

The LIFE Times



FEBRUARY 2018

official publication
of the Learning
Institute For
Elders at UCF
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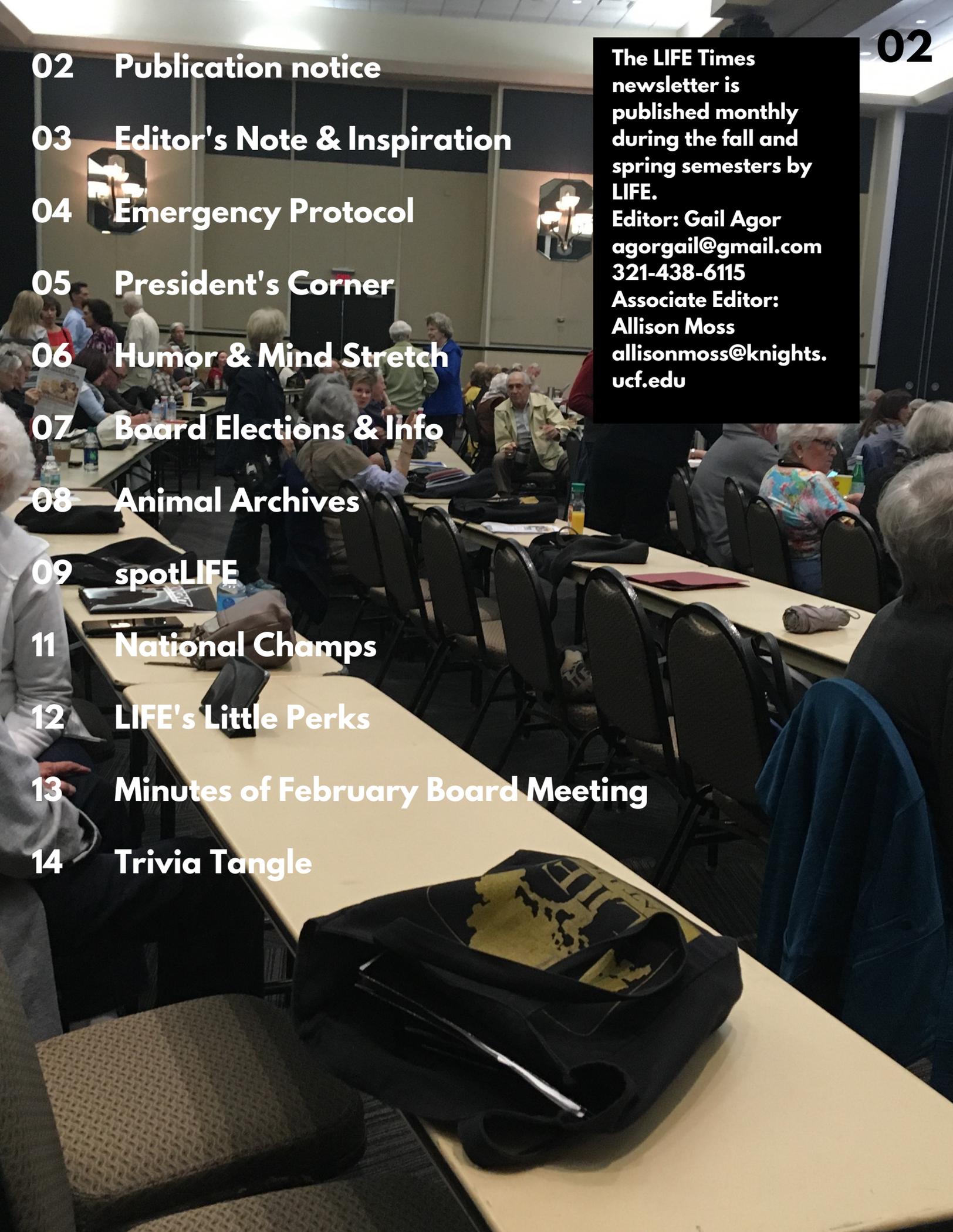
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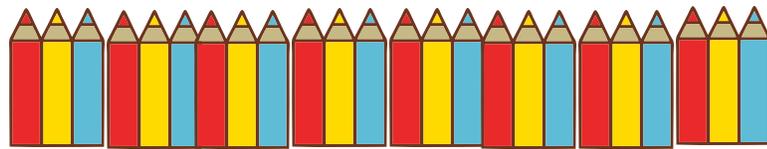
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Happy February! Happy Valentine's Day! Now that we are well into the Spring Semester of LIFE, it's time to think about next year. If you are looking for a rewarding volunteer activity, consider either running for the Board or joining one of our committees. LIFE offers opportunities for everyone. Although I listed the committee members last month, that information bears repeating. You will notice that we have an addition to last month's list. Jack McGuire has volunteered to be head of the nominating committee! Contact him if you are interested in a board position and use the contact information for any/all other committee members should you have a hankering to help and have fun on any other committee! For example, LIFE membership renewals are fast approaching and the Membership

