

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

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John Knox Village of Florida, Inc.
651 S.W. Sixth Street
Pompano Beach, FL 33060

Peace Of Mind Spelled C-C-R-C

Worry-Free Lifestyle Enhances Overall Well-Being



The Village's amenities include swimming pools, dining options, entertaining and educational shows—and various life enrichment and lifelong learning activities.

Kim Ali
JKV VP of Sales & Marketing

In a very uncertain world, living in a Continuing Care Retirement Community (CCRC) offers unparalleled peace of mind for residents and their families.

With its comprehensive Life-Plan, John Knox Village residents are assured their future health care needs will be met, no matter how they change over time—all while enjoying a spectacular lifestyle on a 70-acre nugget of Pompano Beach paradise.

We liken the JKV resident experience to being on a 5-star cruise ship—while on land. The Village's "onboard" amenities include swimming pools, dining options, entertaining and educational shows—and various life enrichment and lifelong learning activities.

This combination allows residents to embrace life fully, enjoying the vibrant community and engaging activities without the worry of unforeseen health issues. The seamless transition from independent living to assisted care or skilled nursing ensures that individuals receive the right support as needed, fostering a sense of security. Ultimately, this environment promotes a fulfilling and worry-free lifestyle, enhancing overall well-being.

CCRCs, such as JKV, cater to the diverse needs of the 62-plus set, allowing them to age in place while enjoying a vibrant lifestyle.

This model of care is particularly appealing in South Florida, where retirees often seek warm weather, recreational opportunities, and a sense of community.

At the heart of a CCRC—certainly at JKV—is its commitment to providing a continuum of care. This means that residents can move through different levels of care as their needs change without the hassle of relocating to another facility.



Kim Ali, JKV VP of Sales & Marketing

See "CCRC" on Page 2

Jacqueline Kennedy's Celebrated White House Restoration

Nona Cree Smith
Gazette Contributor

At age 31, Jacqueline Bouvier Kennedy became the second youngest First Lady in U.S. history and one of the few to bring a newborn baby to live in the White House. She defined her priority roles as taking care of the president and raising her children. She would, however, make an historical impact and leave an indelible mark as the definitive First Lady.

Jackie Kennedy wasn't just the First Lady, she was a brilliant cultural icon who inspired generations with her style, intelligence, historical knowledge and advocacy. She came from a privileged background, was highly educated, fluent in several languages, and brought good taste and impeccable manners to every area of her personal and professional life.

Although her time in the White House was short, only a legendary 1,000 days, she was and is still considered the epitome of the ideal First Lady. While she accepted her celebrity status, she never developed an ego, remaining gracious to everyone she met.

In The White House

On Jacqueline Kennedy's first visit to the White House in 1941, accompanied by her mother and sister, she was disappointed to see so few historical furnishings and works of art on display. She would have liked to have booklets or brochures to inform visitors about the history of the gracious house.

Before her husband's inauguration, Mrs. Kennedy visited the White House at the invitation of First Lady Mamie

See "Jackie Kennedy" on Page 3



First Lady Jacqueline Bouvier Kennedy in a 1961 Life magazine cover. Photo by Marty Lee from personal archives.

Residents Receive A Monthly Calendar Of Events To Enjoy At JKV

From “CCRC” on Page 1

Initially, residents enjoy an independent living arrangement in a private apartment or villa home. As residents age or face health challenges, they have the option to transition into assisted living—ours is called Gardens West.

In this level of care, support is provided for daily activities such as medication management, meal preparation, and personal care. The goal of assisted living in a CCRC is to promote independence while ensuring that residents receive the necessary help to maintain their quality of life.

The Gardens West staff is composed of trained professionals who prioritize the well-being and dignity of our residents.

For those who require more intensive medical care, skilled nursing centers are typically available within the CCRC. Here, The Woodlands and Seaside Cove provide around-the-clock nursing care, rehabilitation services, supportive memory care and specialized medical treatment.

Families are comforted by the knowledge that their loved ones can receive high-quality care without the need to seek external health care providers or move to a different location.

The Importance Of Socialization

One of the significant benefits of living at a CCRC like JKV is the social aspect. Residents often find themselves surrounded by like-minded individuals who share similar life experiences, creating a strong sense of community.

Many South Florida CCRCs offer a wide range of activities and events, including fitness classes, art workshops, book clubs, and outings to local attractions.

I daresay few CCRCs offer the breadth of activities our residents enjoy at JKV. Residents receive a monthly calendar of events that is routinely chockful with more than 200 activities for them to participate in. They can be as busy—or not—as they wish.

This vibrant lifestyle helps combat loneliness and promotes mental and emotional well-being among residents.

CCRC’s Financial Predictability

Financially, CCRCs typically operate on a contract system that requires an entrance fee and monthly fees. The entrance fee often varies based on the type of accommodation, while the monthly fees cover housing, amenities, dining and financial security for future care.

This model ensures that residents have predictable costs associated with aging, alleviating the financial burden that can come with moving to a new home or higher levels of care.

In South Florida, the appeal of CCRCs is further strengthened by the region’s favorable climate, which promotes an active, outdoor lifestyle year-round. Many communities are located near amenities such as golf courses, shopping centers and cultural venues,

making it easy for residents to engage in a variety of recreational activities. The rich cultural diversity of South Florida also allows for a multitude of community events, showcasing art, music and culinary experiences.

CCRCs, in general and JKV in particular, offer an attractive option for retirees seeking both security and fulfillment as they navigate their Golden Years.

JKV residents and families take comfort in the knowledge that they, and their loved ones, are cared for, with access to the support they need at every stage of life.

To learn more about CCRCs and John Knox Village go to: www.johnknoxvillage.com or call us at 954-871-2655. Come for a visit, stay for a lifetime.

Think Prepaid College Plan, But For Lifelong Care

There is a misperception among many prospective residents about what exactly John Knox Village offers.

Prospects often visit South Florida’s premier Life-Plan Continuing Care Retirement Community thinking they will be purchasing an apartment or villa home, like at a 55-plus community.

However, what JKV provides with its Life-Care is a contract that secures residents’ care, if, when, and for whatever health care circumstance, that may arise.

“Think of it as buying a college prepaid plan, where you lock in—in this case—your health care costs for today and the future,” Kim Ali, JKV Vice President of Sales told the Gazette. “Along with the

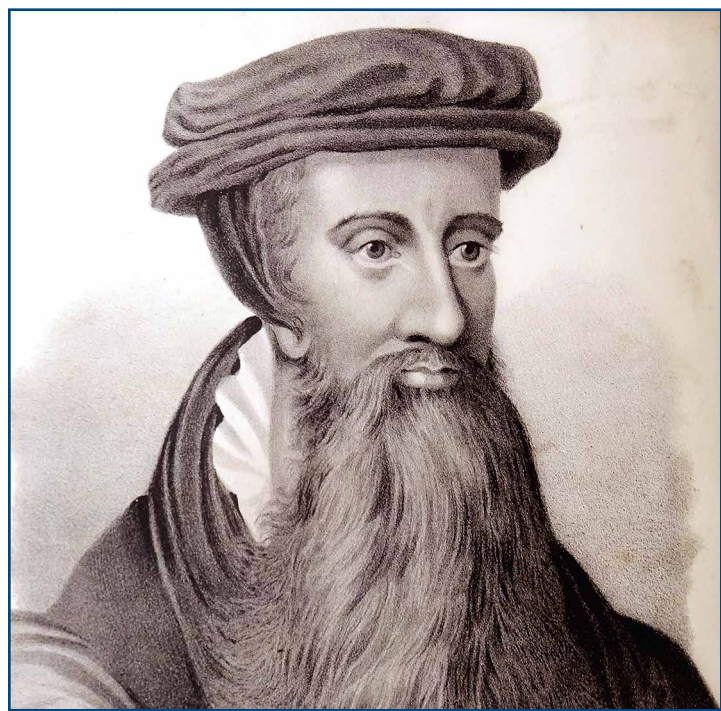
peace of mind knowing your future health care needs will be met, JKV residents enjoy living in a state-of-the-art apartment or villa home. Plus, they love our award-winning amenities and robust Life Enrichment programming.

“With [around-the-clock monitored] skilled nursing care averaging around \$13,000 per month and assisted living at about \$4,000 monthly; over the course of a couple of years, a \$200,000 entrance fee that gets you into JKV can get eaten up pretty quickly.”

To learn more about JKV, please visit www.johnknoxvillage.com or call the Sales and Marketing Department at 954-871-2655.

Thanks For Asking

What’s With You And John Knox?



Portrait of John Knox, as published in the book, “The Scots Worthies,” by John Howie in 1870. Image source: Wikimedia Commons.

Dave Bayer
Gazette Contributor

If I had a dollar for every time my mother told me that I was a “direct descendant of John Knox, the Reformer,” I would be a rich man.

Who was John Knox, you might ask? Google tells us that a Rev. John Knox (c. 1514-1572) was a leader of the Scottish Reformation from 1559 to 1571, and that he was the first Protestant Minister in St. Giles Cathedral. He led the Reforming party, raising troops to support the Reformation. Knox supervised the preparation of the Reformed Church’s constitution and liturgy. He is considered the father of Presbyterianism. Also, Knox’s religious teachings were influential in the American Revolution. Obviously, he was an important historical figure.

My Possible John Knox Lineage

Through my mother’s encouragement, I had perfect attendance in Sunday School at the First Presbyterian Church in Woodbury, N.J., from 1936 to 1941. After all, if one of my “Greats” had fathered the church, she felt it only appropriate that I attend their services.

In 1998, I seized the opportunity to visit the John Knox House/Museum in Edinburgh, Scotland, and

mentioned to the Museum Director that I was a direct descendant of John Knox. He politely replied that, although John Knox had two sons, neither of them had children, but I could be a direct descendant of one of his daughters, whose progeny might have married someone named Knox. After that visit, I realized that it was unlikely that I was a direct descendant of the founder of the Presbyterian Church.

So, why did my mother feel a connection with John Knox? Well, her maiden name was Knox, and there were many Protestant Pastors in her family history. Her great-great-grandfather was a Rev. John Knox, who in 1816 at age 27 was installed as a colleague Pastor of the Reformed Protestant Dutch Church in New York City. It was a few years later, when looking through my mother’s “Pedigree Chart” that I realized that mother’s John Knox (c. 1799–1858) was not THE John Knox (c. 1514-1572). On her mother’s side, her great-great-great-grandfather, Rev. Dr. John M. Mason, was a Presbyterian Minister who preached at Alexander Hamilton’s funeral, and his father had been a Chaplain at West Point during the Revolutionary War. With all those forebears being Presbyterian Ministers and one of them being named John Knox, it’s understandable that she might have been confused.

Playing The Knox Family Card

Undaunted, in 2015, when Jackie and I were talking (negotiating?) with the Marketing person about moving into John Knox Village and the costs involved, I tried to play the “direct descendant” card and get a family discount. Of course, it didn’t work any better than it had at Edinburgh some 17 years before, but we were interested in why our now home is called “John Knox Village.”

A quick summary: In 1967, Dr. Mack Brown, a Baptist Minister, started Baptist Village. In 1976, Baptist Village was sold to Christian Services, Inc. (CSI), a firm from Missouri that managed retirement communities and was owned by Dr. Kenneth Berg. It became John Knox Village at that time under the direction of Dr. Berg’s Board of Directors. That Board was replaced by a local Board, which terminated CSI’s contract in 1979. Since that time, JKV has continued to successfully grow and prosper as an independent, unaffiliated not-for-profit Continuing Care Retirement Community.

So, what would be the pros and cons of changing the name of John Knox Village, or of any Life-Plan Community, for that matter? It could be that some prospects might not consider a community that they think might be a “Presbyterian Home.” Conversely, our community has a well-deserved excellent national reputation. We would lose that hard-earned brand recognition. Also, in many cases, a name change often follows an unfortunate business situation (e.g., bankruptcy). I’m not aware that any name change has ever been seriously considered by our management team.

So, what is it with me and John Knox? Not much, it seems. It turned out that I’m not a descendant of THE John Knox, and that the reason that my now-home bears his name is no longer germane. However, my mother (and father) instilled some great life values in my three siblings and me, and Jackie and I continue to be very satisfied with life at John Knox Village. I couldn’t ask for anything more.

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.



Cassels Tower residents Dave Bayer and his wife Jackie.

'Everything In The White House Must Have A Reason For Being There'

From "Jackie Kennedy" on Page 1

Eisenhower. Disappointed with its appearance, Mrs. Kennedy referred to the White House as "that dreary Maison Blanche." She believed that it should be furnished with antiques in the style of past presidents. It was, she thought, a museum that should reflect the political and artistic history of the United States.

Restoration, Not Decoration

"All these people come to see the White House and they see practically nothing that dates back before 1948," Mrs. Kennedy said in a Sept. 1, 1961 interview with Hugh Sidey of *Life* magazine.

"Everything in the White House must have a reason for being there," she said. "It would be sacrilege merely to 'redecorate' it – a word I hate. It must be restored – and that has nothing to do with decoration. That is a question of scholarship."

Mrs. Kennedy's passion for history guided and informed her work in the White House. She wanted to share her knowledge and excitement about the past with all Americans, especially children. She understood that to a child American history can often be a dry and dull affair, and she saw a visit to the president's house as a chance to spark each child's interest in the people who made the country what it is today.

An Historic Hunt

Mrs. Kennedy quickly learned that many White House furnishings of the past were kept in government storage places throughout Washington, D.C. Presidential families had kept some pieces when they left the White House; others had been sold at public auctions in the 19th century.

Her goal was to restore the state rooms of the White House to reflect the artistic and architectural history of the presidential mansion. Within a month of becoming First Lady, she established a White House Fine Arts Committee made up of experts in historic preservation and decorative arts. She asked Congress to designate the White House an Historical Monument and to assign a budget for preserving its legacy. In addition to the small budget Congress assigned to the work, Mrs. Kennedy added many prominent business and society members to her committees to help defray the cost of restoration.

Mrs. Kennedy and her committee hunted through those many storage units, and located many pieces of furniture and artwork that had been owned by presidents, as part of the White House collections, or exemplified the period portrayed in the different rooms. They also persuaded many owners of historic furnishings to make donations to the White House.

Finding Treasures Of Past Presidents

Most important among the finds were items that had belonged to Presidents George Washington, James Madison and Abraham Lincoln. Mrs. Kennedy was delighted to find many forgotten historical treasures. She had them dusted, repaired, restored and returned to places of prominence.

