

JOHN KNOX VILLAGE

A Life-Plan Continuing Care Retirement Community

Gazette

where possibility *plays!*

Published Bi-Monthly by John Knox Village • 651 S.W. Sixth Street, Pompano Beach, Florida 33060

IN THIS MONTH'S ISSUE

- Thanks For Asking 2
- Apollo 13 3
- JKV Entertainment 4
- Pompano Beach Events 5
- Digital Gazette ACE 5
- My Human Angels 6



- Mom's Love Of Orchids 6
- Health Care Challenges 7
- Orchid Festival 7
- JKV Residents Speak ... 8 & 9
- Health Innovations 10
- Visit To The Mai-Kai 10
- Online Banking Safety 11



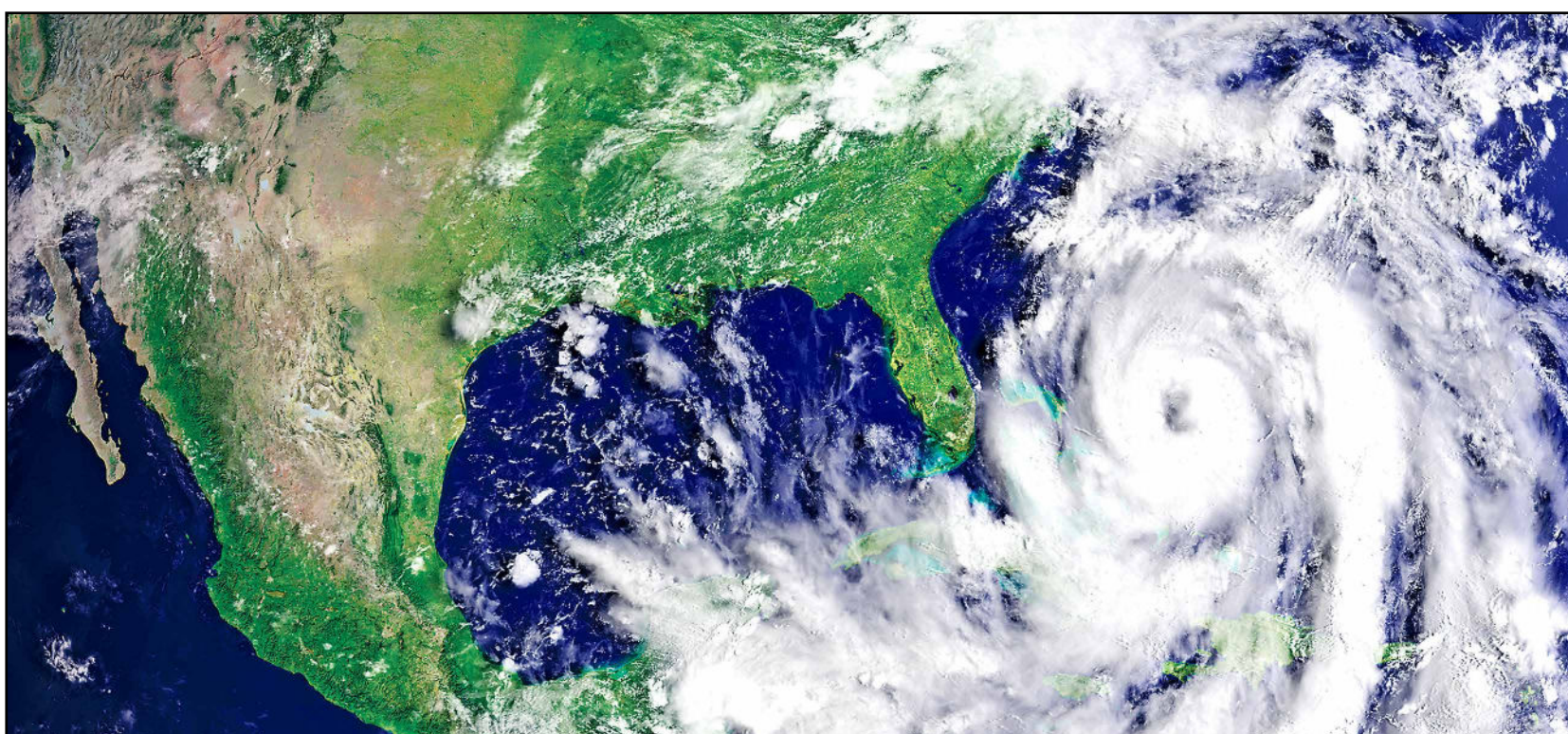
- Derby Day At JKV 11
- Moving Station Solutions ... 12
- The 'IT' Guy 12
- Entertainment Hits 13
- Why We Sing 13
- Road Less Traveled 14
- Principled Lives 15
- Pompano Beach History ... 16
- JKV's Featured Mangrove Apartment Home 16

web JohnKnoxVillage.com
JohnKnoxVillage

NONPROFIT ORGANIZATION U.S. POSTAGE PAID FT. LAUD., FL PERMIT NO. 48

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

Storm-Ready: JKV's Hurricane Prep Plans Ease Residents' Concerns



At JKV, residents benefit from a dedicated and experienced team that assists them at every stage of the hurricane process — preparation, during the storm, and post-storm recovery. Image source: Bigstock.

Rob Seitz
Gazette Editor

As the 2025 hurricane season approaches, residents of John Knox Village (JKV), South Florida's premier Life-Plan Continuing Care Retirement Community, are preparing for what experts anticipate will be another active season.

Running from June 1 to Nov. 30, the season is expected to bring 17 named storms, including nine hurricanes, with four potentially reaching Category 3 or higher, according to forecasts from Colorado State University researchers.

Dedicated To Resident Safety

In the aftermath of the devastating 2024 hurricane season, which inflicted \$34.3 billion in damages across the state—especially from hurricanes like Debbie, Helene, and Milton—JKV's commitment to the safety and well-being of its residents has never been more critical.

Nationwide, hurricanes last year caused a staggering \$129.7 billion in damages, marking a return to multiple Category 5 storms for the first time since 2019.

At JKV, residents benefit from a dedicated and experienced team that assists them at every stage of the hurricane process—preparation, during the storm, and post-storm recovery.

"The Village is already busy preparing for this season," Kirsten Whiting, JKV's Director of Risk Management, told the *Gazette*.

"In April, we began distributing Resident Hurricane Relocation Survey forms, which help us determine whether residents will be staying on campus during storms."

See "Hurricane Preparedness" on Page 2



Kirsten Whiting, JKV Risk Manager Director

'OK, Houston, We've Had A Problem Here'

— Apollo 13 Astronaut John "Jack" Swigert, Jr.

Nona Cree Smith
Gazette Contributor

NASA's storied Apollo space program is the most famous and celebrated in American history. When Apollo 11 landed men on the Moon on July 20, 1969, it was our crowning achievement and won the space race against the USSR. As Apollo 13's name suggests, many Apollo missions had come before, which tested the rockets and different orbital and Lunar Modules while in orbit.

The tests proved the most efficient configuration was the "Lunar Orbit Rendezvous," which required a powerful rocket to launch a spacecraft consisting of three major components: A Service Module, Command Module, and Lunar Module. The three modules would remain attached until the spacecraft began orbiting the Moon. At this point, the Lunar Module would detach and land on the lunar surface, while the Command/Service Module orbited the Moon. For Apollo 13, this configuration proved to be the best option because it became their lifeboat to return to Earth.

"Why 13?" – Marilyn Lovell

Superstition seems ingrained in humans. Even the brightest, with the most scientific minds, avoid walking under ladders or crossing paths with a black cat. Indeed, the crew members of Apollo 13 were intelligent, well-educated men. In fact, the three of them – Commander James Lovell, Jr., Command Module Pilot Ken Mattingly II and Lunar Module Pilot Fred Haise, Jr. were among the best and had worked together for years as a superbly conditioned team.

See "Apollo 13" on Page 3



Fifty-five years ago, Apollo 13 lifted off from Kennedy Space Center on April 11, 1970. Image source: NASA.

Hurricane Preparedness Meetings Address Emergency Plan

From “Hurricane Preparedness” on Page 1

The proactive approach doesn’t stop there. JKV management and staff conduct mock hurricane drills to ensure all protocols are followed, supplies are plentiful, and staff is adequately trained.

These drills include checking emergency generators and preparing impact-resistant structures, with additional training for staff on how to properly secure buildings with shutters.

To further empower residents, Ms. Whiting organizes a series of hurricane preparedness meetings tailored to address their concerns and educate them about emergency procedures.

“These meetings are essential to ensure residents feel informed and prepared,” she noted. “We want everyone to know what to expect and how to stay safe.”

Additionally, JKV has established a system of Resident Senators and their Alternates, who serve as liaisons between the community and management. These Senators are ready to assist their neighbors by answering questions and collecting concerns leading up to each storm.

Hurricane Intensity Determines Actions

Before a storm, especially if it’s expected to be a Category 2 or greater, residents in JKV’s three villa neighborhoods will be asked to relocate to safer buildings, such as the Cultural Arts Center or the Village Centre Auditorium.

As part of their comprehensive hurricane preparedness plan, JKV closely monitors updates from the National Oceanic and Atmospheric Administration (NOAA) and various news sources to keep residents informed of any approaching threats.

Their approach emphasizes diligence and readiness, creating a culture of safety throughout the community.

“In a time of uncertainty, we take our responsibility



JKV’s CFO, Doug Folsom (right), reassured residents Runar Polluson and Robert Pinsky (left and center) on emergency preparation during last October’s threat from Hurricane Milton.

seriously,” said Ms. Whiting. “As we always say at JKV: ‘We hope for the best, but prepare for the worst.’ Our residents have peace of mind knowing that our team is dedicated to their safety at all times.”

As hurricane season approaches, the community is not just bracing for storms but is also fostering a continued

sense of connectedness and support among residents.

With plans in place, regular communication, and trained staff ready to assist, JKV exemplifies how a retirement community can effectively navigate the challenges posed

by severe weather, ensuring that all who live here remain safe and secure.

“In a time of uncertainty, we take our responsibility seriously. As we always say at JKV: ‘We hope for the best, but prepare for the worst.’”

Thanks For Asking

Should I Let The Old Man In?

Dave Bayer
Gazette Contributor

During a round of golf with Clint Eastwood in 2018, the late songwriter Toby Keith learned that Eastwood was about to have his 88th birthday. When Keith asked about his active and engaged approach to life, Eastwood shared that he “just gets up every morning and goes out, and he doesn’t let the old man in.” This resonated deeply with Keith, and inspired him to write the song “Don’t Let the Old Man In.”

The lyrics include “I knew all of my life, that someday it would end. Get up and go outside, don’t let the old man in.” The song’s obvious message is to actively embrace life, to get out and do things, and not to let the prospect of aging prevent you from living a vibrant and purposeful life.

Embrace Life At Every Age

Well, I’m two years younger than Eastwood, but his words and Keith’s song also resonated deeply with me. For some strange reason, I sang that song two years ago at a John Knox Village talent show and was really amazed at the reaction. It was obvious that the song’s message also resonated with many of my fellow JKV residents. I lost count of how many told me later of their personal efforts to resist the aging thought process. Quite a few ladies also expressed that there should be a female version of the song. My usual reply was that if they would write one, I would sing it in the next talent show, but no takers yet.

The Mather Institute’s *Five-Year Age Well Study*, completed in 2023, has shown that residents of Life-Plan Continuing Care Retirement Communities (CCRCs) have better physical, emotional, social, intellectual and vocational wellness when compared to their counterparts from the community at large. Also, from year one to five, social contact and overall engagement in intellectual activities significantly increased for residents and decreased for older adults living at home.

The Aging Challenge

The Mather study findings are certainly encouraging to those of us living in CCRCs. It’s almost like we have the magic sauce that helps us to “not let the old man in.” But the study does state that “both groups tended to report similar changes over time on measures of physical and vocational wellness.” That statement indicates that, despite our best efforts, improvements in medical care, and positive attitudes, age always wins. This is

especially the case when one considers how many of our older generations fall, and how devastating those falls can be.

Six years ago, my wife Jackie and I attended a seminar held primarily for those involved in the aging industry. It was a huge seminar, including an amazing variety of over 500 vendors. I was surprised at how many of those vendors were primarily focused on falling. This included prevention, detection, and the reporting of falling. Vendor wares included motion detectors, cameras, in-home medical alert systems, medical alert necklaces and various fall detection devices.