Committee could use you during this busy time!
 As Alli and I continue to try new things for the LIFE Times, we both welcome input from all LIFE members. Please, stop by with suggestions. We are always in need of stories from members that we can feature in spotLIFE. Thus far, the wonderful stories from our spotLIFE individuals have been well received. ...lots of wonderful narratives. Please, consider sharing yours! Trivia facts are a fun way to learn things about members, UCF or LIFE. We could use your input. There is a small box on the Welcome desk in which you can put your trivia. We will incorporate your suggestion into our monthly Trivia Tangle.

As always, thanks for your comments and support!

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A popular speaker started off a seminar by holding up a \$20 bill. A crowd of 200 had gathered to hear him speak. He asked, "Who would like this \$20 bill?" 200 hands went up. He said, "I am going to give this \$20 to one of you but first, let me do this." He crumpled the bill up after which he asked, "Who still wants it?" All 200 hands were still raised. "Well," he replied, "What if I do this?" He dropped the bill on the ground and stomped on it with his shoes. Picking it up, the speaker showed it to the crowd. The bill was all crumpled and dirty. "Now who still wants it?" All the hands still went up.



"My friends, I have just showed you a very important lesson. No matter what I did to the money, you still wanted it because it did not decrease in value. It was still worth \$20. Often, in our lives, life crumples us and grinds us into the dirt. We make bad decisions or deal with poor circumstances. We feel worthless. But no matter what has happened or what will happen, you will never lose your value. You are special - Don't ever forget it!"



