

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

## Misperception Debunked: CCRCs Provide More Independence Than At-Home Living



With so many opportunities for recreation, entertainment, education, volunteerism and camaraderie, John Knox Village residents also enjoy the peace of mind that their health care is secure no matter what challenges they may face in the future.

**Kim Ali**  
JKV VP of Sales & Marketing

The transition from a private residence to a Life-Plan Continuing Care Retirement Community (CCRC) often brings with it a common misperception: That individuals lose their independence

in the process.

This notion cannot be any further from the truth.

A closer look will show that living in a CCRC, such as John Knox Village, can and will actually enhance independence in a variety of ways.

Firstly, many people mistakenly believe that moving to a CCRC means being stuck to strict schedules and losing the freedom to make personal choices. However, many communities are designed to do the opposite—promote autonomy.

CCRC residents typically enjoy a wide range of housing options. At JKV, we offer beautifully appointed ground-floor villas and apartment residences with some 30 different floorplans to choose from.

Additionally, JKV offers flexible schedules for dining and activities, giving our residents the freedom to engage in the Village at their own pace.

A game of pickleball, followed by a dip in one of our 5-star resort pools, then lunch? Why not?

An afternoon presentation from a community expert, followed by dinner in one of our six dining venues and a show? No problem.

Next morning, a strength and balance class in one of our two Fitness Studios, followed by a basic or advanced-level technology class from our employee dedicated solely to assisting residents with their ever-innovating equipment, and close the day with a food and wine pairing with our Level II Sommelier.



Kim Ali, JKV VP of Sales & Marketing

See "CCRC" on Page 2

## John Knox Village: Where Security Meets Peace of Mind



JKV Assistant Security Manager Jonathan Desir points out to Dispatcher Taina Alvarado an area on the campus from one of Security's several monitors.

**Rob Seitz**  
Gazette Editor

In today's world, safety and security are top priorities for families searching for a place to live their life's next chapter.

At John Knox Village it is understood that your peace of mind is essential to enjoying your Golden Years.

That's why South Florida's premier Life-Plan Continuing Care Retirement Community has invested heavily in ensuring

that JKV residents feel secure within the vibrant community.

With a dedicated team of 22 security professionals and several hundred strategically placed cameras, JKV is committed to providing an environment where residents can thrive without worry.

### 70-Acre Campus Fully Monitored

A state-of-the-art surveillance system monitors all JKV apartment common area interiors as well as the expansive 70 acres of beautifully landscaped grounds.

Someone entering the community will find guards stationed at both entrances, providing a welcoming yet vigilant presence. These security personnel are trained not only to enforce safety standards but also to assist residents and visitors, creating a warm yet secure environment.

### Round-The-Clock Security Personnel

Beyond the entrances, roving Security Staff patrol the campus around the clock—24 hours a day, 7 days a week—ensuring that every corner of the community is safe.

"JKV residents often share how the security measures in place allow them to enjoy their lives to the fullest," Jonathan Desir, JKV's Security Assistant Manager told the Gazette. "They appreciate the freedom to walk, jog, or socialize within the campus and not worry about their safety."

"Many have noted that the presence of security personnel and the surveillance systems provide them with an unparalleled sense of comfort and reassurance."

See "JKV Security" on Page 3

## An Active And Inclusive Lifestyle With Full Health Care Support

From "CCRC" on Page 1

You can do all this—or nothing at all. It's your choice.

Another drawback to staying in a private house is this often leads to increased dependence on family members or friends for daily assistance.

### Benefits Of The JKV Lifestyle

By contrast, JKV residents enjoy an array of services and amenities that are actually empowering. Access to on-site health care, maintenance services, and transportation means residents can manage their daily routines without relying heavily on their family's help. This support allows them to focus on activities that they enjoy rather than the burdens of house maintenance, thus enhancing their quality of life.

Social interaction is another important aspect where moving to a CCRC can foster independence. Many seniors living alone may experience isolation, which can lead to feelings of loneliness or a diminished sense of control and independence.

In a CCRC, residents find a vibrant community where they can participate in various activities, form friendships, and engage with peers. This social engagement can enhance their self-esteem and overall happiness, ultimately contributing to a more independent lifestyle.

JKV residents can explore new hobbies, gain new skills, and pursue interests they may not have had time for in their previous living situations, fostering a sense of accomplishment—all on our beautiful 70-acre campus.

By opting for a living situation equipped to address potential health challenges, JKV residents can

remain active and engaged well into their later years without compromising their well-being.

Living alone in a house may expose seniors to potential hazards, particularly if they have mobility issues. On the other hand, JKV is designed with accessible layouts and safety measures such as handrails, emergency call systems, and 24-hour security. This reduces the risk of accidents and gives residents peace of mind, knowing help is readily available if an emergency arises.

### Monthly Fees Cover A Range Of Services

Financial planning is another aspect worth considering. While some may view the monthly fees of a CCRC as a downside, at JKV they cover a range of services that could prove more cost-effective than maintaining a house and paying for various services separately.

Expenses such as house repairs, lawn and pool maintenance, and even health care can add up. At JKV our amenities, meals and services are bundled, providing residents with a clear understanding of their monthly expenses.

So, that misperception that moving to JKV would result in a loss of independence overlooks the many ways our residents are empowered. By providing supportive services, fostering social connections, and promoting continuous personal growth, JKV enhances independence and enriches the lives of our residents.

As many of our residents say, "I should have done this five years sooner."

To learn more about JKV call me at 954-871-2655 or go to [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com) Come for a visit, stay for a lifetime.

## Dine Like Our Residents Do!



Many seniors living alone may experience isolation, which can lead to feelings of loneliness or a diminished sense of control and independence.

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

Join us on either April 10 or the 24th at 11:30 a.m. for lunch. Reservations are required. Please call 954-871-2655 or visit the JKV website:

[www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com)

# Thanks For Asking

## Do I Know The Dalsimers?

**Dave Bayer**  
Gazette Columnist

The first John Knox Village residents that my wife Jackie and I met were John and Diane Dalsimer. We were considering our "last move" and had decided to see what JKV had to offer. We were having lunch at a campus restaurant, and John and Diane must have recognized us as prospects. They stopped by our table and greeted us with a few warm words of welcome, and their kind words were one of the many reasons that we eventually decided to move here.

It's been my pleasure to often participate with them as they use their skill sets to work as volunteers with and through others to improve the quality of life for CCRC residents both within our JKV hedges and throughout the State of Florida.

### Volunteering In JKV Committees

Jackie and I have gotten to know the Dalsimers well during the eight years that we have lived here, mostly through our mutual volunteer interests. A few months after we moved in, we volunteered to serve on the JKV Communications Committee. Diane was chairing the committee, and even before the first meeting started, Jackie and I experienced Diane's management skills firsthand. Diane called us aside, described a new JKV function that she hoped we would be responsible for (i.e., coordinating the welcoming of new residents), why she felt that we would be well-suited for the job, and then asked if we would prefer to run the welcoming committee with another couple or do it ourselves. Still being relatively new residents ourselves, we were surprised to be asked to run anything. Heck, we had volunteered for the committee because we knew it would be a good way to meet other residents and learn more about what was going on around the campus.

Jackie and I decided to accept the challenge of coordinating the welcoming of new residents, preferring to do it ourselves rather than in conjunction with another couple. Working under Diane was a real pleasure. She ran a great Communications Committee and was very helpful to Jackie and me with our newcomers sub-committee. She was knowledgeable, well prepared, considerate and well organized. She also chaired several other committees that I was on, and she was the consummate leader. Her meetings were always productive and smoothly run. Either Diane or John have chaired over half of the committees in our Resident Senate.

One of the best things at JKV is our skilled nursing facility, The Woodlands. In 2016, JKV became part of a growing national movement to change the face of skilled nursing care when The Woodlands

opened. An entirely new skilled nursing center, it is a trademarked Green House model with 12 homes in the building. Each home has 12 private rooms with private baths. These resident-centered homes are designed and operated specifically to counter the institutional feeling of boredom and isolation.

### Going The Extra Mile

In 2016, this was a relatively new concept. The Woodlands was the 200th Green House home to open, the first in the State of Florida, and the first to be initiated by the residents themselves. The Dalsimers were both very involved in the research and fundraising that convinced our JKV Board of Directors to approve the \$35 million project. It was also Diane who (typically) went the extra mile and wrote the history of the extraordinary efforts by our residents to bring the project to fruition.

### Working Together With FLiCRA

By far, the biggest volunteer effort in which we worked together was with the Florida Life Care Residents Association (FLiCRA). Established in 1989, FLiCRA is a statewide non-profit association of residents living in Continuing Care Retirement Communities (CCRCs). Under the leadership of volunteer residents and a dedicated staff in Tallahassee, FLiCRA is a recognized voice before the legislature and state

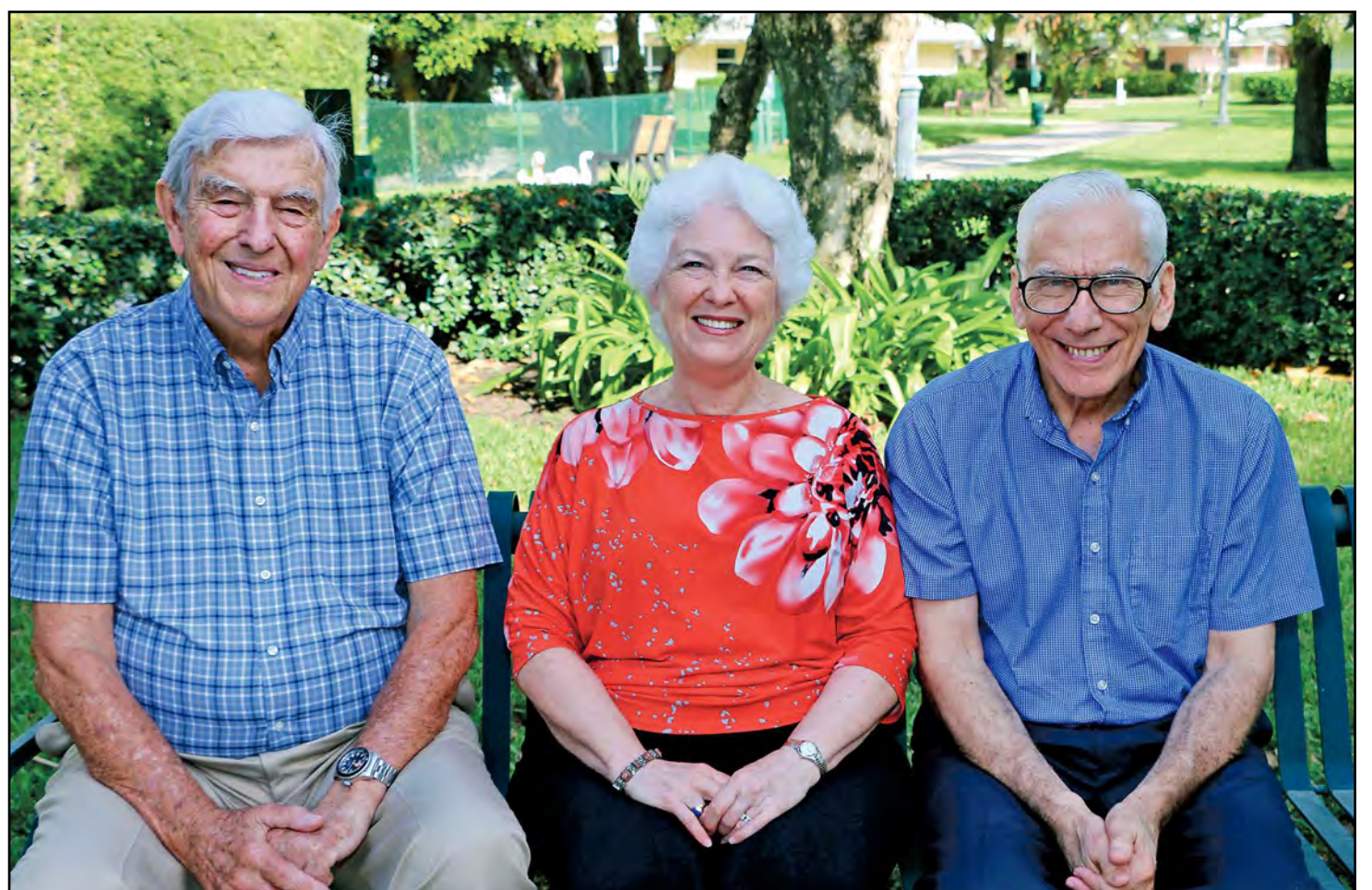
regulatory agencies. With approximately 12,000 members spanning 58 licensed CCRCs across Florida, FLiCRA does a great job advocating for all the residents of Florida's CCRCs.

### The Dalsimers' Commitment To CCRCs

FLiCRA is run by an 11-person Board of Directors. Diane is the immediate past president of that board. I've been involved with FLiCRA almost since I first came to JKV and have served on the state board for six years. Diane was president for three of those years, and John had also served as president of the state board before Diane. FLiCRA has the well-deserved reputation of being one of the best associations of CCRC residents in the country. Being president of any board of directors involves a certain skill set that requires the person to be a facilitator rather than an opinion maker. Diane has consistently demonstrated a remarkable ability to keep meetings organized, efficient, and on track while remaining calm and impartial. It was a pleasure to serve under her leadership, and our accomplishments benefited all the residents of Florida CCRCs.