The Odds Of Falling

One booth that caught my attention was devoted to fall prediction. Jackie and I were told to (separately) walk about eight steps toward a wall-mounted camera device. We were then advised that Jackie was about twice as likely to fall than I was. That was expressed as a numeric probability of falling over a certain period, but I don’t remember the details. Truth be told, I was skeptical. How could a machine come up with a conclusion like that after observing a person take around eight steps? Besides,

Jackie is 14 years younger and more fit than I am. Unfortunately (for us), it seems that the machine was onto something. It’s not that we have fallen a lot, but she has fallen more than I have during the six years since that seminar.

We both have generally enjoyed very good health, but the problem with even minor injuries at our ages, the recovery usually involves “taking it easy,” which means doing fewer activities that enhance our strength and balance. So even if I tell myself to “not let the old man in,” he doesn’t seem to hear me as well recently. I tend to blame it on the increasing number of “take it easy” periods as we grow older, but it’s obvious that the older we get, either as residents of a CCRC or the community at large, our probability of falling increases. In attempting to prevent any more falls, Jackie and I usually hold hands when we walk around campus. Friends have remarked that we look “romantic,” but I’m old school, and was taught that public displays of affection are frowned upon.

Regardless, it’s more enjoyable to hold Jackie’s hand than wrapping myself in bubble wrap, and I might even be humming a few bars of “Don’t Let the Old Man In.” Whatever it takes.

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



Cassels Tower residents Dave and his wife Jackie Bayer.

The Ingenuity Of The NASA Team Turned Tragedy To Triumph

From “Apollo 13” on Page 1

There was talk of cancelling the mission, but Gene Kranz, NASA’s Flight Director and Manager, said, “Superstition can’t have any place here.” The astronauts agreed because flying to the Moon is the ultimate adventure.

Another reason for concern was a last-minute crew change just days before Apollo 13’s scheduled launch. Backup crew member Charles Duke contracted German measles and exposed the crew during training. While Jim Lovell and Fred Haise were immune to the illness, Mattingly was not.

NASA’s flight surgeon decided to remove Mattingly, replacing him with backup Command Module Pilot Jack Swigert. This change was made barely 72 hours before launch, upsetting Mattingly, who, ironically enough, did not develop German measles.

This unexpected turn of events became pivotal when the mission’s oxygen tank exploded two days into the flight. Though Swigert performed admirably during the crisis, Mattingly’s comprehensive knowledge of the spacecraft made him uniquely qualified to develop the procedures that would bring the crew home. What initially seemed like a career setback for Mattingly, ultimately placed him in the Mission Control room, exactly where he needed to be to save his colleagues’ lives.

While it is now remembered as one of the most dramatic moments in NASA’s history, the mission began without the usual excitement for a Moon landing. But days later, television stations around the world were giving constant updates on the mission’s status, following closely as the astronauts and NASA engineers worked to save them from disaster.

As well as being a relatively unwatched mission, the first couple of days of the journey were almost tediously straightforward. After two days of flight, one of the NASA staff in Mission Control joked with the astronauts that the spacecraft was in such good shape that they were “bored to tears.”

“I think We’ve Had It” – Gene Kranz, April 13, 1970

Problems began on Apollo 13 on the 13th of the month (there’s that number again) just after the end of their television broadcast. When the astronauts were nearing the Moon, they were instructed to do a routine “stir up” of the Odyssey Command Module’s oxygen tanks stored in a cryogenic state. Oxygen and hydrogen flowed into cells where the electrodes transformed them into the lifeblood of the Apollo spacecraft: Water, oxygen and electricity. Stirring the tanks made sure accurate levels showed on the monitors. This time, however, something went very wrong. The crew heard a bang and felt a shudder through their spacecraft. During what should have been a routine stir, one of the oxygen tanks on the spacecraft had burst and exploded. The shock also knocked out the fuel cells that had been powering the spacecraft and sent the voltage in its circuits plunging. Engineers monitoring the spacecraft from Mission Control saw the pressure in the damaged oxygen tank drop instantly.

Lovell also looked out of one of the hatches and saw a cloud of oxygen escaping into the void of space.

The Moon Mission Aborted

It immediately became clear that the astronauts would not be landing on the Moon as planned. But that was a relatively unimportant challenge compared with the more pressing job of staying alive and returning home.

In many ways, the explosion happened at the best possible time, and the astronauts would later say they considered themselves lucky. If it had happened earlier, they would have run out of power; if it had happened later, the blast could have gone off in lunar orbit or on the surface of the Moon.



Official Portrait of Apollo 13 Prime Crew, April 1970. Astronauts James A. Lovell Jr., Commander; John L. Swigert Jr., Command Module Pilot; and Fred W. Haise Jr., Lunar Module Pilot. Image source: NASA.

Now, the astronauts had the daunting task of traveling 200,000 miles back to Earth without enough oxygen or power to make the journey. They would slingshot around the Moon, coming temptingly close to the surface they were supposed to land on, and then whip back around the Moon on a course which would take them home. In the meantime, Mission Control got to work putting together a rescue plan while the astronauts on board attempted to put scary thoughts aside and instead work out ideas for their rescue.

A Daring And Difficult Plan

Flight controllers told the astronauts to shut down their Command Module and climb into the Lunar Module, and attempt to conserve food and power.

The Lunar Module was low on room because it was designed for two astronauts, not three, and only had enough stored food and oxygen for two people. It became filled with carbon dioxide as the astronauts breathed and exhaled in their tiny spacecraft.

A Solution For Clean Air

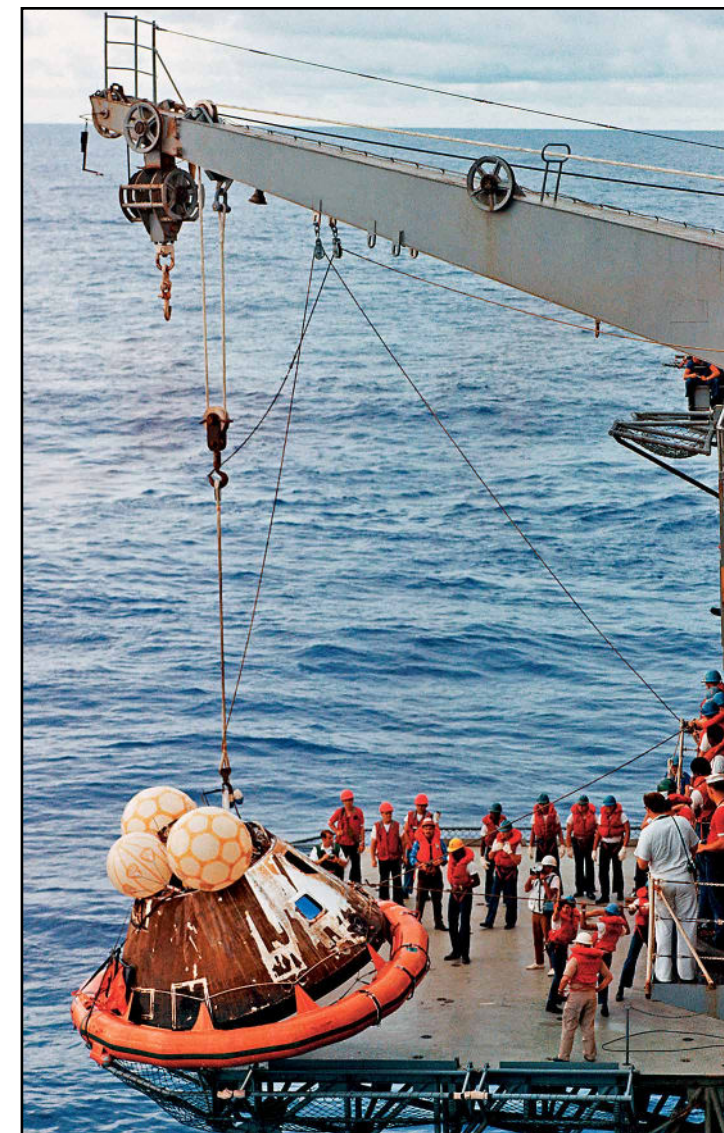
One of the most famous breakthroughs came as engineers tried to find a way to fix that problem by using the air purifiers from the now-abandoned capsule in the lander. The two purifiers were the wrong shape to fit together – they were literally trying to fit a square canister into a round hole – but engineers back on Earth, using an identical duplicate Earth-based capsule, gathered together only usable things and objects the astronauts had on board. The engineers taped them together with only those available objects to make the purifier work. They then instructed the Apollo 13 crew to perform the same fix.

Once that was implemented, conditions inside the lander were miserable, without energy for heating or other improvements to their conditions. They were stuck inside a frigid box that was never meant to hold them, stuck for days with little to do but wait and see if the various last-minute solutions to their desperate situation would actually work.

Apollo 13 Comes Home

The crew moved back to the more comfortable Command Module Odyssey for the final stage

of their adventure, after the crew and NASA had resuscitated the spacecraft. The Command Module of Apollo 13 passed from the Moon’s gravitational field back into the Earth’s and slowly began accelerating toward home. Swigert spent time properly configuring all 417 switches and circuit breakers in preparation for a brief partial activation to check on their systems and also for the eventual reactivation for reentry.



Apollo 13’s Command Module is retrieved from the Pacific Ocean near American Samoa by the USS Iwo Jima. NASA Image.

The Perilous Reentry

Eventually, they arrived back near Earth for what is traditionally one of the most perilous parts of the journey – dropping back through Earth’s atmosphere to come home. They had enough power to switch on the command module and wait as they went through the grueling, hot ordeal of slamming back down to Earth.

As they did, the communications blackout that comes from the extreme conditions of the Earth’s atmosphere lingered for much longer than usual, leaving flight controllers in the dark as to whether the three astronauts and their patched-up spacecraft had survived.

But eventually they appeared in the air, cradled by three parachutes as they gently fell through the sky and down to Earth. They were picked up in the Pacific Ocean by the USS Iwo Jima and all three completed a journey whose legacy – one of inventiveness and luck that became Mission Control’s most significant achievement – is still celebrated by NASA today.

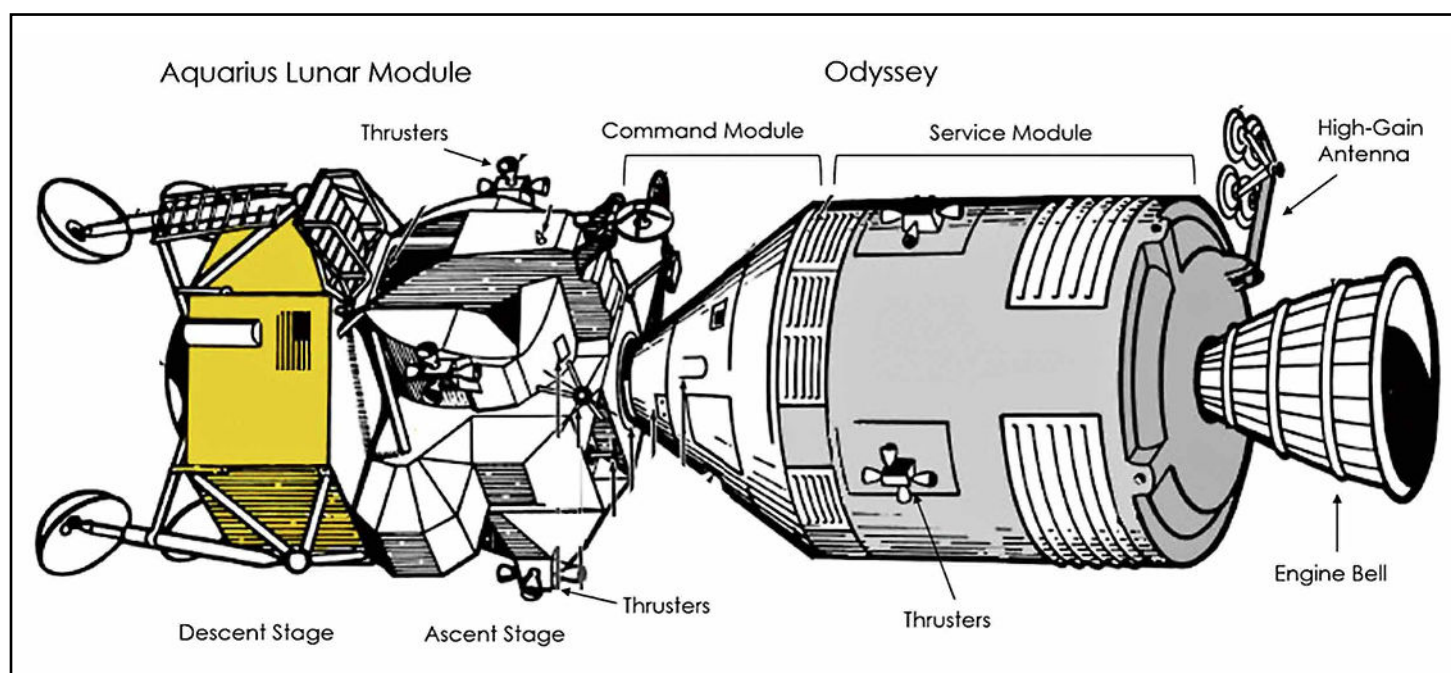


Diagram of the Apollo Spacecraft with Service and Command Module plus Lunar Lander. NASA Image.