For instance, when she began with the restoration of the Oval Office. Among the pieces of furniture stacked in storage she found a desk made from the timbers of the British sailing ship *HMS Resolute*, presented by Queen Victoria in 1878 to President Rutherford B. Hayes. Mrs. Kennedy had it dusted, restored and moved into the Oval Office where "The Resolute Desk" remains today.



Jacqueline, John Jr., President John F. and Caroline Kennedy in an Easter Sunday photo at the Palm Beach home of Joseph P. Kennedy, Sr. Image source: Wikimedia Commons.

The White House Historical Association

To avoid a political controversy over the use of public funds to continue this important restoration work, Mrs. Kennedy established the White House Historical Association, which would publish the first official White House guidebook in 1962. The guidebook was an informative souvenir, and all profits went to the continued restoration work to purchase the furnishings and other historic materials found by the Fine Arts Committee. Together with a newly appointed White House curator, Mrs. Kennedy approved the guidebook's text, chose which photographs would be featured, and designed the layout. Within 10 months of publication, 500,000 copies were sold. "*The White House: An Historic Guide*" continues today to support the work of the White House Historical Association.

The White House On Television

With her restorations nearing completion, Mrs. Kennedy agreed to conduct a televised tour of the White House for CBS Television on Feb. 14, 1962. More than 56 million viewers tuned in to see the glamorous First Lady describe the restored splendor of their nation's home. She said that the White House was not only a place for the president to work and live, but also a destination for every American who visited Washington, D. C., to see the extraordinary art, furnishings and admire the beautiful colors and designs of American workmanship and a place of national pride. The television tour was so well received that the Academy of Television Arts and Sciences awarded Mrs. Kennedy an honorary Emmy Award for her achievement.

Historic Preservation

Mrs. Kennedy's interests in historic preservation went beyond the White House walls. She asked her friend, Rachel "Bunny" Mellon, to redesign the president's Rose Garden. She envisioned the garden as a natural sanctuary and retreat just outside the Oval Office and an ideal space for greeting special visitors and large groups.

In 1962, Mrs. Kennedy learned that the historic homes that lined Lafayette Square close by the White House were to be demolished to make room for large office buildings. She intervened and commissioned a new plan that preserved the historical identity of the famous square.

Mrs. Kennedy also promoted the restoration of Pennsylvania Avenue, between the White House and Capitol Hill, and supported the creation of a national cultural complex, which would become the revered Kennedy Center for the Performing Arts.

A Champion Of The Arts

Mrs. Kennedy was also a patriot. Like President Kennedy, she believed that the American civilization had become a force for the arts. Together they celebrated American arts and letters, encouraged Americans to take pride in their artistic, as well as their political, heritage.

As First Lady, Jacqueline Kennedy planned elegant state occasions, transforming the White House into a showcase for cultural and intellectual achievement. Authors, scientists, artists, musicians and actors mingled with politicians, diplomats and statesmen. In the East Room, she had a portable stage built for musical and dramatic performances, including a series of concerts for young people. Through these activities and others, Mrs. Kennedy encouraged a new public regard for the arts. In the world of fashion, Mrs. Kennedy became a trendsetter. Her taste influenced designers, magazines, newspapers and the public.

On Nov. 22, 1963, John F. Kennedy was assassinated in Dallas and Jacqueline Kennedy became a widow at age 34. She planned an impressive and heartfelt state funeral for President Kennedy, highlighted by son John saluting his father's coffin as millions of people around the world watched, shared Jackie's grief, and admired her courage and dignity.

Soon after President Kennedy's death, she began the work to build the John F. Kennedy Library, which would commemorate his life. She chose then-unknown architect I.M. Pei to design the library and decided upon a striking location overlooking Boston Harbor.

In 1968, Jacqueline Kennedy married Greek shipping magnate Aristotle Onassis. After his death in 1975, she embarked on a successful career in publishing.

On May 19, 1994, Jacqueline Bouvier Kennedy Onassis died and was laid to rest beside President Kennedy in Arlington National Cemetery.



John F. Kennedy and Jacqueline Bouvier on their wedding day in Newport, RI on Sept. 12, 1953. Image source: Wikimedia Commons.

Let JKV Entertain You

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

Fri., Feb. 14 at 7 p.m.
MusicFor America
"Just An Old-Fashioned Love Song"

Immerse yourself in an enchanting Valentine's Day concert filled with romance and candlelight. MusicFor America musicians will captivate with timeless love songs, weaving melodies from the early 20th century that celebrate elegance and passion, creating an unforgettable evening of musical magic.

Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$30

Thurs., Feb. 20 at 7 p.m.
"Hitsville: A Motown Celebration,"
Featuring Nicole Yarling

The Gold Coast Jazz Society returns with "Hitsville - A Motown Celebration." Under the direction of Nicole Yarling, the multimedia performance celebrates the composers, the music and the performers of the Detroit-based record label. Join us as you listen, learn, sing along and dance to the music that made Motown the "Music of Young America."

Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.

Tickets
JKV Resident Free
JKV Village Arts Circle Free
Non-Resident \$30



A JKV favorite, Carole Bufford returns to the Cultural Arts Center stage on March 18.

Tues., March 4 at 7 p.m.
The Glyn Dryhurst
Dixieland Jazz Band

Dixieland is the name given to the style of jazz performed by early New Orleans jazz musicians. The name is a reference to the "Old South," specifically anything south of the Mason-Dixon line. Dixieland, which was developed in New Orleans, is one of the earliest styles of jazz music. The style combined earlier brass band marches, French quadrilles, beguine, ragtime and blues with collective, polyphonic improvisation. The Glyn Dryhurst Dixieland Band is South Florida's leading band dedicated to this genre of music and on Fat Tuesday, will transport you to New Orleans.

Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.

Tickets
JKV Resident Free
JKV Village Arts Circle Free
Non-Resident \$30

Mon., March 10 at 7 p.m.
"Tutti Contenti:
Opera's Favorite Ensembles"

Join us for "Tutti Contenti: Opera's Favorite Ensembles," featuring Florida Grand Opera Studio Artists in stunning duets, trios, and group performances. This captivating concert celebrates the power of collective artistry and cherished opera classics. Whether you're an opera fan or new to the genre, enjoy a thrilling evening of vocal excellence and dramatic storytelling.

Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.

Tickets
JKV Resident Free
JKV Village Arts Circle Free
Non-Resident \$30

Tues., March 18 at 7 p.m.
JKV Broadway Series: "Speak Easy"

"Speak Easy" celebrates the music of America's Prohibition era (1920-1933), starring award-winning vocalist Carole J. Bufford. Featuring classics by Sophie Tucker, Al Jolson, Bessie Smith and Louis Armstrong,

this show transports audiences to the Roaring Twenties, where flappers and sheiks danced in gin joints amid sweeping social and political change.

Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.

Tickets
JKV Resident \$25
JKV Village Arts Circle \$20
Non-Resident \$30

Fri., March 21 at 2 p.m.
Jazz History Lecture Series Featuring
Chuck Bergeron, Ph.D.

"Swinging Through Time: Tracing the Evolution of Jazz" continues as noted jazz bassist, professor and historian Chuck Bergeron guides the listener through the history of jazz.

March's featured lecture focuses on the important influence of women in the jazz genre. The lecture is entitled: "Women in Jazz: Recognition Long Overdue."

Tickets
JKV Resident Free
JKV Village Arts Circle Free
Non-Resident \$15

Please visit www.johnknoxvillage.com/events/ or contact the John Knox Village Life Enrichment Department at 954-783-4039 for tickets.



Chuck Bergeron, Ph.D., continues his popular Jazz History Lecture Series into 2025.

Fri., Feb. 21 at 2 p.m.
Jazz History Lecture Series Featuring
Chuck Bergeron, Ph.D.

"Swinging Through Time: Tracing the Evolution of Jazz" is an enthralling jazz history lecture series featuring the illustrious Chuck Bergeron. Hailing from the vibrant city of New Orleans, Chuck Bergeron has enjoyed a remarkable four-decade career as a highly sought-after bassist.

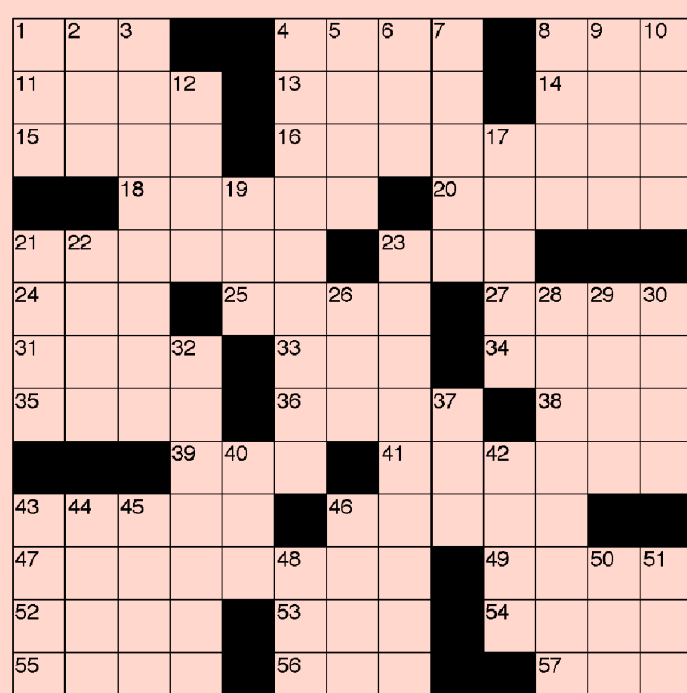
In this lecture, Chuck features: "Happy 100th: Mel Torme, Zoot Sims, Art Pepper and Oscar Peterson."

Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.

Tickets
JKV Resident Free
JKV Village Arts Circle Free
Non-Resident \$15



Glyn Dryhurst brings Dixieland jazz to JKV on March 4.



Crossword Puzzle Of The Month

ACROSS

- 1. Yellow Sea arm
- 4. Egypt. sacred bird
- 8. To (Scot.)
- 11. Monster
- 13. Salt
- 14. Alcott heroine
- 15. Cold Adriatic wind
- 16. Calamity
- 18. Victory site of Alexander
- 20. Huntress
- 21. Part of golf course
- 23. Plead
- 24. Amer. Bar Assn. (abbr.)
- 25. One that eats (suf.)
- 27. Volcano crater
- 31. Comprehensive Employment and Training Act (abbr.)

DOWN

- 33. Degree (abbr.)
- 34. Wings
- 35. Land west of Nod
- 36. Affirmative
- 38. Time (Ital.)
- 39. Article
- 41. Telegraph key
- 43. Eagle's nest
- 46. Hades river
- 47. Upholstery fabric
- 49. Eight (pref.)
- 52. Ohio college town
- 53. S. Afr. dialect
- 54. Victory site of Nelson
- 55. Down
- 56. Conceal
- 57. Atl. Coast Conference (abbr.)

DOWN

- 1. Cutting tool
- 2. Gone by
- 3. Water
- 4. Anil (2 words)
- 5. Bondman's money
- 6. Science of (suf.)
- 7. Sole of a plow
- 8. Farewell, Brit.
- 9. So be it!
- 10. Jaguarundi's color phase
- 12. Male noble
- 17. Greek letter
- 19. Beverage (abbr.)
- 21. Carplike fish
- 22. Son of Ruth
- 23. Trifle
- 26. Arikara people
- 28. Baldness

- 29. Berne's river
- 30. Back
- 32. Capar
- 37. Cloche
- 40. Moor
- 42. Sound (pref.)
- 43. Down with (Fr., 2 words)
- 44. Mother of Brunhilde
- 45. Thoroughfare
- 46. Head
- 48. Jap. porgy
- 50. Tender loving care (abbr.)
- 51. Office of Economic Development (abbr.)

Answers On Page 13.

Pompano Beach Arts & Music

A Star-Studded Lineup At The Pompano Beach Cultural Center

Cynthia Espino
Special To The Gazette

The Pompano Beach Cultural Center is the place to be this February and March, offering an eclectic mix of musical performances, comedy and tributes to iconic figures. There's something for everyone, from nostalgic melodies to groundbreaking jazz and inspiring theatrical productions.

The Barricade Boys: Feb. 1

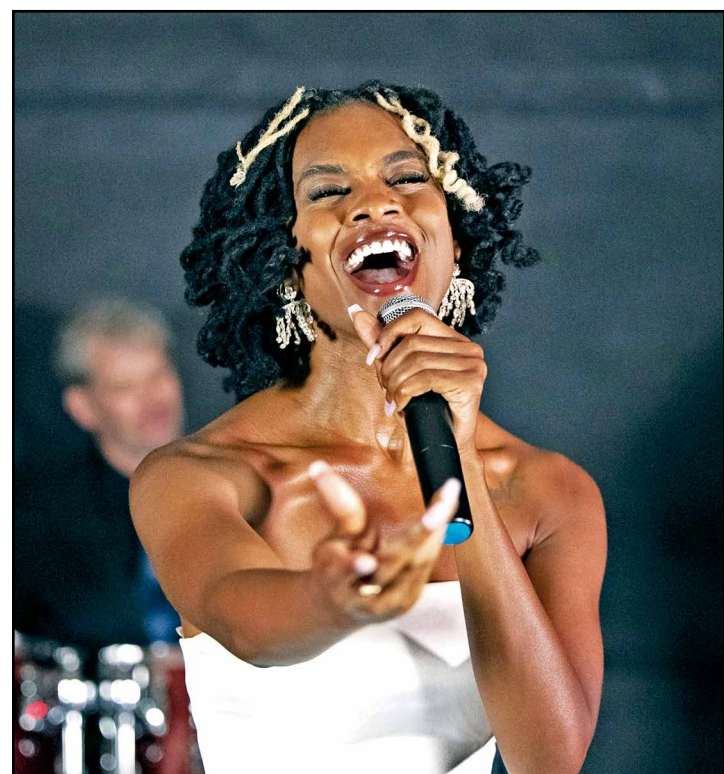
Direct from London's West End, The Barricade Boys bring powerhouse vocals and slick choreography to the stage. Their vibrant repertoire spans classic and modern hits. With shows at 2 p.m. and 7:30 p.m., these talented performers promise to dazzle. Tickets start at \$45.

Direct From NYC: The NY Rockets: Feb. 5

"Good Rockin' Tonight" takes audiences on a journey from rockabilly roots to the greatest rock and roll hits of the '50s and '60s. Featuring dazzling lights and iconic props, this 120-minute show transports you to music's Golden Era. Shows at 3 p.m. and 7 p.m. Tickets start at \$55.



Nicole Yarling appears at the Pompano Beach Cultural Center on Feb. 27.



