporated Alexa with our online web system called JKVConnect.

Through this program, our residents were able to find out a variety of information about the Village, get neighbor's phone numbers, sign up for entertainment events and much more.

Residents learned to ask Alexa to play their favorite song, read headlines, even dim the living room lights. The pilot program was a success with the residents who participated in it.

JKV is a thought leader in the senior living industry for brain-storming such initiatives, so look for more information in the future, should the program be adopted campus-wide.

Alexa, What Can You Do?

Seeing Alexa perform all these functions made me wonder what she was really capable of, so I did a little research and found a few things out about Alexa I did not know before.

There is a range of lesser-known commands she can perform. For example, if you do not want to bother

others in the household, you can turn on whisper mode, so if you whisper the question to her, Alexa will whisper the answer back to you.

There are a variety of other things Alexa can do that people might not know about. These are called routines. Routines allow you to set up a series of actions that are triggered by a phrase.

You could create a "Good Morning" routine so that when you say that to Alexa, she turns on the lights in the bedroom, tells you the weather forecast for the day and then plays your favorite news channel's briefing.

This also touches on one of Alexa's biggest capabilities, which is to control your smart home. Every day there are more devices and appliances you can control through your phone or Alexa-like digital assistant, ranging from not only turning light bulbs on and off, but changing their colors, all the way up to commanding ovens to cook your dinner like with the all-in-one countertop appliance Suvie.

One Alexa skill I have recently been using is her ability to remind me of things. This can be helpful if you need to be reminded to take a medication at a certain time or in my case, I asked her to remind me to change my Brita water filter every two months.

Along those same lines, Alexa can be used to make shopping lists, so when you are in the bathroom, and you realize you are running out of toothpaste you can just say "Alexa add toothpaste to my shopping list."

If you get an Alexa device with a screen, you can use it to make video calls with people and do something called "dropping in." This is nice because it is like a phone call, but the other person does not need to answer, it does so automatically. If your family member is having some difficulties answering the phone or other devices, this will allow you to drop in on them and see how they are doing.

Hopefully, this article has given you some new ways to use the "A" word and I will now end this article with a different "A" word—by bidding you Adieu.



Residents Enjoy Dedicated 'IT' Guy

As technology continues to become more entrenched in people's day-to-day lives, John Knox Village made a conscious decision several years ago to provide a full-time dedicated technology support team member for its residents.

By most accounts, JKV is one of only a handful of Life-Plan Continuing Care Retirement Communities in the entire country which provides its residents with a full-time dedicated employee to assist them with all their technology questions, issues and concerns.

Jason Cook, JKV's well-credentialed Technology Engagement Coordinator, provides residents with personal assistance, as well as classroom-style training. Residents have overwhelmingly embraced having Jason as their "IT [Information Technology] Guy."

Recently Jason was part of a feasibility pilot program discovering whether residents would use and find helpful an Alexa in their apartment or villa home. Look for future related articles should the Alexa program be implemented campus wide.

In Good Taste: Cubano 'Croque Monsieur' Is King Of Grilled Cheese Sandwiches

Rob Seitz
Gazette Editor



John Knox Village
Head Chef Frederic Delaire

cheese with South Florida's famous Cuban sandwich ingredients.

Easy to make, this towering sandwich teems with slow-roasted pork, an indulgent bechamel sauce and many layers of ham and Swiss," according to Sara Liss' "Miami Cooks" cookbook from which Chef Frederic's recipe is derived.

The author notes a day in advance is needed to marinate the pork, but the hearty and satisfying meal is worth the wait, especially when followed by a strong Cuban coffee.

Cubano "Croque Monsieur" (Serves 4)

Pork Roast Marinade

- 4 cloves garlic
- 2 tsp. ground cumin
- 2 tsp. salt
- 1 tsp. dried oregano
- ½ tsp. black pepper
- 1 cup orange juice

Expect a delightful dining experience when ingredients of a Cuban sandwich and an over-the-top French-styled grilled ham and cheese are combined in the more than capable culinary hands of John Knox Village's Executive Chef Frederic Delaire.

Chef Frederic's Cubano "Croque Monsieur" is a luxurious and tres Francais knife-and-fork version of a grilled cheese—marrying traditional ham and

- Juice of 2 lemons
- Juice of 2 limes
- 2 tbsp. extra virgin olive oil

Cuban-style Pork Roast

- 4 lbs. pork shoulder, tied like a loin (ask your butcher)
- 1½ cups Pork Roast Marinade

Bechamel Sauce

- 2 tbsp. butter
- ¼ cup all-purpose flour
- Pinch of nutmeg
- Pinch of salt
- 4 cups milk
- 1 cup grated Gruyère

Cuban Mayo

- ½ cup mayonnaise
- ½ cup Dijon mustard

Method Of Preparation*:

For pork roast marinade, in a small food processor combine garlic, cumin, salt, oregano and pepper. Then transfer paste to small bowl and whisk in citrus juices and oil.

Place pork shoulder in large zip-top bag or container and pour in marinade. Rub marinade over the entire pork shoulder and refrigerate for 24 hours.