Let JKV Entertain You

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



Miami Big Sound Orchestra, with LeNard Rutledge, comes to the JKV Cultural Arts Center stage on June 17.

Tues., June 17 at 7 p.m.
Miami Big Sound Orchestra with LeNard Rutledge

Enjoy an evening of Miami-style big band music with featured vocalist LeNard Rutledge and the Grammy-winning arrangements of Rafael Valencia. The Miami Big Sound Orchestra is an 18-piece powerhouse blending Afro-Cuban, Brazilian, jazz, and soul. Featuring top Miami musicians who've performed with legends like Celia Cruz, Chaka Khan, and Tito Nieves, the group is led by Pete Francis and Rafael Valencia, and features vocalist Lourdes Valentin.

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

Thurs., July 10 at 7 p.m.
Across the Universe

Relive the magic of The Beatles with Across the Universe—a top tribute band praised for spot-on hits and unforgettable shows.

Across the Universe delivers recreations of hits from "Love Me Do" to "The End," performed live

by top-tier studio musicians. Named *Boca Magazine's* "Top Concert of the Year." *Magic 102.7* said: "One of the best Beatles bands." They've wowed audiences nationwide.

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

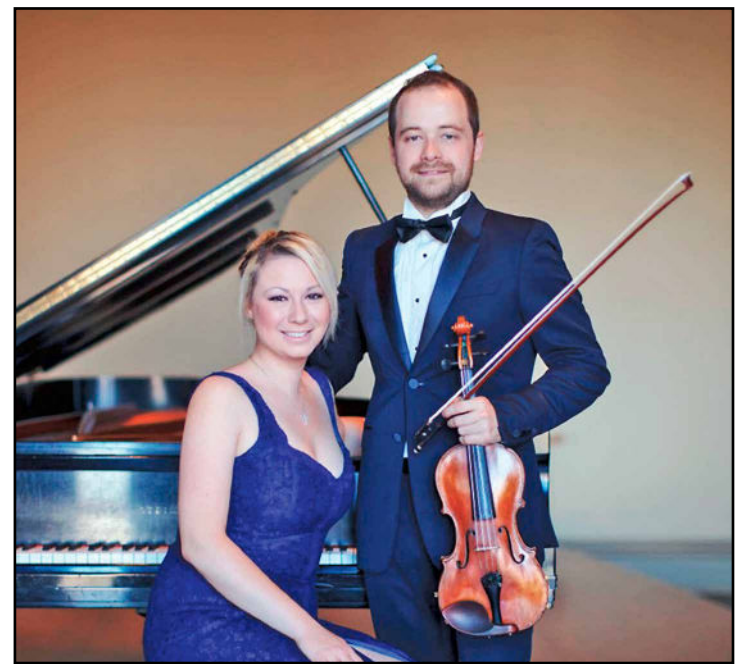
Tickets
JKV Resident Free
Village Arts Circle Free
Non-Resident \$30

Tues., July 22 at 7 p.m.
Con Brio Quartet

After New York City's Shendelee Festival, Con Brio Quartet will bring '60s movie musicals to life with global flair, as they bring their talents to JKV.

Con Brio Quartet, an internationally acclaimed ensemble with musicians from Russia, Ukraine, Uzbekistan and Mexico, has performed in Florida, Georgia, Washington D.C. and Paris. Following the Shendelee Chamber Music Festival, they will be performing at JKV. The program includes selections from movie musicals of the 1960s such as "The Music Man," "Bye Bye Birdie," "Hello Dolly," "West Side Story," "The Sound of Music" and "Oliver."

Tickets
JKV Resident \$25
Village Arts Circle \$20
Non-Resident \$35



Thurs., July 31 at 7 p.m.
Borisevich Duo

Borisevich Duo returns to JKV with "Classical Reverie—Mozart to Ravel" in a dazzling recital by these internationally acclaimed artists.

"Classical Reverie: A Journey through Mozart, Brahms, Grieg, Liszt, and Ravel features violinist Nikita Borisevich and pianist Margarita Loukachkina bringing brilliance and passion to audience favorites in this unforgettable recital. With performances at The Kennedy Center and Mozarteum University in Salzburg, Austria, as well as awards from top international festivals, the Duo promises an inspiring evening of timeless classical masterworks performed at the highest level.

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

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

To reserve your spot for these events at JKV, please visit www.johnknoxvillage.com/events/ or contact the John Knox Village Life Enrichment Department at 954-783-4039.



The Con Brio Quartet returns to the CAC on July 22.



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

Sunshine Meets Soul: A Cultural Summer At Pompano Beach Arts

Cynthia Espino
Special To The Gazette

Summer has arrived in full force—and with it comes a vibrant wave of culture, creativity and community connection.

This summer season, Pompano Beach Arts is turning up the heat with an unforgettable lineup of events that celebrate everything from local artistry and soul-stirring music to family-friendly theater and powerful heritage programming.

Whether you're a longtime supporter of the arts or simply looking for meaningful ways to spend your summer days, there's something for everyone.



From Studio To Spotlight: A Celebration Of Creative Evolution

Kick off the season with "From Studio to Spotlight," the highly anticipated final exhibition of the 2024–2025 Artists in Residence program. Over the past nine months, eight incredibly talented artists have poured their hearts and vision into a diverse range of work—from bold, thought-provoking canvases to intricate ceramic pieces. The result? A compelling showcase of creativity, courage, and growth.

This free exhibition runs June 6 through June 28 at Bailey Contemporary Arts Center and invites visitors to witness the transformation of emerging talent into accomplished artistry. It's a must-see for anyone who appreciates the power of creative expression and the magic that happens when artists are supported by a passionate community.

Soulful Sundays: A Rhythm-Filled Summer Tradition

Next, let the music move you at Soulful Sundays, returning on June 8 and July 13 at the Historic Ali Cultural Arts Center. Starting at 6 p.m., these electrifying evenings feature live performances across genres like Soul, R&B, Jazz, Blues, and Funk. With tickets at just \$10, it's an accessible way to experience top-notch entertainment in a welcoming, high-energy atmosphere.

But it's not just about the music. Soulful Sundays



Enjoy an evening of music at the Blanche Ely House Museum's Living Room Concert featuring Kat Riggins on June 26.

are community gatherings where neighbors come together to enjoy local food vendors, connect under the stars, and dance to the rhythm of shared joy. It's the heartbeat of summer in Pompano Beach.

Honoring Freedom And Heritage In June

Pompano Beach Arts is proud to celebrate June-teenth and Caribbean American Heritage Month with a variety of free and ticketed events that reflect the resilience, richness, and vibrancy of African American and Caribbean cultures. Highlights include:

- **Story Time – June 7, 11 a.m., Blanche Ely House Museum (Free):** A family-friendly experience featuring storytelling, art, and snacks for little ones.
- **Blues and Sweet Potato Pie Festival – June 14, 11 a.m. –5 p.m., Apollo Park (Free):** A dynamic day of live music, dance, games, food, and cultural displays.
- **Diaspora Market – June 21, 10 a.m., Ali Cultural Center (Free):** A sensory journey through art, cuisine, fashion, and heritage.
- **Living Room Concert with Kat Riggins –**

June 26, 7 p.m., Blanche Ely House Museum (\$10): An intimate, soulful concert from one of the region's standout vocalists.

Dive into Magic With "The Little Mermaid's Adventure"

On July 12 & 13, make memories under the sea at "The Little Mermaid's Adventure," a theatrical retelling of the beloved classic at the Pompano Beach Cultural Center. With day and evening performances, this musical is designed to delight audiences of all ages. Arrive early to meet the cast and pose for photos with your favorite sea creatures—it's a fin-tastic family outing you won't forget. Tickets are \$10 for kids and \$20 for adults.

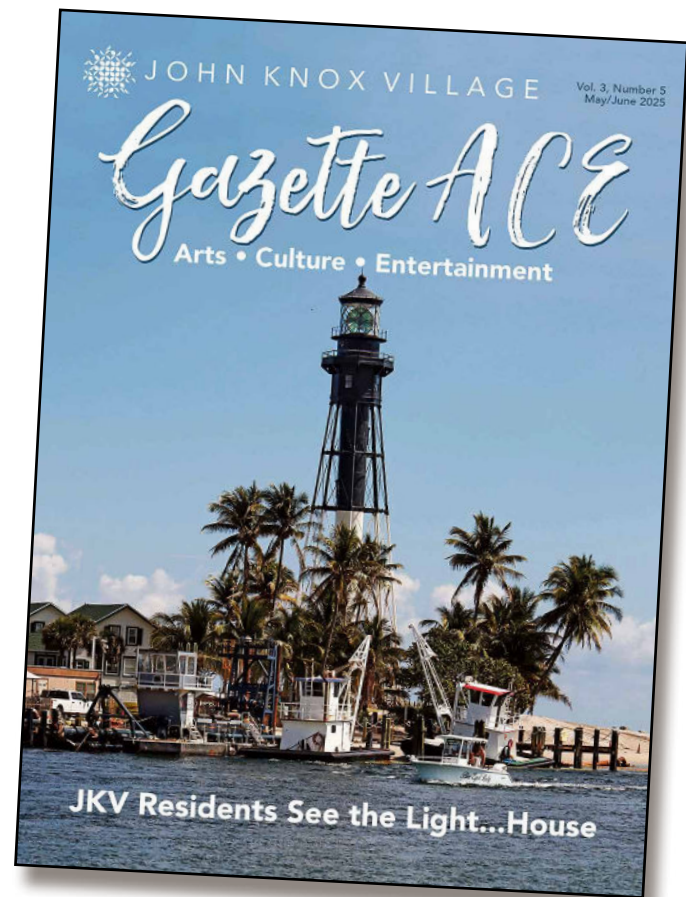
Whether you're drawn by the beat of a drum, the stroke of a brush, or the laughter of children in awe, Pompano Beach Arts promises a summer bursting with meaning, beauty, and unforgettable moments. Explore the full lineup of classes, workshops, exhibitions, and events at www.PompanoBeachArts.org and let this be your season of inspiration.



The Remix Band is featured on Soulful Sundays at the Historic Ali Cultural Arts Center on Sunday, June 8.

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

The Bi-Monthly Arts, Culture, Entertainment Edition



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

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

We would like to email you the current issue, AND sign you up for the July/August 2025 edition emailing at the end of June. The catch is, we need your permission to email the FREE monthly publication to you. Email your subscription request to gazette@jkvfl.com

Please include:

Yes, I am interested in subscribing to the John Knox Village digital Gazette publications.

Name _____ and email _____ (required)

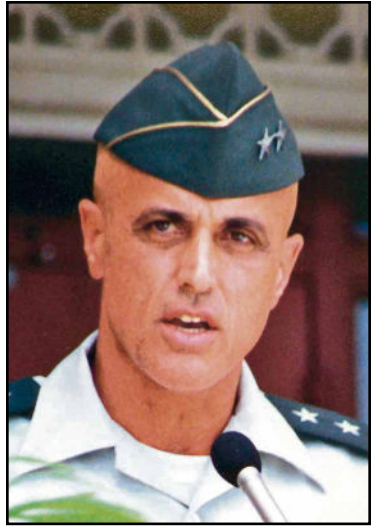
Address _____ and phone # _____ (optional)*

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

*DISCLAIMER: John Knox Village will never share your information with any other source.

Help From My Human Angels

Burn Loeffke
Gazette Contributor



Burn Loeffke

Stress is one of the biggest killers in our lives. I have a sign in my dining room. It reads; “GOOD MORNING. Let The Stress Begin.”

From the moment we wake up until we go to sleep, we are bombarded with thoughts that produce stress.

A recent email that I received brought a smile. A friend related that he was under a lot of stress. He mentioned that two women were fighting over him. He was told that usually

this is a good thing. He added, ‘But not when the less attractive one is winning.’

We look forward to things that will bring us smiles. When we can’t find them, we meditate, go for a workout or call a friend who is usually positive. I am thankful that I have a friend that is always ready to cheer me up. This is better than money in the bank.