Timeless Divas on Feb. 7 will be a tribute to legendary Black women in music.

Timeless Divas: Feb 7

A tribute to legendary Black women in music, this concert celebrates icons such as Whitney Houston, Etta James and Aretha Franklin. Running from 7 to 9 p.m., the evening promises soulful performances that honor their lasting impact on the industry. Tickets are just \$20.

Jazz Reflections with Nicole Yarling: Feb. 27

In partnership with the Gold Coast Jazz Society, this free concert honors Black History Month with the extraordinary talents of Nicole Yarling. The jazz

vocalist and violinist will perform alongside members of the Gold Coast Jazz Society Band, creating a night of soulful melodies from 7:30 to 9 p.m. Free General Admission.

Tapestry: Carole King Tribute: Feb. 28

Suzanne O. Davis stars in "Tapestry," a tribute to Carole King's legendary album of the same name. Recreating the sound and vibe of a 1970s concert, this performance will have you feeling the "Earth Move" under your feet. Tickets start at \$45.

Celebrate The Music Of Neil Diamond: March 6

Matt Vee and The Killer Vees bring Neil Diamond's timeless hits to life in a rockin' celebration. Featuring beloved songs like "Sweet Caroline" and "Cracklin' Rosie," this show is a heartfelt homage to one of music's greatest icons. Tickets start at \$45.

Funny Women Of A Certain Age: March 15 & 16

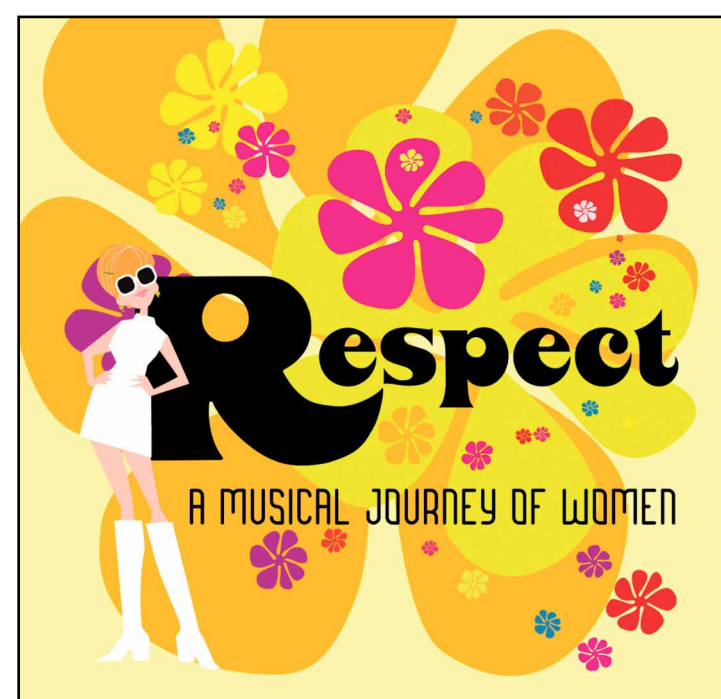
Carole Montgomery and her hilarious lineup of trailblazing female comedians share uncensored humor that proves laughter knows no age. This must-see comedy show offers a glimpse into the lives of women who've conquered both the stage and the world. Tickets start at \$25.

Jean Caze In Concert: March 22

Haitian-American trumpeter Jean Caze blends jazz and world music for a performance that is as electrifying as it is soulful. Known for his collaborations with legends like Herbie Hancock, this concert is a

testament to his extraordinary artistry. Free General Admission.

RESPECT: A Musical Journey Of Women: March 28 to April 6



This empowering musical revue chronicles the journey of women in America through Top-40 hits. Featuring songs like "These Boots Are Made for Walking" and "The Greatest Love of All," "RESPECT" combines music and storytelling to highlight the evolving roles of women throughout history. Tickets start at \$45.

Don't miss these unforgettable experiences and groundbreaking performances. Secure your tickets now at www.PompanoBeachArts.org

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

The Bi-Monthly Arts, Culture, Entertainment Edition

In response to increased interest, the John Knox Village Gazette has expanded. 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 magazine 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 March/April 2025 edition emailing at the end of February. 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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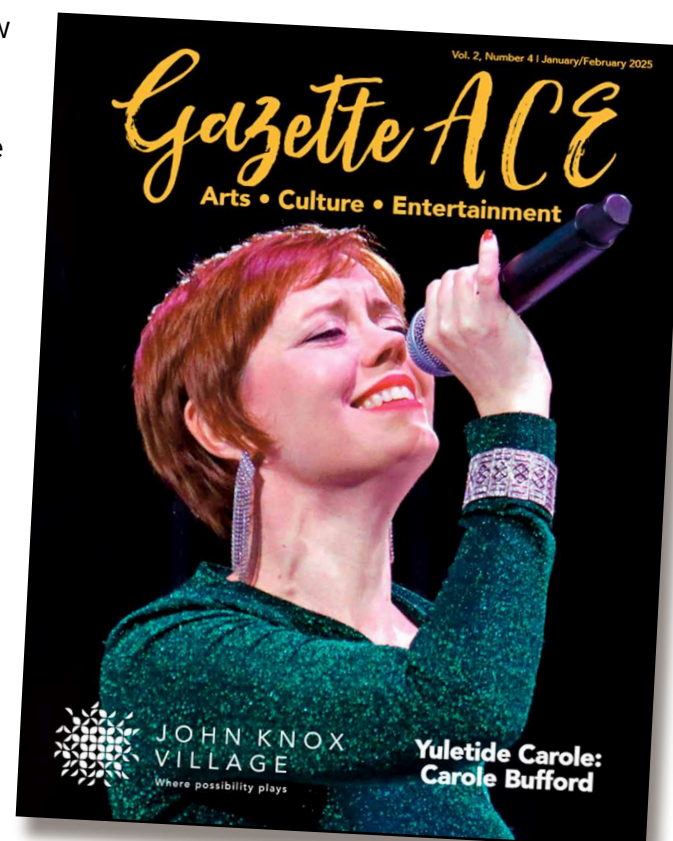
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First U.S. Army Defense Attaché In Beijing Meets Current Chinese Defense Attaché



In an historic meeting across the generations and globe, the first U.S. Army General in Beijing, China meets the current Chinese Defense Attaché from the Chinese Embassy in Washington, D.C. Pictured left to right are: Counselor Lu Ming, an expert in US/China medical exchange collaboration; Major General Liu Zhan, Defense Attaché for the People's Republic of China in Washington, D.C.; JKV resident Major General (ret.) Burn Loeffke; Burn's son Marc Loeffke; and Colonel Yu Kan, Assistant to General Liu.

Marty Lee
Gazette Contributor

In an historic meeting that spanned across the generations and globe, the first U.S. Army General in Beijing, China met the current Chinese Defense Attaché from the Chinese Embassy in Washington, D.C.

Major General Bernard "Burn" Loeffke, USMA 1957, is a two-year resident of John Knox Village. His legacy is honored by a plaque at the U.S. Military Academy in West Point, NY which salutes him for his service as a soldier, athlete, diplomat, scholar and humanitarian. Burn was the first U.S. Army General to serve as Defense Attaché in the U.S. Embassy in

Beijing, China, when relations were formalized with the People's Republic of China in the early 1980s.

Burn's current counterpart in the Chinese Embassy in Washington, D.C. is Defense Attaché Major General Liu Zhan. The Chinese Defense Attaché indicated through diplomatic channels that he was interested in meeting Burn. The meeting was set and the two generals, separated by generations and nations, met in early December at JKV. Along with Counselor Lu Ming, an expert in U.S./China medical exchange collaboration, and Colonel Yu Kan, assistant to General Liu, they met at Burn's Village Towers apartment.

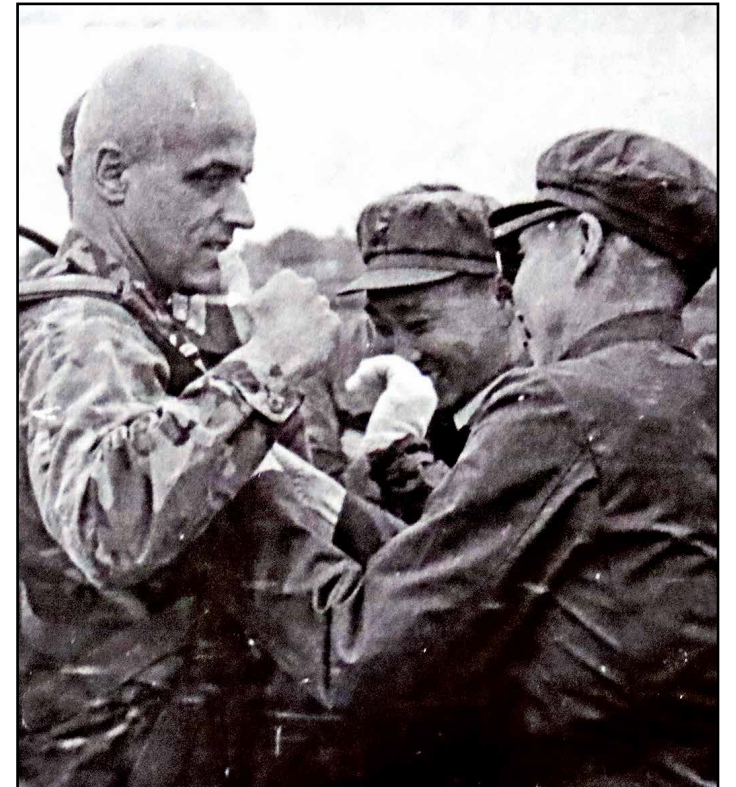
Visitors to Burn's apartment know that his decor

is a virtual museum and art gallery dedicated to his military service in the U.S., China, Russia and other stops around the world. Many photos and artifacts also celebrate his service as a medical missionary after he retired from the military.

The meeting was respectful and honorable, as the two generals exchanged conversations about their histories, responsibilities and possible future collaborations between our two great nations.

After leaving Burn's apartment, a small gathering convened at the Westlake Theatre for a presentation highlighting Burn's life as soldier, diplomat, medical missionary and humanitarian.

It was a truly memorable gathering, generally speaking, as East met West in friendship and honor.



U.S. Army Defense Attaché Gen. Burn Loeffke jumping with Chinese paratroopers in 1982.

The Sword Of Peace And Understanding



Mr. Jim Yu presents Burn Loeffke with a ceremonial sword – a gift from the Chinese "Peace General" Wang Zhiyong.

Burn Loeffke
Gazette Contributor

If you have read and followed my *Gazette* columns for the past several years, you already know about my experience in the People's Republic of China: From my years as the first American U.S. Army General in the U.S. Embassy in Beijing, to my visits back to China, and my longtime efforts for cooperation in medicine, climate amelioration and peaceful solutions to complex problems.

During my time in the U.S. Army, I earned the title "Peace General," as President of the Inter-American Defense Board for my efforts to negotiate peaceful solutions between nations rather than armed conflict.

My counterpart in China, "Peace General" Wang Zhiyong, earned his title when he was the commander of the UN's Peacekeeping force. We two Generals became friends when I was invited to visit Gen. Wang's farm in Central China in 2019. During our time together, we taught simple preventative medicine to Chinese children. In the process, we became friends.

When Gen. Wang learned that I would be celebrating

a landmark birthday in September, and would be meeting with the current Defense Attaché from the People's Republic of China's Embassy from Washington, D.C. in December, Gen. Wang decided a memorable gift was in order.

My friend, Jim Yu, Chairperson of the World Languages Department at Miami Dade College-Wolfson Campus was the one who arranged that first meeting between Gen. Wang and I.

Jim Yu visited Gen. Wang this past summer, and it was Gen. Wang who decided upon gifting a special present to me for my 90th birthday: A ceremonial sword.

According to Mr. Yu, "In Chinese culture, gifting a sword to a friend carries profound symbolic meanings and is rooted in traditional values. The act often conveys the following sentiments:

Friendship And Trust:

"A sword symbolizes loyalty, trust and deep respect. Giving a sword signifies that the giver holds the recipient in high regard and trusts them implicitly, as swords are historically associated with personal honor and protection.

Strength And Valor:

"A sword represents courage, strength and the warrior spirit. Gifting it can be a way to encourage or honor these qualities in the recipient.

Wisdom And Justice:

"In traditional Chinese philosophy, the sword is also a symbol of wisdom and justice, often associated with Confucian and Taoist ideals. Giving a sword may reflect the hope that the recipient will uphold these virtues.

Cultural And Artistic Appreciation:

"Swords in Chinese culture are often crafted with exquisite detail and artistry, embodying cultural heritage. Presenting a sword can also be a way to celebrate and share a love of art, history and craftsmanship.

Farewell And Remembrance:

"In ancient times, swords were sometimes given as parting gifts to signify enduring friendship and as a token of remembrance, especially when one friend was embarking on a long journey."

Jim Yu presented the sword to me, in the presence of the Chinese delegation from the People's Republic of China's Washington, D. C. Embassy, who came to John Knox Village for their visit. While presenting the sword, Mr. Yu conveyed Gen. Wang's thoughts:

"Gen. Wang wanted to give this sword to you, Burn, as his 90th birthday gift, expressing his deep respect and forever-lasting friendship. As the sword also symbolizes strength, wisdom and justice, Gen. Wang wishes you good health and longevity, as well as world peace and justice."



"Peace Generals" Burn Loeffke and Wang Zhiyong meet with Chinese children in 2019.

Who Doesn't Love Panda Bears?

Nona Cree Smith
Gazette Contributor

The U.S.'s newest pandas: Bai Li (Bow-lee) and Qing Bao (ching-BOW) have arrived from

their native China.

The panda story goes back more than 50 years. For decades U.S./China relations had been at an impasse, but a major diplomatic milestone was reached in 1972 – just two months after U.S. President Richard Nixon made his historic journey to China in an attempt to end the frosty relations between the two countries – when an 18-month-old pair of pandas arrived in the U.S. as a gift.