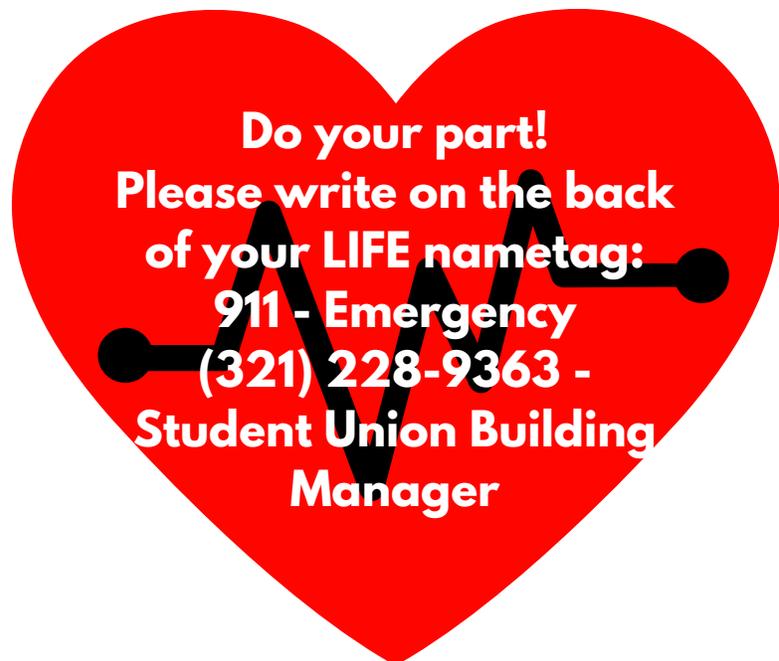
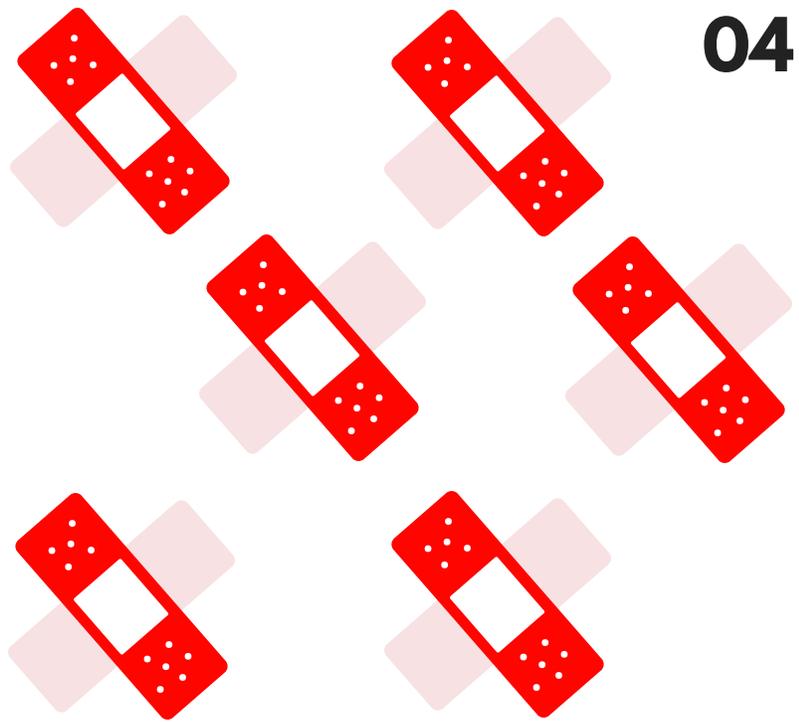
Emergency? Check your name tag!

If a LIFE member has a health emergency, please alert one of the Student Assistants posted at the Welcome Desk outside the ballroom.

The Safety Committee Chair or a representative will call 911 if the situation warrants and call the Student Union Building Manager (321-228-9363). All emergency procedures will be performed by first responders.

Automated external defibrillators (AED) are located at the Student Union Information Desk and are available to personnel for health emergencies. Please write the Student Union Building Manager's cell phone number (321-228-9363) on the back of your LIFE nametag.

- Emergency - Call 911 if immediate medical attention is needed. A Safety Committee Representative will call the Student Union Building Manager 321-228-9363.
- First Aid Kit (Information Desk in the Rotunda)
- AED (Information Desk in the Rotunda)
- Evacuation - follow UCF instructions
- Pegasus - leave through the main doors and exit the building
- Cape Florida - Exit through the side doors and use the stairs at the back hallway.
- Do NOT use the elevators
- UCF personnel will help members with mobility issues.



Do your part!
Please write on the back
of your LIFE nametag:
911 - Emergency
(321) 228-9363 -
Student Union Building
Manager

Charge On, Knights



A WORD FROM OUR LIFE PRESIDENT

OK, I let the cat out of the bag in my introduction of Tod Fleece, Director of Continuing Education in the Office of the Provost. Your Life Board is seriously considering a partnership through the Provost to each accomplish our goals. From our perspective, a system of archiving and live streaming our lectures would be great for our membership. Too often with our busy schedules we miss a program and would love a chance to see it live from elsewhere or from archive. And some members find it challenging to make the trek to the Student Union each week.