I Pray For Change

I feel sad to hear of all the people that perished in the recent earthquakes, air accidents, and the wars around the world. The news is not good. It seems that there are those who are not interested in reaching out to shake hands but would rather intimidate. I pray for change.

In traditional Chinese ideograms the concept of friendship comes from the shaking of hands. The ideogram YO (friend) was initially two hands moving in the same direction, two hands cooperating for

a common purpose. It later evolved into two hands clasping each other in friendship. In ancient times the word “peace” meant to bind together. The concept was to bind friends so closely that peace was the end result. For more than 18 years, US and Chinese diplomats did not shake hands. In 1972, President Nixon visited China and shook hands with Chinese officials starting a new era of US-SINO relations. Today that friendship has been replaced with threats.

There is a Bible verse that I often think of: “I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here am I; send me.” (Isaiah 6:8)

Years back I would go on missionary trips to help the needy. Today, I am one of those needy. I have pains that never go away. I have worries that seem to get bigger as the days go by. When that happens, I reach for the phone and call my human angels who cheer me up. They will drop whatever they are doing and rescue me from my stresses. I thank the Lord for letting me live this long, but am also aware that I have an obligation to repay these blessings.

The weather today is grey and colder than usual, but I know that things will get sunnier. I have found it amazing that praying brings me comfort. I will continue to pray, but more importantly, I will ask my friend to help me act with deeds not just with words to help others.

My Stress Relievers

As I mentioned, I have several options for reducing stress. I will start with the easiest. I will do more exercise. I will call those who are grieving. And lastly, praying to God to show me ways that I can still serve, even with my hurts.

My friend brought me a dog that I think is ugly. I can’t change that. But she is also very beautiful because she is sweet, loving and brings me peace. She is so ugly, she is cute.



Burn Loeffke’s daily reminder sits on his dining room table: “Let The Stress Begin.” Burn Loeffke photo.

There are many of us here in John Knox Village with challenges. When we look superficially, we see those challenges. When we delve deeper, we are often amazed at the beauty hidden inside.

I will end with the statement to “Do unto others as you would have them do unto you.” Today, I will do two acts of kindness before the lights go out.

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.



In traditional Chinese ideograms the concept of friendship comes from the shaking of hands. Burn Loeffke image.

For The Love Of Orchids And My Mother

‘Orchids Are The Epitome Of Grace And Beauty.’ – Nina Cree

Nona Cree Smith
Gazette Contributor

My mother’s collection inspired my love for orchids. Her orchids were the first to really catch my attention when I visited her in California in the mid-1970s, and she started me on an incredible and absorbing journey of orchid love.

I often sent my mother potted orchids from a well-known La Jolla florist, as gifts for various anniversaries and celebrations. I asked for a “beautiful orchid” when I ordered, as I didn’t know much about them other than my mother loved them. I visited Mom often but didn’t notice the accumulation of years of orchids from me – until a Christmas in the 1970s. I guess it was the right time of year for peak orchid blooms. Her orchid collection had grown and thrived over the years, becoming a bountiful mass of colorful flowers that rivalled any botanical garden display.

Plant It, And It Will Grow

My mother has a green thumb. It’s a family joke that she can plant a wooden walking stick, and a tree will grow. Or, if she accidentally threw some orange pits to the ground, a few years later, she would have a small orchard. That fateful Christmas, I discovered that her symbiotic relationship with orchids was unique. She spent her mornings watering, feeding, trimming and talking to them. Sometimes even singing slightly off-key. I think the plants sensed her attentive love for them and made an extra effort to be stunningly beautiful, just for her.

For Christmas, her home and patio were filled with large cache pots and vases overflowing with orchids of extraordinary beauty. The orchids on her patio were very healthy, with stems weighed down with blossoms. They were so abundant that my mother had thinned them out and placed the cuttings in vases around her home in stunning displays. I discovered the name of the largest orchid was Cymbidium.



Agnes Norton Bit o’ Honey Cymbidium orchid. Image source: Wikimedia Commons.

I think the location of my mother’s home, on a sunny, gently sloped hill in Rancho Santa Fe, CA was the most salubrious location for growing healthy orchids with multiple blooms that lasted for many months.

A Collection Of Varied Orchids

My mother loved Cymbidiums, but also grew a variety of other orchids too – from Cattleyas, Dendrobiums and Vandas, to the difficult-to-grow Miltonian or Pansy Orchid. The orchids enjoyed breezy hanging baskets with good air circulation, filtered sunlight, and pure water from a well. Baskets hanging from trees, pots strewn on her patios and in the house were all beautiful, but it was the large flowers of the stunning



A Cymbidium orchid showcasing green, yellow and red. Image source: Wikimedia Commons.

Cymbidiums that really brought orchids into focus for me. They made me want to find out about their history, start a Florida collection, and learn how to grow them successfully in Florida.

For several years, my orchid collection flourished in spite of high winds and heavy rainstorms. Most of the time, the orchids lived in the screened patio, protected from the worst of the weather. But my collection did not achieve the prolific beauty of my mother’s lovingly cared-for plants. I guess my thumb is only pale green, unlike her magic bright green thumb.

Thank you, Mummy, for sharing your love of flowers with me. It has made every day enchanting and has enriched my life.

Leader Takes On Evolving Health Care Challenges

Prudent Guidance Helps Kill Bad Bill For CCRCs

LeadingAge®
Southeast
Florida | Alabama | Louisiana | Mississippi

Rob Seitz
Gazette Editor

In an era where the healthcare landscape is continually evolving, Jennifer Stevens, Vice President of Healthcare at John Knox Village (JKV), stands out as a thought leader in the senior living industry.



Jennifer Stevens, VP Health Services

With her extensive experience and dedication to improving the quality of life for older adults, Mrs. Stevens is not only a key figure at JKV but also an influential advocate for all Life-Plan Continuing Care Retirement Communities (CCRCs)

in Florida, as evidenced by her role on the Board of Trustees for LeadingAge Southeast.

At JKV, Mrs. Stevens oversees a comprehensive range of services encompassing assisted living, skilled nursing, home health, and wellness initiatives.

Her commitment to enhancing these services has positioned JKV as a leader in senior care in South Florida, continually striving to meet the diverse needs of its residents.

Under her leadership, JKV has earned accolades for its quality of care, demonstrating a proactive approach to prioritizing the health and well-being of its residents and outside guests.

Mrs. Stevens' involvement with LeadingAge Southeast exemplifies her dedication to advocating for the senior living sector at a legislative level. By participating in the annual legislative session in Tallahassee, she engages directly with Florida senators and representatives to shape policies that impact the entire CCRC community.

Her recent efforts around the Office of Insurance Regulation (OIR) bill highlight her leadership capabilities.

She added that maintaining open lines of communication with lawmakers is vital in ensuring that the interests of senior living communities and their residents remain a priority in legislation.

Delayed Bill On CCRC Regulation

One of her standout achievements during this session was successfully delaying a potentially detrimental bill that could impose regulatory overreach on CCRCs.

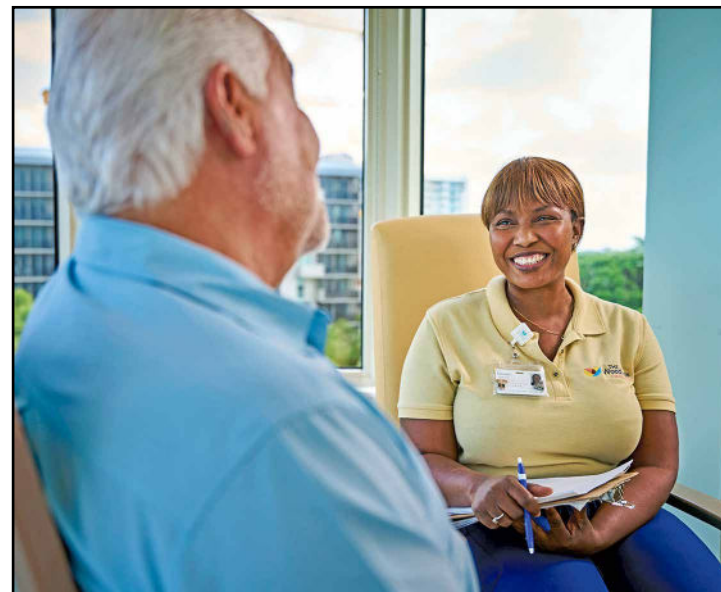
By collaborating with colleagues throughout Florida and leveraging the collective voice of LeadingAge Southeast and the Florida Life Care Association (FLiCRA), "We were able to speak to them [senators and representatives] about the language in the bill and the negative impact it would have on our CCRCs and as a result, our residents," she said.

"The good news is that they listened, and they removed the bill from the agenda until next session when it can be reviewed with new language and collaboration from LeadingAge Southeast and FLiCRA (Florida Life Care Residents Association, a non-profit advocacy association of Florida residents living in CCRCs) in order for us all to work together.

Medicare And Medicaid Funding Concerns

Furthermore, Mrs. Stevens recognizes the importance of addressing the financial implications of proposed changes to Medicare and Medicaid funding.

With her firsthand insights from discussions with



Doreth Wagstaffe RN is a Wound Care and Restorative Nurse at JKV.

state representatives, she has been a strong advocate for maintaining adequate funding that supports the essential health services for older adults.

"Cutting reimbursement for Medicaid would be devastating and leave many seniors without the support that they need," she warns, emphasizing the critical role that policy decisions play in the viability of long-term care facilities.

At JKV, she remains focused on innovation and continuous improvement. She is committed to enhancing the already award-winning higher levels of care offered at the community, which include Gardens West (assisted living), Seaside Cove (long-term care), The Woodlands (short- and long-term rehab and skilled nursing), Home Health (in-home care services), and Wellness Nursing (preventative care).

Under her guidance, JKV is well-positioned to adapt to the changing needs of seniors, ensuring that they receive the highest levels of care and support.

Mrs. Stevens' contributions to both JKV and the broader senior living industry serve as an inspiration to those in the field, championing a future where older adults receive the respect, resources, and care they deserve.

JKV Visits Bonnet House Orchid Festival

Marty Lee
Gazette Contributor

In April, a group of orchid-loving JKV residents converged on the 16th Annual International Orchid and Garden Festival at Ft. Lauderdale's Bonnet House Museum and Gardens. Upon arrival, they were met by the colors and exotic grace of one of nature's most beautiful flowers – the orchid.

The festival is one of the year's major fundraisers for Bonnet House. The 105-year-old home and gardens is located on the inland side of Ft. Lauderdale Beach Blvd., just a stone's throw from the Atlantic Ocean.

Bonnet House Museum And Gardens

Chicago-born artist Frederic Clay Bartlett created Bonnet House in 1920 on South Florida oceanfront land given to him and his second wife, Helen Louise Birch, by her father, Hugh Taylor Birch, a prominent Chicago attorney, real estate investor, and naturalist. Tragedy struck in 1925 when Helen died from breast cancer. In 1931 Frederic married Evelyn Fortune Lilly.



Resident Rae Lynch with her orchid selection during the Bonnet House Orchid Festival.



JKV residents Stephanie Messana and Reed Brown review some of the orchids available at the Bonnet House Orchid Festival.

The eclectic home is a tribute to both the artist Frederic Clay Barlett, and Evelyn, who had a passion for orchids. The Orchid Festival is a fitting tribute to Mrs. Barlett.

JKV residents were intrigued by the presentations of the 37 orchid vendors from all over Florida, plus Hawaii, Thailand and Taiwan. Many residents picked out their favorites to add long-lasting floral color to their villa and apartment homes.

JKV's 'Orchid Lady'

One of the attendees was JKV's own 'Orchid Lady,' Stephanie Messana. She is well-regarded around the Village as the go-to-everything-and-anything expert about orchids.

Stephanie is a frequent attendee at area orchid shows. "I go to several a year, such as the Deerfield Beach and Ft. Lauderdale Orchid Societies, for the eye-appeal of the displays. [The Bonnet House Orchid Festival] is an enjoyable annual event. Orchid growers from all over the world participate in shows like this one during the fall through spring show season."

Stephanie was among the many JKV residents who picked out an orchid or two at the festival. "I purchased three young tropical orchid plants. The same kind, but different colors and they will thrive here." One thing

for sure, is Stephanie knows about orchids.

She is attracted to orchids for the variety of plant structures, sizes and flowering times, which allows her to enjoy their beauty during most of the year.