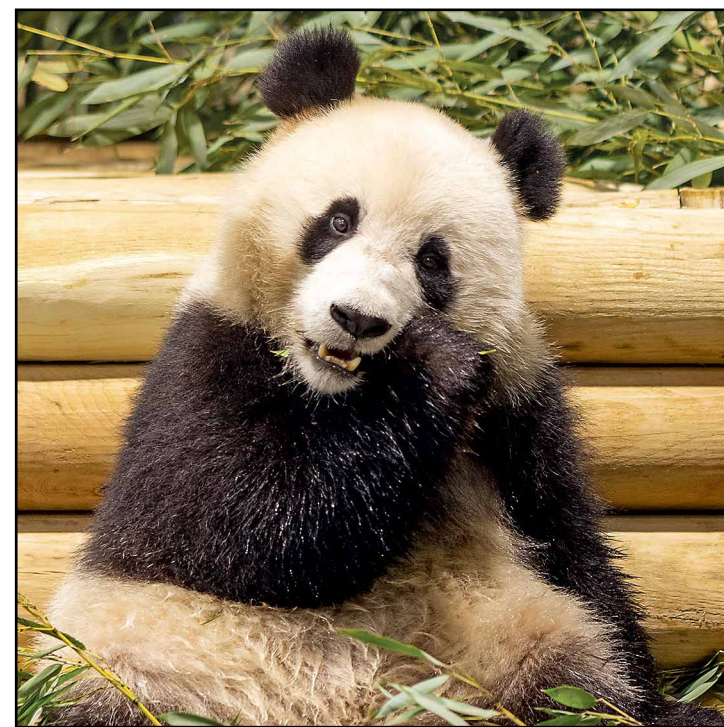
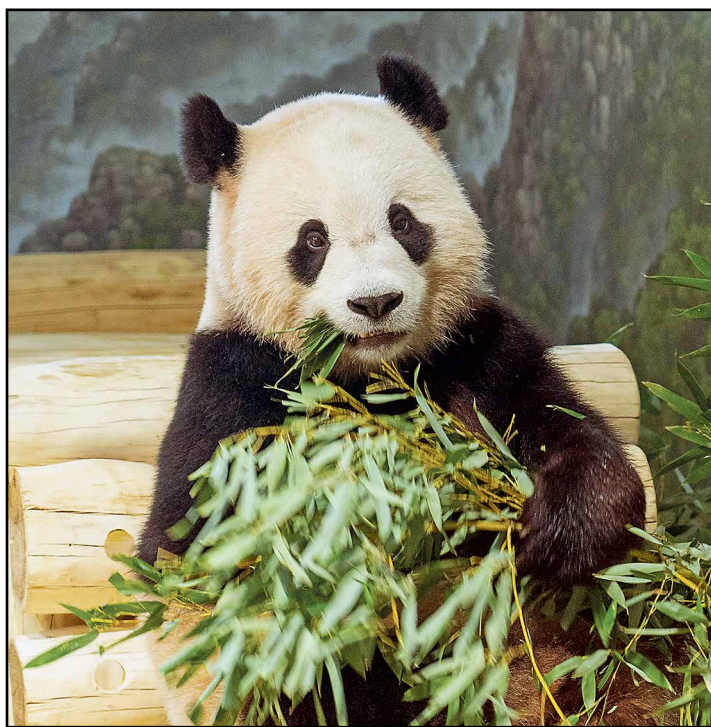
Those first pandas: Hsing-Hsing and Ling Ling became a sign of the growing friendship between the two countries, and Americans fell in love with the gifted pandas to no one's surprise.

Looking at baby pandas or even the fully grown bears produces an almost irresistible urge to cuddle and pet them.

That adorability is one reason giant pandas are international sensations, cultural icons, economic assets and a great source of national pride in China, the only country in which cute Asian bears still survive. Now, the whole world is watching China's scientific attempts to keep pandas from extinction, which, in many ways, has become a success.

Like many endangered species, giant pandas have declined as a growing human population has usurped swaths of their natural lands for human use. That problem expands and worsens, even though the species was labeled endangered in 1990.

The Chinese have spent the last few decades perfecting breeding methods, slowly increasing the bears' population to ensure the species' survival in nature. Whatever comes next in this bears' conservation may decide whether the giant panda remains captive or once again roams free in the wild.



Giant pandas Bao Li and Qing Bao in their new habitat at the Smithsonian's National Zoo. Images credit: Smithsonian's National Zoo and Conservation Biology Institute.

China Loans Giant Pandas Bao Li And Qing Bao To USA

After months of planning and preparation, the giant pandas arrived in the USA from China and were transported to the Smithsonian's National Zoo and Conservation Biology Institute (NZCB). They began their journey early in the morning on Oct. 14 and boarded a dedicated plane appropriately named the "FedEx Panda Express" Boeing 777F aircraft.

The pandas' journey took a little more than 19 hours as their Trans-Pacific journey took them from Chengdu, China, to Washington, D.C. with only a brief refueling stop in Anchorage, AK.

The plane finally arrived at Washington D.C.'s Dulles International Airport, and the young bears were taken to their new home.

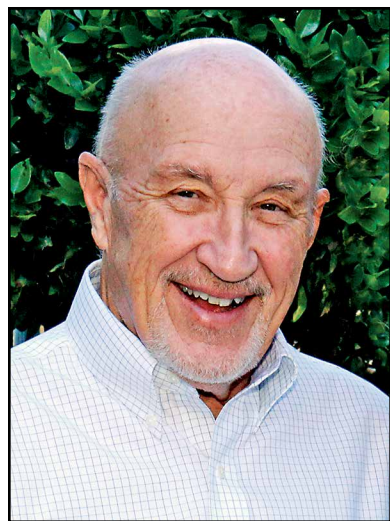
Upon their arrival at the David Rubenstein Family Giant Panda Habitat, they had a tasty supply of fresh bamboo, their favorite food, waiting for them. They munched on it with great relish and enjoyed it after first exploring their new home.

See The Pandas In Person Or Panda Cam

The Giant Panda Cam is available now that Bao Li and Qing Bao made their public debut on Jan. 24. Virtual visitors can join the celebration and follow the antics of these cuddly ambassadors to Washington, D.C. The webcams will broadcast from 7 a.m. to 7 p.m. ET. After 7 p.m., the day's recording will be rebroadcast to ensure virtual visitors worldwide can view the bears at their most active. View the pandas at: <https://nationalzoo.si.edu/webcams/panda-cam>

The Swans Are Back In Lake Maggie

Read Two Stories By Resident Michael Featherstone: One He Wrote. The Other By ChatGPT.



Michael Featherstone

JKV resident Michael Featherstone knows a thing or two about digital media. He is a former Manager at IBM's first e-Business Innovation Center in Atlanta, GA until retiring in 2002 to begin teaching as a Professor of E-Commerce at Jacksonville State (AL) University.

He has been a JKV resident for more than eight

years and married his high school sweetheart Barbara Morningstar at JKV on Dec 29, 2021.

As a student of all things digital, he tried to explain cryptocurrency to this writer – but to no avail. He is now exploring the open vistas of AI – particularly ChatGPT.

Michael wrote a story on the re-population of Lake Maggie with black swans, which had been a feature of JKV life for decades. During construction of Westlake at JKV, the birds had been removed so they would not be endangered by the construction and reconfiguring of the JKV waterways. Now the birds are back.

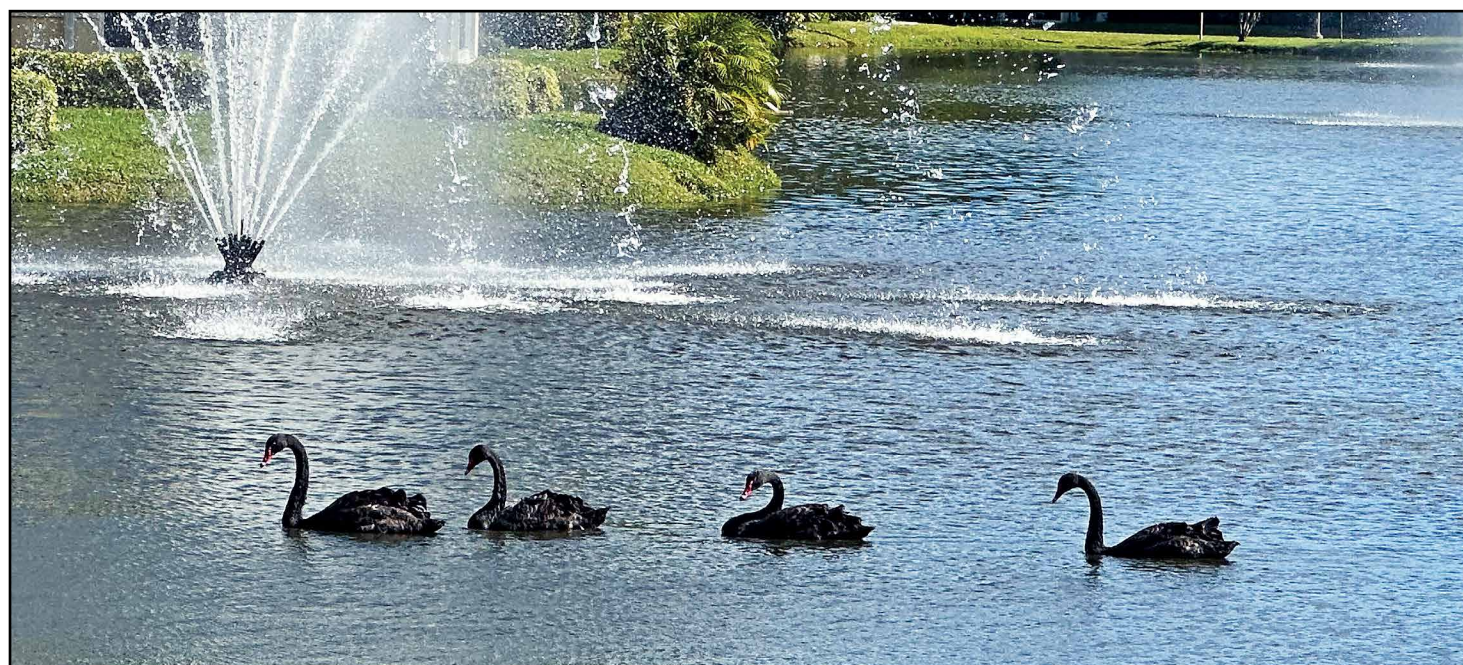
He also asked ChatGPT to write the same story via AI. Here are the two stories. Read each, then email us at gazette@jkvfl.com and let us know which story you prefer.

Elegant Black Swans: A Stunning Addition To Lake Life

For residents of our beautiful community, the sight of a graceful black swan gliding across one of our serene lakes could soon become a cherished experience. Native to Australia, black swans (*Cygnus atratus*) are renowned for their striking black plumage, contrasting red bills, and elegant demeanor. They have become popular ornamental birds in parks and estates worldwide, including communities like ours.

Unlike their relatives, the mute swans, black swans are less aggressive and generally tolerant of other waterfowl. While they can exhibit territorial behavior during breeding season, their calm and dignified temperament makes them ideal for environments where humans and animals coexist peacefully.

Black swans thrive in lakes and wetlands, where



The new black swans have now found a home in Lake Maggie at John Knox Village. Photo by Michael Featherstone.

they feed primarily on aquatic vegetation, algae, and grasses. Using their long necks, they forage in shallow water or graze on grassy shores. For residents who enjoy watching wildlife, black swans provide endless fascination with their serene movements and occasional posturing displays.

When nesting, these swans build large, reed-filled nests near the water's edge, reusing and expanding them over the years. Pairs are monogamous and often stay together year-round, adding a heartwarming touch to their already appealing nature.

In the wild, black swans live around 10–15 years, but in managed environments like ours, with regular care and a protected habitat, they can live for 25–30 years. This longevity allows residents to develop a long-lasting connection with these elegant birds.

Adding black swans to our lakes not only enhances the natural beauty of our community but also provides an opportunity to connect with nature daily. Their elegance and charm create a tranquil, picturesque atmosphere that aligns perfectly with the peaceful luxury of our independent living lifestyle.

Repopulating Lake Maggie

Nearly 100 new residents have chosen homes in John Knox Village in the past year, but few have been more eagerly anticipated than the four black swans who took up residence on JKV's Lake Maggie at 8:30 a.m. on Dec. 8. They are the first of several new waterfowl expected in the coming months. Our new black swans are actually two paired couples. Black swans form lifelong pair-bonds, and these are

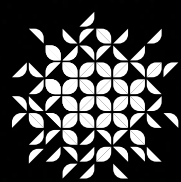
only three years old. Since the expected life span for black swans in captivity is up to 30 years, and with the beautiful and safe environment of JKV's Lake Maggie, residents can hope for several generations of black swan cygnets.

The birds were acquired from William's Exotic Waterfowl of Lake Butler, FL with funding provided by the Maggie Goetz Waterfowl Endowment Fund, a part of the JKV Foundation. JKV Residents have generously contributed to the fund earmarked for the acquisition and care of waterfowl.

Stories relate that Maggie Goetz had nurtured more than 100 black swan cygnets, often turning her bathroom into a baby swan sanctuary. After Maggie Goetz, for whom Lake Maggie is named, passed away in 1996, Betsy Bousfield took over the unofficial role of Chief Swan Caregiver.

Several members of the JKV Waterfowl Committee, chaired by Sue Allison, were present as the swans gracefully exited their cages and began their first tentative exploration of their new home. Travis Williams, owner of Williams Waterfowl, explained that the swans might be a bit hesitant with regard to our lake's fountains and it was amusing to watch as the tightly knit group encountered their first fountain, swimming back and forth before finally braving the falling water.

But by the end of the day, they were confidently navigating the entire lake. These beautiful birds give us all a great excuse to spend time ambling around the lake or simply finding a nice bench or patio from which to watch.



JOHN KNOX VILLAGE

Where possibility plays

New Year New Adventures await at JKV!



You're Invited...What's To Love At JKV Starting This February...



Wine Tasting Class With Ulas Tuesday, February 4th at 2 p.m.

Embark on an inspiring journey at our Mediterranean-themed food and wine pairing presentation with JKV's Food & Beverage Director & Class II Sommelier Ulas Gungor. Uncover vibrant delicious recipes and sustainable wines, mocktails and non-alcoholic beverages that celebrate health and longevity.

Dine Like Our Residents Do! Thursday, February 6th & 20th at 11:30 p.m.

Join us to learn more at lunch! Sample one of our delicious daily lunches and learn how you, too, can benefit from a supportive Life-Plan and vibrant lifestyle at John Knox Village.

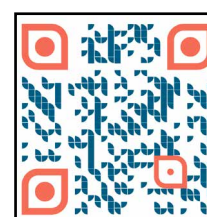


Hands-On Virtual Reality Class Monday, February 10th at 3 p.m.

You're invited to a fun, hands-on virtual reality class designed just for you. JKV's Technology expert Jason Cook will help you explore an exotic port of call from the comfort of JKV's Technology Center. You don't want to miss this.

