

March is going out like... yeah, yeah... you get it!

Gail Agor, Editor  
[agorgail@gmail.com](mailto:agorgail@gmail.com)

Go to [life.ucf.edu](http://life.ucf.edu)  
to enjoy LIFetimes in color!

LIFE at UCF is now social!  
Go to FACEBOOK, search for us and then "like!"

**LIFetimes**  
March 2020



Debbie, Jayne & Elias collecting money and groceries



### Disposing of unneeded drugs

Whether young, old, healthy or not so healthy, everyone is likely to have prescribed or over-the-counter drugs which are expired or no longer needed. But, there are dangers when unused drugs of any kind are simply left in the medicine cabinet, thrown in the trash, or, as we heard at our LIFE presentation on the water supply, flushed down the toilet. Another alarm is that having left over opioids in a medicine cabinet can pose a theft risk since individuals seeking drugs, know to look for them there.

So, what can we do?

On their web page, *Disposal of Unused Medicines: What You Should Know*, the FDA recommends multiple ways to dispose of unneeded drugs. (<https://www.fda.gov/drugs/safe-disposal-medicines/disposal-unused-medicines-what-you-should-know> )

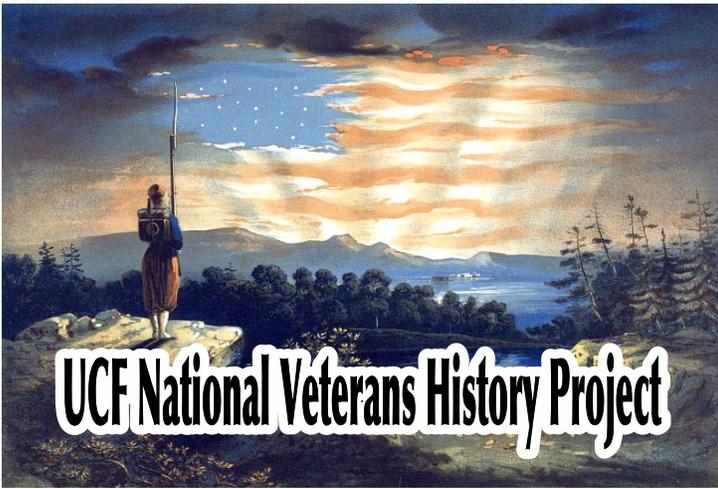
**Their #1 recommendation is to drop off the medicine at a "drug take back site" location or program.**

**As a member of LIFE at UCF this is easy to do - a secure drug take back container is located in the long hallway next to Mrs. Fields and the Knightstop convenience store in the Student Union.**

Prescription medications, patches, and ointments are accepted as well as over-the-counter medications, vitamins, samples and pet medications. Not accepted are inhalers, aerosol cans, other ointments or liquids, hydrogen peroxide, needles or other sharps and thermometers. Most major pharmacy chains (Walgreens, CVS, Rite Aid, Publix and others) also accept unused drugs.

-Diane Wink





The UCF Community Veterans History Project is collecting, preserving, and making accessible to the public the experiences of Central Florida's veterans so that future generations will better understand the realities of conflict and diversity of service. The histories, which students began recording in 2010, are archived and made digitally available through the UCF library. Each veteran receives a complimentary copy of their interview. The initiative also contributes

veterans' histories to the National Veterans History Project at the Library of Congress. The project is interested in collecting stories from all branches of service and a variety of job experiences. If you are interested in learning more about the project, please call:

407-823-3817 or visit <https://riches.cah.ucf.edu/veterans/>



Combine fantastic talent with your UCF student discount and spend a memorable evening in Urinetown!

March 26-April 5

This performance will be in the theater on the UCF campus.

Tickets are \$10 with your UCF ID.

Call 407-823-1500 for information.

Buy tickets online at: [theater.cah.ucf.edu](http://theater.cah.ucf.edu)



[arts.cah.ucf.edu](http://arts.cah.ucf.edu)

The annual festival showcasing creativity, innovation and collaboration from Orlando's hometown university.