Preheat oven to 325-degrees Fahrenheit, transfer pork and marinade to roasting pan and roast for 2 ½ hours, basting occasionally until the center is tender and the internal temperature reaches 145-degrees F. Set aside and rest at room temperature for 20 minutes, then refrigerate.

For Bechamel Sauce, melt butter in a medium



saucepan over medium heat. Add flour, nutmeg and salt, stirring for 2 to 3 minutes, until golden. Pour in milk and whisk continuously for 6 minutes, until sauce has thickened. Remove from heat and stir in cheese, until melted and combined. Set aside.

For Cuban mayo, combine mayo and mustard, then set aside.

Assembly: Preheat oven to 420-degrees F. Place 8 slices of brioche (or country bread) on a baking sheet. Add a layer of Bechamel Sauce, then 2 slices of pork and 2 slices of ham. Add a thin layer of Cuban mayo and sliced pickles. Add 2 slices of Swiss cheese. Then repeat layers. Cover with the remaining 4 slices of bread. Using the palm of your hand, gently press the sandwiches to compress.

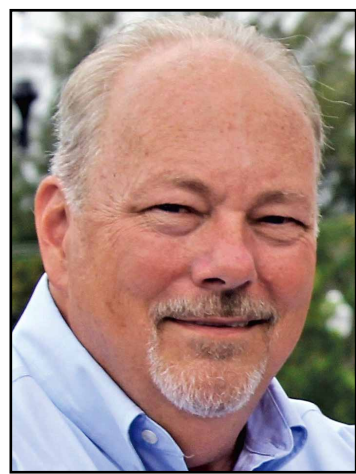
Spread a generous layer of Bechamel Sauce on top of the last piece of bread and top with Gruyère. Bake for 10 to 12 minutes, until the tops of the sandwich are golden brown. Transfer to plates and serve.

*Reprinted from "Miami Cooks," by Sara Liss.

Preserving 108-Year-Old Historic Home

Fundraising Initiative Underway For Pompano's Sample-McDougald House

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

The Sample-McDougald House, now located at 450 NE 10th St. in Pompano Beach, is one of South Florida's most historic structures, dating from the pioneer era of northern Broward County.

Built adjacent to Dixie Highway in 1916 by local pioneer Albert Neal Sample as his family home, from its completion, the house attracted the attention of both locals and visitors for its grand architectural style.



The Sample-McDougald House, built in 1916, represents Pompano Beach's history during the early 20th century.

Originally The Sample Farmhouse

The home served as the base for Sample's farming operations, stretching from what is now Lighthouse Point out west past today's Powerline Road. In 1917, Mr. Sample funded and constructed a road for reaching his cropland; today that thoroughfare, Sample Road, bears his name.

Following Mr. Sample's death in 1941, the house was purchased by William D. McDougald. His family continued to reside in the house until the late 1990s, when, seeking to preserve the house, Mr. and Mrs. McDougald's children deeded the house to the newly formed Sample-McDougald Preservation Society (SMPS).

A Move In The Middle Of The Night

During the late evening hours of May 29, 2001, the house was moved off its original site and over the next seven hours moved south on Dixie Highway and then east on Northeast 10th St. to its new location. Hundreds of people lined the streets to view this once-in-a-lifetime sight.

Subsequently, the volunteer work and donations of

many individuals and corporations led to a successful \$2.5 million campaign that saved the house from destruction and restored it to its former glory. John Knox Village is a proud partner and supporter of the SMPS, which now stands in Centennial Park as one of our community's most treasured sites offering tours of the home as well hosting both public and private special events.

However, preserving a historic structure for this and future generations is an arduous task, especially in South Florida's environment. Currently, the SMPS is embarking on a project that will help protect it against hurricane and storm damage—the custom manufacture of impact-resistant "storm windows" that will cover the house's historic windows and protect against hurricane winds.

To accomplish this important project, we are asking civic-minded community members to help us achieve our goal. Your donation will bring us closer to our goal of raising \$75,000 for this important proj-

ect and help ensure that future generations will be able to enjoy this unique place and better appreciate the aesthetic and cultural history of South Florida.

If you would like to help, you can mail your check to the Sample-McDougald House, P.O. Box 1599, Pompano Beach, FL 33061. Call SMPS Executive Director Lee Waldo at 754-307-5446 to learn more, or visit their website at www.sample-mcdougald.org

Any donation, large or small, helps preserve this local landmark.

Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: "Pompano Beach: A History of Pioneers and Progress." In 2021, he was named City Historian by the Pompano Beach City Commission.

'We Are The World,' JKV Visits Italy In May

Village Resident Travel-Photographer Tom Regan Shares His Images Of Italy



John Knox Village resident and talented travel-photographer Tom Regan captured these photos from the Carnival in Venice, Italy during his trip to Italy in February.

Marty Lee
Gazette Contributor

The John Knox Village Life Enrichment Department set a year-long theme for activities and events in 2024 named "We Are the World."

The theme is centered upon the "Blue Zone" regions in the world where people live longer than average. Examples of Blue Zones include Okinawa Prefecture, Japan; Nuoro Province, Sardinia, Italy; the Nicoya Peninsula, Costa Rica; Icaria, Greece; and Loma Linda, California.