Reservation Required • Call 954-871-2655 or Visit bit.ly/jkvcontact

Scan the QR code with your camera phone to contact us or visit bit.ly/jkvcontact



SCAN ME



JOHN KNOX VILLAGE

Where possibility plays

You're Invited...Spring Into New Excitement Starting This March...

Experience A Taste Of JKV Thursday, March 6th & 20th at 11:30 a.m.

Join us to learn more at lunch. Sample one of our delicious daily lunches and learn how you, too, can benefit from a supportive Life-Plan and vibrant lifestyle at John Knox Village.



Annual Classic & Antique Car Show Saturday, March 15th at 10 a.m.

Rev up your engines and join us for the Annual Classic and Antique Car Show. Explore stunning vehicles, meet fellow car enthusiasts and enjoy a day filled with nostalgia. Bring your family and friends for a fun-filled experience.

St. Patrick's Day Celebration Monday, March 17th at 3 p.m.

Come celebrate St. Patrick's Day at our cheerful happy hour. Enjoy great drinks, tasty snacks and a lively performance by the talented Tir Na Greine School of Irish Dancers. Let's have some fun together and make memories.



Reservation Required • Call 954-871-2655 or Visit bit.ly/jkvcontact



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Books As Art By Dorothy Simpson Krause

JKV Resident Creates One-Of-A-Kind Art Books

Nona Cree Smith
Gazette Contributor

An accomplished educator and artist, Dorothy Simpson Krause and her husband Richard are beginning their second year as John Knox Village residents. Having designed their Westlake apartment to fit their style and interests, Dorothy has dedicated the guest bedroom with its spacious closet as her artist's studio, with plenty of paper, fabrics, materials and artifacts available to continue her passion for creating books as art.

Educated as a painter, Dorothy discovered she was also a natural collage-maker. She enjoyed the process of collecting objects, prints, materials and fragments, combining them into unique and innovative visuals on aspects of history, humanity and life. Using her artistic talents with collages naturally led to creating books as art, a medium that took books to a visual and dimensional level of information.



The art book, "Little Red," by Dorothy Simpson Krause.



Dorothy Simpson Krause

Creating Books As Art

Dorothy found great success and satisfaction in creating books as art, from fairy tales like "Little Red," to charming subjects featuring primitive handmade Christmas ornaments, such as her creation, "Tis the Season."

She also creates art books examining serious themes, often addressing political, societal and environmental problems, like climate change or the many injustices rained upon indigenous Indian tribes. Her art books gain immediacy and elicit a response to her theme with unforgettable images, colors and textiles.

Her works include large-scale mixed-media art, artist books, and book-like objects that bridge all artists' disciplines and mediums. She assembles meaningful symbols and image fragments with words in layers

of texture, emphasizing the art book's meaning. She combines the humblest of materials, plaster, tar, wax and pigment, with the latest technology to evoke the past and herald the future. Her art-making links concepts and media as visuals for exploring meaning.

Since being introduced to computers in the late 1960s, while working on her doctorate at Penn State University, Dorothy has combined traditional and digital media into the book format. She has become an authority on this branch of the arts and has written a definitive book on producing one's own art books titled: "Book + Art. Handcrafting Artists' Books."

Read more about Dorothy's vision and artistic creations, by visiting her website:

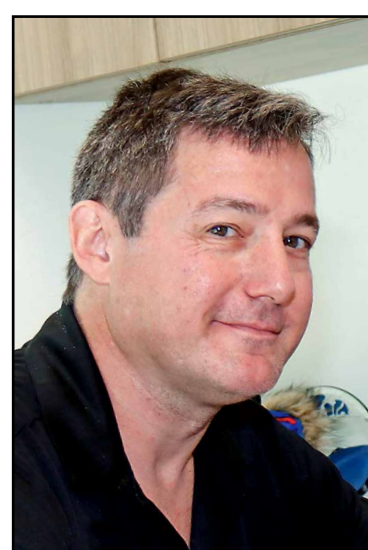
www.dotkrause.com and her facebook page:
<https://www.facebook.com/dotkrause/>



The accordion fold of one of Dorothy's most recent in-progress and yet unnamed art books.

From Health Metrics To Fall Detection These Watches Are Really Smart

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

In today's fast-paced world, smartphones have transformed from mere communication devices into powerful personal assistants, boasting more processing power than the first lunar module that took astronauts to the moon.

It's incredible to think about how much we can do right from our pockets. To enhance this experience even further, many of us are turning to smartwatches, which offer not just the time and date, but an array of features designed to

support our health and fitness journeys.

Imagine having a mini-health club on your wrist. With smartwatches, you can monitor crucial health metrics like your heart rate, blood pressure and even blood-oxygen levels. This functionality can help you understand more about your body and encourage healthier choices.

Setting fitness goals becomes a little easier, too: Whether it's walking a certain distance each day or achieving a specific number of steps, your smartwatch will keep you motivated and accountable.

One of the most heartening features of smartwatches, such as the Apple Watch, is their ability to look out for your safety. The built-in fall detection can literally

be a lifesaver, detecting a tumble and checking in on you if you've fallen.

If you don't respond, it can promptly alert emergency services and your loved ones, providing peace of mind not just for you, but for those who care about you. It's a small but powerful reminder that technology can have a compassionate side.

The Convenience Of A Smartwatch

Smartwatches also bring a touch of convenience to our busy lives. Being able to take calls right from your wrist means you can stay connected, even when it's inconvenient to dig out your phone.

While we may still be waiting for Maxwell Smart-like shoes that can handle calls too, having a smartwatch can feel like a step into the future.

Bluetooth headphones also enhance our connected experience. These devices allow us to enjoy our favorite music or podcasts while tuning out distractions: Helping us find moments of calm in our hectic lives.

The ability to connect to multiple devices—from our smartphones to our TVs—means we can immerse ourselves in high-quality sound no matter where we are.

For those who choose wireless earbuds, their compact size makes them easy to bring along wherever you go. However, we all know the struggle of potentially misplacing them. It's a balancing act, really, between convenience and mindfulness in an age where every new accessory promises to make our lives just a little bit easier.

As technology advances, it's exciting to imagine the myriad of accessories that will continue to support our lives. Each new development not only reflects our ingenuity but also our desire to connect, improve, and care for ourselves and one another in meaningful ways.

JKV's 'IT' Guy: One Of The Few

John Knox Village's long-standing commitment to having a dedicated technology professional sets South Florida's premier Life-Plan Continuing Care Retirement Community apart as one of the few in the country to offer extensive personalized technology assistance.

JKV's Leadership Team believes in enhancing residents' quality of life through innovative support, ensuring they feel connected and empowered in an increasingly technological world.

To meet the evolving needs of its residents, JKV brought Jason Cook on board as Technology Engagement Coordinator. With an impressive background and a genuine passion for technology, Jason quickly earned the reputation of being the Village's trusted "IT [Information Technology] Guy."

He not only provides personalized support but also organizes engaging classroom-style sessions that empower residents to confidently navigate everything from email to social media. This hands-on approach has enabled residents to connect meaningfully with family and friends, fostering stronger relationships and a sense of community.

Gazette readers can meet Jason in person Feb. 10th and enjoy a "Hands-On Virtual Reality Class." Learn how to register for the class on Page 8.

New Law Eliminates Benefits Of Stretch IRAs

Scott Montgomery
Gazette Contributor



Scott Montgomery, CLU, ChFC

The elimination of stretch IRAs under the SECURE Act poses a challenge to many high-net-worth account owners who had hoped to pass their savings to the next generation and allow inheritances to continue growing tax-free over beneficiaries' lifetimes. Under the law, non-spouse IRA beneficiaries must withdraw the entirety of inherited IRA accounts within 10 years of the original owner's death and pay the taxes due. Without the ability to spread out distributions beyond 10 years, beneficiaries of sizable IRAs may be pushed into higher tax brackets and liable for significantly higher tax bills. To help prevent this scenario and allow account owners to leave behind the lasting legacies they intended, it is important to review existing estate plans now and consider several alternative strategies.

Roth IRA Conversions

If you have been contributing pre-tax dollars to a traditional IRA, you may be able to convert that money into a Roth IRA, allowing you and your named beneficiaries to take tax-free distributions in the future. However, it is important to note that this strategy results in an immediate tax liability on the converted amount.

Donate IRA Assets To Charity

You may reduce the size of your IRA accounts and the future tax liabilities passed to heirs by donating your annual required minimum distributions (RMDs) to qualified charities after you reach age 73. Alternatively, you may name a charity as the beneficiary of your IRAs or create a charitable remainder trust (CRT) or charitable lead trust (CLT) to receive IRA assets without incurring tax liabilities. If you pass away with a CRT naming your heirs as beneficiaries, your IRA assets will pass to the CRT, which can then distribute assets to heirs.

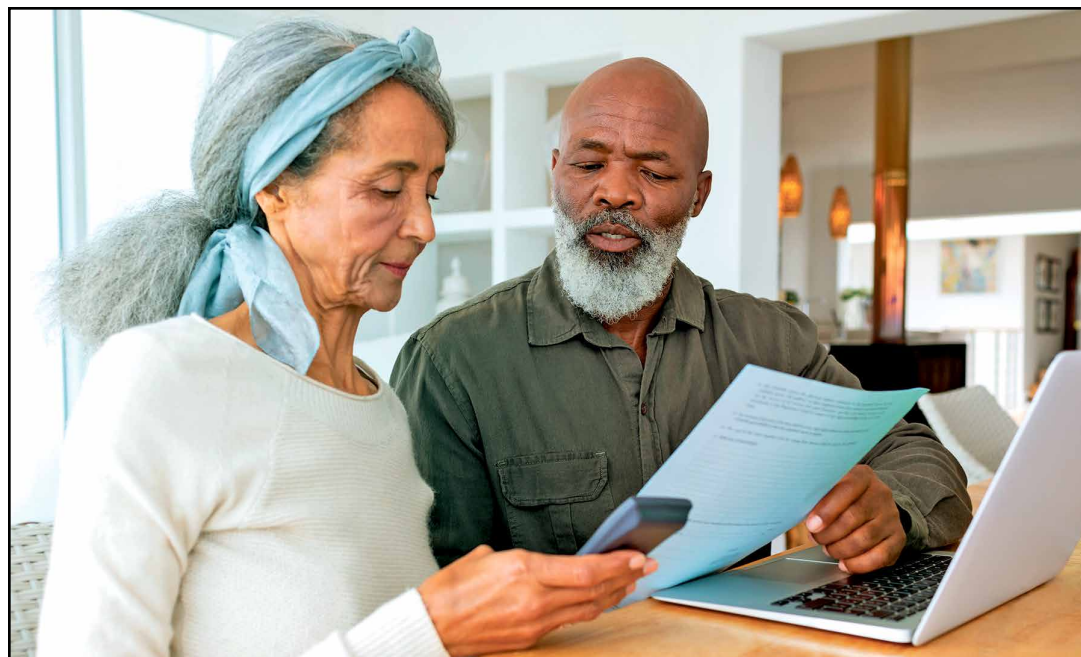
Buy A Cash-Value Life Insurance Policy

Depending on your age and the value of your estate, you may take early withdrawals from your IRA (and pay income tax on those amounts) to purchase life insurance for the benefit of your heirs. While you are alive, policy premium payments will spend down the value of your IRA while increasing the policy's cash value. When you pass away, your beneficiaries will receive a lump-sum, tax-free death benefit that has the potential to be larger than your IRA balance.

Divide IRA Assets Strategically Among Several Beneficiaries

Rather than leaving all your IRA assets to one or two beneficiaries, consider naming several beneficiaries to receive the value of your assets and reduce the risks that any one beneficiary will be forced into a higher tax bracket over the 10-year post-death account maintenance period.

There is no one solution that will yield the same benefit for all investors.



It is important to review existing estate plans and consider several alternative strategies. Image source: Bigstock.

Instead, IRA account owners should meet with experienced financial advisors to determine which strategy works best for their unique circumstances, including the size of their estates and retirement accounts, the tax rates for themselves and their heirs and their specific estate planning goals.

About the Author: Scott Montgomery, CLU, ChFC, is a director and financial planner with Provenance Wealth Advisors (PWA), an Independent Registered Investment Advisor affiliated with Berkowitz Pollack Brant Advisors + CPAs and a registered representative with PWA Securities, LLC. He can be reached at the firm's Ft. Lauderdale, FL office at 954-712-8888 or info@provwealth.com. Provenance Wealth Advisors (PWA), 200 E. Las Olas Blvd., 19th Floor, Ft. Lauderdale, FL, 33301 954-712-8888. Scott Montgomery, CLU, ChFC, is a registered representative of and offers securities through PWA Securities, LLC, Member FINRA/SIPC.

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Hey Doctor: Why Are My Toes Bent?

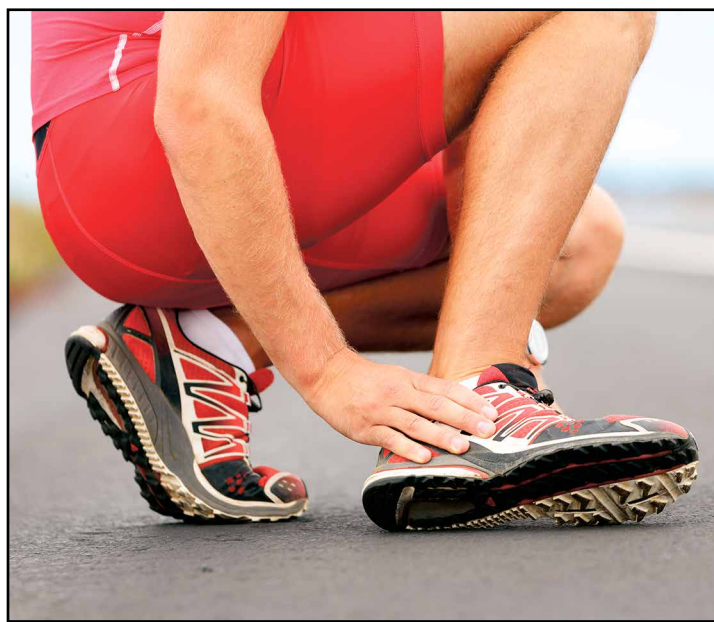
Cary B. Chapman, M.D.
Gazette Contributor



Cary B. Chapman, M.D.

Do you have one or more toes that are bent or crooked? If so, you're not alone. There are a variety of conditions that can cause your toes to become bent or crooked, and even if they are not painful at the moment, this appearance warrants attention.

In this column, we take a closer look at the conditions that can result in bent or misshapen toes, and we discuss treatment options for each.



