

LEARNING ABOUT



February, 2010

www.life.ucf.edu



Howard & Claire Herr December 29, 1945

It all started with a beach ball. The guys were playing catch with the ball in the river at Peach Bottom (Pennsylvania). Along came a couple of gals who stopped to watch. One of the girls had her eye on a certain young man and caught his attention by stealing the ball. It didn't take long to steal his heart as well.

Claire and Howard played miniature golf on their first date, the beginning of a courtship that lasted 4-5 years. They were married at the Bethany Evangelical Church in Lancaster, PA.

Howard's advice to all the guys: Don't let a lady steal your beach ball!



George & Nangnoi McGuire December 18, 2009

The ink is barely dry on the marriage license for these newlyweds. George and Nangnoi were married in Winter Park less than two months ago. These lovebirds met online when she "winked" at George. George was skeptical—he didn't think they were a good match. However, Nangnoi wouldn't take no for an answer and, as George says, ". . . the next thing I knew, I was asking her out."

They met for lunch at the Black Hammock restaurant and spent the afternoon walking around the area. After several dates in late '08 and early '09 and a trip to the Florida Keys, they knew they were supposed to be together. But Nangnoi had to return to Thailand. By the end of March, George

was on his way to that beautiful country to claim his bride. They will return to Thailand for a big wedding celebration with her many relatives sometime this year.

Words to the wise: "Don't rush and do live together for awhile before marrying, especially at our ages. We all have had lots of life experiences that shaped us into the people we are. It is important to know if you can fit together. The only way to find out is to live together for awhile."



David & Rachelle Epstein August 31, 1952

Who says first impressions don't count? Rachelle was introduced to David by a mutual friend. She described him as "well-mannered, quiet, intelligent, and good-looking." And, besides, he was the only one among their friends who had his own car!!

They went to his senior high school dance on their first date and one can surmise they "could have danced all night." After dating for two years, they were married in Toledo, Ohio.

Recipe for success in marriage? Be kind, respectful and truthful to each other. Have fun and laugh a lot.

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*Love doesn't make the world go round.
Love is what makes the ride worthwhile.*

--Franklin P. Jones



Mike Zerofsky & Bonnie Rogers
March 1, 2003

He liked her honesty. She was attracted by his compassion and respect for women. (It didn't hurt that he was a Gator!) After corresponding for two months online, they arranged to have dinner in a Winter Park restaurant courtyard under the stars.

Two years to the day from that first date, they were married at St. James Cathedral Chapel. Go Gators!

The rules they follow for their happy life together are these: live well, laugh often . . . and scratch where it itches!



Phil & Jane Easterling
June 7, 1963

It was pretty much love at first sight for these sweethearts. Engaged two months after the first date, married two months after that in the First United Methodist Church in Lake Wales. No use wasting time!

Back in 1963, Phil was dating one of Jane's college roommates. However, Phil had his eye on Jane and finagled her phone number from the current girlfriend. The first two times he tried to call her there was no answer. He decided he would give her "one more chance" to answer. She did, and they went out for pizza and a movie that very night.

Perseverance paid off big time and they've been married over 46 years.

I was nauseous and tingly all over. I was either in love or I had smallpox.

--Woody Allen

The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart.

--Helen Keller

Bill & Adrienne Katz
December 16, 1978



Bill and Adrienne's romance began on the weekend America's romance with an icon ended, or at least changed forever.. They went on a blind date the weekend Elvis Presley died. Introduced by friends, they enjoyed dinner at a restaurant and the sing-along which followed in the piano lounge.

Halfway through their first date, they discovered their last names were the same! (Here's one for the books: Adrienne's maiden name was Katz, she married and divorced a guy named Katz, and was now going out with different guy named Katz.)

"I loved his voice," Adrienne said, "and the way he spoke. I figured if everything else about him changed with age, I'd always be able to listen to his wonderful voice." Bill loved "Adrienne's sense of humor, her sincerity and warmth. Her maturity and dedication to be a great parent were also appealing to me.

They married 16 months after meeting, creating a new family, with Adrienne's six-year-old son and Bill's ten-year-old daughter. They share a love of history, travel, sports and Broadway plays.

Words of wisdom: We have learned (and taught our children) that knowing oneself is the first step in entering a relationship. Finding another person who complements who we are is a second step. Respecting each other and communicating what we want and need to be happy have to be a part of our everyday lives.



SONG

W. H. Auden

The chimney sweepers
 Wash their faces and forget to wash the neck;
 The lighthouse keepers
 Let the lamps go out and leave the ships to wreck;
 The prosperous baker
 Leaves the rolls in hundreds in the oven to burn;
 The undertaker
 Pins a small note on the coffin saying "Wait til I return,
 I've got a date with Love."

And deep-sea divers
 Cut their boots off and come bubbling to the top,
 And engine-drivers
 Bring expresses in the tunnel to a stop;
 The village rector
 Dashes down the side-aisle half-way through a psalm;
 The sanitary inspector
 Runs off with the cover of the cesspool on his arm—
 To keep his date with Love.