According to Dan Buettner, author of "The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest," there are nine factors all Blue Zones have in common; these include:

- **Physical activity:** Blue Zone centenarians maintain high levels of physical activity.
- **Sense of Purpose:** The source of life satisfaction, contributing to a longer and happier life.
- **Sleep:** Blue Zone centenarians prioritize rest and sleep.
- **80-percent rule:** Blue Zone people stop eating when their stomachs are 80-percent full.
- **Plant-based diet:** Blue Zone centenarians' diets largely consists of plants.
- **Moderate alcohol consumption:** Blue Zone centenarians contributed tea-totaling to their long life spans.
- **Sense of community:** Strong community ties promote longevity.
- **Loved ones first:** Strong family ties are the cornerstone of Blue Zone communities.
- **Social encouragement:** Blue Zone centenarians live in social networks that promote healthy behaviors.

Every month in 2024, the JKV activities' calendar offers lectures, events and dinner outings focusing on that month's featured country.

Having already focused on Japan in February, Ireland in March, the focus will be on Costa Rica in April and Italy in May.

Tom Regan, Resident And Photographer

The joys of life at JKV include the experiences offered by the Life Enrichment Department and getting to know the many talented residents living at JKV. One of those talented folks is Tom Regan, an

exceptional travel-photographer who brings us these images from his recent trip to Italy.

Tom Regan moved to JKV in 2017, "because of the health care safety net," he said. "[But] the more I learned about JKV, I came to realize the fitness programs, recreation, meals, housekeeping, maintenance, etc. were equally important."

Tom (actually Dr. Tom) grew up in New Orleans, LA. He got his degrees at Tulane University from bachelor's to PhD in Chemical Engineering.

As a professor at the University of Maryland, Tom researched membrane diffusion, and was part of a team developing the earliest dialysis protocols in the mid-1960s.

engineering and research behind. He wanted to capture so much of the beauty he was experiencing.

Extensive Travel And Photography

"I have been to all 50 of our states and throughout Europe, mostly in France, Italy and Spain," Tom said. "For many years I would spend early July in Provence to photograph the lavender fields. I also traveled the main pilgrim routes across France and Spain to Santiago and photographed the many Romanesque 12th century chapels and architectural details. I have been to six of the seven continents with Antarctica still calling me."

With an analytical background and a creative drive, Tom has taken his camera across much of the world,



A view of the Rialto Bridge over the Grand Canal in Venice, Italy. Tom Regan photo.

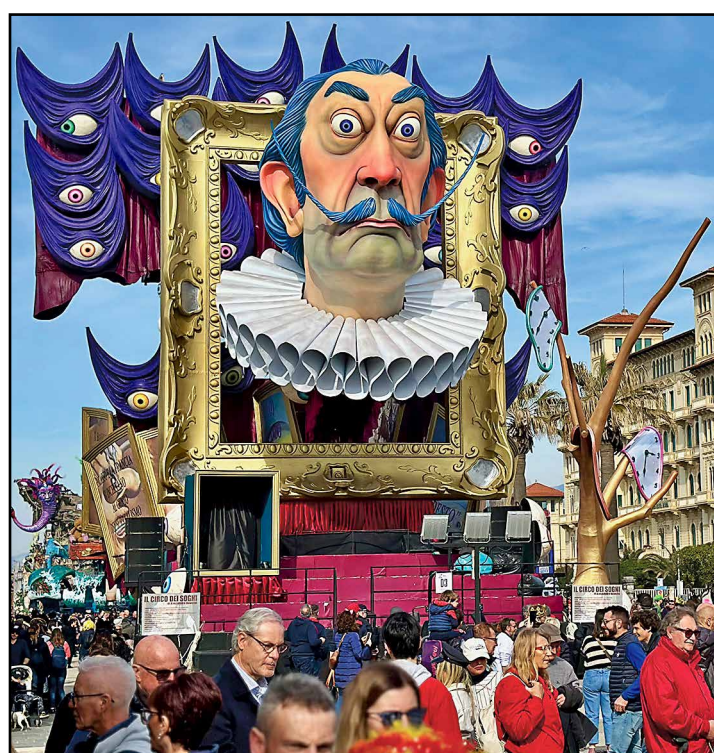
"In 1974, I was Special Fellow of the NIH [National Institutes of Health] and spent a year in New York at Columbia's Institute for Human Nutrition," he said. "I took a short tangent in 1976 when I bought a restaurant/piano bar called The Five Oaks in Greenwich Village and had that until 1981, when I renewed my emphasis on engineering education.

"I finished the last 10 years of my career as the Director of a National Science Foundation sponsored coalition of six engineering schools focused on changing the pedagogy of the engineering classroom and curriculum."

When retirement came, Tom moved to Paris and "became interested in art history and photography, and left

returning with impressive photos of people, places, wildlife, architectural masterpieces and creative images. Having spent so much of his life in New Orleans, Tom was always attracted to the vibrant colors, rhythms, and sights of Mardi Gras. So as Carnival time approached in February, Tom naturally gravitated to Carnival, not in New Orleans, but to the Carnivals of Venice and Viareggio, Italy.