These remarks only scratch the surface in describing the positive impact that John and Diane have had both within and outside of JKV. Many residents have been blessed and will continue to benefit from their good works for many years to come.

*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.*



*Dave Bayer, Diane and John Dalsimer during their involvement with FLiCRA and JKV Committee work.*

# JKV Offers Security, Daily Check-Ins, On Campus EMTs

From “JKV Security” on Page 1

Residents benefit from added layers of security that seamlessly integrate into everyday life. With daily check-ins, in-home emergency pull-cords, and medical alert pendants, residents can engage in their routines while knowing that help is always within reach.

JKV EMTs are on campus around the clock, ensuring that medical assistance is just moments away for any resident in need. Additionally, JKV has partnerships with home health care providers. (See story on page 7.)

Living at JKV means more than just retirement; it means living in a community where every aspect has been meticulously designed to contribute to a lifestyle of security and independence.

Residents enjoy diverse activities, beautiful surroundings, and an engaged community while knowing that their safety is JKV’s number one priority.

Discover the peace of mind that comes with living at John Knox Village—a place where your security is paramount, and your well-being is at the heart of everything.

For more information visit: [www.JohnKnoxVillage.com](http://www.JohnKnoxVillage.com) or call 954-871-2655. Come visit JKV today and see why so many choose to call our community home. Your safety is just the beginning of what makes John Knox Village the perfect place for your next chapter.



Round-the-clock security personnel monitor all traffic entering John Knox Village.

## America’s Missions In Space

‘One Small Step For Man, One Giant Leap For Mankind.’ – Neil Armstrong



Space shuttles Atlantis (STS-125) and Endeavour (STS-400) on launch pads at Florida’s Kennedy Space Center. Image source: NASA.

**Nona Cree Smith**  
Gazette Columnist

In 1961, the United States and the Soviet Union found themselves in a race to launch the first human being into space. The U.S. initiated Project Mercury in 1958 and selected its first group of astronauts in 1959 to begin training for the critical mission.

The Soviets kept their plans secret but started their human spaceflight program and selected their team of cosmonauts in 1960. The Soviets won the race on April 12, 1961, when cosmonaut Yuri Gagarin completed a single orbit around the Earth aboard his Vostok capsule and returned home safely.

On May 5, 1961, Alan Shepard became the first American to fly into space during a suborbital flight aboard his Mercury capsule, *Freedom 7*. Three weeks later, based on the success of Shepard’s flight, President John F. Kennedy promised that the United States would achieve “landing a man on the Moon and returning him safely to the Earth.” by the end of the decade.

### One Giant Step

The celebrated Apollo program went into action and achieved President Kennedy’s goal months ahead of schedule when Neil Armstrong climbed out of the Apollo Lunar Module (LM) and stepped onto the Moon on July 20, 1969. An estimated 650 million viewers watched television in suspense as he took his first steps. He said the carefully chosen words that would be written into history books forever: “That’s one small step for [a] man. One giant leap for mankind.” It was a monumental achievement that captured the world’s imagination and marked a giant leap for humans to travel into space.

Several more Apollo moon landings later, the U.S. focused its space program on building a near-Earth spaceship to explore the effects of microgravity and vacuum, and that offered an unfiltered observation platform above Earth’s atmosphere. Work started on envisioning and planning a versatile space bus. Something that could be sent into space and returned to Earth safely and be cost-effective, like a glider or an airplane to be used repeatedly.

The first attempt was Skylab, which was crew-occupied for just over a year. NASA followed Skylab with the Space Transportation System (STS), aptly

named the space shuttle. These iconic vehicles were an extraordinary achievement that carried astronauts and our imagination into space. The space shuttle was a reusable spacecraft designed to transport crews and cargo from Earth into orbit. Unlike expendable rockets, space shuttles were capable of launching into space multiple times.

The space shuttle personnel conducted scientific experiments in microgravity, deployed satellites, and supported the construction of the International Space Station (ISS) by ferry trips and using the enormous bay area of the space shuttle for hauling station components and construction materials.

### What Is In A Name?

To NASA, names for spaceships, programs or telescopes are chosen meticulously to honor people, places or things important to American history and culture. The names of the space shuttle fleet were selected to honor great ships, explorers or whimsical examples of a fictional country and a fictional starship.

NASA operated a fleet of five space shuttle orbiters between 1981 and 2011 for more than 30 years of spaceflight.

*Columbia* was the first space shuttle to reach orbit; its designation is from the historical name used for the American continent and the female personification of the U.S. As STS-1 launched in 1981, *Columbia* embarked on pioneering early test flights, echoing its namesake’s exploration of new frontiers for the nation.

*Challenger* was named after the 1870s British naval research vessel, HMS *Challenger*. The shuttle *Challenger* symbolized a push into space research. Notably, it carried out the first spacewalk.

*Discovery* got its name from a series of exploration vessels, including the HMS *Discovery*, which was known for scientific research expeditions to Antarctica. It also referenced Henry Hudson’s ship, *Discovery*, which journeyed to North America and Canada in the 1600s.

*Endeavour* was named by a national competition. It was chosen because it reflected perseverance and the ambition to explore. Some of its most notable missions involved satellite rescues and launched the ambitious Galileo planetary probe destined for Jupiter.

*Atlantis*, named after the mythical island city, became one of the longest-serving shuttles. True to its imaginative namesake, *Atlantis* played a crucial role by hauling materials and supplies needed for ISS construction.

*Enterprise* is a whimsical name inspired by the iconic fictional vessel that boldly ventured into space, the final frontier in the wildly popular TV show *Star Trek*. *Enterprise* performed crucial approach and landing tests, paving the way for subsequent orbital missions.

### A Science Fiction Dream Comes To Life

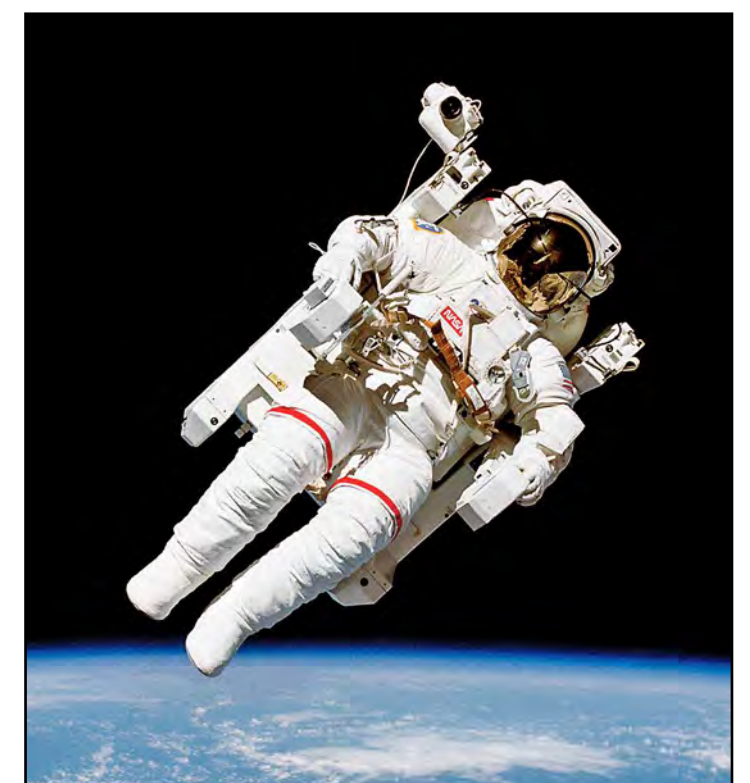
The space shuttle was an awesome winged spaceship, capable of flying repeatedly into orbit and coming home to Earth safely. It launched vertically like a rocket into space but returned to earth by landing on a runway like a plane or glider. The sleek lines of the STS belied its workhorse capacity to deliver tons of goods to the ISS and repair equipment to other entities. The space shuttle’s payload bay was approximately 60 feet long and 15 feet wide, allowing it to safely stow cylindrical payloads up to 15 feet in diameter.

The command cabin could hold up to eight astronauts and often traveled with seven people. In addition to servicing the ISS, the space shuttle’s colossal cargo hold provided safe transportation for communications satellites and delivered the Hubble Space Telescope into orbit. When it was discovered that Hubble’s mirrors were flawed and that the images taken from the telescope were blurred, the space shuttle *Discovery* brought new mirrors and fixed the problem parts over time. Once functioning flawlessly, Hubble showed us stunningly beautiful photos of our Universe for more than 35 years.

With the enormous successes, unfortunately there were also tragedies. *Challenger* exploded on Jan. 28, 1986 shortly after liftoff, and *Columbia* broke up on Feb. 1, 2003, on re-entry. In all, 14 of our space shuttle astronauts were lost in the two tragedies.

NASA’s space shuttle program ended on July 21, 2011, with the landing of the space shuttle *Atlantis* at Kennedy Space Center in Florida.

The space shuttle left its 30 years of space achievement written in the stars and sky above. If you want to see an excellent piece on the space shuttle, narrated by William Shatner. Go to <https://www.youtube.com/watch?v=SvaG0xDdP8g>



On Feb. 7, 1984, Bruce McCandless become the first person to perform an untethered spacewalk, when he left the space shuttle *Challenger*. Image source: NASA.

# Let JKV Entertain You

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

**Mon., April 7 at 7 p.m.**  
**Jason Hudy's "Mesmerizing Magic"**

Prepare to be amazed by "Illusionation! The Magic of Jason Hudy."

"Illusionation!" is a sensational show that will leave you and your loved ones absolutely spell-bound. You won't believe your eyes at the incredible illusions that will unfold before you. Witness jaw-dropping tricks, mind-boggling sleight-of-hand, and unbelievable feats of magic. And that's not all – laughter is guaranteed with hilarious comedic moments that will entertain everyone, from the young to the young-at-heart.

**Tickets**

<b>JKV Resident</b>	<b>\$25</b>
<b>Village Arts Circle</b>	<b>\$20</b>
<b>Non-Resident</b>	<b>\$30</b>

**Thurs., April 17 at 7 p.m.**  
**MusicFor America: "Music and Movies – Music in Early Film Scores"**

Music accompanies the first films and provides the emotional backdrop to the themes of the 1930s, from Westerns to Gangsters to Walt Disney's first cartoons. Come along with MusicFor America and enjoy a nostalgic look back at the lasting musical legacy of that time. **Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.**

**Tickets**

<b>JKV Resident</b>	<b>Free</b>
<b>Village Arts Circle</b>	<b>Free</b>
<b>Non-Resident</b>	<b>\$30</b>



Jason Hudy's "Mesmerizing Magic" comes to the Cultural Arts Center stage on April 7th.

#1 song "The Lion Sleeps Tonight," which re-entered the Billboard Hot 100 in 1994 due to its feature in Disney's "The Lion King." Original lead singer Jay Siegel's distinctive tenor and falsetto defined the group's sound. The Tokens were trailblazers in independent music production, producing hits like "He's So Fine" for The Chiffons, and working with artists such as Tony Orlando and Dawn, The Happenings, and Robert John. Inducted into multiple music halls of fame, they also performed with legendary acts like The Beatles and The Temptations and lent their voices to numerous well-known commercials.

**Tickets**

<b>JKV Resident</b>	<b>\$25</b>
<b>Village Arts Circle</b>	<b>\$20</b>
<b>Non-Resident</b>	<b>\$30</b>

**Mon., May 5 at 7 p.m.**  
**JKV Choir Spring Concert: "Why We Sing"**

Experience the joy and benefits of community singing with The Choristers and The Villagers in "Why We Sing." Under the direction of Birgit Djupedal Fioravante, with pianist Carolyn Morgan and special guest tenor Mario Arevalo, this uplifting event explores the power of song to boost mood, enhance well-being and foster connections. Enjoy a heartwarming mix of fun, inspirational and emotional songs, because singing together makes us all feel great. **Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.**

**Tickets**

<b>JKV Resident</b>	<b>Free</b>
<b>JKV Village Arts Circle</b>	<b>Free</b>
<b>Non-Resident</b>	<b>\$30</b>

**Wed., May 14 at 7 p.m. JKV Broadway Series: "Bette, Babs and Beyond"**

A toast to the ladies. Join us for a roof-raising tribute to the legendary ladies of music on JKV's Fred and Ken Performing Arts Stage. Celebrate the stories and songs of pop music's most iconic women, including Bette Midler, Barbra Streisand, Cher, Tina Turner, Aretha Franklin, Janis Joplin and more. This is an evening that celebrates women with all the strength, joy, and indeed, pathos that comes with being a woman. It's a show that reminds us of the power of friendship, courage, picking yourself up, and dusting yourself off. You'll hear great music and thrill to the messengers.

**Tickets**

<b>JKV Resident</b>	<b>\$25</b>
<b>JKV Village Arts Circle</b>	<b>\$20</b>
<b>Non-Resident</b>	<b>\$30</b>

**Fri., May 16 at 2 p.m.**  
**Jazz History Lecture Series Featuring Chuck Bergeron, Ph.D.**

Chuck Bergeron returns to guide the listener through the history of jazz. May's featured lecture will focus on the rock group not generally associated with jazz, but one which started a "Revolution." The lecture is entitled: "The Beatles."