"I placed almost 1,400 [orchids] around the [JKV] campus on trees since 2018 for the expansion of the Million Orchid Project out of Miami-Dade. These require watering – I have routes and schedules. Hence, [I've earned] the name, 'Orchid Lady.'

Orchids Add Color To Your Home Decor

If you are new to orchids, follow Stephanie's lead. "I currently have about 60 orchids of mixed species, primarily tropical or native dry growers," she said.

"They get water every two weeks or so, depending on weather. I do not fertilize. Every few years, I repot and rebasket a few and place more on campus trees.

"I like growing some of my plants on found wood branches or other organic medium – they require almost no further work besides watering as needed and typically live a long time."

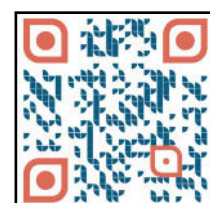
Thanks to the JKV resident outing to the Bonnet House Festival, many JKV residents have joined Stephanie as dedicated orchid aficionados, adding long-lasting colorful blooms to their homes and gardens.



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



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



**SCAN
ME**



Lunch A Little, Learn A Lot
 Thursday, June 12th from 11:30 a.m. – 12:30 p.m.
 at The Pearl Restaurant

Dine like our residents do! Sample one of our delicious daily lunches and learn how you too can benefit from a supportive Life-Plan and vibrant lifestyle at John Knox Village.

RSVP: 954-871-2655
 Meet at the Welcome and Innovation Center
 Main Entrance: 400 SW 3rd Street,
 Pompano Beach, FL 33060



400 SW 3rd St. (Main Entrance)
 Pompano Beach, FL 33060

web JohnKnoxVillage.com
 f @ JohnKnoxVillage



Innovations To Help Navigate Health Care Maze

Debbie Savage, RN
Gazette Contributor



Debbie Savage, RN

If you have ever felt that pang of worry, while waiting for test results or found yourself wishing for more personalized attention from a health care provider, you're in good company.

For so many of us, health care feels like navigating a maze with too many unknowns and too little assistance.

But with the latest health care innovations around the corner, those experiences are starting to shift,

offering quicker answers, improved care options, and finally, a bit more peace of mind.

Here is how the latest health care trends are expected to be game-changing for everyone.

Virtual Care And Telehealth Are Here For Good

If you tried telehealth during the pandemic, you know how easy it is. Forget the long drives and waiting rooms; you can visit with your doctor from the comfort of home.

And it's not going anywhere. In fact, it is only getting better and more popular. With more sophisticated tools, doctors can keep track of chronic conditions remotely; check vital signs and other important health data through wearable devices, and a whole lot more.

There's A Push To Stay Safe In The Digital World

With all this new technology, keeping information secure is more important than ever.

Cybersecurity might not be the first thing you consider when it comes to health care, but it is critical. Protecting sensitive patient data from cyberattacks is a high priority, and hospitals are stepping up their game with stronger security measures.

There Is A Shift To Value-Based Care

There's a big change happening in how health care

providers approach their work. Instead of focusing on how many services they provide, they're now rewarded for keeping patients healthier.

This means better prevention and long-term management of chronic conditions, which can lead to a higher quality of life for everyone. It is all about making certain they have the right care at the right time, without unnecessary costs or procedures.

Health Records Can Talk To Each Other

One of the primary annoyances in health care is the need to fill out forms repeatedly with the same health history again and again.

Better data sharing between different doctors and hospitals, known as interoperability, is changing that. This means you and your loved one's health records are more accessible, ensuring the whole care team has the information they require.

It is an enormous step toward preventing those gaps that can cause mistakes or missed details in treatment.

AI And Machine Learning Are Changing The Experience

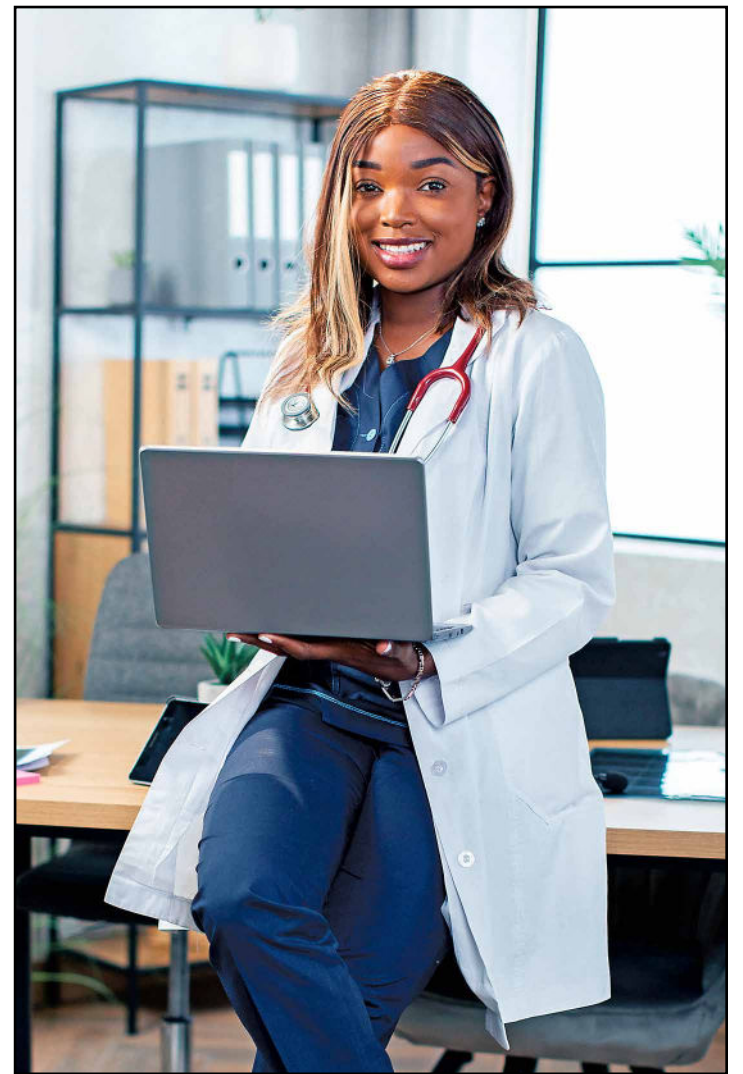
I know it might seem like science fiction, but artificial intelligence (AI) and machine learning (ML) are becoming essential in health care. These tools are helping doctors find health conditions sooner, determine more accurate diagnoses, and plan treatments more effectively.

For example, AI can read imaging scans quickly, pointing out possible problems that might take a human eye longer to catch. And with ML, hospitals can even foresee when someone may need extra care after a procedure, helping to make sure they will get the attention they need.

Medicine Is Customized

Gone are the days when we all got the exact same treatment for the same issue. Customized medicine looks at things like lifestyle and genetics to tailor treatments that are more beneficial and have fewer side effects. This is especially impactful for serious conditions like cancer, where targeted therapies can make a world of difference: Aligning treatments designed with the individual's particular needs in mind, making them feel better faster.

At Responsive Home Care we offer personal care service to keep our clients safe and healthy. Whether short-term or long-term care is needed, our Care Pros



Virtual Care and Telehealth allow you to interact with doctors and medical professionals through internet visitations and online medical devices. Image source: Bigstock.

are available to assist in all aspects of care, including personal care, meals and hydration, providing medications reminders, accompanying clients to doctor's appointments, shopping, errands, and so much more.

Call 954-486-6440 for more information. Or visit the website at 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.

JKV Residents Visit The New Mai-Kai

Ft. Lauderdale's Iconic Polynesian Restaurant Opened In 1956

Marty Lee
Gazette Contributor

A group of JKV residents paid homage to one of Ft. Lauderdale's renowned nightspots, the Mai-Kai restaurant, during an outing for cocktails, dinner and entertainment.

Much of Mai-Kai's history paralleled the creation of Ft. Lauderdale as an entertainment venue for visitors and winter residents alike. The outing was a trip back in time, as several residents remembered the heyday of this restaurant.

In researching Mai-Kai's history, this writer found essential information on the website: <https://www.slammmie.com/atomicgrog/>

"Opened in 1956, a few brash young men created the Mai-Kai restaurant and bar in Ft. Lauderdale as a peer to Don the Beachcomber's Polynesian-themed Chicago restaurant, but they took the concept to new and greater heights. The Mai-Kai became the playground of celebrities and playboys, and the beautiful women working there used it as a jumping-off point

for adventure and fame."

The long iconic Polynesian-style restaurant and showplace enjoyed a long 54-year run as a go-to place in Ft. Lauderdale. It closed in October 2020. However, in November 2024, after a \$20 million restoration and reimagining, the Mai-Kai reopened serving up its signature Mai-Kai cocktails, food and entertainment.

The resident outing to the Mai-Kai last month, gave longtime South Floridians an opportunity to reminisce about the old days and compare the new Mai-Kai to the original.

Memories Of The Mai-Kai

JKV resident Carol Frei recalled that she and her late husband Rudy moved to the neighborhood in 1965. "We drove past it every day and went for the first time in 1966." Carol said that it was a favorite place for special occasions, especially with visitors.

"We took Rudy's cousin from Switzerland to the Mai-Kai. We ordered the mystery drink without mentioning the dancer would come with the drink to our



Residents Lynda Napolitano and Stacy Homatas during the Mai-Kai outing.

table. They were embarrassed but laughed for years afterwards when reminded of that visit."

Carol said today's Mai-Kai, "appears larger with the extended outside area. The food, service and entertainment are as good as before."

Carol has a personal link to the old Mai-Kai in her own kitchen: "I have a scallop recipe from there, which I often made for dinner parties in my home."

Backdrop For Her High School Yearbook

JKV Heritage Tower resident Lynda Napolitano recalled her first visit to the Mai-Kai. "The year was 1966. The occasion was taking photos for the yearbook of Northeast High School. The Mai-Kai was used as a backdrop for the photos. That was my graduating class. My photo was for the Senior Superlatives."

"I didn't start frequenting the restaurant until my 20s but mostly for special occasions," Lynda said. "It's nice that it's back. At my age, I appreciate seeing things from my youth."



The Polynesian-themed show is a major part of the Mai-Kai restaurant experience.

Tips For Online Banking, Investment Safety

Scott Montgomery
Gazette Contributor



Scott Montgomery,
CLU, ChFC

Gone are the days when you had to make a special trip to your local bank branch to deposit or transfer money from one account to another.

With the proliferation of mobile apps today, you can manage all your banking and investing needs from the comfort of your home or any Wi-Fi-enabled remote location. However, with these conveniences come many digital security risks that can compromise your assets and identity. Here are some tips to help ensure your safety while banking or investing from a mobile device.

Install Apps From Official Websites

Because bogus versions of your bank’s mobile apps may be found on third-party app stores, try to download the apps directly from your bank’s website. Alternatively, you can call your local banker or financial advisor to help you enroll in mobile services.

Check The App’s Permissions

Banks control most of the security features on their mobile apps. However, it is up to you to ensure that the app does not automatically have permission to access all your personal data stored on the phone, including your location, activity and account information. After downloading any app, check the privacy settings on your device and be sure to turn off tracking services, especially when you are not using a particular app.

Use Strong, Unique Passwords And A Password Manager

Cybersecurity experts recommend you use passwords with a minimum of eight characters that contain a combination of capital and lowercase letters, numbers and symbols. Ideally, you should use a different password for each app to ensure that if criminals compromise one of your passwords, they cannot use it to access your other accounts. To help you keep track of all your passwords, use a password manager that can generate unique passwords and provide you with instant access to your accounts with a simple fingerprint.

Enable Multi-Factor Authentication

Your password alone may not be enough to stop criminals from hacking into your phone or your banking accounts. Instead, when it is available, choose two-factor authentication to add a second layer of security to your password-protected accounts.

After entering your login credentials, a unique code will be sent to your mobile device to confirm your identity before allowing access to your account. This form of identity authentication is based on the premise that while thieves may be able to steal your username and password, it is highly unlikely they also would have access to your mobile phone to receive a security code or other confirmation to complete the login process.

Avoid Using Public Wi-Fi Networks

While you may enjoy the convenience of logging into your bank or investment accounts anytime from any remote location, you should only do so when connected to a private and password-secured wireless network. Public Wi-Fi hotspots are not secure. Criminals can snoop on your activity and gain access to passwords,



Image source: Bigstock

home addresses and account information. Alternatively, you can log in to your accounts using your device’s cellular data or mobile hotspot with the additional security of a virtual private network (VPN).

Update Device Software

Software updates are critical to the performance and security of your mobile devices. Each update addresses known security vulnerabilities and bugs that can expose you to various risks, including malware that can steal your personal information.