Pay attention to your toes. Bent or crooked toes can be helped with the right shoe choice. Image source: Bigstock.

by poorly fitting shoes. When shoes are too tight, your toes are pressed inward and forced to bend. Over time, this damages the soft tissues and can lead to a permanent bend at the mid-toe. Making footwear changes can prevent the "soft" hammertoe from becoming a "rigid" hammertoe.

Bunionette

The final toe condition that we'll touch on is a bunionette, and it's similar in nature to a standard bunion. However, a bunionette develops on your pinky toe, not your great toe. You may notice a small bump on the outside of your pinky toe joint and an inwardly crooked appearance to the small toe. Symptoms are generally less severe than a standard bunion, but you'll still want to make some simple adjustments to your footwear choices so that the condition doesn't worsen.

Wearing the right shoes can significantly lower your likelihood of developing all of these toe problems, but more hands-on care may be necessary if the problem progresses beyond a certain point. Dr. Chapman and his team would be more than happy to help treat all stages of misshapen toes and help alleviate any associated symptoms.

Cary B. Chapman, M.D., is a board-certified orthopedic surgeon at Baptist Health Orthopedic Care, specializing in minimally invasive treatments for foot and ankle conditions, including ankle replacements and deformities. With over a decade of experience in private and academic medicine, he was the first in New York to perform a custom total ankle replacement using 3D printing. Dr. Chapman has published extensively, presented at national conferences, and earned accolades such as the Castle Connolly Top Doctor and New York Super Doctors awards. He emphasizes personalized care, prioritizing nonoperative treatments when possible.

To scan the QR code 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.



Bunion

Perhaps the most common condition that leads to a visibly misshapen toe is the bunion. A bunion occurs when pressure on the big toe joint causes it to become misaligned. This typically forces the tip of the big toe towards the rest of the toes while the base of the big toe expands outward, leading to the formation of a bony prominence on the side of the big toe joint. Bunions only tend to get worse and more symptomatic if not treated appropriately, so don't assume you can ignore the bunion just because it's not painful. Poor fitting shoes are the most common contributing factor to bunion onset, so make sure your toes have plenty of space inside a comfortable and supportive shoe in order to limit bunion progression.

Hammertoe

When the bend occurs in your middle toes, it's oftentimes the result of a hammertoe. A hammertoe develops when damage occurs to the soft tissues that support your toes. If these ligaments are damaged, they may contract or shorten, causing your toe to bend at the middle joint. This condition is also caused

Sudoku

Answers On Page 13.

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

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

Savor The Flavor: Catch The Vibes At JKV's Dizzying Dining Delights

Westlake Eatery Is Last Culinary Puzzle Piece

Rob Seitz
Gazette Editor

The last piece to the John Knox Village culinary puzzle is now firmly in place with eight dining venues spread across JKV's 70 botanical acres. Whether you are a passionate foodie or just looking for a satisfying meal, JKV has something for everyone.

The recently opened Westlake Eatery is an open-air fast-casual restaurant that serves freshly made fare all day, with stations for every taste and appetite.

Dine In Or Grab-And-Go

In addition to daily breakfast offerings, the Eatery has a fresh Salad Station, Deli and Panini Station, Grill Station, Pizza and Flatbread Station, daily lunch and dinner entrée specials, daily desserts, and a Grab-and-Go section.

Located on the first floor of JKV's latest Crown Jewel—Westlake—diners order meals from which-ever station they choose. Restaurant staff bring the prepared items to the residents' table, accommodating additional requests for anything else needed.



Each morning The Westlake Eatery's Dining Team prepares the Salad Station for the expected lunch crowd.



In a hurry? Grab-and-Go with freshly prepared salads, sandwiches and drinks from The Westlake Eatery.

Eight Dining Venues At JKV

The Eatery is among multiple dining options at JKV, including its Westlake neighbor BV's French Press Coffee and Wine Bar, which combines the energizing allure of artisanal coffees with the relaxed ambiance of wine tasting, catering to both morning and evening crowds.

Seaglass, located in the Pavilion, serves meals seven days a week with indoor/outdoor dining options. Adjacent to Seaglass in the Pavilion is JKV's most upscale restaurant, The Pearl. The look and feel are akin to an upscale steak and seafood restaurant or fancy chop house, with generous cuts of meat and fresh seafood. Classic dishes include lamb chops, filet mignon, grilled salmon and more.

Not to be missed, Barton's Nautilus Bar, located between Seaglass and The Pearl at the Pavilion, is a favorite watering hole on campus, open seven days a week, with a full-service bar offering wine, spirits, draft and bottle beer, daily drink specials and menu

items from The Pearl and Seaglass.

The Palm Bistro is located on the first floor of The Woodlands, offering a casual and contemporary venue for residents and visitors to enjoy an array of made-to-order dining options from fresh produce and wholesome ingredients.

The Glades Grill offers freshly prepared, healthy fare including fresh fish, salads, burgers, sandwiches, daily specials and delicious desserts. Located at the 5-star resort-like Aquatic Complex, The Glades Grill offers indoor and poolside dining experiences.

Residents, family and friends enjoy poolside happy hours and special events at the Bayer's Poolside Pub while viewing their favorite televised sporting events on high-definition TVs throughout the pub.

Schedule your visit and take advantage of dining like our residents. Call 954-871-2655, email Johnknoxvillage@jkvfl.com or visit our website at www.Johnknoxvillage.com

Enchanting Evening Of Fine Food And Great Friendship

Rob Seitz
Gazette Editor

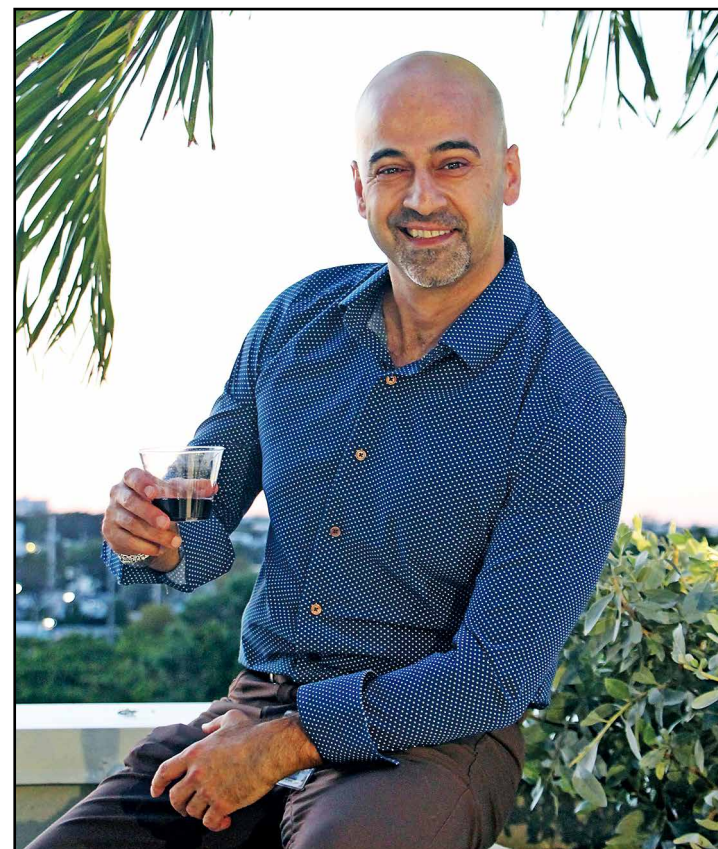
On a delightfully comfortable evening, the Westlake fourth-floor Terrace rooftop glowed softly under twinkling lights as residents gathered for a captivating culinary experience. The Westlake Terrace is the perfect setting for a sunset gathering for fine dining, great wines and exceptional camaraderie among residents and friends at John Knox Village.

Ulas Gungor, JKV's esteemed Food & Beverage Director and Class II Sommelier, welcomed everyone with charm, his passion for wine and food palpable, and what was to become a memorable French wine and steak au poivre dinner.

With Glades Grill Chef Sam Burns expertly grilling New York Strip Steak—cut Manhattan style—Ulas uncorked bottles (and bottles) of Chateau Magnol Haut-Medoc 2020 described as, "a dry red wine, harmonious, well-balanced, full, fine and elegant, with ripe tannins that provide structure and depth."

The wine was a perfect complement to the sizzling steak au poivre. Each bite of the tender meat, paired with crisp asparagus and buttery potatoes, was a delight.

Dinner was followed by a decadent white and dark Chocolate Mousse with raspberry topping and another Ulas specialty—the Cacao Dream cocktail. See the recipe that follows.



JKV's Food & Beverage Director Ulas Gungor enjoys a glass of wine on the Westlake fourth-floor Terrace.

Ulas' Cacao Dream Cocktail Recipe

Along with ice, into a cocktail shaker place one jigger each:

- Crème de Cacao
- Bailey's
- Vanilla Vodka
- Kahlua

Shake, pour into a favorite glass, and sprinkle cocoa powder on top of Cacao Dream Cocktail.



JKV residents dine on the Westlake fourth-floor Terrace as the dwindling sunlight turns day into night.

Recapping The JKV Holiday Season

Parade, Concerts, Parties Mark The End Of '24 With A Toast To 2025



The women and men of the Choristers on stage at the John Knox Village Cultural Arts Center during their sold-out Holiday Concert performance.

Marty Lee
Gazette Contributor

Residents who have been around John Knox Village for several years know the Holiday Season is a special time in the Village. With more than 100 new residents joining the JKV community during their move-ins to the new Westlake apartment building, many got their first taste of the holiday spirit: JKV style.

Kicking off the official start of the holidays was the 38th Annual JKV Holiday Parade. The tradition began in the mid-'80s, and with the exception of two

COVID-19 years, JKV's Annual Holiday Parade has been a mainstay on the Village activities calendar. Parade entries include teams from every JKV Department, a local high school band, government officials, law enforcement and fire departments, floats and displays from area businesses, as well as antique cars, stilt walkers and finally a visit from Santa riding on a period Pompano Beach fire truck.

Many concerts scheduled in the Cultural Arts Center (CAC) featured a holiday theme. The concerts enjoyed included the Florida Singing Sons, "Yuletide Carole" by a JKV favorite singer Carole Bufford, a "Spirit of the Season" piano concert with Gail Smith, the MusicFor America String Ensemble Holiday Concert, and JKV's own Villagers and Choristers in their "Songs of the Season" concert.

JKV residents attended several holiday events outside the Village including Pompano's Sample-McDougald House, Ft. Lauderdale's Bonnet House and Stranahan House, plus a trip to Flamingo Gardens.

Christmas religious observances included Catholic Mass and Christian Services. Hanukkah was celebrated during the eight nights with the nightly lighting of the Menorah.

Finally, the Holiday Season reached its peak with the gala New Year's Eve celebration in the CAC.

It was quite a Holiday Season at JKV to wrap up the 2024 theme: "We are the World." The 2025 theme at JKV is the "Eras Tour," focusing on the important events and societal trends of the 1900s through today. Plan to join us this year and take part in the lifestyle opportunities for you at JKV.



New Year's Eve entertainment was provided by It Takes Two with dancers who kept the audience movin' and groovin'.



JKV resident Richard Ziemer was a featured soloist during the JKV Choirs Holiday Concert.



Even "Carmen Miranda" made a visit to JKV for the New Year's Eve party in the CAC.



The JKV Plant Operations Team took us on a trip to Jamaica during the 38th Annual John Knox Village Holiday Parade.



Revelers (l to r) Elyse Geier, Maggie Robin and Arthur Knighton toast the New Year during the CAC party.



The Sales and Marketing Department's Yael Fishman and Thomas Rodriguez as Mrs. and Mr. Claus during the Parade.

Answers to Crossword Puzzle on Page 4 and Sudoku on Page 11.

HAI				IBIS			TAE
OGRE				NACL			AMY
BORA				DISASTER			
				IRBIL			DIANA
DOG				LEG			BEG
ABA				VORA			MAAR
CETA				DEG			ALAE
EDEN				YEAH			ORA
				THE			TAPPER
AERIE				LETHE			
BRO				CATEL			OCTO
ADA				TAA			NILE
SAD				HIDE			ACC

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

Taking The Road Less Traveled

JKV Resident Janet Anding Explores The Less Traveled Pacific Islands

Janet Anding
Gazette Contributor

There are many reasons to travel. One is being a tourist to destinations such as Disneyland, Las Vegas or beach resorts. Everyone enjoys being

a tourist but some love another way to travel. As a serious traveler and a John Knox Village resident, this writer often takes the roads less traveled and this story may be my hardest ever.

Why Visit Venues Less Traveled?

Why do some travelers visit countries mostly undiscovered by outsiders? This article answers why we should visit those nations that we know the least about. It is a lesson in history, geography and most importantly learning about the heritage of the residents and their way of life.

On this trip, I, Janet Anding visited six South Pacific countries, five are some versions of atolls and one, Fiji, is a volcanic island. Fiji will be explored in another story in a later issue.

In Part One, I will take you to the Marshall Islands and the Federated States of Micronesia.

The Atolls

The five atoll countries are all different. Atolls are somewhat donut shaped, created on the rim of sunken volcanoes. A coral ridge circles it and the land is sand. Many whole atolls are now separating by the ocean's rise and look like pearl necklaces.

Flexibility Is My Middle Name

It took me over six years to get to these locations. I tried to plan my own trip, but the logistics were nearly impossible. I found Adventures Abroad (AA) Worldwide Travel in Vancouver, BC, Canada that specializes in destinations for very serious travelers. It was hard to get a booking, as they operated this small group tour once a year. It was full when I was free, and when space was available I was booked on another trip. I was waitlisted for a June 2020 trip, but regrettably 2020 and 2021 were cancelled due to the pandemic. The next two years were sold out with closed out waitlists.

I booked this trip 19 months out for an October 2024 departure with zero guarantee we would go until they gave a firm confirmation. I received that in September 2024 with our departure adjusted to November due to lack of hotel accommodations.

