FROM OUR FULBRIGHTER
Former LIFE Student Assistant Amanda talks about her Bulgarian adventures

FOLLOW THE MONEY
LIFE publishes its 2018 financial report

SUMMER SCHOOL (IT'S COOL!)
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The LIFE Times newsletter is published monthly during the fall and spring semesters by LIFE.
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Associate Editor: Allison Moss allisonmoss@knights.ucf.edu
Happy Spring in Orlando! This will be the last issue of The LIFE Times until we return in August for our next year’s start to another great year at LIFE! As you can see, in this issue, April has brought a number of wonderful things to our organization. 10, 20 and 25-year members are being honored, as are the number of volunteers who work to make UCF LIFE the fantastic experience it is and new board members are being elected! Taking the risk to be perceived as a “broken record,” all committees could benefit from your expertise.

Consider one (or more) committees for the new year. Volunteering is extremely rewarding for those who do it! If you need more information, you can either go online to https://life.ucf.edu or stop by the Welcome Desk. Alli and I are usually there, as are several others who can assist you.

I would like to thank those of you who have submitted articles for this year’s LIFE Times and encourage all/any of you to continue to send things to us, even in our hiatus. Alli and I would love to have a stack of submissions from which to choose articles next year.

Remember, we want LIFE Times to be of interest to all in LIFE and the best way we can do that is to pull from our LIFE members. Check out the list of summer classes; I hope a large number of you take advantage of them. The Curriculum Committee has worked hard to put together an entertaining, enlightening and engaging summer menu. We will have our next newsletter ready for you online and at the Welcome Table on August 21!

I am a SEENAGER!

I have everything that I wanted as a teenager, only 50 years later. I don’t have to go to school or work. I get an allowance every month. I have my own place. I don’t have a curfew. I have a driver’s license and my own car. The people I hang around with are not scared of getting pregnant, and they do not use drugs. And I don’t have acne. LIFE IS GREAT!
I can't believe the academic sessions for the year are over. On balance the lectures this year were among the best we have ever seen. Of course, there were some duds but the overall experience was excellent. Many thanks to the curriculum committee and its Chairman, Jim Burr for their good efforts. We have the good fortune to have an experienced member, Gene Aiello, to step up to be our next chairman.

We have had an attempted hack off of our website files in the manner of emails sent off info of our Boards names and emails. This took the aggravating look of someone sending an email from me to other Board members of will you do me the favor of buying some gift cards and sending the codes #s to --- etc. This was obvious fraud and the only way we could think of stopping this was to remove Board members info from the website. You may still send emails to our website but response may take longer. Very sorry.

A word is in order about our experience or experiment towards Live Streaming our class sessions. The technical aspects of filming and presentation are going very well as I would expect. There will be some issues with the permission forms that speakers will have to sign and we have to be sensitive to the presenters’ opinions and rights in their research. That includes the archiving and rebroadcast of intellectual property. This may be difficult at times. Also, we do have yet have a solid financial agreement as to how all of this is funded; so this is not a done deal! We will continue working with the continuing education department and hope to get this done soon.

I am pleased with the cohesive and active Board and its actions this year. We represent a very diverse and interested membership. We hope to act in such a manner that represent our members wishes for a lifelong learning experience for all of us.

Sincerely,

Julian Meitin
President
Dear LIFE friends,

The time has absolutely flown. It was my intention to write a page for the LIFE TIMES much sooner, but somehow it is already April! There’s no way I can fit all of my recent thoughts and adventures into this space, but I’ll do my best to share the highlights. Buckle up! I have called Vidin, Bulgaria home for the past seven months, a small city in the northwest region of the country. My primary task here, teaching speaking-focused classes in English, finds me inside a high school classroom every Monday through Thursday. Each day I am met with the challenges of quelling rowdiness and relating to teenage students in a language that isn’t their first, along with the joys of sharing thoughts and laughs with bright, blooming, completely unique young minds. I try to make my lessons engaging and fun, but every hour is a different mix of successes and failures, as can be expected. Many aspects of everyday life here are difficult and unfamiliar to me; morale is overall low, and people are generally perceived as rude or pessimistic in this region of the country.

However, at the end of the day, I nearly always find friendship and welcome enough to make me happy where I am—and I have my students, fellow teachers, and various helpful people throughout the community to thank for this feeling. They rarely believe me when I say that I am glad I came here, but they also don’t realize the great impact that they all have on me. On my weekends and various school breaks, I have been able to do tons of traveling. So far I have visited eight different countries, and will be gallivanting through two more on my Spring Break by the time you read this article. Being located in Eastern Europe is a prime chance for such adventure—and comically enough, because of Bulgaria’s mountainous geography and lack of transportation infrastructure, it usually takes me many hours longer just to get by bus to the nearest airport than to fly to a completely different country!

[This is just a portion of Amanda’s letter. To read it in its entirety, go to https://life.ucf.edu/. At the bottom, click on “emails from Amanda.”]