The images on this page are just a few of more than 1,200 photos, Tom shot on his Italian travels. Subscribe to the digital Gazette ACE (see page 5 for details), to see many more images from Tom's Italian photo collection in the May/June Gazette ACE.



Parades, day and night, with huge floats are the main focus of the Carnival in Viareggio, Italy. Tom Regan photos.

Taking The Road Less Traveled

JKV Resident Reminisces About Her Residency In Portugal

Janet Anding
Gazette Contributor

If you have been following my current series of travel stories in the *Gazette*, you may remember my journeys

to Iceland, Mongolia and India. As long as I can remember, travel has been my passion.

Growing up, my family moved so much that I attended nine schools in 12 years. My dad worked for Trans World Airlines (TWA), and he was frequently transferred from city to city. So, our family followed him along with his career path.

My mother always said, "We were so lucky to move often as we get more friends, keep the old ones as pen pals and visit when you can." Mama would tell us to live the first two years in our new city as tourists and we will have great memories. In Peoria, Mom, really?

In this issue of the *Gazette*, I turn my attention to a country known for Port wine, cork, and the birthplace of Cristiano Ronaldo, arguably one of the best soccer stars on the planet.

The Enchantment Of Portugal Beckons

Sharing the Iberian Peninsula with Spain, Portugal is smaller than Indiana, including the two autonomous archipelagos of the Azores and Madeira. Portugal, home of warm and welcoming people, is one of the best countries for a vacation. Beaches, water sports and marine life surround half of the country with temperate weather.

Seafood, fresh fruit and veggies are abundant year-round, and vineyards produce great wines. With a great climate and wonderful way of life, what more could one want?

My husband, Jim, a U.S. Foreign Service Officer, and I relocated from Accra, Ghana, West Africa in 1994 to Washington, DC. It was my first time living in our Nation's Capital and a grand place for sightseeing. Then In 1995, Jim was asked to take a position at the American Embassy in Lisbon, Portugal. What a treat that would be.

After six months of language training, we moved to Cascais, a quaint fishing village and a suburb of the Capital City Lisbon. Our Embassy, an elegant structure in central Lisbon, was originally a 17th century monastery. We were surrounded by beautiful scenery and history.

After working constantly for 30 years, I took some time off to go sightseeing. With my book "*1,000 Places to See in Portugal*" and two little dogs, I hit the road to discover Portugal.

The country is 350 miles north to south and 135 miles across. I could visit many of the sites and be home for dinner.

Jim and I had weekend tours staying in Pousadas at its inns of historic and scenic heritage. Often, they were former castles, monasteries, one was a former jail, another was built in caves for a nunnery and more.

Skulls, Bones & More Bones, Oh My!

Evora, a UNESCO Heritage Site located 85 miles east of Lisbon, was my first exploration. I had seen many Roman and Greek antiquities but what astonishments were ahead. The Igreja (Church) of São Francisco almost knocked me off my feet.

I had not seen the Catacombs in Paris and had no idea what to expect in the Capela dos Ossos. In the 15th century, Franciscan Friars exhumed over 5,000 Friar's skeletons from many cemeteries to decorate their chapel. It was truly a grotesque site of human



The picturesque city of Lisbon is the Capital of Portugal with a metro population of three million. Image source: Bigstock.

skulls and bones.

Where was Jim when I needed him?

After exiting the church and coming into the clear air and sunlight, I went to Praça do Giraldo, the central square, and planted myself at a sidewalk cafe.

It took lots of people watching, an extraordinary lunch of arroz con mariscos, prawns, mussels, clams, peppers and rice, plus a couple of thirst quenching Sagres beers to calm me down.

My two pups accepted nice food tidbits from the waiter and bowls of water, each with a lemon slice on the edge of their bowl. Classy.

Many more sites were to be seen in the afternoon: Roman temples, palaces, cathedrals, and another favorite, the four-level Aqueduto da Amoreira in the town of Elvas. Evora and Elvas were top sites for visitors, but I will never, ever enter the Chapel of Bones again.



Portugal's Aqueduto da Amoreira dates back to the 16th century. Image source: Wikimedia Commons.

Then There Were The Dinosaurs

My "*1,000 Places*" book talked of dinosaur footprints south of Lisbon and west of Setúbal near a Cape called Cabo Espichel. The clues were to "drive 30 minutes south of the grand Ponte 25th de Abril bridge, find a dirt path and turn west toward the cliffs above the sea.

"Then walk a couple of miles southwest with no signage of any sort. If one reaches the 14th century Santuário de Nossa Senhora you have gone too far."

Within a couple of hundred yards from leaving

my car I started seeing prints. My first time in almost 50 years to see dinosaur footprints. I also found one mammoth print. I returned many times to this area bringing family and friends and always found more. Portugal has a passion to share this precious dinosaur history with many national parks and sites with most well-marked today. I did get to see the Sanctuary Of Our Lady which housed pilgrims from the 15th to the 19th centuries.

The Dolmens – Think Stonehenge

Two treasures, somewhere about an hour east of Lisbon were both very hard to find. I drove up and down dirt roads and paths stopping to speak with farmers for help. They did not seem to know what I was talking about or where they could possibly be. It took hours to find them.