Our membership of 750 is accompanied by a waiting list in excess of 300. Would it be interesting to offer a lower price digital membership for viewing at our convenience? In this electronic age with passwords etc. this may be accomplished. The Office of the Provost has goals of their own and the technology and budgets that would be most helpful in a partnership. Most of us don't recognize that UCF has 11 regional campuses that might successfully use our programming. They could foster cadres of our nature in Daytona or Clermont etc. I have had a potential sponsor discussion with a Board member of a local Bank.

There are serious issues remaining. Questions of proprietary issues with speakers and the costs involved with technology. Many things need to be worked out. Tentatively there will be a test broadcast in late February that will be advised and your input will be needed. There will be ample notice and possibly you may wish to stay home to see how it works. This possible partnership operation is a goal for next fall if the mutual benefits can be realized.

**Sincerely,
Julian
Meitin**



Two elderly ladies had been friends for many decades. Over the years they had shared many kinds of adventures and activities.

Lately, their activities had been limited to playing cards a few times a week. One day, while playing cards, one looked at the other and said, "Now don't get mad at me. I know we've been friends a long time, but I just can't think of your name.

I've thought and thought, but I can't remember it. Please, tell me what your name is." Her friend glared at her. For a least three minutes she just stared and glared. Finally, she asked, "How soon do you need to know?"

06

Mind STRETCH for LIFE

The following is an excerpt from one of my favorite creative thinking books, A "Whack on the Side of the Head" by Roger von Oech.

...you need to generate a lot of ideas in order to get some good ones.

Inventing is a skill that some people have and some people don't. But you can learn how to invent. You have to have the will not to jump at the first solution, because the really elegant solution might be right around the corner. An inventor is someone who says "Yes, that's one way to do it, but it doesn't seem to be an optimum solution." Then he keeps on thinking. When you look for more than one right answer, you allow your imagination to open up. For example: How do you keep a fish from smelling? Cook it as soon as you catch it.

Freeze it. Wrap it in paper. Leave it in the water. Keep a cat around. Cut its nose off. Change your assumptions that there is only one answer...stretch your mind.

Here's how such a strategy can work. Many centuries ago, a curious, but deadly plague struck a small village in Lithuania. What was curious about this disease was its grip on its victim; as soon as a person contracted it, he'd go into a deep, almost deathlike coma. Most victims died within a day, though occasionally a hardy soul would miraculously return to health. The problem was that since eighteenth century medical technology wasn't very advanced, those not afflicted had quite a difficult time telling whether a victim was dead or alive. But since most of the victims were dead, this wasn't a major problem.

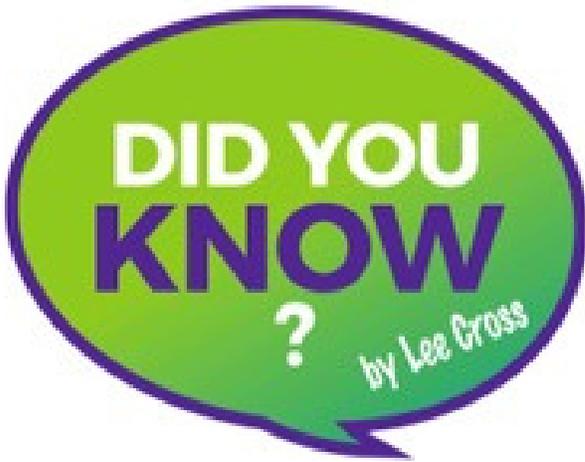
One day it was discovered that someone had been buried alive. This alarmed the townspeople, so they called a town meeting to decide what should be done to prevent such a situation from happening again. After much debate, the majority voted to put food and water in every coffin. They would even put an air hole from the casket up to the earth's surface. This would be expensive, but would save lives. Another group proposed a cheaper solution: implant a stake in every coffin lid directly over the victim's heart. When the lid was closed, all doubts would be laid to rest. What differentiated the solutions were the questions used to find them. Whereas the first group asked, "alive?" the second group asked, "dead?"