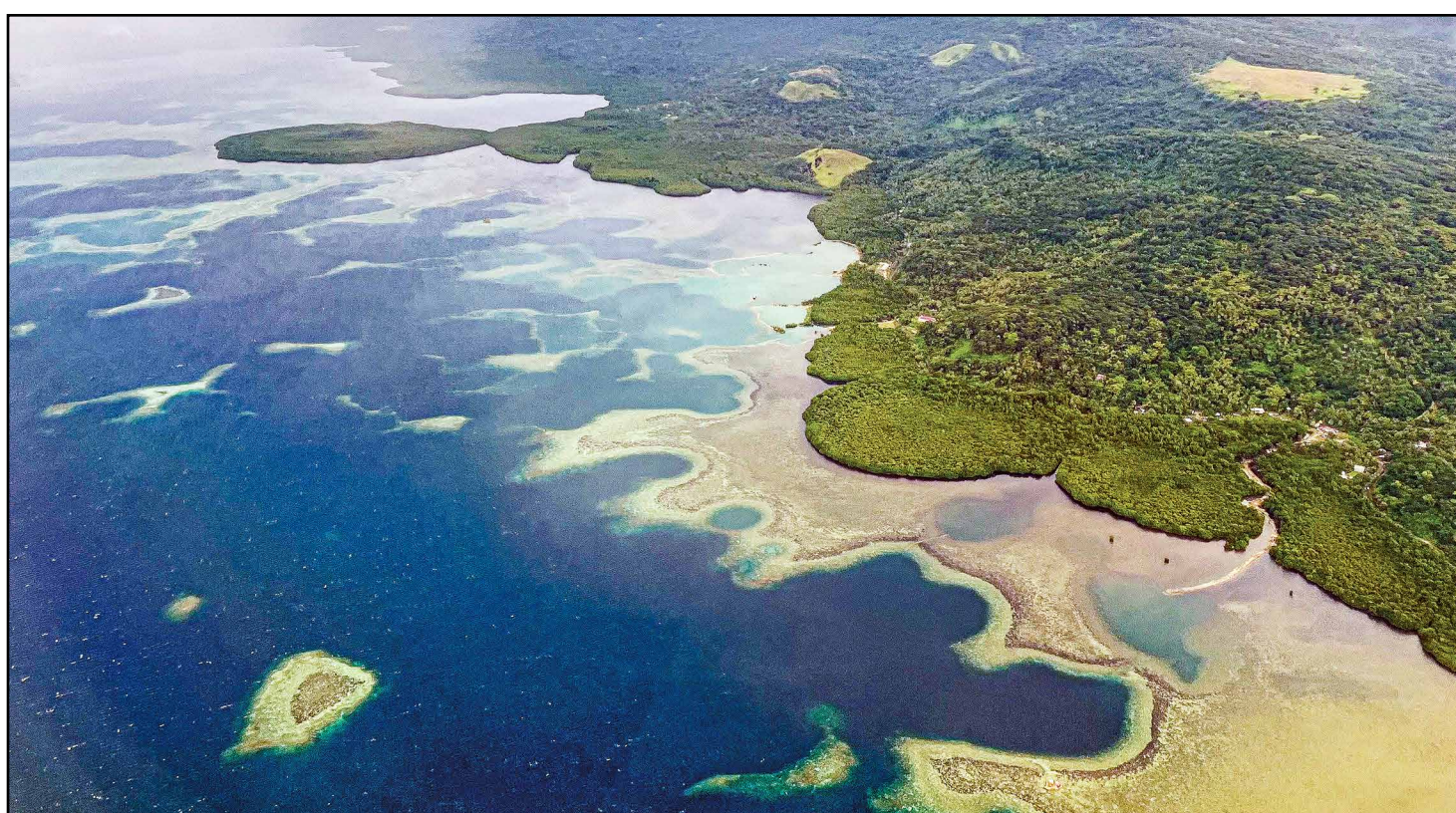


Janet almost became a zillionaire with this coin. Round stones with a hole in the middle come in all sizes and have been in use for centuries. The hole is to put a big stick through it to roll it. This one is used to buy things between tribes and sits here until needed. Janet Anding photo.

Our Intrepid Group Of 14

We met in Honolulu for an Aloha Welcome dinner. The travel group had an amazing demographic: Aged 49 to 92; eight men and six women, three were couples, one each from Germany, Canada and the USA. More than half have traveled to many more places than the other half. My countries' travel list fell right in the middle. Humility is always a good reality check. We did have fun asking each other for their favorite countries and what they have booked already for the future.

Our leader was a 37-year-old Canadian, nature lover and professional Trail Guide. This brave gal was a first-time Tour Leader. She did a terrific job and her research was outstanding. Our group got along very well with kindness and patience – lacking complainers made it a great tour.



A view of Micronesia from the air. Janet Anding photo.

The Republic Of The Marshall Islands (RMI)

We left Honolulu on a five-hour westbound United Airlines flight crossing the International Date Line and the 180-degree longitude line, thus losing a calendar day. We got that day back when we flew home and recrossed the Date Line. It was awesome flying over the beautiful atolls to land on Majuro Island, the capital of the RMI. Everyone we met was gracious and hospitable.

The hotel on the lagoon (the inside of an atoll) looked nice and clean but somewhat rundown. Their food was much better than anticipated. Our excellent local guide advised us that RMI is one of the five "least visited" countries in the world with fewer than 6,000 visitors a year.

Their total land mass is 70 square miles of land surrounded by two million square miles of sea. RMI consists of 1,200 small islands and islets, 29 are atolls with five main atoll islands. Their land is the world's largest water-to-land ratio at 98 percent. They fear all of these islands will be submerged in their lifetime. We visited two small cultural museums and a school for teenage students to learn how to build outrigger canoes.

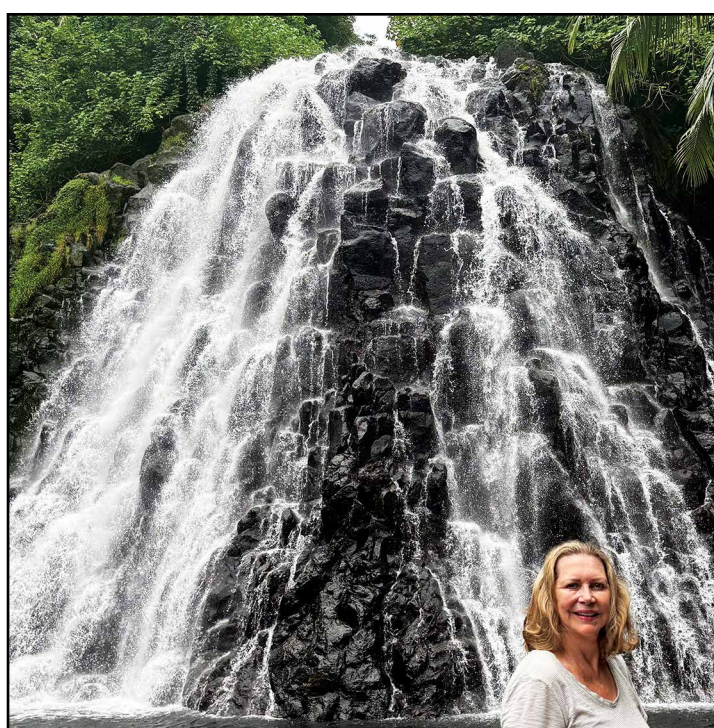
Spain claimed RMI from 1520 to 1885, until Germany purchased it and owned them until Japan occupied them from 1914 to 1944. The USA invaded and occupied the Marshall Islands in 1944 with the second largest amphibious assault of World War II. The Marshalls became a Trust Territory of the USA from 1947 until their independence in 1986. They became a United Nations Member in 1991, and there is a United States Embassy on Majuro.

Kwajalein Atoll, RMI

The world's largest atoll, Kwajalein, took most of the Marshall's WWII damage. There is a lot of submerged WWII equipment that can be seen, especially at low tide. Today, the U.S. is second largest employer on the Marshall Islands, with almost all the employees on Kwajalein. Approximately 1,300 Americans are still based today at Naval Base Kwajalein.

Bikini Atoll Islands, RMI

After WWII, the U.S. decided Bikini and Enewetak Atoll islands were an adequate distance away from everywhere to be safe enough to conduct the Nuclear and Atomic Testing Program from 1946 to 1958. The testing included detonating 23 nuclear bombs.



Kepirohi Waterfalls on the island of Pohnpei in the Federated States of Micronesia (FSM). Janet Anding photo.

The 167 indigenous inhabitants of Bikini were relocated to the southern portion of their atoll for their safety. Sadly, the winds and the weather changed during tests and nuclear fallout carpeted the area where many locals and U.S. military personnel lived. One island in the Enewetak Atoll was bombed out of existence.

Eventually, everyone was removed to other islands but due to fallout the fishing was poor and the farming was worse. Many starved and/or developed cancer. All Bikini islanders were promised they could return home; yet 78 years later and after billions of cleanup dollars, Bikini is still not inhabited. The displaced islanders receive a stipend from the U.S. government. Food products like Spam and canned baked beans are sent in monthly shipments. Tourists, especially divers, like to sneak in illegally to see the underwater remnants of the testing. Greenpeace is working hard to help Bikini become their home again.



An adorable Micronesian girl poses for a portrait. Janet Anding photo.

The Story Of A U.S. Navy Serviceman

A friend in John Knox Village heard I was writing about the Bikini Islands and wanted to share her story. Her husband loved the Navy and his job. He was a U.S. Naval Junior Officer in 1958, when he was deployed on a destroyer to Bikini Island. He knew he was involved in the U.S. Nuclear and Atomic Testing Program and when assigned, he went without question.

As far as the servicemen knew, they were properly secured from the perils of the detonation fallouts. One evening, he was required to stand watch on the outside deck. He followed the rules, but knew it was not going to be good. He suffered the aftermath of this for the rest of his life.

My friend's beloved husband passed away at the age of 68 suffering from many illnesses, including lung problems and a liver that had perpetual problems with massive scar tissue from the radiation. The government offered him a liver transplant, but he felt a younger person should receive it, as he knew he would not live long.

The government mentioned he should be receiving a stipend for being an unfortunate recipient of the test fallouts. My friend completed the proper paperwork

See "Road Less Traveled" on page 15

South Pacific Island Trip 6 Years In The Making



The rusting hulks of Japanese WWII tanks are visible on many islands in the Federated States of Micronesia. Janet Anding photo.

From "Road Less Traveled" on page 14

and the response back was denied, as they had earned too much money in their lifetimes.

It was very courageous of my friend and neighbor to relive such a sad chronicle. Her feelings are that many Americans are not aware of this story of her husband and many others, and we should know.

The Bikini Atoll Nuclear Test Site is a UNESCO World Heritage Site. Much more information is available on the internet:

<https://www.history.com/news/nuclear-bomb-tests-bikini-atoll-facts>

<https://www.youtube.com/watch?v=phKPb5-WyF8>

Federated States Of Micronesia (FSM)

Kolonia, on Pohnpei Island, the capital of FSM, is only a two-hour flight west of the Marshall Islands. FSM has 607 islands with only 60 inhabited. Most are atolls, a few are volcanic mountain islands. Their total land mass is 271 square miles surrounded by one million square miles of ocean. During WWII, the U.S. military was strategically involved in the FSM

to protect them from the Japanese.

FSM did not participate in the nuclear testing, yet some of their islands were affected by nuclear fallout due to their close proximity to Bikini Island.

FSM became a Trust Territory of the USA from 1947 until their independence in 1986 and became a member of the United Nations in 1991. The United States Embassy is located in Kolonia. Their economy is primarily subsistence farming and fishing. Pohnpei is a modern and very tidy island.

Our tour included the world-renowned Philatelic Society of FSM to view and buy unique and lovely stamps. We visited a German church built in 1909 that was left almost devastated by Japanese artillery. Rusty WWII war remnants were seen on every island. We visited Nan Madol, ancient ruins from 1200 CE. They are a UNESCO World Heritage Site, plus they are on the United Nations list of World Heritage in Danger. (Everglades National Park, FL is also on the UN List of World Heritage in Danger.) The sites are small artificial islands made of basalt and coral, now crumbling. Later we went into the jungle for a picnic at the beautiful Kepirohi Waterfall.

This island (excluding Fiji) was the prettiest with unique volcanic mountain geography. It was the cleanest and most progressive with a positive future outlook greater than the other small island countries. They can have that happiness for the future as many of their inhabited islands are mountainous, not atolls. It is a poor country with much potential, especially eco-tourism. Currently 20,000 tourists visit annually. FSM (again excluding Fiji) gave us the nicest hotel and the best food. This country was our group's favorite.

After What Happened During WWII

It is amazing how grateful the locals from both the Marshalls and Micronesia are for the Americans. Many family members migrated to Hawaii or Arkansas. Tyson Foods offered jobs to many islanders. They are non-immigrants admitted without visas per the "Citizens of the Freely Associated States of The Federated States of Micronesia, The Republic of The Marshall Islands and Palau," formerly the "Trust Treaty of Pacific Islands (TTPI)."

Everything we saw, did and learned was far beyond our expectations. Since returning home, I can't seem to stop reading about these little countries and how hard they work to survive. I am grateful to have had the opportunity to go, yet sad and heartbroken to hear their stories. It is important to remember they are heartwarming also. I believe I could more than fill up an entire *Gazette* with all that I saw and heard. The second part of the Pacific Ocean trip will be in the April/May 2025 edition.

Janet's Next Adventure

Janet will be off with friend and JKV resident Liz to South America in February.

John Knox Village Westlake resident, Janet Anding enjoyed a 23-year career with Trans World Airlines and traveled the world. Janet has now visited 162 of the 193 countries in the United Nations, and 235 of the 339 countries and territories in the "Travelers' Century Club" list. She has now crossed the equator for the 58th time in her life. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa. She has visited all seven continents numerous times and has lived in North America, Asia, Europe and Africa.

Examining Low- & High-Level People

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

Recently we have been examining relationships and how they are influenced by our own anxiety. Remember how we looked at distancing, conflict, cutoff and triangling?

The new year often inspires us to rethink and resolve to do better in life. What do we want to accomplish? How do we improve our functioning?

Of the eight concepts in the new theory of psychology, my mentor,

Dr. Murray Bowen, a professor in psychiatry at Georgetown University and a noted founder of systemic therapy, described the most important concept that answers these questions. It is "The Scale of Differentiation of Self."

It simply states that humans are spread on a scale of functioning from 1 to 100, some higher and some lower in life performance. Higher is better. So, how do we go higher on the scale? A few characteristics of high-level functioning that Bowen mentioned many times come to mind.

1. They are not as guided by emotions as low-level people.
2. They manage their emotions better.
3. Their relationships are long-lasting.
4. They rely upon guiding principles.
5. They have goals.

Low-Level People

Low-level people are guided more by emotions and relationships than by what they think. The problem with this is that emotions come and go. Thinking, especially well-balanced evaluative thinking, is much more reliable and leads to better and more positive decisions and actions. In recent days our society itself



High-level people rely upon their guiding principles in making decisions in their lives. Image source: Bigstock.

seems to be guided more by emotion than thinking. As evidence, look at the demonstrations and violence on our streets and public places.