I think of you all very often, and it seems like only yesterday that we were in the Pegasus Ballroom together every Tuesday morning. Thank you for keeping up with my adventures—keep living, learning, and having fun!

Love,

Amanda,
Morris, an 82 year-old man, went to the doctor to get a physical. A few days later the doctor saw Morris walking down the street with a gorgeous young woman on his arm. A couple of days later the doctor spoke to Morris and said, "You're really doing great, aren't you?" Morris replied, "Just doing what you said, Doc: 'Get a hot mamma and be cheerful.'" The doctor said, "I didn't say that. I said, 'You've got a heart murmur. Be careful.'"
Did you know that LIFE has a research review committee? When faculty and/or students want LIFE members to participate in research, they must go through a vetting process by the LIFE Research Review Committee. The committee reviews the research abstract and makes sure that the research has been approved by the UCF Institutional Review Board and is relevant to our LIFE members. Only after the research has been approved, is the student or faculty given permission to give a short summary of their research at the 8:45 time slot and to request LIFE members to participate. No researcher is allowed access to the LIFE membership list.

School is in Session:

Class Audits for Seniors are available at UCF!

Did you know that as a person aged 60 or over who has lived in Florida for at least a year, you can register to audit academic classes at UCF and most all state of Florida Universities (e.g. UCF, USF, UF) and Florida State Colleges (e.g. Seminole State, Florida – note the state colleges were formerly called community colleges.) More detailed instructions for registering for this program at UCF is available at http://registrar.ucf.edu/senior-citizen-audit-request
# SHOW ME THE MONEY:

## 2018 LIFE Financial Report

**LIFE AT UCF**  
**BALANCE SHEET AS OF 12/28/18**

### ASSETS

<table>
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<tr>
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### LIABILITIES AND EQUITY

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### EQUITY

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### Budget Report as of February 28, 2018

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<td>OTHER</td>
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<td><strong>Total Expenses</strong></td>
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<td><strong>Net Income</strong></td>
<td>89005</td>
<td>0</td>
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I was born in New Orleans, LA (Nawlins, y’all). At age 3 ½ years, I was sent for a short visit to my paternal grandparents in Cuba. This was during WWII and my parents were unable to send someone until 6 months later to pick me up. By the time I returned, I spoke only Spanish and had difficulty communicating with my mother. After a few months, I spoke English again. I have tried to keep up my Spanish and practice whenever there is an opportunity. Maybe travel to Cuba began my love for travel. Today I travel whenever I can. Announce a trip and I can have my suitcase at the door in a short order, if travel away is the plan. Announce a trip to a local spot, and I am ready!

When my husband began his time in the Army, I anticipated tours to other countries. To my surprise, his first station was as an Army Officer on the Navy Base in Orlando. After his tour of duty, he remained with the Navy under Civil Service!

I am fortunate that my daughter-in-law Shelly (an anthropologist) has the travel bug, too. She has invited me on several trips, which are always well planned and so, so interesting. Last year we went to Ireland and even stayed in a castle for 2 nights. Such a gorgeous country! I loved the western coastline. We also visited cairns, museums, tea rooms (lots), wool mills and stopped at Barney Castle. As the oldest of seven, I have lots of opportunities to visit family. On my own I routinely visit family in New Orleans, Pensacola, Florida, in Gainesville, Georgia, and San Jose, California.

With 6 siblings and 3 sons, I have lots of places to visit. I spend part of my week sewing at home for a Church Mission in the Dominican Republic and for Florida Hospital Children’s Hospital. Last year I made “Imagination Kits” for the Mission School – 20+ assorted items each for the children to use in a design. A contest was held and prizes of sports items were awarded for the best. I continue to make tote bags for the Mission School library. When children borrow a book, it goes home and returns in a tote bag to protect the book. Each year I participate with a small group of Orlando women who make flannel pillowcases for the Pediatric Oncology unit, cotton hearts for the Neonatal Intensive Care Unit, and Christmas stockings for Pediatrics. Last December we turned...
in 73 stockings. Our goal for next year is 100.
LIFE at UCF is a big part of my life. I go to all classes, unless I am out of town or ill. You never know when a speaker will resonate with you. Several times I have read the titles ahead of time and wondered if I would like the material. I have never been disappointed! The curriculum committee does a great job. LIFE is volunteer operated, each person you see or hear from the LIFE board or committees, has volunteered his or her time to offer a program of value to the members.
When I heard that the board was going to need members a couple of years ago, I raised my hand, timidly. But I am so glad I did. I volunteered to lead the LIFE Experiential Learning committee and sit on the Gerontology Research Grant committee. Through the Experiential Learning events, LIFE members can attend tours to local areas in small groups. Small groups allow LIFE members to meet and become acquainted with others who enjoy that type of event. Hopefully, during the semester there is at least one event which each member will find of interest. And at UCF the research projects planned are amazing!
What a thrill it is to hear how much and what a variety of research is being done at this university. So many students and faculty are participating from so many different departments. One facet that I have seen lately is the cross-college collaboration in some of the research. It is awesome!