"The best way to get a good idea, is to get a lot of ideas." -Linus Pauling

Are YOU the next LIFE Board Member?

Over the past 25 years, LIFE has grown its membership to 750 members; has fostered a closer partnership with UCF and provides an exciting learning atmosphere. The Board of Directors develops the vision and forges the path to continued excellence.

Election of new Board members is in April 2018. Help lead LIFE on this adventure; become involved as a Board member! We need your help, your enthusiasm, and your new ideas! If interested, please contact Jack McGuire jmcguire@knights.ucf.edu to learn more about this amazing and rewarding opportunity.



LIFE encourages visitors to attend lectures on Tuesday mornings when we meet in the Pegasus Ballroom. However, a visitor may only attend once a semester. Some LIFE members have interpreted the Policy to mean that they can bring a visitor one week and their LIFE

friend can bring the same visitor another week. That is an incorrect interpretation. A LIFE member can bring as many visitors as they wish during a semester as long as it is a different visitor each time.

No visitors are allowed when LIFE meets in Cape Florida or Key West Ballrooms due to the limited seating capacity.



UCF Animal Archives, part I

by Diane Wink

Small, but furry, campus residents took up residence in the College of Education building in 1988. Bats! Many spent the night and early morning hanging on the outside of the building, making use of nearby doors, by the human occupants needing to get to class or an office, problematic.

Unfortunately, some did get in and it was not uncommon for the cry "Look out - BATS!" to be heard in the hallways despite the university's aggressive efforts to eradicate them.

One of the bats' favorite part of the building was the full-sized gymnasium which they loved because of its rafters and the height of its ceiling. (Note: This is based on an assumption. No decedents of these bats were interviewed for this article.) The "Education Gym", or the Batcave as it became known, was, at the time, home of the UCF women's and men's Basketball teams and the

Volleyball program. The critters contributed to the excitement of games played on a court that could have bats, as well as balls, in the air. Sadly, both spectators and players were forced to participate in an occasional bat kill and retrieval from the court. (Yes, UCF did disseminate information on the risk of handling bats even if they seemed dead.)

The bats also impacted the December 1988 graduation ceremonies held in the gymnasium. It was reported that faculty brought items like wooden popguns to swat away any bat who came their way. Such tools were never needed, although one bat buzzed the stage as graduates approached during the first of the three commencement ceremonies. The University President, Dr. Trevor Colburn, confirmed that, despite their presence, no bats were awarded diplomas.

Eventually, the College of Education building's bats were gone. Faculty, students and staff were happy to be rid of them but rumor has it the college's Dean expressed regret that a request to get FTEs for the bats would surely be denied.

(Note: The College of Education gymnasium still exists. It is named for legendary UCF basketball coach Torchy Clark and there is a wonderful exhibit on his time as coach outside the gym.)

To learn more about the UCF Bats in 1988-1989, search the UCF Library Archives at <http://stars.library.ucf.edu>.





09 in their own words: MaryK and Joe Buranosky

"You are only free when you belong no place- you belong every place-no place at all."

-- Maya Angelou.

MaryK and Joe Buranosky are in their first year with LIFE. Besides our weekly meetings, they are Master Gardeners and are incredibly active in their church. We are grateful that they agreed to share one of their monthly activities with spotLIFE!

The fourth Thursday every month, we walk across the street from St Andrews, our church in Pine Hills.

We have laundry detergent, a few t-shirts, a couple of Rx bottles filled with quarters a, box of Dunkin Donuts and a gallon of coffee. It's laundry day. We settle at the folding table at the front of the laundromat.

the front of the laundromat. Nancy has been coming regularly. I think she likes to talk to us and catch us up on her daughter who visits and brings her food from time to time. She suffers from depression and stopped coming to our food pantry and rarely comes to Our Sunday Table, the soup kitchen we run every Sunday. She puts her laundry in her favorite washer.