**Tickets**

<b>JKV Resident</b>	<b>Free</b>
<b>JKV Village Arts Circle</b>	<b>Free</b>
<b>Non-Resident</b>	<b>\$15</b>

**Mon., May 19 at 2 p.m.**  
**Duo Beaux Arts (Four Hands on One Piano)**

Experience the magic of Duo Beaux Arts, the internationally acclaimed husband-and-wife piano duo of Dr. Catherine Lan and Steinway Artist Tao Lin on JKV's Fred and Ken Performing Arts Stage. Playing four hands on one piano, their dynamic performances have dazzled audiences worldwide, from Europe to Asia and the U.S. As seen on Fox4 and in prominent publications, their season highlights include a debut at Buda Castle in Hungary and return engagements in Estonia and France. Don't miss this captivating musical journey. **Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.**

**Tickets**

<b>JKV Resident</b>	<b>Free</b>
<b>JKV Village Arts Circle</b>	<b>Free</b>
<b>Non-Resident</b>	<b>\$30</b>

**Thurs., May 29 at 7 p.m.**  
**MusicFor America: "Soundtrack of the 1940's – Patriotic Voices"**

In the 1940s, patriotic songs accompanied troops, comforted those left at home, and exorcised the specter of war to the rhythm of Boogie-Woogie. MusicFor America musicians take us back to a time when the nation looked to music to guide, inspire, and motivate civilians and soldiers. Join us at JKV's Fred and Ken Performing Arts Stage. **Thanks to the generosity of resident-donors, this event is funded by the JKV Foundation.**

**Tickets**

<b>JKV Resident</b>	<b>Free</b>
<b>JKV Village Arts Circle</b>	<b>Free</b>
<b>Non-Resident</b>	<b>\$30</b>

To reserve your spot for these events at JKV, please visit [www.johnknoxvillage.com/events/](http://www.johnknoxvillage.com/events/)



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

**Fri., April 18 at 2 p.m.**  
**Jazz History Lecture Series Featuring Chuck Bergeron, Ph.D.**

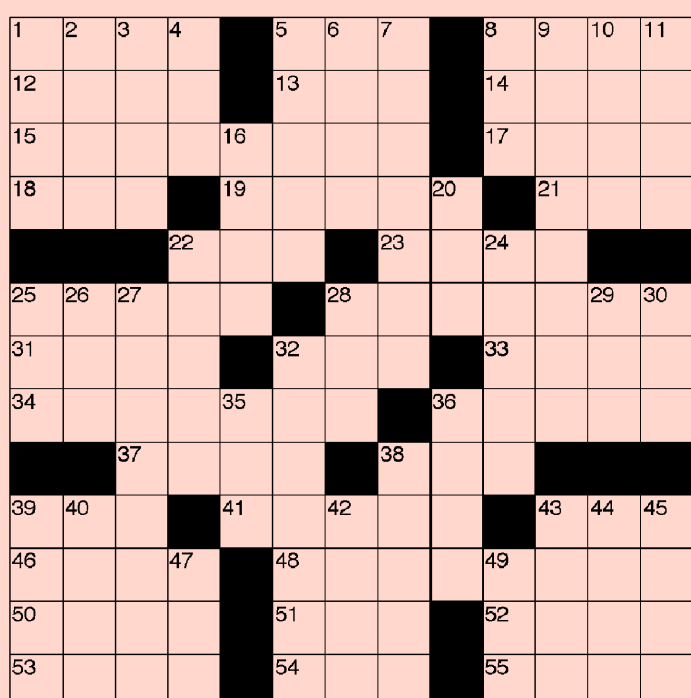
"Swinging Through Time: Tracing the Evolution of Jazz," is an enthralling jazz history lecture series featuring the illustrious Chuck Bergeron. The April lecture features "Nat King Cole: An American Treasure."

**Tickets**

<b>JKV Resident</b>	<b>Free</b>
<b>Village Arts Circle</b>	<b>Free</b>
<b>Non-Resident</b>	<b>\$15</b>

**Tues., April 29 at 7 p.m.**  
**Jay Siegel's Tokens**

Jay Siegel's Tokens are one of pop music's most versatile and enduring groups, popular since their debut hit single in 1961. Their first major success, "Tonight I Fell In Love," was followed by the iconic



## Crossword Puzzle Of The Month

**ACROSS**

1. Eight (pref.)
5. Army service number (abbr.)
8. Ass or donkey (Ger.)
12. Rhine tributary
13. Greek letter
14. Fat (pref.)
15. Roomy
17. Computer chip
18. Hat
19. Feminine saint (Sp.)
21. Genetic letters
22. Via
23. Midianite king
25. Suit of mail
28. Oboe
31. Build a ceiling
32. Hebrew letter
33. Tree
34. Spiral
36. Shelf
37. Association (abbr.)
38. Arabic letter
39. Reproductive (pref.)
41. Stick used in hurling
43. Jap. volcanic crater
46. Son of Samuel
48. Ribbed fabric
50. Biological (abbr.)
51. Afr. worm
52. Roll-call response
53. Sayings (suf.)
54. Et cetera (abbr.)
55. Bazaar

**DOWN**

1. Baking chamber
2. Fine Cuban tobacco
3. Trolley
4. Atomic Energy Commission (abbr.)
5. Bellowing
6. Eschew
7. Quack medicine
8. Extrasensory perception (abbr.)
9. Notched
10. Black
11. Broad hill
16. Elbe tributary
20. Bronze money
22. Gr. city
24. Climbing pepper
25. Exclamation
26. Arikara people
27. Husband of Atalanta
28. Honey
29. Equipmentless game
30. Barely get by
32. Shackle
35. Civil Service Commission (abbr.)
36. Acquire
38. Rice bran
39. Taro
40. Fetish
42. Disputable
43. Locality
44. Fern spore clusters
45. Court hearing
47. According to (2 words)
49. Television band abbr.

Answers On Page 13.

# Pompano Beach Arts & Music

Spring Into Spectacular Live Shows At The Pompano Beach Cultural Center

**Cynthia Espino**  
Special To The Gazette

Elevate this Spring like never before in your Pompano Beach neighborhood. We're thrilled to

bring you an unforgettable lineup of live entertainment that will have you dancing in your seat and laughing until it hurts. Check out the amazing schedule below—you won't want to miss a moment.

**Queen Tribute: April 11 & 12**



Kick off your month with a bang. We're bringing you the ultimate rock 'n' roll tribute to the legendary band Queen. This must-see show presents an authentic live experience that resurrects Queen's popular anthems. Presented by We Are The Champions and starring the incredible Roy Cruz as Freddie Mercury, this unforgettable musical journey will have you singing along to hits like "Another One Bites the Dust," and "We Will Rock You." Don't miss your chance to relive the magic of Queen on April 11 and 12 at 7:30 p.m. at the Pompano Beach Cultural Center. Tickets are \$65 VIP; \$55 Premium; \$45 Standard.

**Steely Dan Tribute: April 18**

Next, travel back in time to the golden age of rock with the sound of Steely Dan. Known for blending jazz, rock, and R&B into a unique musical masterpiece, Steely Dan redefined pop music. Now, 12 of South Florida's finest musicians are coming together to deliver a high-energy tribute to this great group. This live concert is one you can't miss on April 18 at 7:30 p.m. in the Pompano Beach Cultural Center. Tickets are \$55 VIP; \$45 Premium; Standard \$35.

**Pompano Players Presents "The World Goes 'Round:" April 25 to May 4**

With humor, romance, and unforgettable melodies, five characters navigate love, life and coffee, creating a high-energy evening filled with sensation. This thrilling production features the iconic musical



The Pompano Players are featured in two shows in the Pompano Beach Cultural Arts Center.

duo Kander and Ebb who bring you their renowned songbook. Get ready to hear hits from "Cabaret" to "Chicago" with songs like "Mr. Cellophane," "Maybe This Time," "New York, New York," and more. Secure your tickets for showtimes between April 25 – May 4 at the Pompano Beach Cultural Center. Showtimes are 7 p.m. on Friday and Saturday nights, with 2 p.m. matinees on Saturday and Sunday. Tickets are \$65 VIP; \$55 Premium; \$45 Standard.

Tickets are \$65 VIP; \$55 Premium; \$45 Standard.

Get ready for an unforgettable time at the Pompano Beach Cultural Center. Whether you're gearing up for an epic afternoon with friends or just craving the perfect soundtrack to your day, we've got the ultimate experience waiting for you. Grab your tickets now at [www.PompanoBeachArts.org](http://www.PompanoBeachArts.org)

**Allman Brothers Tribute: May 10**

You can rock out to classic anthems and southern rock with Brothers Again, the ultimate Allman Brothers tribute band. This high-energy concert brings the iconic hits of The Allman Brothers Band centerstage with spot-on authenticity, passion, and respect. The show is at the Pompano Beach Cultural Center on May 10 at 7:30 p.m. Audiences can expect an engaging and exciting multi-media concert experience. Tickets are \$55 VIP; \$45 Premium; Standard \$35.

**"I DO! I DO!:" May 23 – June 1**

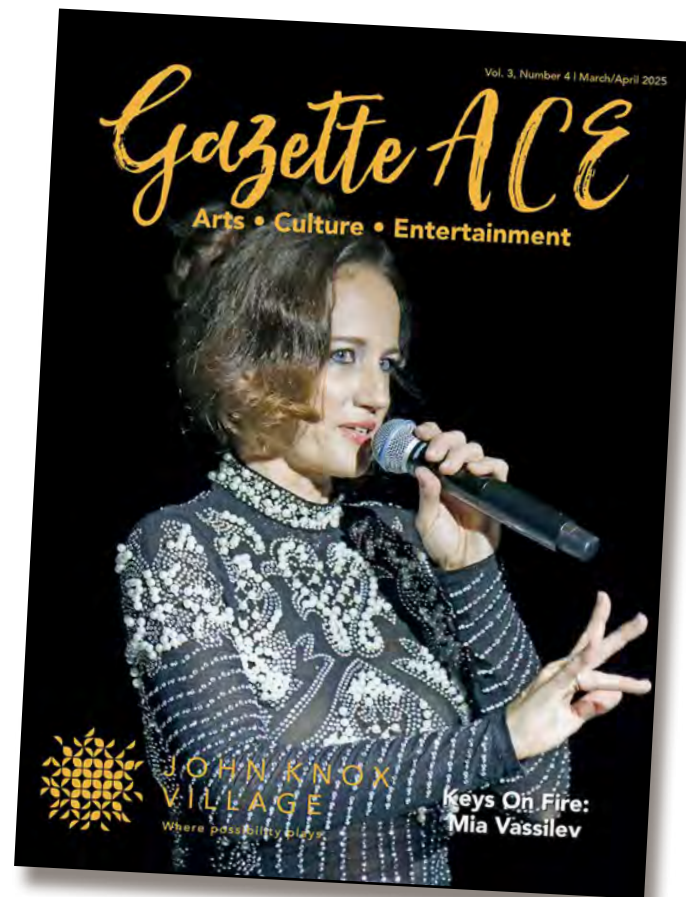
No matter what your love life is, you'll be saying I DO! I DO! after seeing this heartwarming original. The Tony-nominated musical will take you on a 50-year journey through the ups and downs of one couple's marriage. From their wedding day jitters to midlife crises, they rediscover how much they truly need each other. I DO! I DO! is filled with catchy works by Harvey Schmidt and Tom Jones blended with humor and heart. The shows are scheduled May 23 – June 1. At 7 p.m. on Friday and Saturday nights, with 2 p.m. matinees on Saturday and Sunday.



A past performance by The Pompano Players.

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

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We would like to email you the current issue, AND sign you up for the May/June 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](mailto:gazette@jkvfl.com)

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# 'You Can Always Count On Americans To Do The Right Thing'

**Burn Loeffke**  
Gazette Columnist



*Burn Loeffke*

As I look back at my life, I am amazed at the combination of experiences that allowed a young boy from Colombia, to rise to the rank of Major General in the United States Army. I was born in Puerto Colombia, Colombia to a Spanish mother and a German-American father. I was like many of my Colombian friends. I enjoyed exploring, horseback riding, and walking with my dog.

My mother had an apartment in New York City and when I was in the seventh grade, I wanted to go to school in New York. I was a pretty good swimmer and I enrolled into Peekskill Military Academy in Peekskill, NY to join the swim team.

As my swimming improved, I was recruited to enroll in the U.S. Military Academy in West Point and joined the swim team.

Graduating in 1957, this now young lieutenant from Colombia, began a 35-year military career that would end in 1992.

During my years in the military, I appreciated the close cooperation developed with allies. I realized, as a young Colombian boy, my association with the U.S. military was part of a history of foreign-born officers, that goes back to the Revolutionary War. Some of the most successful generals during the Revolutionary War were volunteers from European countries.

## European Generals Arrive

In 1777, the 19-year-old French aristocrat Gilbert du Motier, the Marquis de Lafayette, left his country in search of military glory with the Continental Army. He soon became a close confidante of Gen. George Washington and later served with distinction at the Battles of Gloucester, Barren Hill and Monmouth.

Polish military officer Tadeusz Kościuszko arrived in the United States in the summer of 1776. The 30-year-old soon established himself as one of the Continental Army's most brilliant combat engineers.

