

LIFetimes Connections

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**LIFetimes Connections
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The "new" LIFE, Apple TV and temperature control

Mike and I just finished watching the webcast of LIFE's first session(s). Both were EXCELLENT and I

hope everyone else who tuned in, felt the same.

COVID has challenged everyone. "LIFE" is no different but annoyances have beget creativity. I commend Leslie, Todd and the team of volunteers who have worked hard to keep LIFE viable! I have to admit, I really enjoyed laying back in my new recliner, complete with heat and massage, to watch the classes. The chair was a COVID acquisition as was our Apple TV, which enabled us to watch on our TV, complete with surround sound. We bought the system when we were unable to hit the movie theaters, but Mike told me to tell Todd it was purchased just so we could watch LIFE presenters. Whichever...it has been great. Another bonus was being able to control the temperature of our condo while watching. Remember those too cold and/or too hot sessions? I did miss seeing everyone, which includes Terry & Marty Lee. When I texted Terry at the end of the session telling her I liked the format, she agreed, however, added a comment that expresses the opinion of most LIFE members, "both presentations were really good and informative and the comfort and convenience of being at home is nice...but there IS a reason it's called LIFE at UCF. We miss the vibe of being on campus." True that...but for now, we have LIFE LIVE. -Gail



LIFE sponsored Gerontology Research Project makes Significant Discovery



Thanks to Vonnie Bradbury-Jones & Ray Jones for their edit of this article.

Five years ago, LIFE awarded a Richard Tucker Gerontology Research Grant to Dr. Ken Teter and his team at the UCF Burnett School of Biomedical Sciences. This research involved the first-time study of a specific molecule (PDI) and its interaction with other proteins that cause plaque buildup in Parkinson's Disease patients. The dramatic results of their work showed that PDI can **both prevent and reverse the buildup** of this material. It opens the door to the therapeutic use of PDI in the treatment of both **Parkinson's** and **Alzheimer's** disease. Their results were published in **Frontiers in Cell and Developmental Biology**; a national peer review publication.

The study and findings have led to follow-up grants from both the Florida Department of Health and the National Institute of Health to continue further research into the understanding and use of PDI. Dr. Teter has extended his thanks to LIFE for providing these initial funds that have led to an important discovery. He has been invited to tell us more about these important findings at a future LIFE program.

This, like many of the research efforts LIFE funds, was a pilot program intended to support the funding efforts of a larger more comprehensive program. LIFE members should be very proud to have sponsored this project, an important contribution to gerontology research at UCF and the treatment of both Parkinson's and Alzheimer's diseases.

For even MORE information and articles, go to

[Learning Institute for Elders on Facebook.](#)

Click on the link, below, and "like!"

<https://www.facebook.com/LIFEatUCF>



Apple Classes for LIFE members



UCF CAMPUS NOTABLES

Information Desk

The desk will be operational during the Union's regular business hours. Plexiglass screens, social distancing signage, including floor stickers, have been added as safety measures.

Where to Find Up-to-Date Information

- studentunion.ucf.edu
- @UCFSU on Twitter, Facebook and Instagram

Knights Helping Knights Pantry

The pantry is open Monday through Friday on the main campus from 10 a.m. to 5 p.m. While the pantry is still accepting food donations, pantry staff kindly requests no clothing donations at this time. Contactless drop-off of food items can be donated at the two bins located outside of the pantry's entrance and it is highly encouraged to donate during our hours of operation so on-site staff can process the items quickly and efficiently.

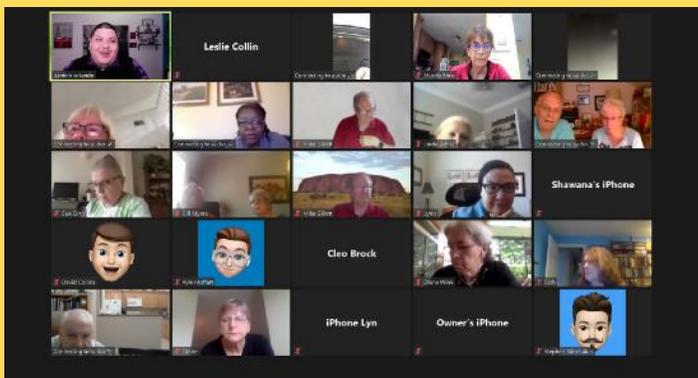
The Apple Class in September filled VERY quickly. Never fear, there is another class.

Photography on iPhone

Date: Thursday, October 8th at 2pm via ZOOM
Device: iPhone

Create better photos and videos using iPhone. We'll show you the latest camera features to compose a great shot. You'll experiment with focus and exposure, practice using lighting effects, and even learn how to take your first selfie. iPhone devices will be needed.