I think she is scared to cross the busy Hastings Street to get to the church. I so wish we had more time to just be present for her. John comes to laundry day, every month, without fail. Some of

without fail. Some of his friends down the street let him camp in their carport, but during the day he spends a lot of time in the woods or at the 7-11. I often see him walking back and forth. He knew where to take me when I wanted to go to Eddie's plot to get his clothes when he was in the hospital and wanted clean clothes. John likes getting clean clothes and coffee. Eddie has been in the hospital a lot lately. Pneumonia, COPD and complications of prolonged alcohol abuse ravage his frail but resilient body. Juan has been coming only the last few months.

He gets real loud, is usually really angry, complaining about our horrible pantry workers who told him they didn't like his foul language. He is going to the Bishop to complain.

He put his laundry in one of the broken-down washers, but it works if you load the quarters over and over and over again until they catch. Most of the washers are pretty sorry, caked with all brands of spilled detergent. Hanna and her daughter came in the summer when there was no school.

Putting the quarters in for kid's clothes, a privilege I think, or do I? Hector and Sherry come sometimes just for the coffee. Hector keeps losing or giving away his shoes and 10.5 men's tennis shoes are a popular size we have to make a trip to get. He once asked me if I could get him a toilet. "Hector, you need a toilet?"

"Yeah, the one at the house we stay in cracked and the land lady won't replace it." I have never been asked for a toilet before so told him I'd check. When we first considered starting

laundry day we wondered if anyone or everyone would come. Our world needs more joy. This is joy. Joe and I are enjoying our first year with LIFE. We love life.

-MaryK & Joe Buranosky



UCF Knights come home National Champs 11

by **Todd Bowers**

New Years Day, 2018. The day college football showcases the best of the best. Only 10 teams were still playing football. Of those 10 teams:

--One is the defending National Champion

--8 of the 10 are previous National Champions

--One is the most historic team in college football, Notre Dame, owner of 11 national championships.

--This year's Heisman Trophy winner is still playing. All in all, the teams still playing have produced 24 Heisman winners.

-- But only one of those teams playing on New Year's Day is an undefeated conference champion.

They're the same team with the nation's top scoring offense, the national coach of the year, and most importantly, the highest Graduation Success Rate of all public universities in the country.

That team.....

Your UCF Knights!

After all, as members of LIFE at UCF, aren't we all Knights? UCF faced a daunting opponent that day.....the mighty Auburn Tigers from the SEC who earlier in the season had easily beaten College Football Playoff semi-finalists Alabama and Georgia and came within a touchdown of beating a 3rd

semi-finalist, Clemson. But our Knights were up to the challenge, stood toe to toe with Auburn for 4 quarters and took down the Tigers 34-27 in the 2018 Peach Bowl!

Shortly after the victory, UCF Athletic Director Danny White was filmed walking toward the trophy presentation uttering three words....."Undefeated . National Champions!".

After all, UCF had just beaten the team that had beaten the 2 teams that would later play in the College Football Championship game a week later. The short video went viral and what followed was a whirlwind of activities celebrating UCF's undefeated season and giving credibility to their National Championship declaration.

Like all Champions, UCF's football team was honored with a parade down Main Street at Walt Disney World followed by a street party in Downtown Orlando that was attended by thousands of UCF fans where they were presented with the Key to the City by Orlando Mayor Buddy Dyer. The Florida Legislature issued a proclamation, signed by Governor Scott, congratulating the UCF Knights on their undefeated season and National Championship.