Polish-born Casimir Pulaski, later called the "Father of the American Cavalry," was mortally wounded while leading a cavalry attack during the Siege of Savannah. The 34-year-old's heroic death established him among the American Revolution's most famous foreign volunteers.

Baron von Steuben was a former Prussian military officer. Appointed Inspector General of the Continental Army in May 1778, his drill methods helped transform the Patriot forces into an accomplished fighting force.

These four generals were among the many who assisted the American patriots in winning the War of Independence for the fledgling nation now known as the United States of America.

## The Lessons Of History

History has shown the value of allies to the American dream. France has been our oldest ally, dating back to the American Revolution. After American Independence, and with a few downturns along the way like the War of 1812, Great Britain has become our closest ally.

During WW I and WW II, our strong alliances with the European countries resulted in victory for the Allied Forces.

After WW II, the strong alliances developed through the United Nations and NATO allowed the voices of freedom and democracy to prevail.



*In the early 1980s, Maj. Gen. Burn Loeffke was the United States' first U.S. Army Defense Attaché in Beijing, China. Image source: Burn Loeffke archives.*

## 'Tear Down This Wall'

Those of us who were old enough, remember the date: June 12, 1987, at West Berlin, Germany's Brandenburg Gate. U.S. President Ronald Reagan delivered a speech urging the Soviet leader Mikhail Gorbachev: "Mr. Gorbachev, tear down this wall!"

The wall came down and the influence of communism began to diminish. Democracy began its upward climb throughout Eastern Europe. We thought, at that time, that the world was finally at peace.

Our nation's commitment then focused on nation building. We were dedicated to assisting others through "soft power." Helping those countries in need with social programs to improve their infrastructures and security, along with food and medical assistance for their populations in need.

Now 38 years later, I wonder where the lessons of history have gone. Our strong alliances with our Western Allies are in jeopardy.

I still hope for a bright future as I recall the famous words of Winston Churchill, "You can always count on Americans to do the right thing – after they've tried everything else."

I hope Churchill was right. I know where I stand – I stand firmly for the strong alliance with our long-term allies. Join me.

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

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# 'My Mother Was The Making Of Me'

**'She Was So True And So Sure Of Me' — Thomas Alva Edison**

**Nona Cree Smith**  
Gazette Columnist

When people say behind every successful man is a woman, the statement is true, especially if it is his mother. In many instances, it is the man's mother who serves as a vital source of support and guidance. Many successful men such as Andrew Carnegie, Ludwig van Beethoven, Henry Ford and Abraham Lincoln credited their success and drive to the positive influences of their mothers.

## Thomas And Nancy Edison

When Edison was a young child, a teacher told him he was "addled," which at that time meant he had poor concentration and lacked the ability to learn. When his mother heard this, she removed him from the school and taught him at home, where she made sure he concentrated and gave him the confidence to believe in himself and his ideas.

She bolstered his self-worth and encouraged him to let his ideas flourish and take root. Thus, he could start an electric company and improve on the incandescent light bulb, invent the phonograph and movie camera, plus take out many other electronic device patents.

The man himself often attributed much of his success to the influence of his mother. He frequently praised his mother throughout his life, to his friends, contemporaries, and the press, that his mother, Nancy Edison, was his guiding light. "She was so true and so sure of me, I felt that I had someone to live for – someone I must not disappoint. The memory of my mother will always be a blessing to me."

## A Good Mother And A Symbol Of Strength For A Grieving Nation

**'If you bungle raising your children, I don't think what else you do matters very much.'**  
— Jackie Kennedy

Jacqueline Kennedy became a symbol of dignity and sorrow for a traumatized nation after the death of President John F. Kennedy. The brave young mother with two small children was burdened with sorrow and endlessly tried her best not to overcompensate for the tragedy that had touched all their lives.

Caroline and John F. Kennedy Jr. emerged virtually unscathed, despite growing up under a microscope – first in the White House and later as the children of tragedy. Jackie made their lives as regular as possible. She enjoyed everyday activities with Caroline and John and made time for plenty of fun, too, like sailing small boats and horseback riding.

## Motherhood Was Important To Jackie

Their lives were luxurious but surprisingly normal, with plenty of everyday activities during their childhood. She loved to paint with Caroline and played with John's toy soldiers but also made sure they tidied their rooms and did their lessons.

Because of the intense scrutiny the tragic family generated in Washington D.C., Jackie moved to New York City, where she could raise them in relative anonymity.

After her marriage to Aristotle Onassis ended with his death in 1975, she shunned the media and led an



*Photo of the columnist's daughter and grandsons from her personal archives.*

everyday, happy life as a hard-working book editor – attributes she passed on to her children.

Wendy Leigh, who wrote a 1993 biography of John Kennedy, spoke glowingly of Jackie's work raising her son. "I did expect a typical kind of the Kennedy Brat, with Palm Beach and all of that," she said. "I was very surprised he wasn't spoiled. That's a great credit to her, you know?"

May all the moms and grandmas have a happy Mother's Day on May 11.

# Rose Garden Revitalization Is Blossoming

**Rob Seitz**  
Gazette Editor

**B**utterfly Boy is back. So is the Frank Furman Clock; however, it is the beautiful multi-colored blooming roses that bring the most smiles to residents and guests of John Knox Village.

The endearing Butterfly Boy bronze statue was graciously donated by Cassels Tower resident Margaret Swift after she moved to the Village from Texas in 2018 and adds a whimsical touch to the picturesque setting.

Time stood still for several years for the Furman Clock while the \$127 million Westlake apartment project was being constructed. The clock's original location is now first-floor amenities in Westlake, JKV's newest 147-apartment tower.

## The Rose Garden Reopens

Both are now surrounded by dozens of roses—



*Fifteen varieties of roses have been planted in the revitalized Rose Garden.*

part of a revitalization that recreates the warmth, feel, and fragrance that have been a part of JKV since the late 1990s, when then-resident and retired horticulturist Edward Busch underwrote the planting of more than 400 rose bushes.

The stunning addition enhances the community's charm and provides a serene escape. As residents and guests stroll through the garden, they are greeted by a vibrant display of multi-colored roses, which have quickly become a symbol of joy and tranquility.

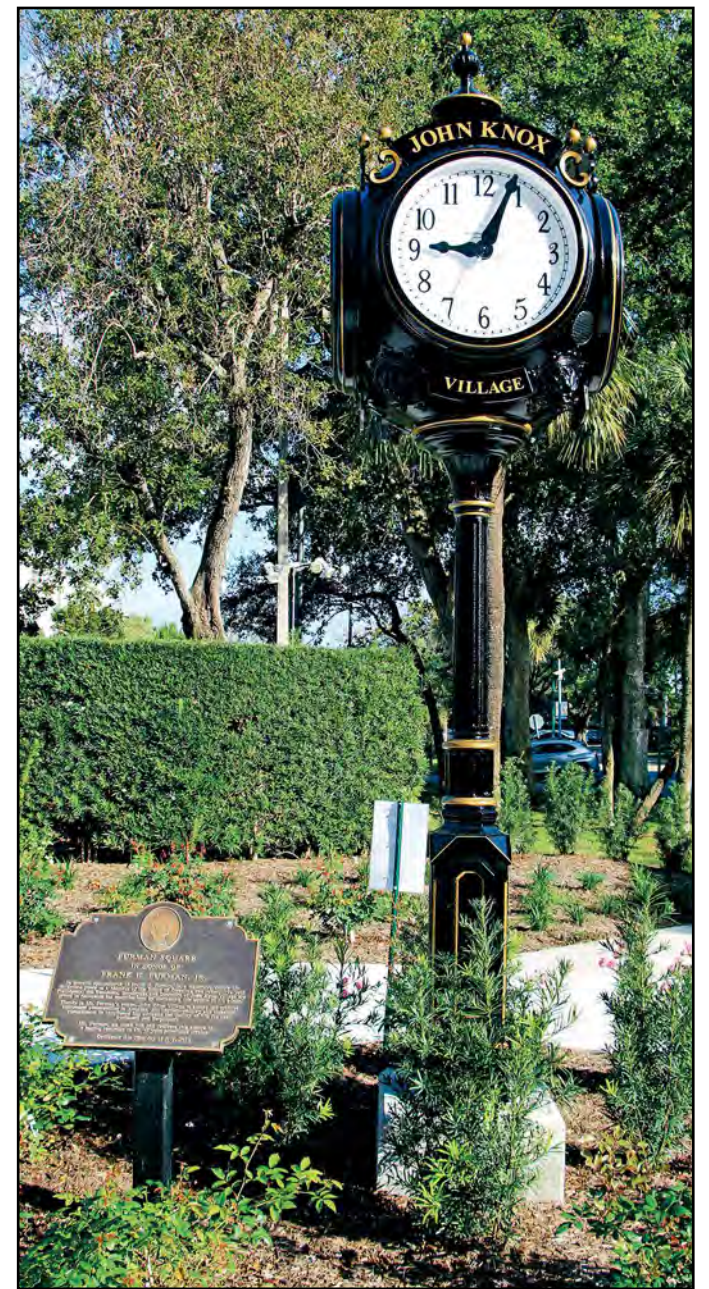
With donations to the JKV Foundation from rose-loving residents, the Rose Garden Revitalization Project has flourished. Enhancements include new concrete walkways, benches for resting, a new watering system and the Clock—including a computerized sound system in which music can be played on the half-hour—has found its new home amid the lush roses.

## Honoring Frank Furman

It is named the Furman Clock in honor of Frank Furman who served as a member of the JKV Board of Directors for 31 years and as its president for 25 of those years.

According to Kevin Kluge, JKV's Grounds Maintenance Supervisor, some 15 varieties of roses are blossoming in their new digs. They range from Moonstone Garden pinky white, Abraham Darby, and Don Juan red to La Marne, Iceberg white and Grand Dame roses.

The Rose Garden serves as a beautiful refuge for residents seeking peace and a closer connection with nature. It truly reflects the spirit of community and the emphasis on quality living at John Knox Village, making it a cherished spot for all who call JKV home.



*The Furman Clock is named after longtime President of the JKV Board of Directors Frank Furman.*

# The Catchy Phrase, 'I've Fallen And I Can't Get Up'...Not So Funny

## JKV Home Health Care Partner Provides Peace Of Mind To Residents

**Debbie Savage, RN**  
Gazette Columnist



*Debbie Savage, RN*

**I**n the late 1980s, a medical alert pendant-selling company had one of the most popular television ads.

In it, an elderly woman has fallen. She activates her pendant, uttering the catchy phrase, "I've fallen and I can't get up." The pendant's dispatcher tells her help is on the way.

It has been said countless times and has become iconic in the nearly 40 years since it first aired, often comically. As we

gracefully age, we often find ourselves navigating the fine line between vertical and horizontal.

## Missteps Can Be Life-Altering Events

In reality, falls can become a sneaky villain in our later years, leading to injuries that can drastically shorten our lifespan. We hardly ever think about falling until it happens. A simple misstep, a slippery floor, or even just standing too quickly can become a life-altering event.

Sadly, falls are increasing, especially among older adults. In fact, the Centers for Disease Control and Prevention report that falls are the leading cause of injury-related deaths among older adults. What's remarkable isn't just how common they are, but how the risk appears to be increasing despite advances in technology, health care and safety.

Several years ago, I fell while walking my dog at night on a dimly lit sidewalk. I was 60 years old, wearing flip-flops. The front of my flip-flop hit a concrete edge on the sidewalk and down I went. As I lay on the ground, in shock, I realized I had forgotten my cell phone. The good news, my dog was fine.

After about 10 minutes, I was able to pull myself up and get back home. As I walked home, my left arm was numb, and I couldn't move it. The force of the fall resulted in a completely torn rotator cuff and a labrum tear, which required surgery. After surgery, sleeping in a recliner for three months, and lots of post-op physical therapy, one could say I'm "almost" as good as new.

My story is not unique and, thankfully, not catastrophic. Despite active lifestyles, many individuals are vulnerable to falls due to a combination of factors. Age-related changes in vision, balance and muscle strength can increase the likelihood of a fall. Medication side effects can include dizziness and blurred vision.

Environmental hazards, such as uneven surfaces, poor lighting and clutter, can create a perfect storm for accidents. Simple home modifications like removing loose rugs, adding grab bars and eliminating messes can make a world of difference.

## Ways To Safeguard Against Falls

How can we safeguard ourselves against the risk of falls? The first step is awareness. Based on my personal story, I would strongly recommend supportive footwear. Although it may not be sexy, preventing falls is much more critical than style. Wearing shoes with good support and non-slip soles can significantly reduce your risk of falls.

Another important aspect is physical fitness. Engaging in exercise classes that enhance strength, balance and flexibility can significantly reduce fall risk. In addition to physical benefits, these activities often foster social connections, creating a supportive environment that further reduces the likelihood of falls. Access to your physician is essential; an MD-VIP physician could be an option. For an annual fee, you have direct contact with your doctor.

Remember, age is merely a number, and with the right mindset and precautions, we can navigate the aging process with grace and resilience. Let's take charge of our health and safety, ensuring that the golden years are filled with joy and laughter rather than the challenges of preventable falls.

As the owner of Responsive Home Care, my nursing team members: Genevieve Galindo, Aleksandra Kharitonova, Naz Ibragimov, Laurie Daniels and I are proud to be the preferred home health care partner with John Knox Village.