The first marvel was the Anta Grande do Zambujeiro in Portuguese or Great Dolmen in English. Think Stonehenge. It is a megalithic cathedral or shrine where a large flat rock is placed on upright dolmen rocks. Five miles away were the Almendres Cromlech Dolmen, said to be the oldest stone circle in Europe, built 6,000 years ago, 1,000 years before Stonehenge appeared. They were named Almendres as the stones were shaped like almonds. This became a ceremonial stone circle.

Most dolmens are found in England and France and even numerous dolmens are found in Korea. Astonishingly 95 dolmens were discovered in Portugal in 1966. Today both are important sites with plenty of signage and plenty of tourists. It ended up these sites were just sitting on old and small family farms. Wonder what the farmers thought those rocks were all about?

Beware Of The Cherry Syrup

A wonderful medieval town, Óbidos, has existed since the late Paleolithic age and was home to early Celt tribes, Phoenicians, Visigoths, Romans and Moors. The first king of Portugal, Alfonso, conquered the city in 1148, and began the country that would become Portugal.

The castle, now a Pousada, and the town are completely enclosed by 14th century walls with old gates and a drawbridge. No cars are allowed. Each July the town, with a population of 3,000 residents, puts on a full Medieval show with all the accoutrements: Jesters and jousters, knights, animals, stalls, dancing and more for one month.

Jim and I brought my brother and sister-in-law for a visit. My sis became almost addicted to a tiny chocolate candy cup holding a sour cherry with a little sour cherry liqueur called Ginja d'Óbidos. At that time, they were giving out free samples at almost every shop, stall and restaurant hoping you would buy a bottle of the Ginja.

Today, they charge one Euro a sip. Luckily, I did not particularly care for what tasted like Vick's cough syrup to me. Sis loved the chocolate cups and the cherries; not realizing she was drinking a lot of very strong liqueur. After quite a few cups, we almost had to carry her home. She still loves telling her happy story of that visit years later.



The Almendres Cromlech located southwest of the city of Evora, Portugal is well known for the number of its standing menhirs and the engravings they bear. Image source: Bigstock.

John Knox Village Westlake resident, Janet Anding has traveled the world since she was a young girl. By her count, Janet has visited 156 of the 193 countries in the United Nations, and 228 of the 330 places noted in the "Travelers' Century Club" list, and has now crossed the equator for the 48th time in her life. Janet enjoyed a 23-year career with Trans World Airlines and traveled the world. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa.

Celebrate Earth Day Every Day

Environmental Movement Now In 54th Year

Yael Fishman & Kim Morgan
Gazette Contributors

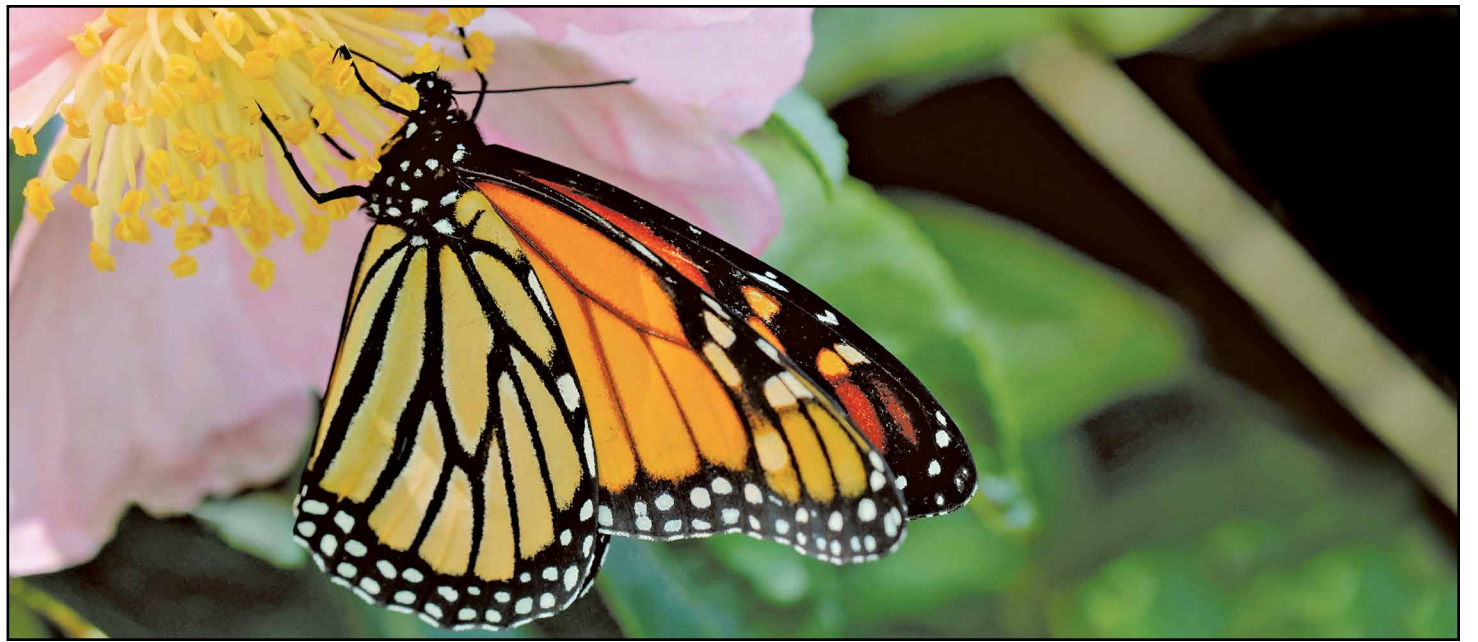
Over half-a-century ago, Earth Day was made official on April 22, 1970, marking the birth of the modern environmental movement.