sincerely,

Marie Ruckstuhl
Celebrating LIFE
Honored Members 2018

10-Year Members
JoAnne Bandy
David Bottomley
Joan Bove
Frances Brown
John Ciesko
Sharon DeRose
Alice Dobyns
Larry Doyle
Dee Field
Ann Gales
Paulette Geller
Sandra Goldstein
Karen Gross
Margaret Harris
Bonita Jardaneh
Christine Myers
William Myers
Carol Parker
Elizabeth Payer
Patricia Peppier
Beth Riley
Chuck Riley
James Riley
Ruth Roll
Henry Spang
Rhoda Spang
Dawn Sumrall
George Sumrall
Lynn Trivett
Nancy Trivett
Mary Lynn
Williams
Roscoe Williams
Mary Wright
Wayne Wright

20-Year Members
Sue Cepull
Eleanor Crawford
Betty Filzer
Edward Haddad
Harvey Kissel
John Pellosie
Audrey Zeller

25-Year Members
Carolyn Fost*
Carol Reagles
Agnes Ross

*posthumously honored

In Memoriam
Members we lost this year
Phyllis Lee Dammer
Carolyn Fost
Edward Kuhn
John Pellosie, President 2001-2002
William Simonet
The April meeting of the LIFE Board was intense, as usual. This time the budget for the coming year was of particular interest, as we are exploring some exciting developments, such as the possibility of hiring a Program Director to coordinate the work of our busy and energetic volunteers. You're aware of our trial 'streaming' opportunities, and while the feedback has been very positive, there are many more details to this project than originally anticipated.

(Isn't that what often happens?) We were excited to hear that Martha Hitt, our President's Wife, will be attending the Annual Meeting April 10! Hard working volunteers will be recognized, as will many of the past presidents. We are reviewing the ByLaws, the Policies and the Goals in our Strategic Plan - these documents are worth a 'read' by those of you who might be interested in service on the board in the future. The Curriculum for our summer presentations is almost complete, as is the fall Curriculum. As our 'School Year' draws to a close, make a note that our fall classes will begin August 28. Enjoy your summer!

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Summer 2018 Class Schedule

Main: UCF Main Campus Psychology Auditorium
COM: UCF College of Medicine in Lake Nona

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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Topic</th>
<th>Presenter</th>
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<tr>
<td>5/11</td>
<td>1 PM-2:30 PM</td>
<td>Main</td>
<td>&quot;Are We There Yet?&quot;</td>
<td>Brendan Byrne</td>
<td>Dick Tucker</td>
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<td>5/18</td>
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<td>TBD</td>
<td>Dr. Barbara Fritzsche</td>
<td>Jack McGuire</td>
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<td>5/25</td>
<td>10:30 AM-12 PM</td>
<td>COM</td>
<td>All You Wanted to Know About Hormone Replacement Therapy</td>
<td>Dr. John Tramont</td>
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<td>6/1</td>
<td>10:30 AM-12 PM</td>
<td>COM</td>
<td>TBD</td>
<td>WUCF</td>
<td>Dick Tucker</td>
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<td>6/8</td>
<td>1 PM-2:30 PM</td>
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<td>The Groveland Four</td>
<td>Don Price</td>
<td>Jim Burr</td>
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<td>10:30 AM-12 PM</td>
<td>COM</td>
<td>Medical and Surgical Management of Thyroid Nodules and Thyroid Cancer</td>
<td>Dr. Sowmya Surya and Dr. Vladimir Neychev</td>
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<td>6/22</td>
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<td>Main</td>
<td>Orlando History A.D.D.</td>
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<td>6/29</td>
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<td>COM</td>
<td>Age-Related Vision Changes and What You Can Do About It</td>
<td>Dr. Mehul Patel</td>
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<td>7/13</td>
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<td>COM</td>
<td>Sports Medicine</td>
<td>Dr. Michael Seifert</td>
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<td>Main</td>
<td>Intellectual and Constitutional Arguments for the American Revolution</td>
<td>Patricia Farless</td>
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NOTE: There will be no class at the UCF Campus nor at the COM on Friday, July 6th
Welcome to UCF
ACROSS
2. How old must you be to audit classes for free at UCF?
6. What do you call a person over a certain age who still thinks like a youngster?
7. Where was Marie Ruckstuhl born?
9. On what date does LIFE resume at the beginning of the fall semester?

DOWN
1. What is the name of the smaller ballroom in which we sometimes have LIFE meetings?
3. How many LIFE members are being honored for 25 years of membership?
4. Where is the offsite location of some LIFE classes for the summer?
5. What is the word for taking classes at UCF without receiving a grade or academic credit?

ANSWERS
Renew your membership
Lakeland:
New Orleans: sixty
August: twenty-four
Three: Capetownia
Quick: Senegar; Bulgaria