Responsive Home Care started providing a variety of services to Broward County residents in 1994 and is owned and operated by nurses. In those 31 years, we take pride in our 98-percent proficiency in staff fulfillment and consistency.

Our Care Professionals (Care Pros) are W-2 employees with benefits, such as health, vision and dental insurance. Our innovative technology has been a game-changer for our clients, families, geriatric care



*Responsive Caregiver Nerva Green and her long-term client David Setnor. Nerva has been taking care of David for over a decade.*

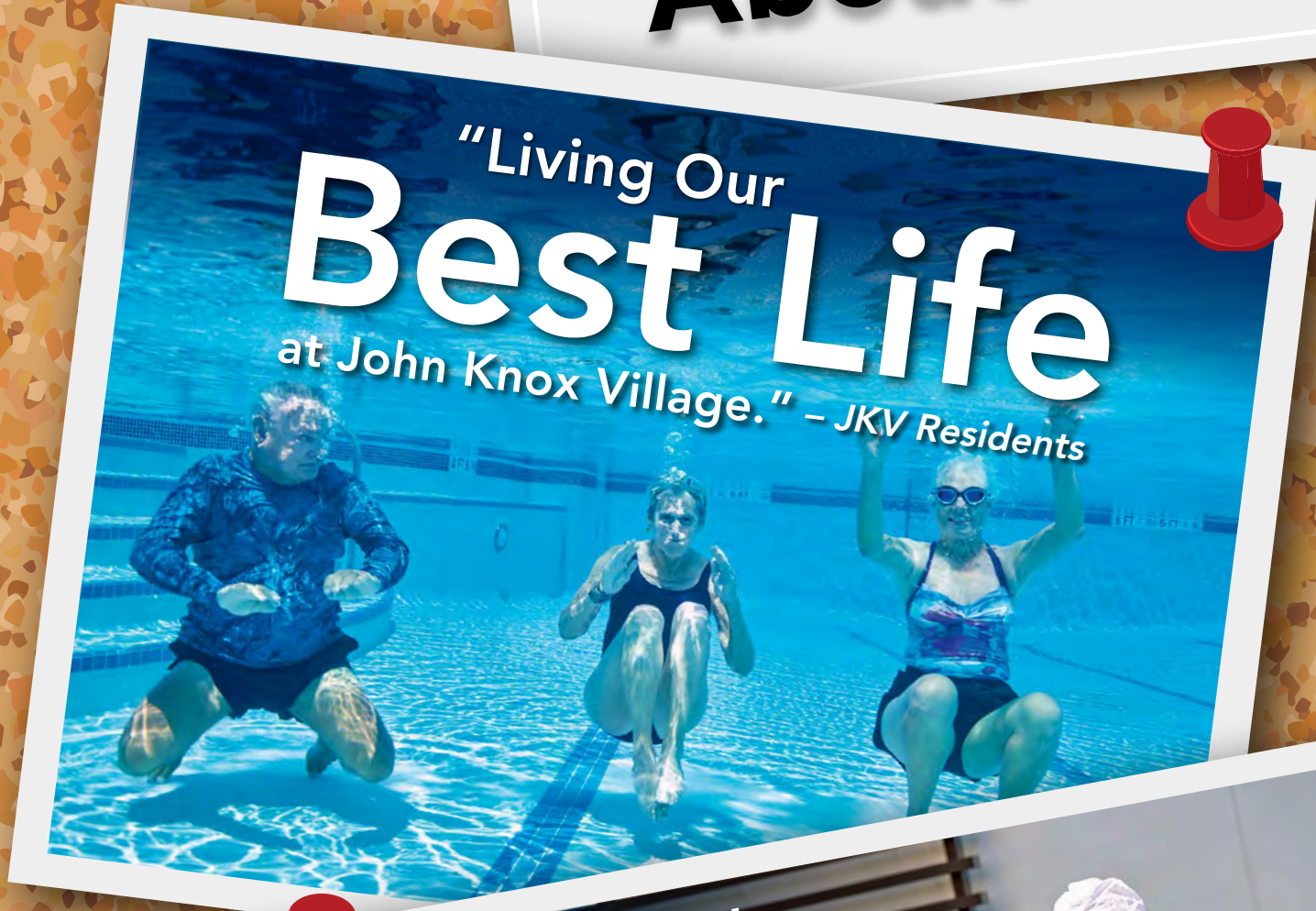
managers and other professionals. Access to our portal offers families, no matter where they are, real-time updates regarding schedules, details about the assigned Care Pros, daily care notes and much more.

At Responsive Home Care, we offer services to keep you safe at home after a hospitalization, post-surgery or long-term support at home. Our Care Pros will assist in all aspects of care, including personal care, meals and hydration, providing medication reminders, accompanying to doctor's appointments, shopping, errands and so much more. Call us at 954-486-6440, or for more information check out our website at [www.Responsive-HomeCare.com](http://www.Responsive-HomeCare.com)

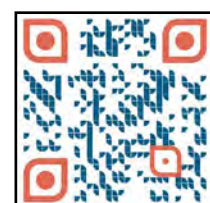
*Debbie Savage is a Registered Nurse and the President of Responsive Home Care, which she founded in 1994. She received her Bachelor's degree in Nursing from Barry University. Debbie is currently a member and Past President of the Executives Association of Ft. Lauderdale, a member of the NSU Levan Ambassadors Board, United Way of Broward Tocqueville Society member and serves on the Board of Henderson Behavioral Health. Responsive Home Care is the preferred Home Health Care provider for residents of John Knox Village.*



**Read What  
Our Residents  
Have To Say  
About JKV.**

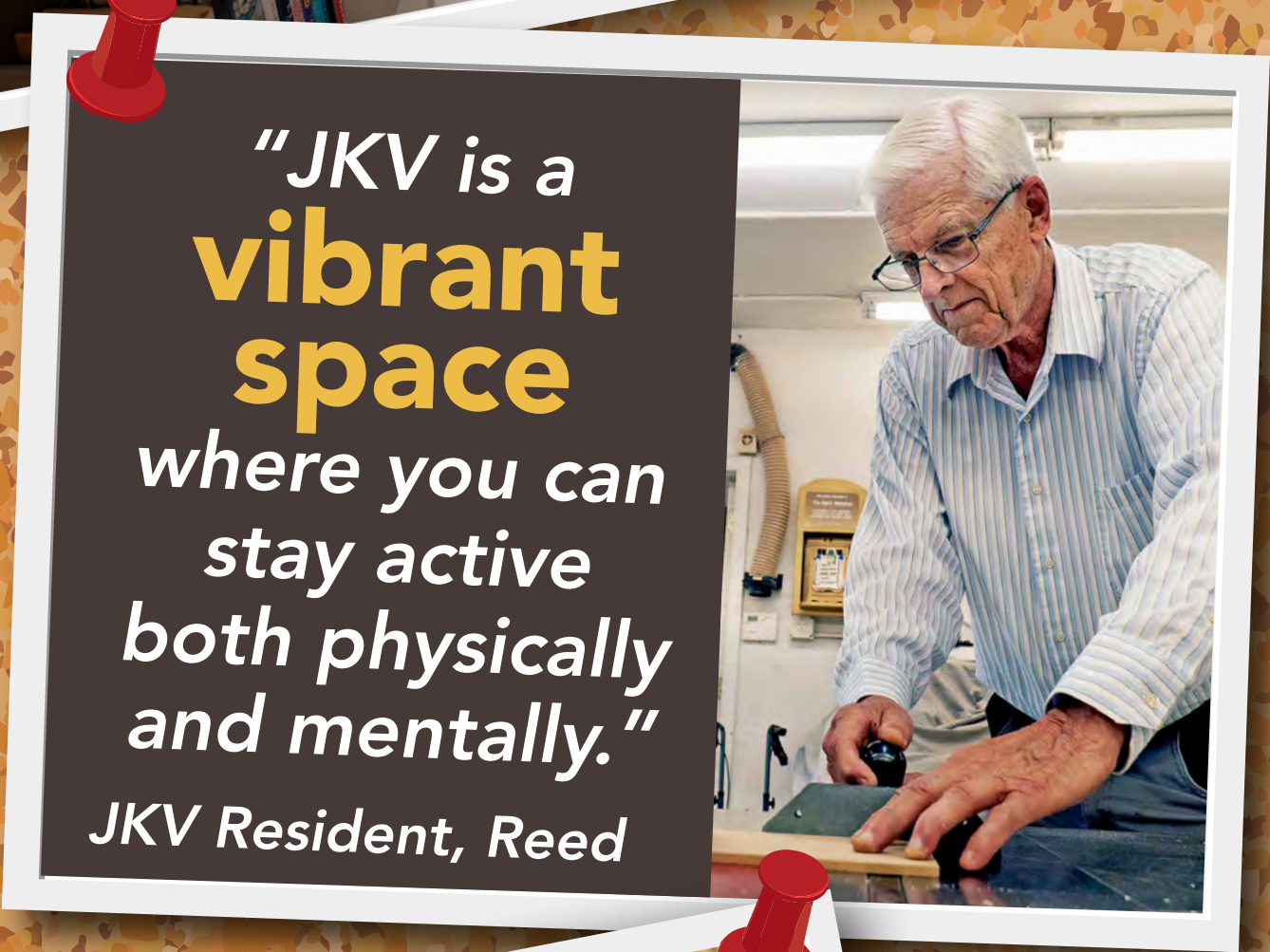
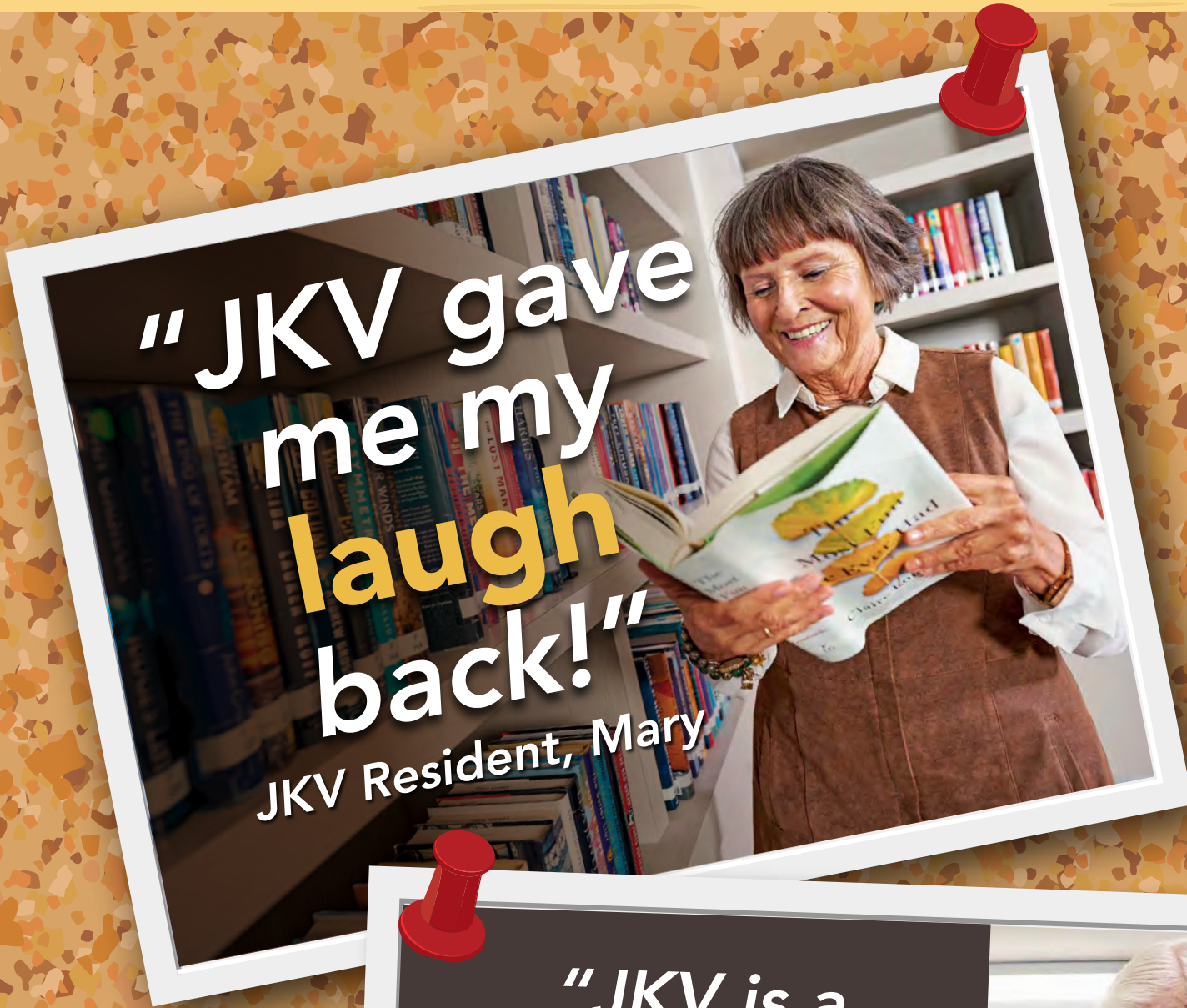


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# Artistic Creations Of Roberta Helsom

## Art Glass, Pottery, Woodworking, Flora Painting

**Marty Lee**  
Gazette Columnist

Roberta and Frank Helsom moved to their new Westlake at JKV apartment home in 2024 from their Las Olas Grand condo in downtown Ft. Lauderdale. Frank had enjoyed a long career in investment management for some of the nation's most respected companies including Chicago Title and Trust, Franklin Templeton Investments, and finally retiring as the Chief Executive at Bessemer Trust. Roberta's lifelong passion, however, was art, delving into various artistic disciplines during her decades of creativity.