Prior to Earth Day, Americans were true gas guzzlers driving massive and inefficient cars that emitted smoke, sludge and air pollution without any concern for its impact on our environment.

Sadly, Americans remained largely oblivious to environmental concerns and how pollution threatened human and other living organisms' health, and there were no legal or regulatory procedures in place to protect the planet.

Earth Day Was Born

Inspired by the Vietnam anti-war movement and being a long-time advocate against the decline of the natural world, U.S. Senator Gaylord Nelson, from Wisconsin, created Earth Day in the spring of 1970 to force the issue onto the national agenda. On April 22 of that year, some 20 million Americans demonstrated in cities across the country with rallies, clean-up events, and educational programs. Earth Day was born.



Butterflies play a major role in pollinating plants, fruit and vegetables. Image source: Getty images.

Nature Boosts The Brain

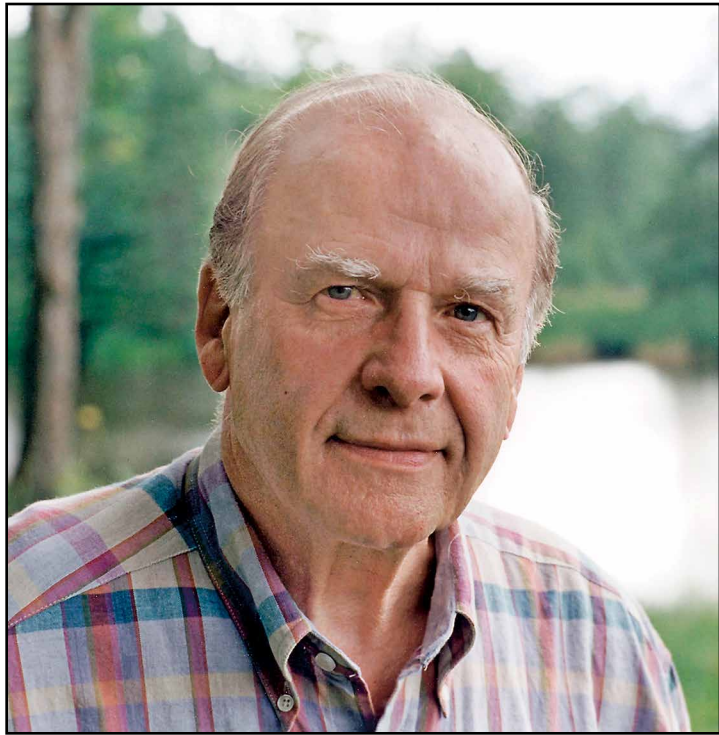
Trees, flowers, grass, gardens and parks are wonderful for all our senses, but they're also great for our cognitive health. According to The National Institute on Aging, residential areas with more green space are associated with faster thinking, better attention and higher cerebral ability.

A journal published by the JAMA Network Open shared findings of a U.S.-based study of adults 65 and over, citing that exposure to some natural environments can be associated with a decrease in hospitalizations for Alzheimer's disease and related dementias, as well as Parkinson's disease.

The study found that "exposure to green space around one's home and surrounding neighborhood could improve processing speed and attention, as well as boost overall cognitive function." The results also showed that "lowered depression may help explain the association between green space and cognition, bolstering previous research that has linked exposure to parks, community gardens, and other greenery with improved mental health."

For older adults, retirement can provide more time and opportunities to engage with nature, irrespective of age and health status. In whatever ways we are able to get out and enjoy the natural environment, there's no doubt a breath of fresh air and experiencing the wonder of nature does a body—and a mind—good.

John Knox Village in Pompano Beach, FL is an internationally award-winning senior living Life-Plan Retirement Community that engages its residents with exciting activities to stimulate the mind and senses. Located just three miles from the beach, JKV is situated on a 70-acre lush, tropical campus with an abundance of green space for residents to enjoy.



Wisconsin Senator Gaylord Nelson (1916 – 2005) was instrumental in creating the first Earth Day on April 22, 1970. Image source: Wisconsin Historical Society.

Time In Nature Adds Years

Did you know that spending time in green spaces may contribute to your longevity by as much as two-and-a-half years? Studies suggest that long-term exposure to greenery is good for your health.

From *The Washington Post*: "[Studies] show that being near green space causes some biological or molecular changes that can be detected in our blood," says Lifang Hou, a preventative professor at Northwestern University Feinberg School of Medicine and the study's principal investigator.