Peach Bowl final score: 34-27

Later, Governor Scott visited the Knights at UCF, again congratulated them on their National Championship, and presented all of them copies of the championship proclamation and medals commemorating their accomplishment. Recognition wasn't limited to Florida. The Coley Matrix, a national ranking recognized by the NCAA and for years used by the Bowl Championship Series to help select the teams that would ultimately play for the National Championship ranked UCF #1 for 2017.

Finally, our Knights were recognized and celebrated on the field at the 2018 NFL Pro Bowl held in Orlando on January 28.

So LIFE members, join in the celebration. Your Knights are National Champions! For those of you who are season ticket holders and boosters, thank you for your support. For those of you who haven't been to a game, what a great time to start. Right after our National Championship flag is hoisted over Spectrum Stadium!

Lagniappes of LIFE:

12

perks of membership

Complimentary transportation
from UCF Main Campus to UCF
College of Medicine for summer
lecture series

Season Tickets to watch the National
Champion UCF Knights Football team
at reduced price of \$70

Free attendance to most UCF
sporting events with your LIFE
STUDENT ID card (make sure LIFE
Student is printed on it)

Attend UCF Music
and Theatre events
(free or reduced
rates)

Student discounts at
many local restaurants

Use the UCF Library - see
Membership Committee to
learn how to get a library
card

"A must-visit for all":

LIFE members tour the Orlando
Science Center
by Debra Barton

On January 19, 15 LIFE members visited the Orlando Science Center for a docent guided tour. Sam, our docent shown in the photo wearing a vest and headset, is teaching us about dinosaurs. She guided us through each floor and exhibit. It was a hands on learning experience for the kid and scientist in each of us. In addition to the exhibits, the Center shows films into their CineDome and Digital Adventure Theaters and has an Observatory to view the stars, weather permitting. The Orlando Science Center is a must-visit for all.



Be there.

Your LIFE depends on it!

Our Celebration of LIFE is Tuesday, April 10 at 10:30AM. Help us recognize our volunteers and 10, 20, and 25 year members. We will also share the Annual Report and conduct Board Member elections. There will be refreshments and entertainment.



What exciting times these are! So much is happening it's hard to keep it all straight. The Curriculum Committee is beginning to plan for summer classes.

There will be 5 on the UCF campus and 6 at the medical school at Lake Nona. The Board voted to increase our membership to 800 members!