The Helsoms come from a Midwestern background. Originally from Detroit, they followed Frank's career to Ft. Wayne, IN, then to Chicago, IL. While in the Chicago area, and with three children at home, Frank encouraged Roberta to further her art education.

"I got a scholarship to Northern Illinois University when I had kids in junior high," Roberta told the *Gazette*. "Frank said go full for a degree, not just a few courses. Rather than living on campus, I commuted."



*Roberta and Frank Helsom with their dog Kirby.*

Roberta laughed and continued, "I had to work in the studio at school as graduation time got closer. Frank suggested that I take the motor home and the kids, while I worked in the studio at school. So that is what I did, and earned my Bachelor of Fine Arts.

"My father was in the neon sign business, making lighted signs using tubes of glass, so maybe that is where my art interest comes from."

Through the years, Roberta dabbled in pottery, woodworking and Zhostovo flora painting, a form of Russian-styled decorative art.

"I took classes for five years and became certified in teaching Zhostovo flora painting," she said. There are



*A collection of Art Glass pedestals inside the Westlake home and studio of Roberta and Frank Helsom.*

many examples of this art form on display in the Helsom's Westlake home.

That brings us to the reasons why this couple moved to JKV. Frank had a connection with several Village Staff and Board Members through his involvement as a trustee with Ft. Lauderdale's All Saints Episcopal Church.

"I did a financial analysis and had meetings with [JKV Chairman of the Board] Jack Crissy and [JKV CEO] Sal Barbera," Frank said. "We did not want our children to be burdened with our care, so in 2023, we made the commitment to move to Westlake."

While they made those plans, they also wanted to get closer to their children. With a daughter in Appleton, WI, and a love for the artistic communities in Door County, WI, they looked for a summer home – one that would also be an art studio for Roberta.

"We fell in love with a house in Fish Creek, with an art studio that was a bonus," she said. "It is a post and beam home, beautiful and unique. It was designed and built by an artist. We bought it on first sight."

In Fish Creek, most days you can find Roberta in her art studio, working on her current passion: Art Glass Sculptures. She scours garage sales and resale shops finding glass vases and dishes to repurpose. She fits, files and glues various glass objects together as glass pedestals.

"I went to a thrift store and saw all of these vases languishing" Roberta said. "Those vases would end up in a landfill, but I breathe new life into them."

With their Life-Plan secured at JKV, the Helsoms will continue to summer in Fish Creek for as long as they can: Dedicated to creating the joy of art, wherever life leads them.



*Roberta Helsom displays her artistic creations outside her summer home and studio in Fish Creek, WI.*

# Importance Of Charitable Giving And Supporting Community Foundations

**Frank Helsom**  
Gazette Columnist



*Frank Helsom, JKV resident and retired financial professional.*

When Roberta and I first got married and started our family, giving wasn't something we thought much about. Both of us came from families that sometimes struggled to make ends meet, and many of our friends were in the same boat—just trying to get through school, start careers, and build a future.

Living in the Detroit area, we knew there were plenty of people who needed help, but in those early years, our focus

was on getting our own family established.

As time passed and we gained more life experience, we began to see things differently.

## A Commitment To Support

We encountered friends who had fallen on hard times, families in our church who needed support, and even parents of our kids' friends who were facing challenges. Seeing these needs up close made giving feel more personal—it wasn't just an abstract idea anymore. We cared about these people, and as we became more financially stable, we realized we had the time and resources to help.

At first, our efforts were small and close to home—helping friends and supporting a few kids with their education. But we also came to understand that working through our church and established charities could often be a more effective way to make a difference.

## The Community Foundation Of Broward

My professional background is in managing pension funds and mutual funds, so when I was asked to serve on the Investment Committee of the Community Foundation of Broward (CFB), I was intrigued. I had a vague idea of what community foundations did, but serving on the board—and eventually as chairman—opened my eyes to how powerfully they manage charitable contributions. Most of us have causes that matter deeply to us. What we learned through CFB is that they not only help donors identify the most effective charities for their areas of interest, but they also ensure these organizations remain well-managed and impactful.

More than a decade ago, CFB even launched training programs for nonprofit board members and leaders, strengthening organizations from the inside out. That kind of oversight and long-term thinking gave us real confidence in their ability to steward charitable gifts wisely.

Through this journey, Roberta and I became more aware of two important questions:

1. How can we help our children and grandchildren develop a heart for giving?
2. How can we ensure that our giving remains meaningful and impactful after we're gone?

For the first, Roberta had a wonderful idea. Each Christmas, we give our children and grandchildren a

little extra money—not for themselves, but to share with a family in need. When we gathered for the holiday, they would tell us about their giving experiences. These moments deepened their understanding of generosity and the joys of helping others.

As for the second, we take great comfort in knowing that the Community Foundation of Broward will continue managing our charitable contributions long after we're gone. Including them in our estate plan was an easy decision, and we're proud members of their Legacy Society.

## Build A Legacy Of Care And Support

Now that we've moved to John Knox Village, we've also become more aware of the JKV Foundation and the crucial role it plays in enhancing life for residents. Under strong leadership, the Foundation has made a lasting impact, and we want to do our part to ensure that continues. That's why we're updating our estate plan to include the JKV Foundation as another beneficiary—and we're excited to join their Legacy Society as well. For us, giving isn't just about writing checks—it's about building a legacy of care and support that will last for generations.

*After a long career in investment management, Frank Helsom, CFA retired as President and CEO at Bessemer Trust. During retirement he has become actively involved in community organizations including the Broward Workshop, Council of 100 Florida, the Florida Humanities Council, and the Community Foundation of Broward. He and his wife Roberta are now JKV residents.*

# Critical Financial Planning For Widows And Widowers

**Scott Montgomery**  
Gazette Columnist



*Scott Montgomery, CLU, ChFC*

The death of a spouse can be one of the most devastating events in an individual's life. Not only must surviving spouses cope with the emotional, mental and physical turmoil of their crushing grief, but they will also face a tsunami of legal and financial decisions, including the responsibility to pay their bills, keep the lights on, settle their spouses' estates and protect their own financial futures. Rather than attempting to tackle these activities independently and run the risk of making decisions that can cause irreparable damage, widows and widowers should reach out to their professional financial advisors for help.

Thankfully, many items on a widow's to-do list need not be completed immediately. In fact, it's a good idea to put off making any major decisions until you are in the right state of mind to do so and have the benefit of your trusted advisor's counsel. Following are five of the most critical things you

should discuss with your advisors soon after a spouse passes away.

## Develop A Strategy For Receiving Survivor Benefits

Widows may be entitled to deceased spouses' retirement benefits and proceeds from any life insurance policies. However, claiming those benefits can have many legal, tax and financial implications.

For example, surviving spouses may begin claiming Social Security survivor benefits at age 60, but doing so would result in a significantly lower benefit than waiting until they reach the full retirement age of 66 or 67, depending on their birth year. Widows and widowers who inherit an IRA and 401(k) retirement plan from a deceased spouse also have the option to roll those plans into their own accounts and allow the savings to continue growing tax-free. Yet, depending on the widow's age and the spouse's age at death, there may be a requirement to withdraw a portion of those assets and pay taxes on those amounts.

## Assess Your Current Financial Situation

Reviewing your current sources of savings, income and fixed living expenses helps your advisors develop a budget and implement tax-efficient strategies that can improve your immediate cash-flow needs while also repositioning investment portfolios for future growth. Financial advisors can also help surviving spouses organize their estate plans. This may include ensuring assets are properly structured and naming appropriate agents to help make important financial and legal decisions on their behalf should they no longer be able to do so.

## Understand Capital Gains And Tax Basis Of Inherited Assets

Tax basis determines whether a sale, exchange or other disposition of property will result in a gain or loss based on the difference between the original cost to acquire the property and fair market value (FMV) on the date of sale. In general, sales of highly appreciated assets will yield a profit that results in a taxable gain. However, U.S. tax laws allow inherited assets to receive a step-up in tax basis to the FMV on the date of the original owner's death, thereby eliminating appreciation and taxes on any potential profits the original owner would have recognized

from a sale. Therefore, a surviving spouse may sell highly valued assets inherited from a spouse free of capital gains tax, or they may hold onto those assets and pay tax only on the appreciation after their spouse's death.

## Recognize The Impact Of New Laws On Your Existing Strategies

Married individuals who inherit an IRA from a deceased spouse have several options. They may roll over those funds into their own IRAs or keep them as inherited IRAs subject to required minimum distributions (RMDs) rules based on their birth dates. Alternatively, they may take a lump sum distribution or lifetime payout and immediately pay the income taxes on that amount.

However, when couples are not legally married, the partner who inherits an IRA from a non-spouse decedent must withdraw all the account's assets within 10 years of the original owner's death and pay income tax on those amounts. Individuals should consider alternative strategies as part of their estate plans to minimize the future tax impact of inherited IRAs on their non-spouse beneficiaries.

## Remember To File All Relevant Tax Returns

When a spouse passes away, the surviving widow or widower can file a federal tax return for that year as a single individual or as a married couple. The latter option offers the benefit of higher deductions when the widow or widower does not remarry that year.

In addition, surviving spouses may also have responsibilities to file estate income tax returns to report any income above \$600, as well as estate tax returns when the value of a decedent's estate exceeds the federal estate tax exemption, which for 2024 is \$13.610 million for individual taxpayers or \$27.220 million for married taxpayers filing joint returns.

*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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# Exploring The Hillsboro Lighthouse

## JKV Residents Take The Tour And Climb The 175 Stairs To The Top

**Marty Lee**  
Gazette Columnist

Some of the joys of living at JKV, are the many outings to local attractions, museums and historic venues arranged for residents.

Recently the Life Enrichment Staff arranged for a private tour of the Hillsboro Inlet Lighthouse. With a staff docent guide, residents learned the history of the lighthouse, and were invited to climb the 175-steps to the top observation deck. The following is the description written on the plaque at the base of the lighthouse.

"This lighthouse is one of five skeletal cast-iron towers built by the Russel Wheel and Foundry Co. in Detroit, MI. The optical system was built in 1906 by Barbier Benard et Turren in Paris, France. Following its construction, the lighthouse was barged down the Mississippi River, through the Gulf of Mexico and

Florida Keys, and then to the Hillsboro River Inlet. The giant Fresnel lens, 9 feet in diameter and weighing 2.5 metric tons, floated on a pool of mercury. The first light was fueled by kerosene vapor, which had to be carried up the 175-step lantern room staircase by hand.

"In the 1920s, the lighthouse was electrified, and a 250-watt lightbulb replaced the kerosene lantern. A new 1,000-watt bulb was installed in 1966.

"In 1995, a hazmat crew decontaminated the toxic mercury after the failure of the flotation system three years earlier. A Coast Guard Auxiliary team, led by Commander Art Makenian restored operation of the classic lens in 2000 using a ball bearing concept that featured a 60-inch bearing made in North Carolina. This lighthouse is one of the brightest in the United States, sending out a white flash every 20 seconds, visible up to 28 nautical miles."



*The JKV residents gather at the base of the Hillsboro Inlet Lighthouse after their outing and private tour.*

## Sudoku

Answers On Page 13.

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

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

# Savoring A Sunset Feast: Residents Enjoy Delicious Flavors, Great Company



JKV residents dine on the Westlake fourth-floor Terrace for another unforgettable Ulas Gungor feast.

**Rob Seitz**  
Gazette Editor

On a breezy evening at John Knox Village’s Westlake Patio Grill, residents gathered for a delightful dinner that combined exquisite flavors with fantastic company.

The sun began to set, casting a golden hue over the skyline, creating an inviting atmosphere for this special culinary experience.

The exquisite dinner and expertly paired wines were the result of the creative vision of JKV’s Sommelier Ulas Gungor, and his culinary team.

The evening’s star offering was a beautifully grilled brined swordfish, cooked to perfection and so tender it practically melted in the mouth. Accompanying the fish was a vibrant Italian salsa verde, which infused the dish with a zesty freshness, elevating its natural flavors.

The swordfish was served alongside Moroccan rice, a fragrant blend of spices and herbs that beautifully complemented the fish, a touch of adventure on each forkful.

Grilled asparagus added a crunch to the meal, its smoky notes perfectly embracing the other components.

Residents lifted their glasses in jubilant celebration, relishing the exquisite 2022 Il Bruciato and the Tiberio

Trebbiano d’Abruzzo wines. The selections were outstanding; the Il Bruciato, delightfully crisp, showcased enticing notes of ripe red fruits and plums that beautifully complemented the meal’s flavors.

In contrast, the Tiberio, celebrated for its remarkable balance and lush texture, added a layer of warmth and depth to the overall dining experience.

Conversations flowed as freely as the wine, with laughter punctuating the air as stories were shared among new and old friends alike.

As the dinner drew to a close, guests were treated to a heavenly crème brûlée that promised sweetness with a crunch. Its creamy custard base contrasted beautifully with the crisp caramelized top, a delectable finale to the evening’s feast.