David Rojas-Rueda, an epidemiology professor at Colorado State University, adds, "We know the benefits of green space in reducing premature mortality. This study explains how this could happen by describing how green spaces can modify how genes are expressed."



The vegetable garden at Sample-McDougal House. Image source: Marty Lee.



Orchids growing in a tree alongside the pathway surrounding Lake Maggie at John Knox Village. Image source: Tom Regan.

Join Us To Celebrate Earth Day At Any Of The Following JKV Events:

April 6: Bonnet House Orchid Festival & Brunch

April 10: Sample-McDougal House Garden Tour & Lecture: Environmental Discussion on Climate Change and Bees & Pollinators, and Art in the Park: 'Herb Bouquets'

April 17: Wildlife Wonders Presentation: 'The Majestic Elephant' at JKV

April 26: Nature Walk (Fitness event)

April 27: Pompano Beach Green Market outing

Visit www.johnknoxvillage.com or call 954-871-2655 for more information on any of these events, to reserve your spot, or schedule a tour. Visit JKV and see what sets us apart.

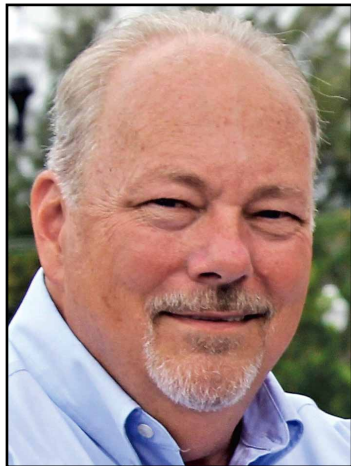


Village Towers residents Paula and Gordon Prat walk among the tropical landscaping on the shores of JKV's Lake Maggie.

Pompano Goes To The Races

Pompano Park Billed Itself As The 'Winter Capital of Harness Racing'

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

One of the most ambitious developments in Pompano Beach's history occurred in the 1920s, during the great Florida Land Boom: The Pompano Race Track. Situated west of town, the facility was said to have cost \$1 million, and included a clubhouse, grandstands that could accommodate 5,000 people, stables for up to 900 horses, and lush landscaping surrounding the track.

The track was marketed with the slogan "Off they go, at Pompano."

Track Opened To Record Crowds

The grand opening and inaugural race at the new track took place on Christmas Day 1926. Special trains ran from Miami and West Palm Beach to Pompano that day, and direct bus service from hotels in Ft. Lauderdale and Hollywood was available. Dixie Highway was bumper-to-bumper with cars heading to the track.

It has been estimated that as many as 15,000 to 20,000 people packed the grandstands and stood along the rails and in the lawns that day. It was the biggest crowd Broward County had ever seen.

In 1926, gambling in general, and betting on horse racing in particular, was against the law in Florida. This would seem like an impediment to running a successful parimutuel facility, but the horses were already racing in Miami and "respectable" forms of betting were not hard to find in South Florida. Moreover, the new track's owners were sure they had an understanding with Florida Gov. John W. Martin.

It must have come as some surprise, then, when Broward County Commissioner John M. Bryan of Dania asked the circuit court to issue an injunction against the Pompano Race Track, and even more so when the circuit court issued the injunction, halting all betting at the track. The Florida Supreme Court upheld the injunction.



A rare photograph of the opening day crowd at the Pompano Race Track, 1926. Image source: Dan Hobby archives.

The track attempted to get around the law by using some complicated schemes that were intended to make gambling not appear to be gambling, but the state would have none of it. At one point, Gov. Martin threatened to send in the National Guard if gambling was allowed to continue.

New Pompano Park Opened In 1964

In the end, few horses ever raced at the Pompano Race Track. It was later used for high school track meets, car races and other public events, but these were hardly lucrative enough to keep the facility operating at a profit.

The property was, for the most part, abandoned for almost 30 years until advertising executive and horse fancier Frederick Van Lennep purchased the defunct Pompano Race Track property in 1953 and spent a decade creating the harness racing facility known as Pompano Park.

Billed as the "Winter Home of Harness Racing," Pompano Park was a local fixture for almost 60

years, but the sport was already declining in popularity when the State of Florida allowed existing parimutuel facilities to offer other forms of gambling. It didn't take long for a casino to be built adjacent to the track. And when the state regulations were relaxed, the harness track was doomed. The last race occurred on April 17, 2022, and the track was demolished a little more than a year later.

Plans for the property are a major mixed-use entertainment/residential district, anchored by Harrah's Casino. No horses, though.