**Dr. Phillips Center for the Performing Arts**

**April 7-19, 2020.**

Now in its sixth year, it includes events & exhibitions of performing & visual arts which includes a symphony concert themed around ocean conservation, a dance concert with fifteen original dances, a Twilight Zone-inspired jazz concert & artwork throughout the performing arts center.

The festival is designed to create accessible art experiences for the community & to allow patrons to attend multiple events. Music events include large & small ensemble concerts, choruses, jazz, opera & new music. Theatre presentations include a cabaret-style performance, events for children, dance & staged readings. Visual arts exhibits & presentations include sculptures, video games, AR/VR presentations, live presentations and panel discussions. Additionally, patrons can enjoy literature, films and history presentations.



## Looking for Children's Books?

-Diane Wink

Grandchildren coming to visit?  
Like to have books to share when  
you visit friends with children?  
Know a child with a love of  
reading and learning? Volunteering  
with a local child care center  
which has a reading program?  
Need books for these or other  
activities but prefer not to buy  
them until you know an author or  
topic has become a favorite?

The UCF Curriculum Resource Center, located on the first floor of the College of Education and Human Performance building (down the hall to the left as you face Einstein Bagels) is designed to help future teachers identify books, & other media to integrate into their classes. Their extensive collection is open to all UCF faculty, staff and students, including LIFE at UCF students. Their librarians are ready to help you. For more information contact Head Librarian, Amy Dovydaitis at [amy.dovydaitis@ucf.edu](mailto:amy.dovydaitis@ucf.edu) or whomever is on duty when you visit.

# You're Invited

## Mark your calendar

LIFE at UCF Annual Showcase will be  
April 21, 2020  
Continental Breakfast  
will be served at 8:00am  
followed by our annual meeting and  
election of new LIFE board members  
Performance from Jazz Pianist  
Per Danielsson

Watch your email, as well as next month's  
newsletter, for more information.

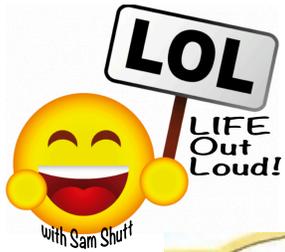
## Exploration of the Jazz Piano Associate Professor, Per Danielsson

We are delighted and honored that jazz pianist, composer, arranger, writer and educator, Per Danielsson will be our presenter for the Annual LIFE Showcase on April 21.

The jazz piano tradition has gone through an interesting and unique evolution that still continues today. The wealth of pianists ranging from Jelly Roll Morton to Chick Corea, have all been instrumental in developing new styles as well as preserving the music from the earlier innovators.

Through the works of its main innovators, this presentation will serve as an introduction to historical concepts that have shaped the evolution of jazz piano.





"You are never too old to set another goal or to dream a new dream."



# LIFE Inspiration



# BEST NEWS EVER!



At the time this newsletter went to "PRINTER" we did not have a total weight for the non-perishables collected from our generous LIFE members.

However, we surpassed the LIFE member monetary donations ever collected by our organization! This money goes beyond what could be purchased at any store, (yes, even Costco), since Knights Helping Knights Pantry purchases food from the Second Harvest Food Bank, making every dollar go farther! Elias, pictured with Debbie and Jayne, on page one of this newsletter, told us that purchases from the Food Bank get KHKP at least, twice as much in non-perishables!

If that isn't enough to make cash or check an option for you, just think, you don't have to lug heavy grocery bags in from the parking garage! However, should you prefer actual groceries...keep those donations coming, too!

Monies collected during this food drive, as of the end of the day on March 3, totaled:

**\$2,335**



For this 4th campus tour, exit the *Student Union* from the doors off the atrium. Take the covered walkway of the John T. Washington

Center, past the bookstore. *Howard Philipps Hall*, the second UCF building, is on the far side of the large lawn. Initially called the *Classroom Building*, it houses offices of faculty, crucial student programs such as the *Student Academic Resource Center* and *First Year Advising*, key university organizations like *Global Perspectives* and the *Faculty Senate*. Check out the array of notices on many of the billboards.