Diligently Review Your Financial Accounts

Even if you manage all your banking and investing needs via a mobile app, you must take the time to review your accounts on the web, check your monthly statements and keep a watchful eye for any suspicious activity.

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.

This material is being provided for information purposes only and is not a complete description or a recommendation. The information has been obtained from sources considered to be reliable, but we do not guarantee that the foregoing material is accurate or complete. There is no guarantee that these statements, opinions or forecasts provided herein will prove correct.

Any opinions are those of the advisors of PWA and not necessarily those of PWA Securities, LLC. While we are familiar with the tax provisions of the issues presented herein, as Financial Advisors of PWAs, we are not qualified to render advice on tax or legal matters. You should discuss any tax or legal matters with the appropriate professional. Prior to making any investment decision, please consult your financial advisor about your individual situation.

The Run For The Roses At JKV

Residents Continue A Long-Lasting Kentucky Derby Day Tradition

Marty Lee
Gazette Contributor

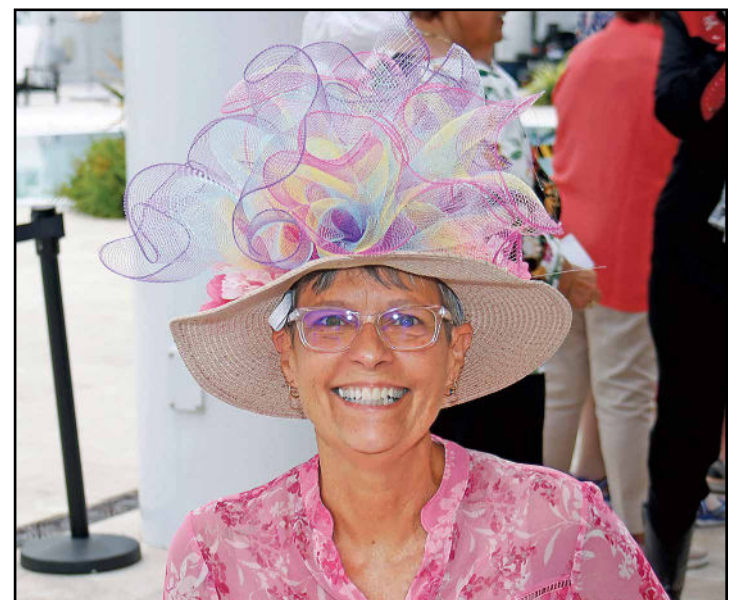
Billed as “The most exciting two minutes in sport,” the Kentucky Derby has been a fixture on Louisville, KY’s calendar since 1875. As time progressed, the Kentucky Derby not only became American horse racing’s premier event, but also a fashionable social event. Kentucky Derby parties expanded, not only around Churchill Downs, but across the U.S., as seasoned and neophyte horse racing fans gathered for friendly wagers and to showcase their Derby-inspired fashions.

JKV has been celebrating the first Saturday in May with its own Kentucky Derby Watch Party for decades. This year’s event was held in the Bayer’s Poolside Pub located in the Village’s Aquatic Complex.

Residents arrived for the Watch Party dressed in their de rigueur chapeaux. Many had fashioned their hats specifically for the party. As has been tradition at JKV’s Watch Party, the derby-goers were judged on their haute couture creations.

A total of 16 residents (15 ladies and one gentleman, Bill Thompson) entered the Derby-Topper contest. After much ‘horse trading’ and consultation, the judges announced their winners: In third place was Terry (Scooter) Hayes; second place went to Linda Allen; the grand winner was Rhonda Wardlaw.

After mint juleps, expert handicapping, and sampling the many snacks provided by the JKV Dining Services Team, it was post time. Of the dozens of attendees wagering, eight residents successfully picked Sovereignty to win “The Run for the Roses.”



Resident Terry “Scooter” Hayes in her Derby Day chapeau.



Residents (l to r) Linda Allen, Helen Calvit and Rhonda Wardlaw cheering on the race during the Kentucky Derby Party.

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

From Stressful To Seamless: JKV & Moving Station Provide No-Fail Home Sales Solutions

Rob Seitz
Gazette Editor

For many prospective clients, the idea of selling their home to move into John Knox Village is often such a deterrent that they end up doing nothing.

Studies have shown a person's relocation is the third most stressful event in their life—death is #1 and divorce #2.

It Does Not Have To Be That Way

With a no-fail home sales solution, JKV offers a free service that saves time, money and the unnecessary stress of a move-in.

JKV has partnered with Moving Station, a Chicago-based company specializing in senior relocation throughout the U.S., including the South Florida market. For the past 25 years, their real estate services have worked as effective tools for prospects who are wavering under the thought of relocating.

“At Moving Station, we understand that moving can feel overwhelming, which is why we partner with forward-thinking communities like John Knox Village that invest in their future residents by offering the gift of a Personal Relocation Manager and a comprehensive home sale solution,” said Moving Station Account Manager Megan Langford.

MOVING STATION®



Megan Langford, Moving Station Account Manager

“Together, we deliver the guidance, expertise, and peace of mind needed to make every move feel, not just manageable, but genuinely exciting,” she added.

Some of the peace of mind programs Moving Station offers include:

- **Personal Relocation Manager**—a dedicated real estate consultant—who provides objective and unbiased expertise for prospects every step of the way to ensure the home sale and relocation process is as stress-free and seamless as possible.
- **A home sale program** providing expert listing and marketing guidance from start to finish.
- **A program called QuickBuy Immediate Offer**, where prospects receive an immediate offer on qualified homes and close in as few as 14 days from acceptance.



Moving Station can take the stress out of selling your home and moving to John Knox Village. Image source: Thinkstock.

- **QuickBuy Lock Guaranteed Offer** in which prospects lock-in the QuickBuy Immediate Offer as a safety net while listing the home traditionally. Prospects can accept the offer anytime within 150 days.
- **QuickBuy Leaseback** in which prospects sell now to collect the proceeds and then move when ready.

Peace Of Mind For A Stress-Free Move

“Not only does our program provide peace of mind and reduce the stress for our prospects to sell their home and move into John Knox Village, it's free,” Kim Ali, Vice President of Sales and Marketing, told the *Gazette*.

Want to learn more? A JKV Life-Plan Consultant can help. Call 954-871-2655 or visit the website at www.johnknoxvillage.com

Tech Teaching Is A Two-Way Street

Jason Cook
Gazette Contributor



Jason Cook, JKV's Technology Engagement Coordinator

One of the things I really enjoy about teaching the smartphone and tablet classes at John Knox Village is how different each session can be, depending on the questions residents bring to the table, or desk.

Not only do these questions lead the class in all sorts of interesting directions, but I often end up learning something new, too.

During the six-week course, one session focuses on exploring

helpful apps that can unlock the full potential of mobile devices. I introduce residents to apps like **Star Walk 2**, which allows you to point your device at the night sky and identify stars and constellations.

Throughout the class, I regularly pause to ask for questions or comments—and over the years, resident students have made some great suggestions that ended up teaching me a thing or two.

Students Teach The Teacher

In fact, there are three apps I now include in the class thanks to recommendations from residents.

The first is **Tunity**. This clever app lets you stream the audio of a major TV network directly to your phone by scanning the TV screen. It's great if you're watching a show while your partner is reading, or if you're in a public place like an airport where the TV has no sound.

Another resident introduced me to **Merlin**, which is perfect for bird lovers. This app can identify birds by either a photo or an audio recording. So if you're in a park and hear a beautiful bird song, you can record it with Merlin, and the app will tell you which species is singing to you.

An App To Help The Vision Impaired

The final app is truly remarkable: **Microsoft Seeing AI**. Also recommended by a resident, this app uses your phone's camera and artificial intelligence

to help those with vision impairments.

It offers several modes, from reading printed text to describing the room you're in or identifying objects through the camera lens. As we age, challenges like vision loss can make daily life harder, but tools like this can make a real difference in restoring independence.

In the end, I've found that teaching at JKV is a two-way street. While I may be the instructor, I'm also a student—learning right alongside the residents. And that's what makes it so rewarding.

JKV's 'IT' Guy One Of Few In Senior Living

John Knox Village distinguishes itself as South Florida's premier Life-Plan Continuing Care Retirement Community (CCRC), and a key factor in this is its dedication to providing extensive personalized technology support for its residents.

The JKV Leadership Team is committed to improving the quality of life for residents through innovative assistance, ensuring they feel connected and empowered in today's digital landscape.

To address the evolving needs of its community, JKV hired Jason Cook as the Village's Technology Engagement Coordinator. This is an anomaly within most CCRCs around the country, which either rely on residents or some outside person.

With an impressive background and a genuine enthusiasm for technology, Jason has quickly become the trusted "IT Guy" of the Village. In addition to offering personalized support, he leads engaging classroom-style sessions that equip residents with the skills to confidently navigate everything from email to social media.

Through technology, this interactive approach not only helps residents strengthen their connections with family and friends, but also fosters a vibrant sense of community.



JKV's Technology Engagement Coordinator Jason Cook regularly teaches classes in the Westlake Technology Center.

Spring Entertainment 'Hits'

The Cultural Arts Center Grooves To A Rock Legend And JKV's Own Choirs

Marty Lee
Gazette Contributor

Since the opening of the Cultural Arts Center in 2022, John Knox Village has hosted many talented singers and musicians who have reprised the songs and paid tribute to the artists we remember from our youth. In May, we were given the rare treat to hear from one of the originals: His name is Jay Siegel, and along with his Tokens, he took the stage last month.

Jay took us on the history of the Tokens and his own journey as a record producer for some memorable artists, groups and songs. He came from the Brighton Beach area of Brooklyn, NY and got his musical start, like many singing groups of the time, with a group of guys from school. One of those guys from Brooklyn's Lincoln High School was Neil Sedaka.

In 1955, Sedaka formed The Linc-Tones singing group. A year later, Jay Siegel joined the Linc-Tones and the group name was changed to The Tokens. Neil Sedaka was one of the originals but left the group in 1958. Jay and Neil remain friends to this day.

In October 1961, the Tokens recorded what has become one of the biggest hit songs of all time, "The Lion Sleeps Tonight." Some 64 years after reaching No. 1 on the Billboard Hot 100 chart, "The Lion Sleeps Tonight" has remained one of the seminal songs of all times. It has enjoyed resurgence in multi-generational popularity thanks to its prominence in the long-running Broadway hit show, "The Lion King" and the movie of the same name.

Show And Tell For The Lion Song

Jay told an endearing story of how his five-year-old granddaughter mentioned to her kindergarten class that her grandpa sang the 'Lion Song.' Of course, as



Jay Siegel (center) and the Tokens brought back the rock sounds of the '50s and '60s, and reprised his 1961 hit song, "The Lion Sleeps Tonight."

kids will be kids, the claim was met somewhat with disbelief. So, to prove her claim, she brought grandpa to Show and Tell at the kindergarten to sing "The Lion Sleeps Tonight." Jay said it was amazing how he found a new group of young fans, fully two generations after the song had originally been released, due to the success of "The Lion King."

Jay was joined onstage with current Tokens: Vocalists Kurt Yaghjian and Gabriel Dassa, as well as keyboardist Dennis Dibrizzi. They were accompanied by South Florida musicians: Bobby Nathan on guitar, Lee Brovitz on bass and Cadillac Carderelli on drums. They led residents through a potpourri of tunes from Jay's great days in Rock 'n' Roll: Remembering songs from

the '50s like "Silhouettes" by the Rays, "Earth Angel" by the Penguins, Sam Cooke's hit "You Send Me," and from the '60s "My Girl" by the Temptations, "What's Your Name" by Don and Juan, and many others.

The Show Stopper

But it was Jay Siegel's Tokens big hit: "The Lion Sleeps Tonight," that brought the audience to its feet. The JKV audience was invited to sing along to the "Wimoweh" chorus...and sing along they did.

Jay Siegel's Tokens were a hit with the JKV audience. Now 85 years old, Jay can still hit the high notes and his falsetto is as strong as ever. On this night, there was no sleeping for Jay, the Lion King.

'Why We Sing:' JKV's Own Choruses

Spring Concert By JKV's Two Resident Choral Groups: The Villagers And The Choristers



Dan Williams, James Jana and Richard Ziemer stand front and center with The Villagers as they form a trio to sing "And So It Goes" by Billy Joel.

Marty Lee
Gazette Contributor

During the year's entertainment calendar, there are no more anticipated concerts at JKV, than the Winter and Spring concerts by the Village Choirs. The 2025 Spring concert was met with enthusiastic applause, as the men's Villagers and the women's and men's Choristers performed the nearly 100-minute show before a sold-out Cultural Arts Center.