The class can accommodate 30 participants. A separate email will be sent out for members to sign-up 3 weeks prior to the event. Classes will be held on ZOOM.



LIFE members at our first Apple class



September 2020

Hey Everyone: After Dr. Marla Toyne's wonderful presentation and spectacular reviews from LIFE members, she sent Leslie a flyer for a presentation, the evening of October 22, that she thought would be of interest to our membership. NOTE: The "click here" link doesn't work in our newsletter. If you are interested in participating, or want more information, email: anthroevents@ucf.edu



THE KENT FAMILY SPEAKER SERIES PRESENTS:

BORDERS OF BELONGING: Mixed-Status Families in the Wake of the COVID-19 Pandemic



HEIDE CASTAÑEDA, Ph.D.
Professor, Department of Anthropology
UNIVERSITY OF SOUTH FLORIDA

Sponsored by the
UCF Department of Anthropology

For questions or more information:
anthroevents@ucf.edu

Register in advance for this meeting:
[CLICK HERE](#)

After registering, you will receive a confirmation email containing information about joining the meeting.

Please register in advance by October 22 at 5:30 pm.

OCTOBER 22

6:00 PM
Online

Immigration policies and practices affect not only undocumented migrants, but also their family members, some of whom are legal residents and U.S. citizens.

This presentation will discuss the trauma, distress, and inequalities that occur daily, alongside the stratification of particular family members' access to resources like education, employment and health care. However, it also offers up examples of resilience, resistance and solidarity between parents and children, siblings and within the community. It explores the effects of the recent COVID-19 pandemic on mixed-status families and, more generally, on immigrant communities in the U.S.

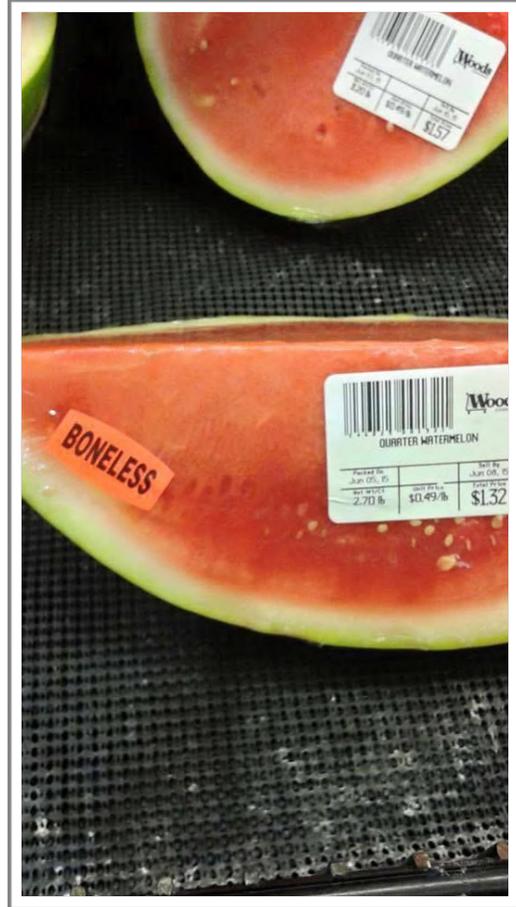
**This lecture series generously supported
by Julie Kent '18MS and Scott Kent '13.**



-Sam Shutt

They only had

one
box



Virtual Field Trip



LIFE is “traveling” to the nation’s first National Park.

October 29 at 2:00pm,
50 LIFE members will be transported, via Zoom,
to a Ranger guided tour of the American Wonder!

Need to whet your appetite? Click on the link for a 2 minute video from
Visit Montana.

<https://www.visitmt.com/yellowstone/video-series.html>

Our Park Ranger will:

- introduce Yellowstone as the world's first national park and a bit of history,
- discuss geology, wildlife,
- and the National Park Service mission of preservation and stewardship.

No flights! No masks!

Just 40 minutes of presentation and then a 15 minute question and answer period.

**Reservation sign-up for our LIFE Field Trip
will be detailed in an upcoming BLAST!**

If you need/want more info contact Gail, agorgail@gmail.com



The Day the Knights went red

September 10, 2011 was a beautiful Florida day which morphed into as nice an evening. UCF Knights - students, alumni and just plain fans tailgated before heading to the stadium with hopes the football team would avenge a 34-7 loss to Boston College (BC) the year before.