Exit via doors on the opposite side, turning right to get to the *College of Education*, once home to the UCF bats (see Feb. 2018 *LIFetimes* article.) Pass one of the building's pointed wings which make layout of some offices difficult! The building's atrium has seating, vending machines, a few displays, and Einstein's Bagels. At one end is the gymnasium once used for basketball, volleyball games and graduations. In front of the Torchy Clark gym, is a display honoring this beloved first men's Basketball Coach. Stepping inside the gym, see where some UCF staff camped during the 1991 hurricanes.

A trip down the short hall to the left of Einstein's will bring you to the *Curriculum Materials Centre* <https://library.ucf.edu/about/libraries/curriculum-materials-center/>. This library houses journals, books, digital programs and teaching resources (PreK-12th grade) for students, faculty, staff and the Florida community. Students, including LIFE at UCF members, can ask the librarians for help AND check out materials with their ID

card. (See article elsewhere in this newsletter.) Leave the library, go right to see another hidden gem - a fully equipped gym available to UCF faculty and staff. Return to the atrium; exit the doors to the right. Walk to the curved glass fronted *Teaching Academy*. The building has classrooms and offices (including *Teach Live* which LIFE members heard about last fall). There is a special surprise in the seating area to the left - a piano in the vending machine alcove, welcoming all pianists.

Exit the building on the opposite side, cross to the *Moulridge Reading Center*. Its large lounge is often set up for small group presentations. In the hall is the building's surprise - a display of calculators including a slide rule and book of logarithms. How far we have come! Like other UCF buildings, there is art with the most stunning *Mindscape* by Beth Ravitz Ravitz (not a typo), mounted on the wall along the atrium staircase.

Complete your tour by crossing the parking lot, walking along the reflecting pond (home of early FTU graduations and now of Spirit Splash). Make a right into Millican Hall, the third UCF building. It houses offices of UCF's administrators and many student services like the registrar and bursar. Lines are shorter now that UCF students are "online" not "in line." Return to the *Student Union* by walking left around the reflection pond back through the covered walkway.

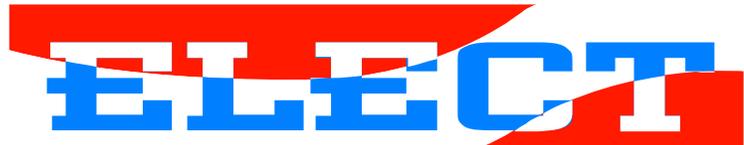


## Board of Director Vacancies

We need members with ideas and a willingness to help lead LIFE at UCF into the future.

If you are interested, please contact Pete Bodnarik or any Board member. The Board meets once a month from August through May. In the past several years,

- **membership has grown from 550-800 members;**
- **presentation quality has improved;**
- **the number and variety of experiential trips has grown substantially**
- **and LIFE has established an educational scholarship.**



**ELECT**

The Nominating Committee of LIFE at UCF is seeking nominations from its membership for individuals to serve on LIFE's Board of Directors.

To nominate yourself, send an email to [life@ucf.edu](mailto:life@ucf.edu) or see Pete Bodnarik, Committee Chair at a LIFE meeting with your name and contact information (phone/email) and a brief statement why you want to serve on the board.



**LIFE**  
Board of Directors

It's LIFE



renewal time...

**Renew your LIFE membership today!**

The renewal fee is \$200/member. A late fee will be added for renewal received after April 30, 2020. If you have any questions, please contact the Membership Committee on Tuesday or email us at [life@ucf.edu](mailto:life@ucf.edu).



## Experiential Learning

- **March 13: St. Johns River Cruise at Blue Spring State Park**
- **March TBA: UCF Library Tour**
- **April 8: Service Project Trip at "Clean the World Foundation"**



## Donations to the LIFE at UCF

### Disability, Aging & Technology Undergraduate Scholarship

can be made as you renew your membership. LIFE at UCF is committed to supporting the education of students engaged in studies relating to geriatrics and aging. Your support through a tax deductible contribution to this scholarship fund ensures the future of research and study in fields of significance and value to the health and welfare of LIFE members, our community and our nation.