High-Level People

High-level people are more able to manage their emotions than others. Because they are fleeting and unreliable, emotions need to be managed by the thoughtful (left) side of the brain.

Relationships of high-level people are long-lasting. Bowen thought that their marriages, for example, often go back to friendships that began during teenage years. Because these people are able to manage emotions better, they are less susceptible to distance and cutoff, as well as all the other patterns that come into play under the influence of anxiety. Relationships are relished and tended to. But high-level people do not tend to give up self in relationships, doing, agreeing or disagreeing in ways they wish they would not.

High-level people have guiding principles. They have well thought-out guiding principles that they can rely on. They take the time to research and work out guiding principles. They can call them into play

when circumstances demand. They know what they believe and what they don't. This is quite calming, so they have less anxiety to carry around.

They have goals. They have consciously worked out what they want to achieve and have a plan for doing so. They understand the path and desire to follow that path according to their guiding principles. So, high-level people have goals and they are very aware of them. They often test their tendencies against their conscious goals to see if they match up.

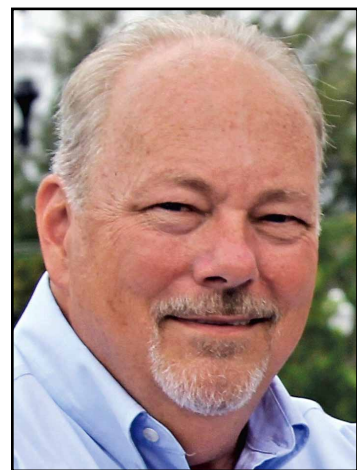
That is how my thinking in the new year lines up. If you want to know more about the new psychology, look up "Bowen Family Systems Theory" on the internet and read to find out more.

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

The History Of Pompano's Air Park

Another Amazing Story From Dan Hobby On The History Of Pompano Beach

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

One of the lasting legacies of the Second World War was the building of an airfield in Pompano – today's Pompano Air Park.

In 1942, the federal government began purchasing 1,036 acres just north of town and west of Federal Highway from 94 Florida residents and corporations, as well as dozens of out-of-state property owners, not all of whom were anxious to

sell or happy about the price paid for their land.

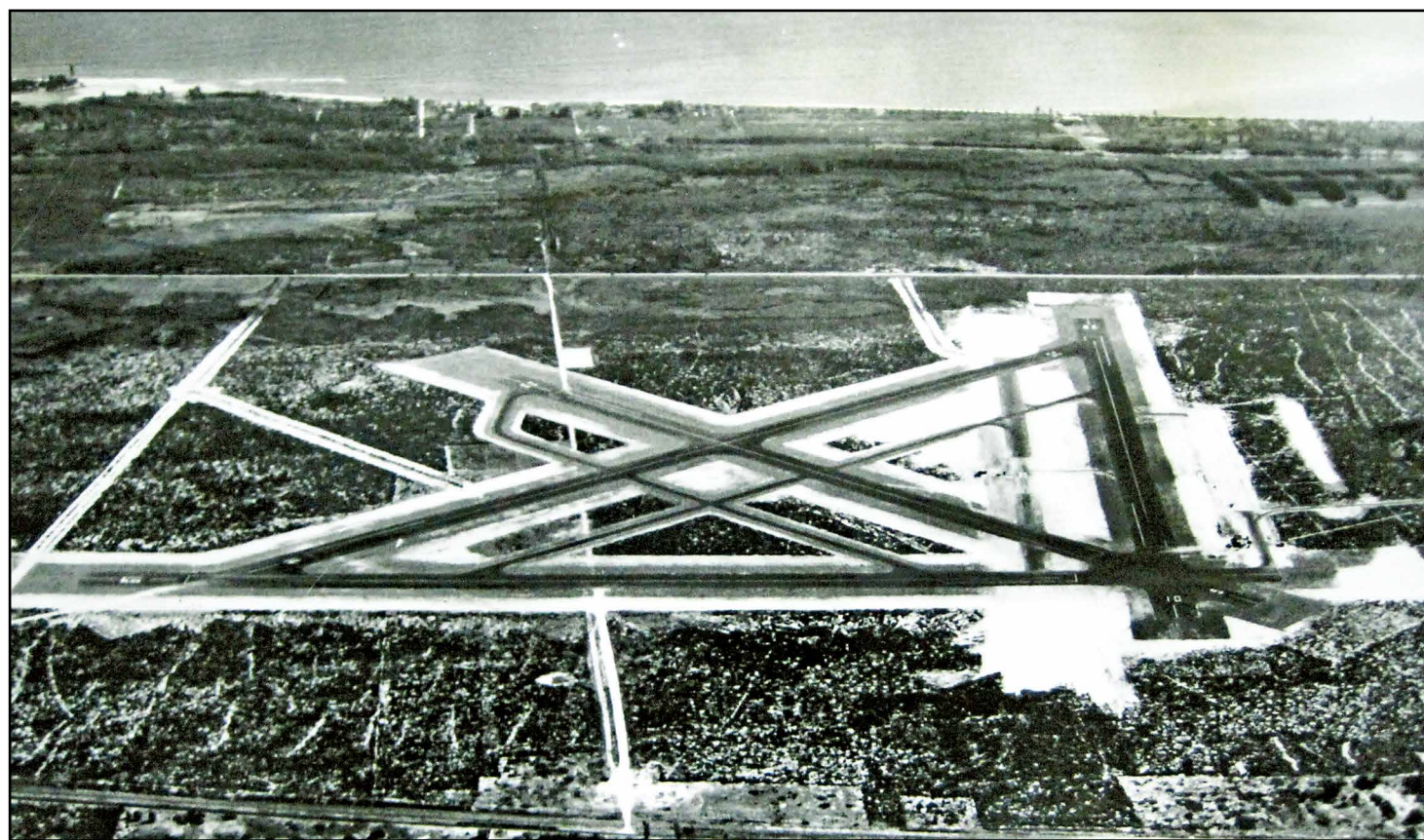
Soon, an airfield was under construction. When completed, it served as an auxiliary field for the big Naval Air Station in Ft. Lauderdale (now the Fort Lauderdale–Hollywood International Airport). Torpedo bomber pilots in training would use the Pompano field to practice landings and takeoffs. The outline of an aircraft carrier deck was painted on one runway to allow the pilots to get the feel of a carrier landing before taking on the real thing. Still, a number of airplanes crashed in the area and adjacent ocean.

Eyewitness Account

Pompano resident Lois Tillis Courson later underscored the dangers pilots in training faced: "We went fishing off the Pompano inlet one afternoon and I saw one of our fighter planes go down in the ocean. It went down slowly so the pilot was able to get out. On another day while I was hanging up clothes, I saw a plane on fire headed for the Pompano airfield. The pilot landed the plane and got out safely." Not all were so lucky.

Airfield Transferred To City Ownership

Following the war, the airfield ceased operations and some residents thought the land might revert to



The Pompano Naval Air Auxiliary Field, soon after its construction (ca. 1942), looking east.
Image source: Daniel Hobby.

its previous owners. Such was not the case, and on Aug. 29, 1947, the City of Pompano Beach obtained the airport from the federal government under the auspices of the Surplus Property Act of 1944, which allowed the federal government to transfer facilities deemed no longer necessary to local governments. Restrictions in the transfer prevented the City of Pompano Beach from using the property for non-aviation purposes without prior approval of the Federal Aviation Agency.

New Uses As The City Grows

Over the years, various peripheral parcels of the original airport property have been sold or designated for non-aviation uses. These include 60 acres that were sold in 1958 for construction of the Pompano Fashion Square Mall (now the Pompano Citi Centre) and 10 acres purchased by the Elks Club in 1981 (now a municipal recreational complex). Also located on former airport property are the Pompano Beach

Municipal Golf Course, Community Park, Pompano Beach Elementary School, the Sample-McDougald House, Sand and Spurs Equestrian Park, as well as various city-owned utility and maintenance facilities.

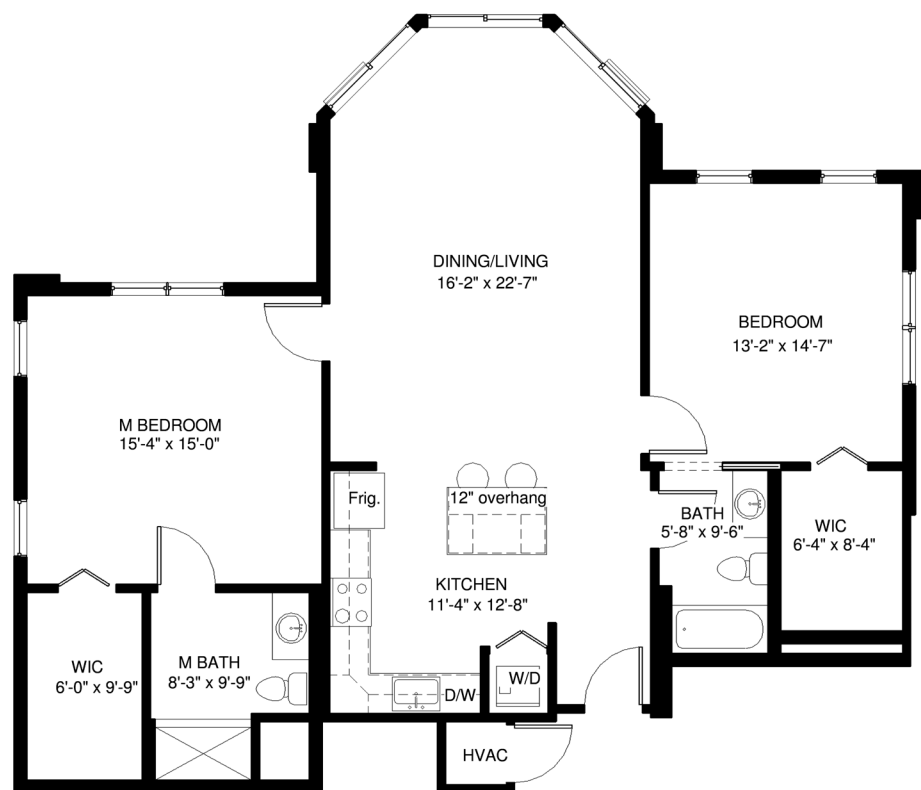
Pompano Beach Air Park is one of three general aviation facilities in Broward County, the others being Fort Lauderdale's Executive Airport and North Perry Airport in Pembroke Pines. Like the Pompano Beach Air Park, these two facilities were first established as military airfields.

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 Heritage Tower Queen Palm Apartment

John Knox Village will be ready for you when you are ready to make the move to resort-style living with Life-Plan security. Learn how John Knox Village will take care of your health care needs today, tomorrow and every day in the future. For the ultimate in convenience and spacious living, tour this month's featured two bedroom/two bath Queen Palm apartment home located in Heritage Tower.

The Queen Palm in Heritage Tower
2 Bedroom / 2 Bath / 1,412 Sq. Ft.



As a JKV resident, you will enjoy comprehensive long-term care, daily use of the Aquatic Complex with two pools, Glades Grill, Bayer's Poolside Pub, Pickleball and bocce ball courts, Fitness Studio, the Rejuvenate Spa & Salon, Palm Bistro, the Pavilion with Cultural Arts Center, The Pearl and Seaglass restaurants, and Barton's Nautilus Bar: Plus, BV's Coffee Press and Wine Bar, the Westlake Eatery, Art Studio, Tech Learning Center, Library, Theater and much more.

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

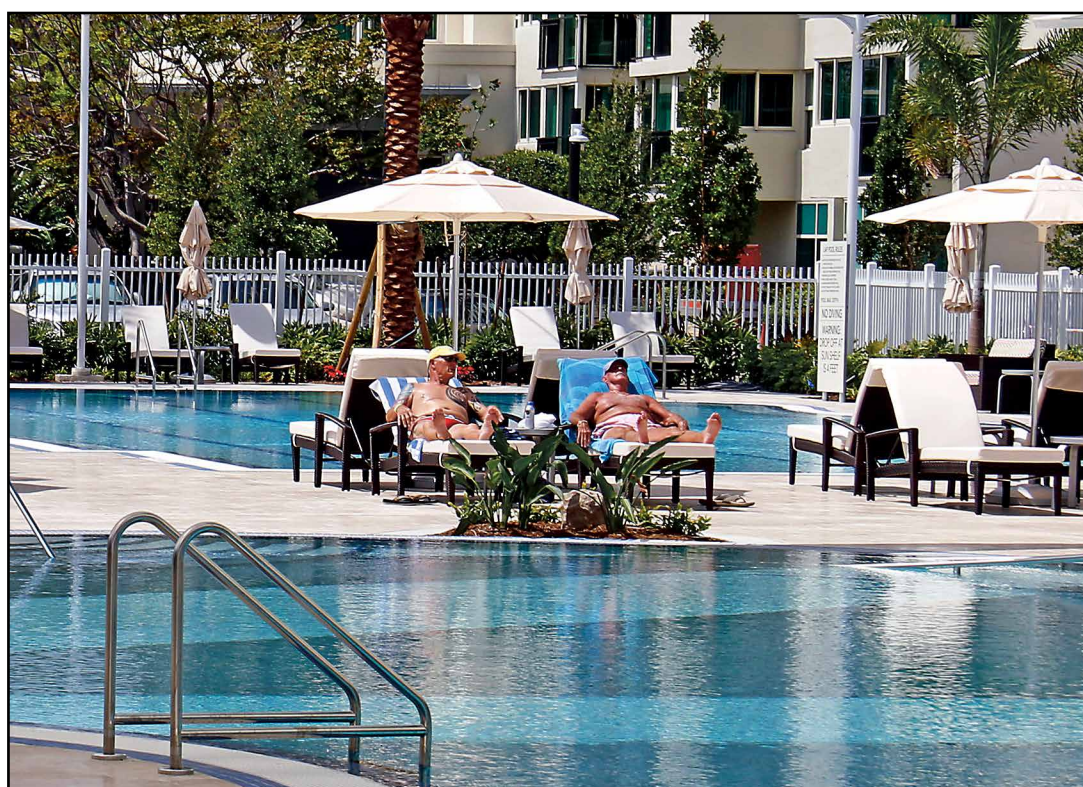
web JohnKnoxVillage.com

JohnKnoxVillage

651 SW 6th Street, Pompano Beach, FL 33060
954-871-2655



The skyline views from the living area of the Heritage Tower Queen Palm apartment home.



Relax at either the resort pool or the lap pool at JKV's Aquatic Complex.