Under the baton of Musical Director Birgit Djupedal Fioravante; accompanied by pianist Carolyn S. Morgan and percussionist Mark Schubert, the concert opened with a varied eight-song set by The Villagers that covered the scope of genres from traditional Scottish and New England folk songs, to the very American "When Johnny Comes Marching Home," and John Denver's "Take Me Home, Country Road;" with a little European flair from Bob Merrill's "Mambo Italiano."

Featured Villagers' Vocals

Three resident vocalists took the spotlight forming a trio in the Billy Joel song, "And So It Goes." Dan Williams, James Jana and Richard Ziemer alternated solo stanzas from the song, "And so it goes, and so it goes, and you're the only one who knows."

The Villagers were joined on stage by guest tenor Mario Arévalo. Mario is well known around JKV, with his weekly voice-coaching classes for both beginners and more advanced singers. He commanded the stage in his solo of "Somewhere," by Leonard Bernstein.

Mario was not to be outdone on his final selection before intermission. Mario is no stranger to opera and has sung more than 30 operatic roles including his debut with the New York City Opera in "Pagliacci." He closed The Villagers program with a stirring rendition of "Nessun Dorma," the famous aria from the final act of Giacomo Puccini's opera "Turandot."

The Choristers On Stage

After a short intermission, the women and men of The Choristers took the stage, leading off with "Before the Parade Passes By," from "Hello Dolly" by South Florida's late and great Jerry Herman. Resident Jeannie Piazza-Zuniga delivered her best 'Barbara Streisand' moment with her solo performance of this memorable song.

The ensemble continued with renditions of the American Folk song "Shenandoah," Herman Hupfeld's "As Time Goes By," and "Moon River" by Johnny Mercer and Henry Mancini.

Mario Arévalo joined The Choristers with his vocalization of "Damisela Encantadora" by Ernesto Lecuona. The Choristers then followed with two of the most recognizable tunes from the American Songbook: "Over the Rainbow," and "Wonderful World."

The evening's performance ended on a high note, as Mario joined the entire group in singing the title song of the Spring Concert: "Why We Sing," by Greg Gilpin. The JKV choruses will be taking a summer break, but they will be back in the Fall, preparing for their annual Winter Holiday Concert. Stay tuned.



Guest soloist Mario Arévalo joined the Village Choruses in song.



Resident Jeannie Piazza-Zuniga soloed on "Before the Parade Passes By."

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 Through Central Pacific Ocean Concludes On The Island Nation Of Tuvalu

Part Three Of The Least Visited Countries In The Central Pacific Ocean

Janet Anding
Gazette Contributor

This was my most unusual trip ever. My purpose was to visit six unique island countries, where four could

soon be submerged by nature or eventually some or all could deteriorate from poverty. I tried to get to these countries for many years, and now it is possible they may be gone in five to 10 years.

I hope you've read the two previous issues of the *John Knox Village Gazette* and my previous articles about The Marshall Islands and The Federated States of Micronesia in February/March, and the unique island of Nauru in the April/May issue. This issue will focus on the two very unknown countries of Kiribati and Tuvalu. I hope you find these interesting.

Kiribati

Kiribati has 33 islands with a land total of 300 square miles and scattered over five million square miles or 7.5 percent of the entire Pacific Ocean. Kiribati's fun fact is that it is the only country in the world situated in every hemisphere – north, south, east and west. The 33 islands spread across both the International Dateline and the Equator. Kiribati's geography consists of three lines of islands running somewhat NW to SE, named the Gilberts, Phoenix and Line Islands.

In 2013 into 2014, my beloved husband Jim and I took a 56-day HAL Statendam Cruise from San Diego to the Hawaiian Islands, and on to Tahiti via Kiritimati, aka Christmas Island, in the Line Islands. It was Christmas and we celebrated the discovery of this very poor land. We paid \$5 each to sit on the flatbed of a truck for an island tour.

I believe it was the only vehicle in the 13 square mile locality. Jim and I had seen many poor areas and many poor, sad islands during our travels, yet we always learned a lot from the locals. As always, the folks were very friendly and did not ask for anything.

My second trip was exactly 10 years after Jim passed away. This time I stayed in Tarawa in the Gilbert Islands, Kiribati. Our hotel was extraordinarily minimal and not one where most would choose to stay – but it was the only choice.



Janet's travel group arrived in Kiribati and were welcomed with flower crowns. Janet Anding photo.

In my room, I had only one rusty metal coat hanger and a fake Louis Vuitton bedspread that was at least 30 or more years old. The staff did leave a lovely seashell necklace on my pillow the first evening. While the accommodations were sparse, the amazing part was the food was the best. Beautiful fish, Italian, Chinese dishes and more were served in a thatched roof restaurant that was almost elegant. A beautiful place for a sundown beer or meal. The staff was outstanding.

Tarawa was beaten up severely in World War II by the Japanese with many awful remnants still around. Japan occupied Kiribati until 1941. Kiribati was independent from the United Kingdom in 1979. I-Kiribatis, as the residents are called, told us over and over how grateful they were that the USA and the Allies saved them.



Janet Anding (fourth from left) joins her fellow travelers on Tuvalu as they quickly pose for a photo before the rushing high tide would have stranded them for hours. Janet Anding photo.

We were there for two days, which was sufficient. All of our touring was dependent primarily upon the air flights. The first day we toured the island, and talked mainly with "market mamas" sitting along the roads selling whatever they had to sell, mainly fish. The two languages spoken are Gilbertese, also known as Kiribatese or Ikiribati, and English, also considered the second official language. We had a fun time with the mamas and it was easy as they all spoke English.

The second day, we took an outrigger boat to another island for a picnic, swimming and lots of boating. My feelings told me it may not be the best thing to do, so I chose to stay back under that beautiful thatched roof restaurant. I had a great lunch, then headed out to walk the village to meet and talk with the people especially many children. Later, I came back and did some writing over a cold beer.

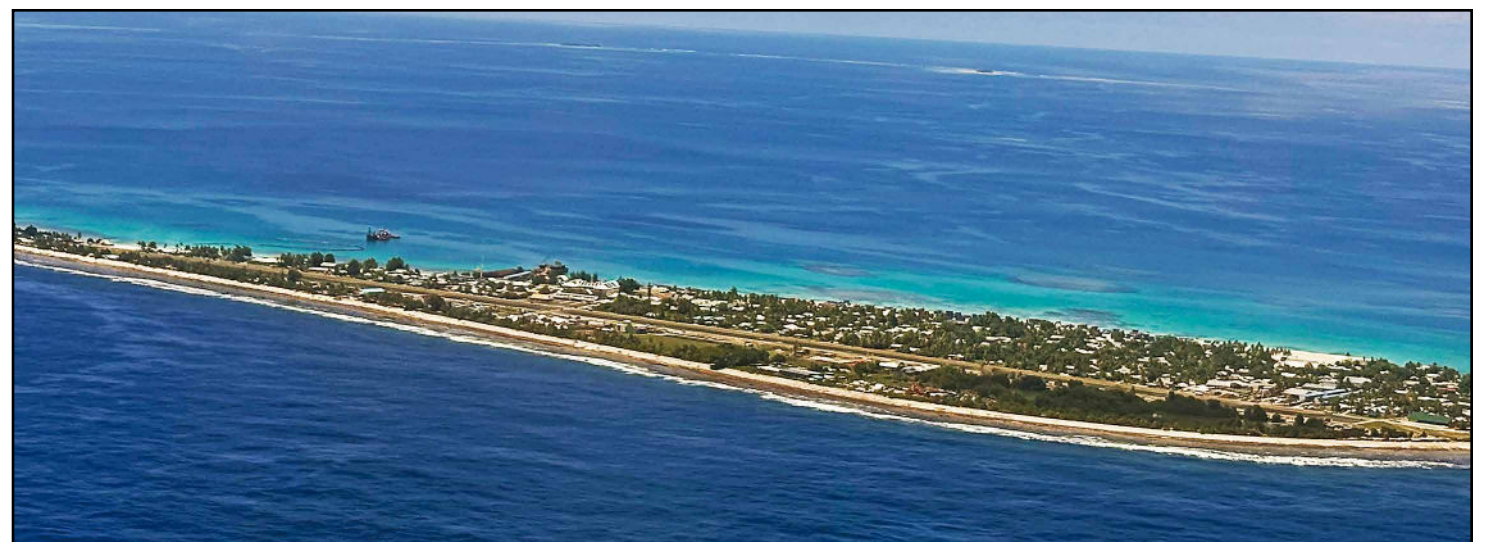
When the group came back, it turned out two people from the group fell out of the boat due to huge waves. One hurt enough to feel the pain but was OK to stay with the group.

Fiji

The following day, we were off to Fiji, our fifth island for our connection point to get to Tuvalu, our sixth destination. It was my first time in Fiji and realized the beauty of the island. It was made abundantly clear we were not tourists in Fiji, just using it to connect to our planes. We were all pretty happy to arrive into the main international airport of Nadi with our 5-star hotel just across the street.

It was a beautiful hotel, with a pool and gardens, and fabulous food including a coffee bar with homemade pastries. Additionally, we had suites with crisp linens and hot showers.

Our Tuvalu flight left out of the capital of Suva, 200 hundred miles and a four-hour drive away. That drive was even better. The four-hour tour of this beautiful island included a great lunch along the way in a very modern bus with A/C. The best was we were staying in the greatest hotel in Fiji: The Grand Pacific Hotel built in 1914, located on the main waterfront, on Victoria Parade in Suva, the capital of Fiji. That was all such a treat for us. Fiji is known worldwide as a honeymoon destination, and it well should be.



The plane approaches Tuvalu. The airport's single "Runway 03" is visible down the center of the atoll. Janet Anding photo.

Tuvalu

The next day, we were off to Funafuti, Tuvalu. We were all happy our flight took off, as depending upon the season, there are only one to three flights per week and often all do not operate. Tuvalu is in the Polynesian Pacific Ocean and is made up of five atolls and four coral islands with a total 10 square

miles of land that is diminishing rapidly due to rising seas. The population is currently less than 10,000 with many of the islanders leaving. Tuvalu is the second least populated country in the world.

On arrival, we were greeted with dancers and singers and a huge buffet spread of Spam and cheese sandwiches. Our hotel was 200 feet from the airport so we could walk back and forth, along the length of the elementary/high school positioned between our hotel and the airport. There were no tour buses, so somehow, we ended up using the single Tuvalu school bus.



With a very low elevation above the Pacific, many islands are in jeopardy by rising sea levels. Janet Anding photo.

One of the fun things that tickled me in pre-trip research was that Runway 03, the only runway at their one airport, was constructed by U.S. Navy Seabees for use during WW II. The coral base of the atolls was used to fill in the runway. Today, the runway is within maybe a few hundred yards of the ocean on both sides. The runway is used so little that it is the main center for all entertainment. The children play all their games there. Numerous soccer games go on almost continuously, with dancing and other activities for the children to use on this property.

It has numerous crossroads. Guards lay out orange safety cones to stop any crossing if a flight is taking off or landing. Many houses have their yards along the entirely unfenced runway.

As an former Airline Manager with many years as an Airport Station Manager, I still can't imagine the International Civil Aviation Organization giving

See "Road Less Traveled" on page 15

Many Islands In The Central Pacific Ocean Are Endangered By Rising Seas



Janet Anding said, "When we landed in Tuvalu, island dancers greeted us." Pictured above, a group of young boys mimic the dancers in the ceremony. Janet Anding photo.



Janet stands on Runway 03 – Tuvalu's only airport runway. Janet Anding photo.

From "Road Less Traveled" on page 14

permission to allow commercial airlines to fly in and out, with minimal security. That being said, this is a very calm country, and it was great fun for me, with almost 25 years in the industry, to be able to get on Runway 03 and dance my heart out.

We expected the hotel and food would be minimal with poor quality. The thrill of this island visit was seeing such a nice little country, and touring all the areas that end up under water daily at high tide. We often spent too much time lining up for photographs with high tide quickly rising. We had to get moving or we would be stranded on a patch of land with our tour bus for 6 hours well into nightfall.

At high tide, the island diminishes to less than 100 feet in width between the stormy Pacific Ocean to the north and the lagoon to the south. In heavy storms, the island is completely cut into two. The islanders try to use sandbags to keep the land above water, but do not have enough resources to make it work. It is expected many of the islanders will soon relocate to Australia, New Zealand or Fiji. Many, however,

refuse to leave no matter the consequences.