The sweetness of the dessert was perfectly complemented by a splash of Fiorito Limoncello, a citrusy Italian liqueur that added a refreshing zing, leaving everyone with a lingering taste of brightness.

This enchanting dinner under the stars not only celebrated exquisite cuisine but also the warmth of community, the joy of companionship, and the simple pleasures of life that make moments truly unforgettable.



## Your iCloud Is Full...Or Is It?

**Jason Cook**  
Gazette Columnist



Jason Cook, JKV’s Technology Engagement Coordinator

I provided my “Oh Hack No! Online Security” presentation for John Knox Village residents recently and wanted to share a few of the key details of one of the more common scams currently taking place.

Along with a lot of fake texts and emails going out about needing to pay your traffic tolls, another popular scam claims that your iCloud is full and unless you act immediately you are going to lose all of your data and important stuff.

If you have an Android phone, this does not apply to you, unless they claim that your Google Drive is full.

When you get emails claiming this, you want to do two things:

The first is to verify if the email is actually coming from where it should be coming. When you receive an email, you are typically shown the nickname of the account and people can change this to say whatever they would like. So, in bold letters it might say **APPLE CUSTOMER SUPPORT** or like the example here Bank of America Customer Support, but when you click on the name to see the actual address—if it is fake—it will not be coming from Apple.com or Bank of America.com but probably a generic email address.

**Bank of America Support** [redacted]

When we click on the “Nickname” we get to see the actual address and unless it comes from the company you are trying to contact, it is fake like this example, shown on the top of the next column.

**Bank of America Support** <[redacted]ok@gmail.com>

This clearly did not come from Bank of America since we can see it ends in @gmail.com

The easiest way to counter this scam is check if you do need more space.

To check your iCloud storage all you need to do is go to Settings on your Apple device and at the very top of the Settings screen you should see your name and email address.

This is your Apple ID. If you click on this, it will take you to the Apple ID menu with one of the options being iCloud. If you tap on iCloud it will take you to a menu where you can see how much storage you are using and where it is being used. See image below.

Apple provides you with 5 Gb (gigabytes) for free and if you do fill this up, they are happy to provide



you with more storage for 99 cents a month. This will bump up your storage from 5 to 50 Gb.

The problem is the scammers know this and are happy to send you fake emails hoping you will sign up to their service instead of actually getting more iCloud storage from Apple.

The easiest way to make sure you are dealing with Apple is to not do anything in the email and verify this yourself using the steps just described.

If you do need to increase your iCloud storage, use the Settings to make sure you are going to Apple and choose “change storage plan” from the Settings menu.

Scammers will only scam as long as they are making money. If we are able to stop funding them by no longer falling for their scams, they will be forced to find a different way to try to make money.

So, let’s work together and stop falling for these scams. JKV residents have full-time tech support where they can come to see Jason at the Technology Center and verify if the emails in question are real or if it is just another scam attempt, giving residents another layer of peace of mind.

### 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.

# Entertainment 'Hits' So Far

**JKV Cultural Arts Center Is Groovin' To Classics, Rock, Jazz And Opera**

**Marty Lee**  
Gazette Columnist

The 2025 Entertainment line-up at John Knox Village has been a resounding "Hit." Resi-

dents and guests have been engaged in performances featuring a full range of musical genres – from classic opera and string quartet instrumentals, to Dixieland and contemporary jazz, to pop, rock and even Boogie-Woogie.

The 2025 entertainment season kicked off with a visit from Ft. Lauderdale's Florida Grand Opera Studio Artists. The talented troupe of vocalists took the stage at the CAC with a program entitled "Opera Hits: Opera Goes to the Movies."

The well-rounded setlist included operatic favorites from Puccini, Mozart, Verdi, Donizetti, Mascagni and more. Whether you are a fan of "Rigoletto," "La Boheme," "Lucia di Lammermoor," "Turandot," "Le nozze di Figaro," or "Cavalleria Rusticana," there were selections for the opera buffs in the audience to enjoy. For those, not that well-acquainted with the opera, but are fans of the movies, selections included familiar songs featured in movies including "Godfather I and II," "The Untouchables," "Moonstruck," "Witches of Eastwick," "Beetlejuice," "Driving Miss Daisy," "Shawshank Redemption," and "Up."

In one of the most eclectic concert since the opening of the CAC in 2022, the Steinway piano keys were on fire under the touch of Mia Vassilev, an extraordinary pianist and entertainer. Her multi-media performance included contemporary classics, Latin, and rock. Her entourage of musicians and dancers presented a tour de force of sound and visual excitement.

Max and Dana Sharkov accentuated Mia's musical stylings with ballroom dance interpretations of



Accomplished classical pianist Mia Vassilev rocked the Steinway with her "Keys on Fire" concert featuring classics, pop, rock and Boogie-Woogie.

"Clair de Lune," "Besame Mucho," "Love Is Blue" and "Por Una Cabeza."

Musical accompanists included drummer George Mazzeo, violinists Jacques Gadway and Bethany Xiques, and cellist Clarissa Vieira. Mia's passion for Boogie-Woogie rocked out with energetic presentations of "Boogie in F," and "Bumble Boogie." Her interpretations of rock classics: "Hotel California," "House of the Rising Sun," and "Aquarius" took us back to many in the audience's rock roots.

MusicFor America's talented string quartet entertained the audience with the sounds of love during their "Valentines by Candlelight" concert. The romantic songlist included classics from W.A. Mozart, and Georges Bizet, to more contemporary love songs by Henry Mancini, Jerome Kern and even the Bee Gees.

Rounding out the early 2025 entertainment calendar was vocalist Nicole Yarling, whose concert entitled, "Hitsville," took us back to the halcyon days of Detroit's Motown explosion. Among the artists reprised were the Temptations, Smokey Robinson, Mary Wells, Lionel Richie, Stevie Wonder, the Supremes and the Jackson Five. The audience was rocking into the night singing along with the Motown sound.

Finally on Fat Tuesday, the JKV audience took a trip to New Orleans with the Glyn Dryhurst Dixieland Jazz Band. The six-piece group transported us to Frenchmen Street for improv jazz on the trumpet, sax, clarinet, trombone, bass, banjo and drums in the finest New Orleans Dixieland Jazz style. "Laissez les bons temps rouler."



Mia Vassilev combined exquisite piano technique with exceptional performance during her "Keys on Fire" concert.



The familiar violin tones of Orlando Forte were featured during MusicFor's "Valentines by Candlelight" concert.



Florida Grand Opera's Catherin Meza sang "Donde lieta usci" from "La Boheme," featured in the film "Moonstruck."



Musicians from the Glyn Dryhurst Dixieland Band performed on Fat Tuesday.



Vocalist Nicole Yarling rocks out with memorable songs from Motown's extensive music library in "Hitsville."



Dancers Dana and Max Sharkov entertained during the Mia Vassilev "Keys on Fire" concert.

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

OCTA	ASN	ESEL					
AARE	RHO	SEBO					
SPACIOUS	PROM						
TAM	SANTA	RNA					
	PER	REBA					
ARMOR	MUSETTE						
CEIL	MEM	TEAK					
HELICAL	LEDGE						
	ASSN	DAL					
GON	CAMAN	ASO					
ABIA	CORDUROY						
BIOL	LOA	HERE					
IANA	ETC	FAIR					

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

# Taking The Road Less Traveled

*JKV Resident's Journey Continues Through Central Pacific Ocean To Nauru*

**Janet Anding**  
Gazette Columnist

In the February/March 2025 edition of The John Knox Village Gazette, I wrote about the beginning of my tour, by

air only, to five mostly undiscovered countries in the Pacific Ocean.

That was the story of two former United States Territories: The Marshall Islands and the Federated States of Micronesia.

## The World's Most Prosperous Country, Until It Wasn't

In this article, I crossed south over the equator to visit a country that I have been intrigued by since 1967 in a physical geography class in college. Who had ever heard of a raised coral atoll island that nature built from a not quite submerged volcano and surrounded by a coral reef?

By the 1980s, I was hearing and then reading about this unique island that had made 7,600 Nauruans millionaires with Trust Funds from bat and bird guano. More to come on that.

Nauru is the smallest republic in the world and third smallest country after the Vatican City and Monaco. It is a single island, 26 miles from the equator, measuring three-and-a-half miles long and two-and-a-half miles wide for a total of eight square miles, the equivalent to one-tenth of Washington, D.C.

Nauru owns 100,000 miles of surrounding sea. One 12-mile paved road circles the island, all the rest are dirt paths. The government is located in the largest district of Yaren.

The tiny island, with a population of less than 12,000 people, has no capital city. It is the least visited country in the world with only 200 tourists in 2023.

Our tour company warned it is not easy to get there with only two flights a week and there could be bad weather, Nauru Airlines flight operation issues, or a lack of hotel accommodations.

We were advised our hotel was the best one of only two hotels and not to have any expectations on the food. Of all the islands, the food here was the least enjoyed, but they really tried.



*After years of planning for this trip, Janet finally arrived at Nauru. Janet Anding photo.*

We arrived on time off a very comfortable and agreeable seven-hour flight from Pohnpei via Kwajalein and Kiribati. We had a warm crew with nice meals catered from the flight origin of Brisbane, Australia for all three segments. One hot meal and two sufficient sandwich meals with beverages including complimentary Australian wines and beer that made us happy.

The one and only broccoli floret in my tasty beef dish was my sole green vegetable (except in Fiji) while in the Pacific.

## The Pleasant Island

Nauru, originally named the Pleasant Island, was a territory of Germany in the 19th century until Australia, New Zealand and the United Kingdom jointly took it over after World War I. Japan took it over in World War II until 1945, when Australia liberated the island. Nauru gained independence in 1968 and became a member of the United Nations in 1999. There is no U.S. Embassy in Nauru. Our Embassy in Fiji handles all matters from there.

## Seagull And Bat Guano Become Gold

For four million years birds and bats left their droppings as they stopped or flew over Nauru during



*Limestone pinnacles up to 50 feet high are prevalent on Nauru. The pinnacles prevent Nauru from having a decent harbor. Janet Anding photo.*

migrations. Discovered by the Germans in the 1800s, it had been calcified over the years to become phosphate, a prime and excellent ingredient for fertilizer.

After World War I, the UK took over and by the 1920s, the UK began a consortium with Australia and New Zealand to mine and claim the phosphate for their countries. In 1964, Nauru insisted on control of their island and became independent in 1968, receiving no more than a two-percent portion of the mining profits. Phosphates are the sole resource from the island and the only product for export.

## The Good, The Bad And The Ugly

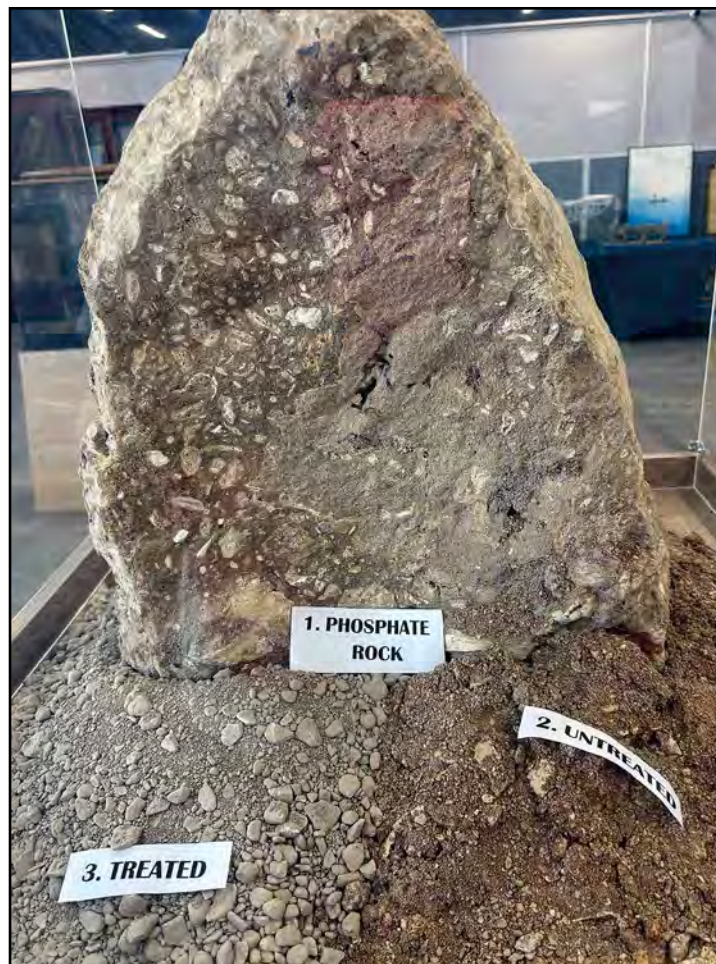
After more than a century of strip mining, 80 percent of the land is now destroyed. Many dumps are for tailings, discarded machinery remnants, masses of old, mostly high-end passenger cars and other rusted waste are everywhere. The strip mines went as deep as two miles which ruined 80 percent of Nauru's vegetation.

The white mining dust is everywhere. We wore bandanas and/or masks and could feel it on our teeth, and in our eyes and nose. What vegetation is there, is covered in that chemical dust. No official reports have been written but it appears cancers especially in lungs, thyroid and leukemia have affected the population.