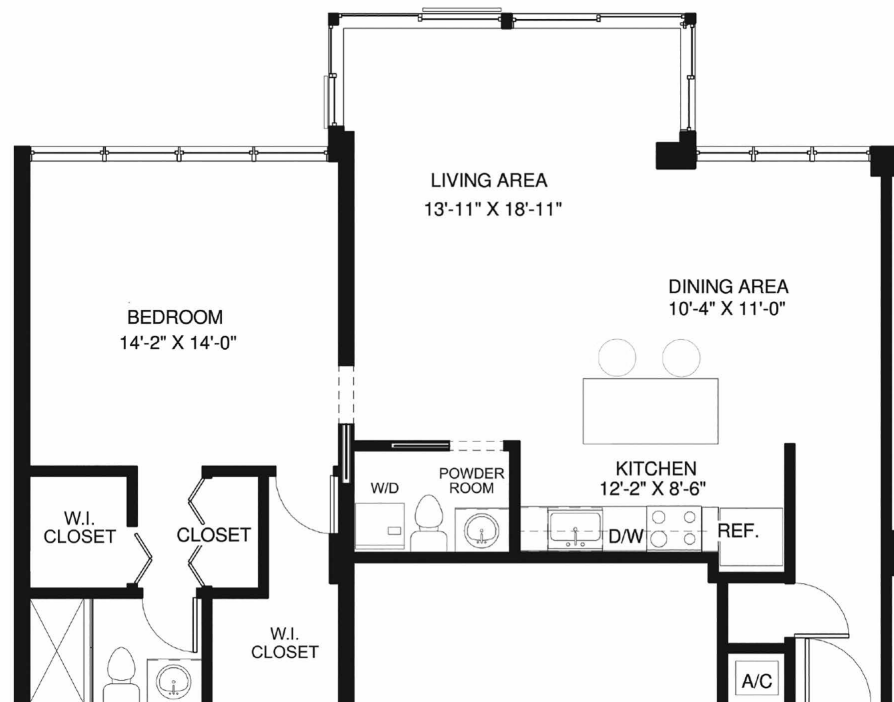
Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including: "Pompano Beach: A History of Pioneers and Progress." In 2021, he was named City Historian by the Pompano Beach City Commission.

The Harbor II Apartment Home Is Just Your Style

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 a tour of the Pavilion, with its Cultural Arts Center, dining venues and Barton's Nautilus Bar. Stroll through the Aquatic Complex with two pools, Pickleball and bocce ball courts, and Poolside Pub. Learn how John Knox Village will take care of your needs today, tomorrow and every day in the future.

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



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Call the Sales Department at 954-871-2655 to schedule a tour.

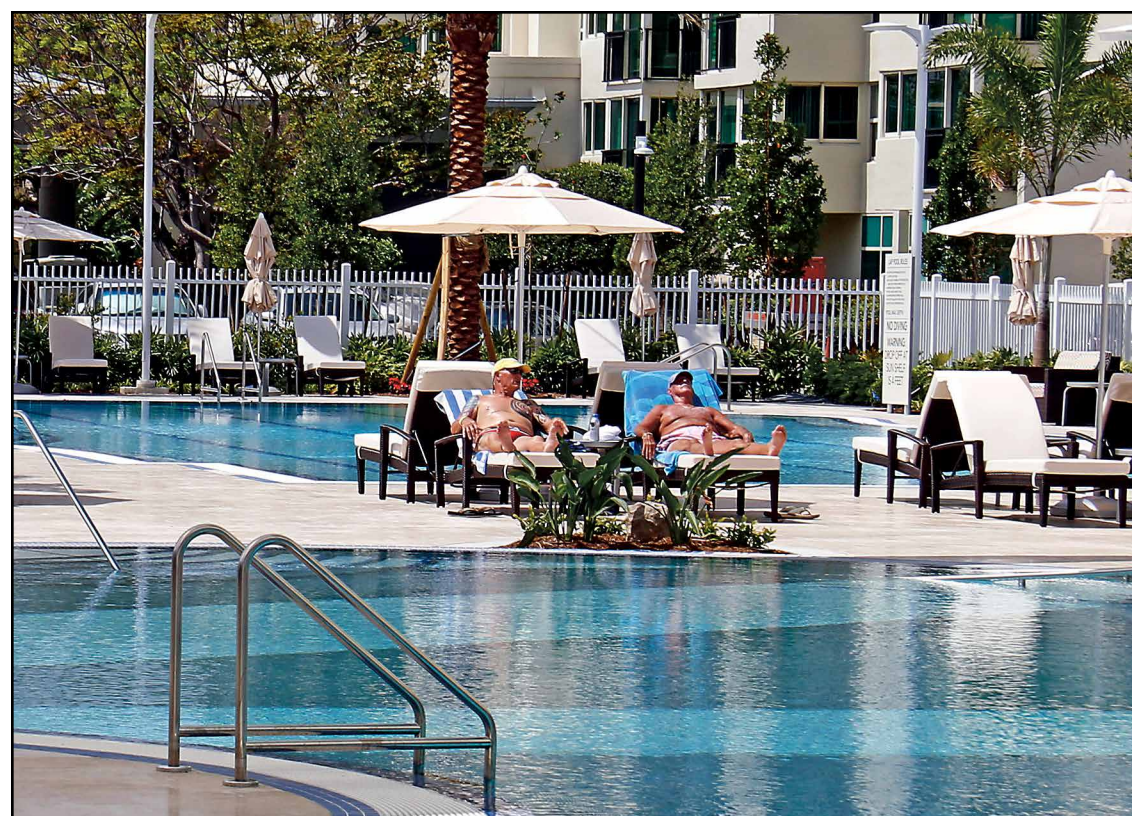
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