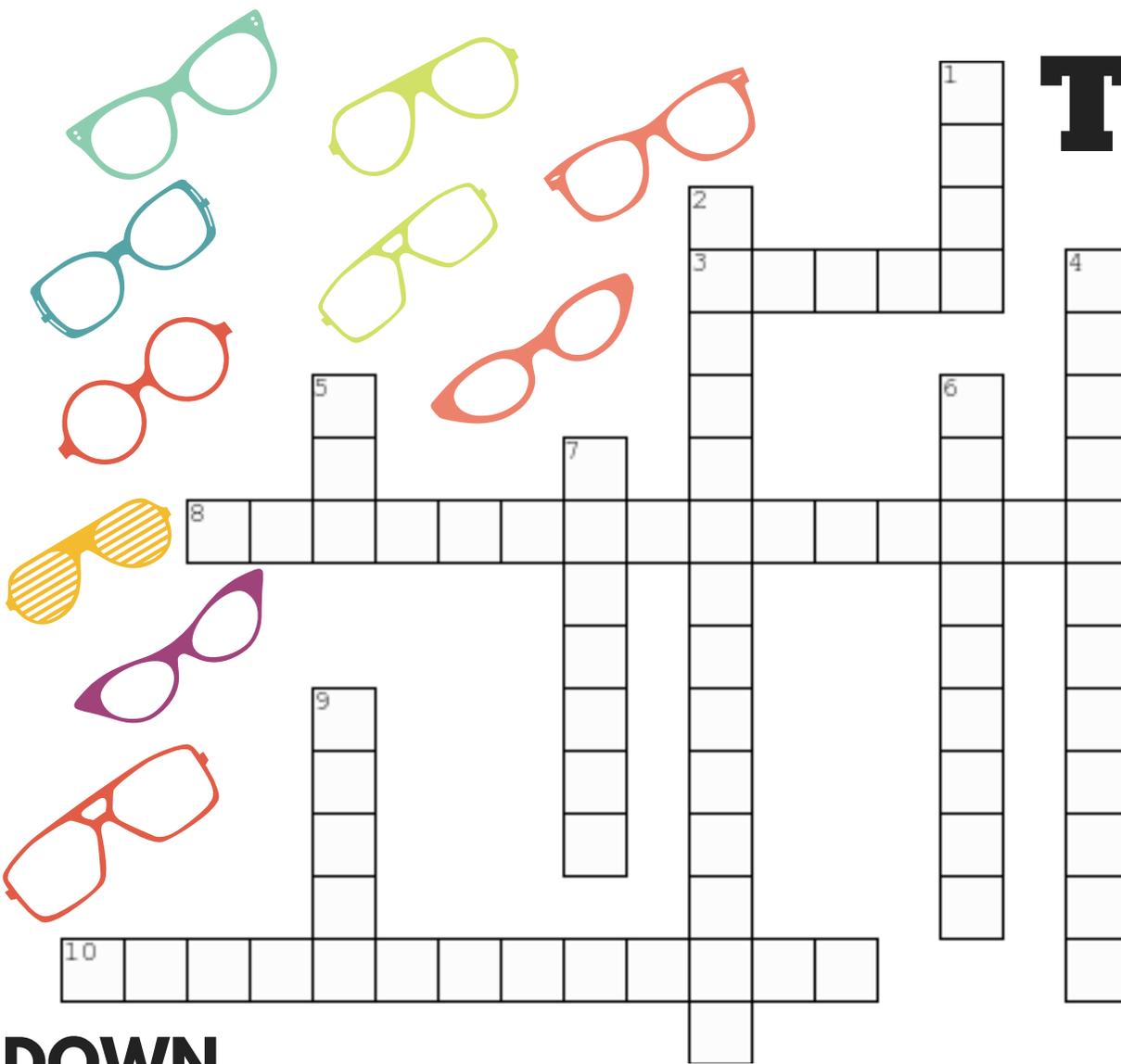
Membership fees will increase by \$35 so the renewal fee is \$185 per person. This works out to \$6 a day for two lectures, a parking pass, a student ID, access to athletic events and music and theater

Minutes of February Board Meeting

performances. What a deal! The additional income will allow us to hire a half time program coordinator who will assist the committee chairpersons and the Board with LIFE operations. In addition, we will, again, fund competitive faculty grants that were not awarded in 2017 and be able to investigate new options for bringing lifetime learning to elders. A committee is currently reviewing a record number of applications from 19 different UCF units

for applied research in Gerontology. Our Academic Sponsor is working on an opportunity for some of us to have a social time with students in the Interdisciplinary Studies Program. AND, the nominating committee will present a slate of new Board members at our Spring Celebration on April 10th! So, don't blink, or you might miss something. . . so much happening!

Trivia Tangle



ACROSS

DOWN

1. How many times may a visitor attend a LIFE session each semester?
2. Jo buys candy, weekly, for the Welcome Desk. What does she say the favorite seems to be?
4. What are the UCF colors?
5. Who is the 2017 American Athletic Conference winner with a 13-0 season?
6. Who has the last word during Q&A?
7. In the late 80's, what was the nickname of the "Education Gym"?
9. In which month does LIFE membership renewal begin?

3. How many lights are in each sconce cluster in the Pegasus Ballroom?
8. Where is the closest first aid kit to the Pegasus Ballroom?
10. Where can you donate food and toiletry items for students in need?

ANSWERS

Once; StarlightMints; Three;
 BlackAndGold; UCF;
 SteveHall; BatCave;
 InformationDesk; March;
 KnightsPantry