St. Valentine's Story

Let me introduce myself. My name is Valentine. I lived in Rome during the third century. That was long, long ago! At that time, Rome was ruled by an emperor named Claudius. I didn't like Emperor Claudius, and I wasn't the only one! A lot of people shared my feelings.

Claudius wanted to have a big army. He expected men to volunteer to join. Many men just did not want to fight in wars. They didn't want to leave their wives and families. As you might imagine, not many men signed up. This made Claudius furious. So what happened? He had a crazy idea. He thought that if men were not married, they would not mind joining the army. So Claudius decided not to allow any more marriages. Young people thought his new law was cruel. I thought it was preposterous! I certainly wasn't going to support that law!

Did I mention that I was a priest? One of my favorite activities was to marry couples. Even after Emperor Claudius passed his law, I kept on performing marriage ceremonies—secretly, of course. It was really quite exciting. Imagine a small candlelit room with only the bride and groom and myself. We would whisper the words of the ceremony, listening all the while for the steps of soldiers.

One night, we did hear footsteps. It was scary! Thank goodness the couple I was marrying escaped in time. I was caught. (Not quite as light on my feet as I used to be, I guess.) I was thrown in jail and told that my punishment was death.

I tried to stay cheerful and do you know what? Wonderful things happened. May young people came to the jail to visit me. They threw flowers and notes up to my window. They wanted me to know that they, too, believed in love.

One of these young people was the daughter of the prison guard. Her father allowed her to visit me in the cell. Sometimes we would sit and talk for hours. She helped me to keep my spirits up and agreed that I did the right thing by ignoring the Emperor and performing secret marriages. On the day I was to die, I left my friend a little note thanking her for her friendship and loyalty. I signed it, "Love from your Valentine."

I believe that note started the custom of exchanging love messages on Valentine's Day. It was written on the day I died, February 14, 269 A.D. Now, every year on this day, people remember. But most importantly, they think about love and friendship. And then they think of Emperor Claudius. They remember how he tried to stand in the way of love, and they laugh . . . because they know that Love can't be denied!

Valentine Trivia

- *Every year 1 billion Valentine cards are sent, second only to Christmas cards
- *Teachers receive the most Valentines.
- *73% of people who buy Valentine flowers are men.
- *Red rose was favorite flower of Venus, goddess of love
- *Earliest Valentine's Day gifts were candies. Most Common: chocolate
- *Most beautiful and incredible gift of love is the Taj Mahal in India, built by Mughai Shah Jahan in memory of his favorite wife.

**MINUTES OF BOARD MEETING
January 11, 2010
A Summary**

Major Actions Taken:

- a. Feelers out for alternative sites for LIFE sessions.
- b. Development committee formed to study future future program development/direction..
- c. New board member introduced.
- d. Appreciation extended to retiring board members.

President's Report

Chuck Fritz welcomed newly-elected board member, Ian King, and announced the appointment of Roy Jones to the board. Fritz expressed appreciation to the Special Events Committee for efforts in planning the Awards Luncheon.

UCF Liaison

Dick Tucker reported there are more students (and fewer parking spaces). He reported that Tyler Fisher (first and only UCF Rhodes Scholar) is a Queen Sophia scholarship winner at Oxford University. Tucker also received a request from Athletics Dept. to help promote women's sports. He, in turn, asked that LIFE members have better access to UCF arena sports events. The Space Committee, composed of Tucker, Scherer, Garner and Ingham, are exploring other alternatives for meeting space as the organization continues to grow and the demand for space increases.

EXECUTIVE BOARD REPORTS

Membership – 72 names now on the waiting list. In response to a request for a temporary parking pass, it was decided returning snowbirds will need to make other arrangements re: parking their first day back.

Curriculum – Work is progressing on the 2011 spring schedule.

AD HOC COMMITTEE REPORTS

AudioVisual – Announcements for Tuesday sessions will be accepted as late as 6 p.m. on Monday evening. Scherer will research and recommend better mikes for speakers.

Website – Some members have had trouble accessing the site. They are reminded that the address is www.life.ucf.edu.

Honors Program – Marty Weiner announced six spring field trips for LIFE members and student members of the Honors College. Two campus walking tours for LIFE members are planned for January 26 and February 2.

NEW BUSINESS

Ed Haddad made a motion that a Development Committee be established to study and recommend how LIFE may want to expand and in what directions in accordance with a strategic plan. Committee would include past presidents and UCF Liaison Dick Tucker. Motion passed.

Letters of Appreciation will be sent to Pat Fritz and Jack Gresham for outstanding service to the board.

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MED SCHOOL UPDATE

Dr. Dick Pepler, UCF College of Medicine, projects that by next December both 1st & 2nd year classes will be in place and will have moved into the new medical education building at Lake Nona. Currently, 1014 volunteers—preceptors, interviewers, content developers, clinical skills assessors and laboratory instructors—are participating in the program.

Submitted by Dr. John Pellosie

Message from Maggie . . .