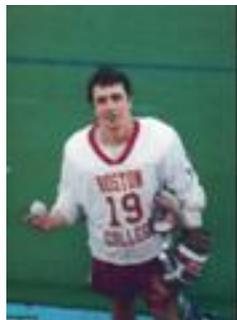
But, there was something odd. Along with black and gold, UCF fans were wearing red - Boston College's signature color - mostly in the form of a bandana. The Knight on UCF's press release had a red bandana around his helmet. Knightro had one tied



around his left arm.

Pegasus wore a red bandana on his forehead as he galloped onto the field carrying the UCF Knight.

UCF went red on the 10-year anniversary of 9-11 to remember all who died and honor those who lost their lives while helping others survive. The red bandanas were to recognize a BC alumni who helped many individuals find a way out before the towers came down. He saved as many as 18 people before succumbing as the tower come down on him. This man was Welles Remy Crowther.



Welles' red bandana was a gift from his father which he always kept with him. After graduating from Boston College, Welles worked in the South tower of the World Trade Center. On 9-11, after tying his red bandana around his face, he carried one woman down 15 flights of stairs to safety and helped many others get to working elevators. Survivors mentioned "the man in the red bandana" in a *N.Y. Times* article about the 112 minutes between the impact of the first plane and when the second tower came down. His family and friends realized that man was Welles.

Shortly before the Boston College game, two UCF students, Garrett Weiss and Neal Surrena, learned about Welles from an ESPN 9-11 story and encouraged UCF students to wear red bandanas to honor him and other heroes of that tragic day. The *Orlando Sentinel* and UCF news feeds reported their call. Red bandanas began disappearing from local stores. UCF went red.

During halftime fans clapped and yelled to honor all who died as Welles' sisters, Honor Fagan and Paige Crowther, entered the field waving red bandanas they received from UCF.

Welles was memorized in a film, *The Man in the Red Bandana* and a book by the same name written by his sister, Paige.



At the dedication of the WTC 9-11 memorial, his mother spoke on behalf of all who lost loved ones and President Obama used Welles as an example of those who died on that tragic day.

And, yes...UCF did win the game 30-3!

COSNEWS

New Scholarship Honors Legacy of Faculty Pioneer John T. Washington

Posted: August 21st, 2020

A notable figure from UCF's past is the inspiration behind a new scholarship created to help students build a brighter future. The name John T. Washington is probably familiar to campus visitors walking through the breezeway named in his honor, but his connection to UCF less so. Washington, Ph.D., was one of the first African American faculty members at UCF, and a close friend of the new scholarship's founder, Carol Lawrence '71.

Lawrence was inspired to start the scholarship in the wake of national protests around the death of George Floyd. She chose Washington's name to honor his memory, but also commemorate a friendship — and the man who served as minister of her wedding. "John had a tremendous influence on this community. I think he would appreciate knowing his legacy was serving to build up students," Lawrence said.

Washington was an associate professor in the Department of Sociology when the then-rural school was called Florida Technological University. Robert Bledsoe, Ph.D., is a charter faculty member in the Department of Political Science, and regularly interacted with Washington. He describes Washington as a "sharp-dresser" with a "reserved and dignified" demeanor.

"I believe he felt strongly about being a role model. We had very few African American undergraduates, and if he wasn't the first African American faculty member, he was one of the first," Bledsoe explained.

In an interview with Central Florida Future, Associate Professor Emerita Ida Cook, Ph.D., said UCF's second president, Trevor Colbourn, "relied on Washington to tell him what could be done to assist minority faculty."

"His goal as a citizen, as an individual, was to try and help to bring a more integrated participation into the African-American community," Cook said.

The outcome of Washington's advocacy includes UCF's Office of Equal Opportunity and Affirmative Action and the Office of Multicultural Academic and Support Services. In the city of Orlando,



John T. Washington, his wife, Louise, son Terence & Jim Lawrence

Washington served with several community organizations, including the Orlando Housing Community, the NAACP, the Orlando Metropolitan Urban League and the Mayor's Minority Business Task Force.

Bledsoe said there are many areas academics can focus on in their career, and Washington chose community service as his calling card. His involvement in Orlando organizations translated into lessons for his students about the importance of using their strengths for the improvement of the community.

"As a professor, he wanted to make sure that his students knew they had the opportunity to make a difference, just as he was," Bledsoe said. Lawrence started the Dr. John T. Washington Leadership Scholarship, and is actively searching for others to contribute. The fund provides scholarships to student applicants who show a commitment to rectifying racial injustice or minority-based causes.

Washington died of a heart attack in 1983 at age 42. Lawrence distinctly remembers how many city leaders and influential community figures packed the sanctuary of First Baptist Church Orlando. Washington was a quiet man who let his actions speak for his character, Lawrence said.

"He was a true leader," she said.



Caron & Jim Lawrence on their wedding day at Bok Tower Gardens