The only vegetation today, barely fertile for farming, remains within 200 yards of the coastline with that one road running through it. Residual mining dregs that made the land unusable include jagged limestone pinnacles up to 50-feet high and remain over the entire island and into the low tide sea. That and the coral reef prevent the opportunity to build any harbors.

The only freshwater supply is rain, yet the island also often experiences droughts. Lake Buada, their only fresh lake, is brackish and loaded with green scum and dust from the mining. No longer do people drink that water or swim in it. All fresh water must be brought in by ship.

Once, Nauru was among the wealthiest countries in the world. Its heyday was the 1980s, when all citizens were made very wealthy and few had to work.



*A display of phosphate rock on Nauru. Phosphate mining once made the island's population wealthy. Janet Anding photo.*

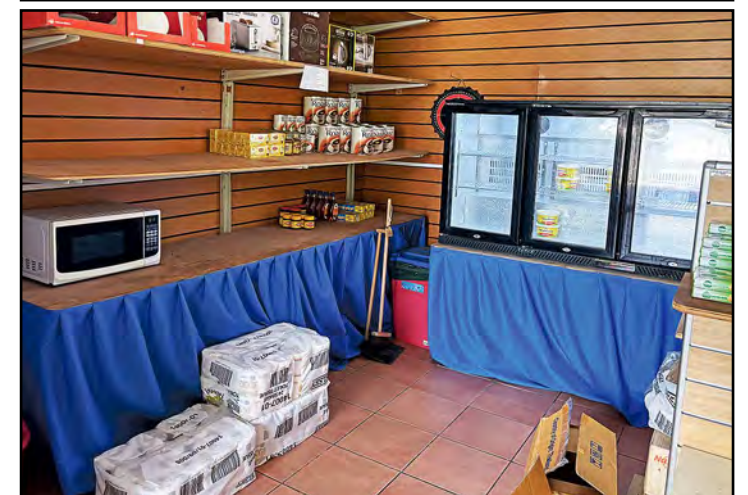
Asian migrants were brought in for the mining. The government promised all Nauruans would have a Trust Fund for life.

Sadly, the money was mismanaged and diminished over the years.

By 2020, few immigrants remained and local unemployment was at 18 percent. Stories were told of wild spending. One story reported that the police chief bought a sight unseen yellow Lamborghini and upon receipt he was too rotund to get into his sports car. We did not see any expensive sports cars on the road, only disintegrating ones in the makeshift dumps and covered with overgrown foliage. The speed limit on the 12-mile road is 25 miles per hour, yet Nauru had the highest road mortality rate in the world. Many of these super cars crashed since no one had any driver training.

Another story was their monthly ship from Australia had not arrived with normal supplies and folks were using dollar bills in lieu of toilet paper. We heard a lot of these stories. Who knows if these were true, but likely they were.

It was said over \$1 billion were wasted away with the government buying into many bizarre and fateful schemes. Worldwide comen convinced Nauru to invest with them to make more money to continue the Trust Funds, since the phosphate was nearly depleting. By 2006, the country was collapsing along with the Trust Funds.



*The gift shop in our hotel – best on the island at a 2-Star, maybe the only hotel on the island. Janet Anding photo.*

## The People Of Nauru

Most Nauruans live along the 12-mile road within a strip of 100-330 yards wide from the sea. Homes were provided at low subsidized rental rates in the 1980s. Now, 40 years later, most are in bad shape.

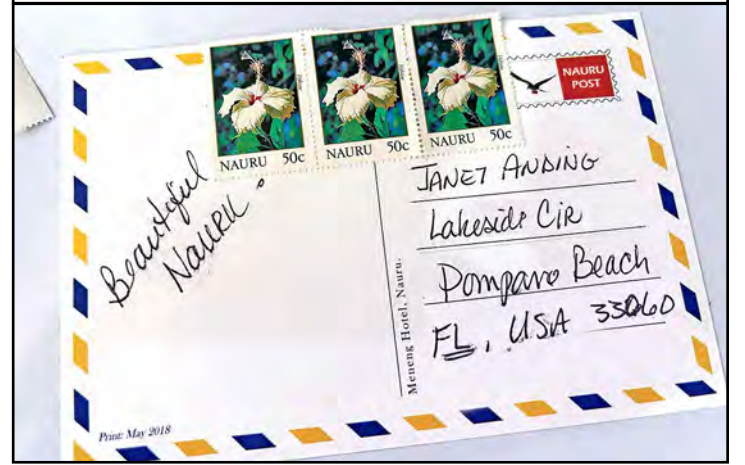
Medical care has always been free but for anything serious, if the patient has money, they fly to New Zealand or Australia. Three elementary schools and two high schools, with limited instruction are free. Many Non-Governmental Organizations, religious organizations and foundations help to get students into universities abroad.

*See "Road Less Traveled" on page 15*

# Once A Unique Pacific Island, Nauru Is Now Scarred By Industrial Waste



The natural beauty of the Pacific Island of Nauru has been decimated by mining and the rusty hulks of long-neglected equipment. Janet Anding photo.



I sent a postcard to myself. It still has not arrived in more than three months. Janet Anding photos.

From "Road Less Traveled" on page 14

Due to lack of local fresh foods, this little island is fourth in the world according to data regarding dreadful health. The average adult male is 5'5", weighs 220 pounds with a BMI of 36+. Over 30 percent of adult males (who reported) have Type 2 Diabetes. The average adult female is 5'3", also averages 220 pounds with a BMI of 39. Fourteen percent of adult women are reported to have Type 2 Diabetes.

Nauru leads the world in obesity, likely from eating mainly imported packaged and processed food. At sixth in the world for Type 2 Diabetes, 61 percent of the population is obese. America is 59th (reported) in the world for Diabetes 2, and 12th in the world for obesity.

Many Nauruans rely on family members working abroad to help them with a remittance. They also

rely on aid provided by Uncle Australia to send in food and fresh water. Some 90 percent of their food and almost 100 percent of the freshwater is imported. Shipping 2,600 miles and ten days at sea from Sydney makes it very expensive. The typical diet relies on the least expensive canned goods which are highly processed.

By the way, SPAM, in fact, grew on some of my fellow travelers. It wasn't bad at all. It was the months-old frozen bread that was pretty bad. Toast was the only way to possibly eat that and I never saw a drop of butter, only marginal margarine or ketchup.

What was so surprising about this amazing island, was the fact that the people were warm and friendly and would do anything for you to enjoy their homeland. Never once did anyone ask us for anything, though they did not seem to want their picture taken. With all their history and despair it is so good to see them so happy and kind. Their island will not likely

submerge with climate issues but it still is a rock with nothing more to offer in terms of natural resources.

If you would like to read more on this tiny island:

<https://thereader.mitpress.mit.edu/dark-history-nauru>

[http://news.bbc.co.uk/2/hi/programmes/from\\_our\\_own\\_correspondent/7296832.stm](http://news.bbc.co.uk/2/hi/programmes/from_our_own_correspondent/7296832.stm)

*JKV Village Westlake resident, Janet Anding enjoyed a 23-year career with Trans World Airlines, working on three continents for TWA. Janet has now visited 162 of 193 United Nations countries and 235 of the 339 countries and territories on the "Travelers Century Club" list. She crossed the equator four times on this trip to have 58 crossings. She married her late husband, Jim, a US Embassy Foreign Service Officer in London in 1990. Janet was grateful to work with the State Department at US Embassies in several countries in Europe and Africa where Jim was based. She has visited all seven continents numerous times and has lived in North America, Asia, Europe and Africa.*

# High-Level People Guided By Principles

**Dr. Roberta Gilbert**  
Gazette Columnist



Dr. Roberta Gilbert

better, and their children turn out better as well. Good motivation for wanting to be one of them? I think so.

## What Are Guiding Principles?

Guiding principles are concepts in which we believe. They are personal and well thought out. They are personal because we spend time with them. We research them, think about them and may even dream about them. Some examples of principle concepts I research:

- a. Teachings in the Bible
- b. Evolution
- c. Politics

It seems I'm always working on one or another. The unthoughtful life is not worth living in my opinion. What about you? Do you spend time thinking about important subjects? Do you conclude anything? Do you like to have conversations about important subjects rather than trivial ones that we often drift to?

Personal to me also means that they are mine in a special way. I don't have to go around trying to get everyone else to believe them just because I do. I don't even have to share them, unless someone asks me.

After all, if they are going to guide us in life, they must be subjects we consider important, big ideas. Ideas that can give us a world view—that is, guide us in important decisions in life.

In my last column, we learned about high-on-the-scale-of-differentiation people. We learned that they have goals, long-lasting relationships and are led by guiding principles.

Let's take them one at a time, in this and coming issues.

Folks all want to be high-level people. Why? Because they do better in life. Projects they attempt and their marriages also do

## Research Into Important Concepts

Here is my chance to do some research. We have never been blessed with so much information at any time in the world as we are now. I can get on the internet, even use AI. I can read books and articles, seeing what other people have concluded, but guiding principles are never about what other people think, though their ideas may contribute. They are about what I conclude. They are about direction in my life.

Once I spent an entire summer trying to decide what I thought about evolution. I read books and articles about it. I finally came to my own conclusions.

## Spiritual Ideas

Ideas from a spiritual discipline can be adopted as guiding principles for one's life, but not without a lot of thought and perhaps study.

One example would be the Christian exhortation to "Do unto others as you would have them do unto you." This principle has taught me to smile when I meet people. It comes back to me a lot.

## In Making Decisions

Guiding principles become most important when I come upon a crossroad where I have to make a decision. I can use my guiding principle that may be involved. Which decision most lines up with my guiding principle? How helpful.

## In Organizations

Guiding principles can become extremely important when a group is trying to make an important decision. Do we do it this or that way?

In my professional career, we designed a long leadership seminar for pastors, parents and anyone else who was interested. Some of them took retreats in order to hone out guiding principles for their organization. Later, they would report back to us how very helpful they were when they were laid on the table for consideration.

## In Nuclear Families

Here, parents get to decide the guiding principles for the family. Again, those principles are useful in the many day-to-day decisions that parents have to



For most of us, our parents have taught us guiding principles that influence our lives. Image source: Bigstock.

make. Even after the children are grown and have children of their own, they come into play for high-level people, showing in one way the difference between them and others.

Until next time, let's all keep thinking about the important ideas in life.

*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 Gathering Place In Pompano Beach

Dan Hobby Looks At The History Of Pompano Beach: Harris' Far East Imperial House

**Daniel Hobby**  
Pompano Beach Historian



Daniel Hobby

Much like today, in the 1950s, Pompano Beach was experiencing dramatic growth.

During that decade its population nearly tripled. More people, but in the view of many, the city's business community lagged behind.

Retail and service firms were finding it difficult to transition away from a small-town agricultural economy. Some might have said that Pompano Beach was stuck in the past.

A harbinger of change would come on Valentine's Day in 1959, with the opening of a restaurant on the beach that in size, menu and ambience was well beyond local expectations. It cost \$1 million to build and was the tallest building in the city. The interior was exotic, reflecting a faux Polynesian décor. It could seat 700 diners and had three kitchens – one for Chinese entrees, one for American cuisine and the third for catering.

## Harris' Far East Imperial House

Almost as soon as it opened, Harris' Far East Imperial House restaurant (the "Far East" was subsequently dropped from its name) became the preferred gathering place for business meetings, community organizations as well as for social and family events. More than once it was referred to as the "unofficial city hall."

The owner and public face of the restaurant was George M. Harris. He was the son of a Greek immigrant who arrived with his brother to the United States as a 12-year-old knowing not a word of English. After years of hard work (and changing his name from Stamatios Hourdakos to Sam Harris), he got into the restaurant business in Aurora, IL.

In 1943, Mr. Harris moved his family to Ft. Lauderdale and opened the Seahorse restaurant on Las Olas Boulevard. Sam's son, George, began working in the family restaurant business following his return from service during World War II in the Army Air Corps.



Pictured in a postcard from the past, Harris' Far East Imperial House was one of Pompano Beach's most popular restaurants. Image source: Daniel Hobby.

The Harris family opened other Ft. Lauderdale dining establishments, including the Town House and the Bahia Mar restaurants.

## Pompano Beach's Popular Gathering Place

For over four decades the Imperial House restaurant and George Harris (Sam died in 1967) were fixtures in Pompano Beach. Mr. Harris was an active member of the community and served as president of the Pompano Beach Chamber of Commerce, on the board of directors for the United Way, and as a member of the Broward County Tourist Development Council. In 1985 he was named "Restaurateur of the Year" by the Florida Restaurant Association.

Even for an experienced owner, the restaurant business is tough and unforgiving. On June 17, 1990, Harris' Imperial House closed. George Harris had, without warning shuttered the landmark restaurant, leaving Pompano Beach without its unofficial gathering place.

The 50-or-so cooks, waiters and others who were employed by Harris found out about the closing when they came to work that day. In a gesture of solidarity, the employees of nearby Frank's Restaurant threw a party for the former Imperial House staff. Louis Gaynor, owner of the Diana Restaurant on Atlantic Boulevard, purchased the Imperial House building and planned to open a restaurant there, but the magic was gone.

After Imperial House closed, George Harris stayed out of the restaurant business. He died in Orlando on Aug. 9, 2009.

*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.*

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