As a health care professional who retired in 2008 after 54 years of service, I urge you to read the following excerpt and then keep it for future reference. I suffered with the symptoms of *Normal Pressure Hydrocephalus (N.P.H.)* for several years before it was diagnosed. My family and I thought my symptoms of memory loss, bladder control issues, etc. were signs of my growing old. (I am in my 70's.) Then, my daughter, who lives in San Diego, called her brother here in Winter Springs and told him she had just seen a TV program with a man who was put in a wheelchair and a nursing home for five years. His daughter searched the internet and found a description of NPH. With a preliminary M.R.I. followed by other neurological tests, he received a correct diagnosis of his illness and returned to a normal life. Since this is generally an illness which attacks 60-year-olds+ and since some of its symptoms are the same as "growing old," it is a frequently missed medical diagnosis. If you have any questions about this information or my experience, don't hesitate to question your physician or you may call me at 407-695-5332.

Margaret J. Harris
MHA,MT,CT(ASCP),CFIAC

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A Brain Disorder Easily Missed

--Jane E. Brody, *NYTimes*

"Edward Ferguson, a civil engineer living in Vancouver, Wash., retired at age 65 from a job handling multimillion-dollar contracts. Five years later he could not balance a checkbook, walk without falling, drive a car, control his bladder or recognize his granddaughter.



.Instead of the active retirement he had anticipated, Mr. Ferguson, now 74, thought he would spend the rest of his life in a wheelchair, incontinent and struggling with dementia. Ten doctors were unable to tell him what was wrong, but an Internet search by his daughter found a condition that seemed to match his symptoms: normal pressure hydrocephalus, or N.P.H.

The disorder involves a build-up of spinal fluid in the ventricles of the brain, causing pressure on nerves that control legs, balance, bladder and cognitive functions. "It's as if the brain has reverted to babyhood," Dr. Michael Kaplitt, a neurosurgeon at New York-Presbyterian Hospital/Weill Cornell Medical Center, said in an interview. "Like babies, people with N.P.H. walk slowly with feet wide apart, they are incontinent and have no memory."

Dr. Kaplitt calls it "a classic triad of symptoms" that should alert doctors to the possibility of N.P.H. Yet the condition is frequently misdiagnosed as dementia, Alzheimer's disease, Parkinson's disease, or a spinal problem. Or it is attributed to age—nearly all who are affected are over 55."

According to the article, as many as 50,000 to 375,000 people in the US may be suffering from this correctable problem. The best clue comes from a medical history since N.P.H. typically starts with gait problems.

Treating N.P.H. involves inserting a shunt into the brain to drain off accumulating spinal fluid and divert it to the abdomen, where it can be reabsorbed into the bloodstream. While not a cure, it can be beneficial to 70-80% of patients afflicted and give them a decade or more of near-normal life, the experts said. For more information, go to their website www.lifenph.com.



TO THE KIDS WHO SURVIVED 1930's, 1940's, 1950's, 1960's, 1970's

First, we survived being born to mothers who smoked and/or drank while they were pregnant.

They took aspirin, ate blue cheese dressing, tuna from a can and didn't get tested for diabetes.

After that trauma, we were put to sleep on our tummies in baby cribs covered with bright-colored, lead-based paints.

We had no childproof lids on medicine bottles, locks on doors or cabinets and when we rode our bikes, we wore baseball caps, not helmets on our heads.

As infants & children, we would ride in cars with no car seats, no booster seats, no seat belts, no air bags, bald tires and sometimes no brakes.

And riding in the back of a pick-up truck on a warm day was always a special treat!

We drank water from the garden hose and not from a bottle. We shared one soft drink with four friends and no one died.

We ate cupcakes, white bread, real butter and bacon. We drank Kool-Aid made with real white sugar. And we weren't overweight. **WHY?**

Because we were always outside playing—that's why! We would leave home in the morning and play all day, as long as we were back when the streetlights came on.

We had no cell phones, so no one was able to reach us all day. And we were OKAY.

We would spend hours building our go-carts out of scrap and then ride them down the hill, only to find out we forgot the brakes. After running into the bushes few times, we learned to solve the problem.

We did not have play stations, color TVs, Nintendo's or X-boxes. There were no video games, no 150 channels on cable, no video movies or DVDs, no surround-sound or CD's no cell phones, no personal computers, no internet and no chat rooms.

WE HAD FRIENDS and we went outside and found them!

We fell out of trees, got cut, broke bones and teeth and there were no lawsuits from these accidents.

We would get spankings with wooden spoons, switches, ping pong paddles, or just a bare hand, and no one would call child services to report abuse.

We ate worms and mud pies made from dirt, and the worm did not live in us forever.

We were given BB guns for our 10th birthdays, made up games with sticks and tennis balls and although we were told it would happen, we did not put out very many eyes.

Little League had tryouts and not everyone made the team. Those who didn't had to learn to deal with disappointment. Imagine that!

The idea of a parent bailing us out if we broke the law was unheard of. They actually sided with the law.

These generations have produced some of the best risk-takers, problem solvers and inventors ever.

The past 50 years have been an explosion of innovation and new ideas.

We had freedom, failure, success and responsibility, and we learned how to deal with it all.

[Submitted by Frank & Nydia Burgos, from internet circulation)



USEFUL WEBSITES

refdesk.com (like library reference desk)

imdb.com (internet movie data base)

growing_bolder.com (positive aging)

[more, next time . . .]