
Learning Institute for Elders

January, 2011

www.life.ucf.edu



A Happy New Year!

Grant that I

May bring no tear to any eye

When this New Year in time shall end.

Let it be said I've played the friend,

Have lived and loved and labored here

And made of it a happy year.

--Edgar Guest

Special Called Board Meetings

November 9, 2010

President Chuck Fritz called a meeting for the purpose of approving \$200 gift card to Ina Carpenter in appreciation for her services to LIFE as UCF parking department staff member. Gift approved.

November 16, 2010

President Chuck Fritz called the meeting for the purpose of approving the total amount of monetary awards recommended by the Scholarship & Grants Committee for the year 2010. Total recommended and approved: \$31,990.

November 30, 2010

Nominating Chair Ray Jones presented the slate of officers for 2011:

- President – Phil Eastering
- Vice-President – Martin Wiener
- Secretary – Alice Reinhardt
- Treasurer – Ian King.

On New Year's Resolutions . . .

New Year's Day. Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual.

Yesterday, everybody smoked his last cigar, took his last drink and swore his last oath. Today, we are a pious and exemplary community. Thirty days from now, we shall have cast our reformation to the winds and gone to cutting our ancient shortcomings considerably shorter than ever.

--Mark Twain

**LIFE'S 20th Anniversary coming up!
Let's party! (TBA)**

GRANTS & AWARDS

November, 2010

Grants

Recipient	Affiliation
Richard Blair	Chemistry
Laurent Boukobza	Music
Michael Boyce	Psychology/Human Factors
Randall Brumfeld	Business Administration
William Crampton	Biology
Matt Dombrowski	Visual Arts & Design
Tosha Dupras	Anthropology
Martin Dupuis	UCF Vets History/BHC
Michael Garasi	Music/Band
Michael Hampton	Interdisciplinary Studies
Shea Hughes-Brand	Education/Human Sciences
Si Jung Kim	Visual Arts & Design
Anthony P. H. Kong	Comm. Sciences & Disorders
John Malala	Communications
John Mauer	English
Lisa Mills	RICHES
Johnny Pherigo	Music
Jeffrey Rupert	Music
Kimberly Schneider	Office of UG Research
Samantha Scott	Psychology
Betsy Von Holle	Biology
Alvin Wang	Honors College
A. Yonetani & K. Sugaya	Music/Medicine

Awards

Recipient	Affiliation
Barry Baker	University Library
John Bersia	Global Perspectives
Ina Carpenter	Parking Services
Robert Dipboye	Psychology
Suzanne Halpin	Student Union
Michael Hampton	Interdisciplinary Studies
Joe Hornstein	Athletics
Chris Niess	Theater



To celebrate growing older, Regina Brett, 90, of the *Plain Dealer* in Cleveland, Ohio, wrote the 45 lessons life has taught her:

1. Life isn't fair, but it's still good.
2. When in doubt, just take the next small step.
3. Life is too short to waste time hating anyone.
4. Your job won't take care of you when you are sick. Your friends and parents will. Stay in touch.
5. Pay off your credit cards every month.
6. You don't have to win every argument. Agree to disagree.
7. Cry with someone. It's more healing than crying alone.
8. It's OK to get angry with God. He can take it.
9. Save for retirement starting with your first paycheck.
10. When it comes to chocolate, resistance is futile.
11. Make peace with your past so it won't screw up the present.
12. It's OK to let your children see you cry.
13. Don't compare your life to others. You have no idea what their journey is all about.
14. If a relationship has to be a secret, you shouldn't be in it.
15. Everything can change in the blink of an eye.
16. Take a deep breath. It calms the mind.
17. Get rid of anything that isn't useful, beautiful or joyful.
18. Whatever doesn't kill you really does make you stronger.
19. It's never too late to have a happy childhood.

But the 2nd one is up to you.

20. When it comes to going after what you love in life, don't take no for an answer.
21. Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion. Today is special.
22. Overprepare, then go with the flow.
23. Be eccentric now. Don't wait for old age to wear purple.
24. The most important sex organ is the brain.
25. No one is in charge of your happiness but you.
26. Frame every so-called disaster with these words: In five years, will this matter?
27. Always choose life. [And LIFE!]
28. Forgive everyone everything.
29. What other people think of you is none of your business.
30. Time heals almost everything. Give time time.
31. However good or bad a situation is, it will change.
32. Don't take yourself so seriously. No one else does.
33. Believe in miracles.
34. God loves you because of who God is, not because of anything you did or didn't do.
35. Don't audit life. Show up and make the most of it now.
36. Growing old beats the alternative . . .
37. Your children get only one childhood.
38. All that truly matters in the end is that you are loved.
39. Get outside every day. Miracles are waiting everywhere.
40. If we all threw our problems in a pile and saw everyone else's we'd grab ours back.
41. Envy is a waste of time. You already have all you need.
42. The best is yet to come.
43. No matter how you feel, get up, dress up and show up.
44. Yield.
45. Life isn't tied with a bow, but it's still a gift!