A unique tidbit about Tuvalu is that the International Website Domain assigned two letter codes to all world countries such as .US, .UK, .FR, .ES, .NZ, etc. Tuvalu pulled the wild card and won the jackpot. They sold their domain of .TV, as we understood it, for \$50 million U.S. to a private company. The millions have gone to pull them out of poverty and to beef up their reef. Sadly, it takes more than that, but a valiant effort nonetheless.

The Pacific Ocean has 67 million square miles of water, one-third of the world's entire surface. Our group covered a square area of about 6 million miles, or about 10 percent of the Pacific Ocean via air.

Here's a fun update to my column on Nauru in the *April/May 2025 Gazette*. I finally received the Nauru postcard I sent to myself in November 2024. It took about three and a half months to receive it. I have received every postcard I ever sent to myself, except one from Easter Island in 2020 just as the pandemic was hitting. I still feel it will arrive one day.

Editor's Note: Janet and friend Liz have returned from their trip to the three Guianas in South America. We hope she will write that story in the near future.

Janet's next travel plan is to pick up a Holland America Cruise on the last one-third sector of an Around-The-World trip. She will embark in Barcelona, Spain going along western Europe, Iceland, Greenland and eastern Canada. She will then arrive in Port Everglades, FL after 44 days.

JKV Village Westlake resident, Janet Anding enjoyed a 23-year career with Trans World Airlines and traveled the world. Janet has now visited 164 of the 193 countries in the United Nations and 237 of the 330 countries and territories in the "Traveller's Century Club." She has crossed the equator 58 times in her life. She married her late husband Jim, a U.S. Embassy official in 1990 and was based in several countries in Europe and Africa. She has visited all seven continents numerous times and has lived in North America, Asia, Europe and Africa.

Enduring Relationships Of High-Level People

Dr. Roberta Gilbert
Gazette Contributor



Dr. Roberta Gilbert

In my April/May *Gazette* column on high-level people, I explained how important it is to be a high-level person on the scale of differentiation.

The scale of differentiation was developed by Dr. Murray Bowen, an American psychiatrist and a professor in psychiatry at Georgetown University. Bowen was among the pioneers of family therapy and a noted

founder of systemic therapy. Beginning in the 1950s he developed a systems theory of the family.

Bowen's scale of differentiation is a continuum that measures an individual's level of emotional maturity and independence. The scale typically ranges from 0 to 100, with higher scores indicating greater differentiation. It assesses how well someone can maintain their sense of self and separate it from their emotional reactions, particularly in interpersonal relationships.

Individuals with higher scores are generally considered more inner-directed, self-sufficient and emotionally stable. They are also more open-minded, secure in themselves, and able to maintain healthy boundaries. Conversely, those with lower scores tend to be more emotionally reactive, dependent on others for approval, and struggle to distinguish between their thoughts and feelings.

Examining Our Relationships

In this *Gazette* column, let's discuss another characteristic of high-level people – relationships. It is all about the relationships we grew up with, and how we live in those relationships.

Many of the people I have come to know here in John Knox Village have had long-lasting marriages,

in contrast to the statistics of our culture. Did you know that although Sigmund Freud, the Austrian neurologist and the founder of psychoanalysis, thought we could talk away to solve conflicts? Modern research suggests that we may only stir up more problems that way. That same research suggests in the majority of cases: If one waits, problems will be resolved within the marriage.

Relationship Guidelines

Relationships are important to us all. What are the characteristics of the relationships of high-level people? Since the new psychology is based on the study of the family, we can learn much about relationships from it. The main guidelines of the new psychology regarding relationships are the following:

- 1. Change:** I cannot change someone else, only myself. As I make positive changes in myself, everything improves.
- 2. Conflict:** If no one ever has a disagreement or argument in a relationship, one of the two is dispensable. So yes, all this does occur, but how do I handle it? Look at my own self and my contribution to the problem. By getting objective, I can usually handle myself better in the relationship, thus making things a lot better.
- 3. Distance:** Distancing is the way some people handle conflict – by walking away from the challenge. Who do we think of while in distance? The other of course. So distancing is not a way of getting out of the conflict with the other. This way of managing a disagreement only results in an unrewarding relationship.
- 4. Over- and Under- Functioning:** This characteristic describes how people allow themselves to become unequal. One becomes the leader, and the other becomes the follower. One is the boss, and the other is the employee. How to handle it? Be objective and look at yourself and your contributions to the problem.
- 5. Triangling:** Triangling involves bringing another person into the conflict. The third person often is a child, or another close relative. Triangling can even



High-level people make positive changes in themselves to achieve long-lasting relationships. Image source: Bigstock.

involve agencies of the government, or others. This results in the spilling of anxiety into the relationship system onto a third party.

What's The Bottom Line?

In imaginary space, everything looks different. In the end, objectivity is the answer. Keep a good eye on your own contribution to issues, you'll usually know or figure out how you need to perform during conflicts.

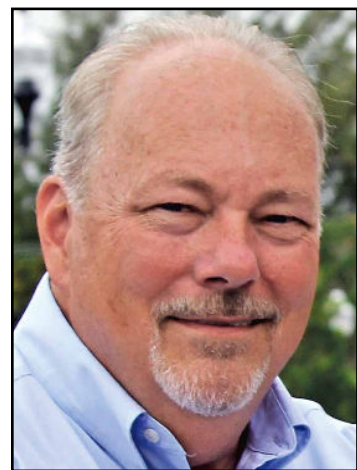
Until next time, stay well.

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.

Pants Burglar: A One-Man Crime Spree

Dan Hobby Looks At The History Of Pompano Beach

Daniel Hobby
Pompano Beach Historian



Daniel Hobby

It started off as an unexceptional crime – someone had entered a house at night and stolen a small amount of cash. Apparently, the burglar’s only target was the owner’s wallet, which had been left in his trousers. But it was only the beginning of a South Florida crime spree by a stealthy criminal who was soon nicknamed the Pants Burglar. Beginning in 1947, police in a number of cities received reports of similar burglaries. The victims were, for the most part, tourists residing on or near the beach. The crimes were committed between midnight and dawn, and the Pants Burglar cared not if the residents were home – just as long as they were asleep. A quiet admission was aided by the tendency of locals to not lock their doors at night (and even if they did, in those days before air-conditioning, his only likely barrier to entry was a screen door). He would grab the resident’s trousers (which were often draped over a chair) and once he was again outside grab the wallet or loose cash, discard the pants and be on his way.

Nearly Five-Year Crime Spree

For almost five years, from Miami to the Palm Beaches, the Pants Burglar was a regular feature of tourist season, and a burgeoning embarrassment to both police, who seemed unable to make any headway in bringing him to justice, and civic leaders, who feared news of his misdeeds would depress winter visitations.

By early 1952, embarrassment had turned toxic. The *Fort Lauderdale Daily News* ran an editorial that all but accused local law enforcement agencies of not doing their job. Local law enforcement officers

sensed that within the local population a feeling was brewing that the Pants Burglar was crafty “Br’er Rabbit” to the police’s bumbling “Br’er Bear,” of Joel Chandler Harris’ famed Uncle Remus stories. Many police officers vowed to show no mercy if they confronted their nemesis.

The Chase Is On

And then, on April 2, 1952, Pompano officers Cecil Miller and Robert Mitchell were on a stakeout in Hillsboro Beach when the Pants Burglar stumbled upon Miller. Chase ensued, but Miller was a local football star and easily ran down the Pants Burglar. Miller had previously vowed to shoot the burglar if he had the chance, “but I couldn’t do it,” he said. “I tried to hit him in the legs, but I never brought the sight up to his back.”

Safely behind bars, the Pants Burglar was revealed to be Alvin Charles Davis, a 37-year-old Canadian-born owner of a North Miami nursery. He had come to Florida in 1946 from the west coast (where it was later learned he had burglary convictions in San Jose, CA, and Seattle, WA). It was never determined where he acquired the money to purchase the nursery.

Dade County tried Davis first on a single count. It turned out the amount stolen was below the threshold to bring a felony charge. Lesson learned, Broward County came next and charged Davis with 15 counts.

Davis, however, came to court ready to fight. His lawyer, Joseph Varon, was described in his 2021 *Sun-Sentinel* obituary as “...a dapper criminal defender known as the Silver Fox, [who] was the go-to lawyer for mobsters, murderers, jewel thieves, dope dealers, gamblers and bookies in Broward County...”

Davis was convicted, but his lawyer appealed the case to the Florida Supreme Court, where the conviction was overturned due to inadmissible victim testimony and a new trial was ordered. Unfortunately for Davis, who was out on bond, he was caught in Pinellas County breaking into tourist homes.

Deportation To Canada

Eventually Davis was sentenced to two consecutive 15-year terms of “hard labor.” He was working



Pompano Beach patrolmen Cecil Miller (left) and Robert Mitchell were photographed soon after their capture of the Pants Burglar. (*Fort Lauderdale Daily News*, April 3, 1952). Image source: Daniel Hobby.

on a road gang when his salvation arrived. He was still a Canadian citizen and (no doubt through the machinations of his lawyer) the Immigration Service declared Davis an undesirable alien and ordered him deported. In the words of Joseph Veron, “They took him out of prison, put him on a plane and landed him in Canada – a free man.”

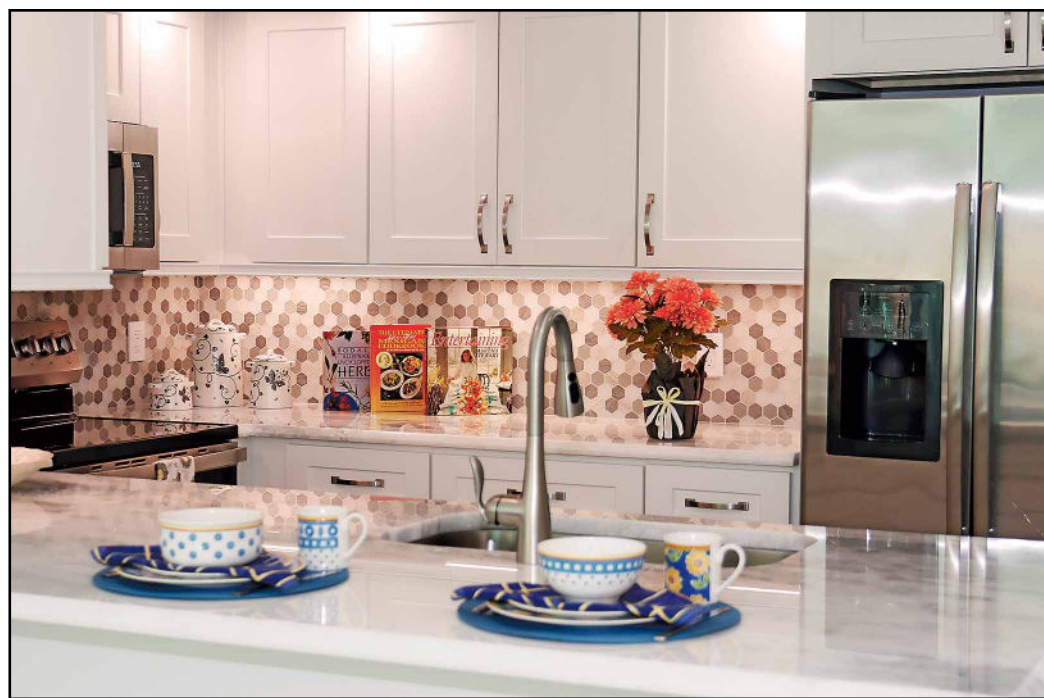
Daniel T. Hobby, a lifelong Floridian, grew up in St. Petersburg. He moved to South Florida in 1979, and has worked for various historical agencies, most recently the Sample-McDougald House. He is the author of five books on local history, including “Pompano Beach: A History of Pioneers and Progress.”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

The Mangrove Apartment Home Now Available In Cassels Tower And East Lake

For the ultimate in convenience and spacious living, while guaranteeing your Life-Plan health care, tour this month’s featured two bedroom/two bath Mangrove Apartment Home located in either the high-rise Cassels Tower, or mid-rise East Lake.

The Mangrove Apartment Home

2 Bedroom / 2 Bath: 1,143 Sq. Ft.



The convenient kitchen in the Mangrove Apartment Home.

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

Learn how JKV will take care of your health care needs today, tomorrow and every day in the future. Call the Sales Department at 954-871-2655 to schedule a visit.

web JohnKnoxVillage.com



JohnKnoxVillage

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



Relax and enjoy the two pools in the JKV Aquatic Complex.