



# LIFEtimes

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**Happy New Year**...and let's hope that another strain of COVID isn't in our future! The only good thing I can say about it was that I got another year to wear the pretty and fun Christmas masks that I bought for Mike and me last year; ridiculously thinking they would only be good for one season.... Anyway... attempting to make that lemonade or find a cloud's silver lining.



I hope you all had a wonderful holiday break and are now ready to see the incredible programs courtesy of our fantastic and hard-working Curriculum Committee.

As for another diligent group...the LIFE Trippin' Committee has been hard at work securing some fun trips for LIFE members. Look for more information on upcoming Trippin's in this newsletter, and/or watch for the LIFE email blasts that are sent out each Tuesday. As you know, our Trippin' events sell out quickly, so set your phone alarms!

As always, we are looking for LIFE members who would like to write article(s)... maybe one...maybe one for EVERY issue! Send me an email if you'd like to see yourself in print! -Gail



**HAPPY NEW YEAR LIFE MEMBERS!** It has been an exciting and challenging year, so far, for LIFE. We've made a significant transition to doing a long hoped-for ability to be able to offer multiple ways that LIFE members could participate and enjoy our wonderful LIFE

speakers. This complex transition has been a huge learning experience not only for our LIFE staff but also for the UCF

Student Union technical staff who have made this happen for LIFE. We are extremely grateful for their willingness to engage in this adventure with us. During the FALL 2021 semester, we had 26 speakers, 16 of whom were UCF Faculty or senior professional staff. Evaluations from those of our members who completed them each week, revealed that our speakers were very well received with average ratings of 81% and 87% on “Enjoyment” and “Total Value” dimensions. “Total Value” ratings are based on the top two categories of all evaluation questions, while the “Enjoyment” rating is based on the first two questions on the surveys. We look at these survey evaluations quite closely, as well as all comments, so it is very important to us that as many of our members as possible complete the survey each week. The very highest rated and most enjoyed talks during Fall were the following: Dr. Hanson’s talk on “Tunneling History: The Search for the Lost Ark;” Rick Brunson’s talk on “The Founders, The First Amendment and Free Press;” Dennis Langlois’s presentation, “To Bee or Not too Bee, Honey I still Love You;” Dr. Wayne Bowen’s talk on “When Spain Ruled England;” Lora Gilbert’s talk on “OCPS’s Food and Nutrition Services;” and Brendan Byrne’s talks on “The Ultimate Question: Are we Alone in the Universe.”

As I write this, we are exactly 1 week away from our first LIFE session for Spring 2022 which features an opening presentation by UCF’s President, Dr. Alexander Cartwright...another first for LIFE at UCF.

We have a number of interesting and wide-ranging presentations coming up [25 with UCF Faculty] with talks by some of our favorite speakers and other new and exciting presenters. We will have Chef Rob Seltzer from the Rosen School of Hospitality who will, I’m sure, stir up some delicious items direct from his kitchen at Rosen.... We will see this talk virtually in Pegasus as well as from your homes! Another crowd favorite is Zac Zacharias, from the Daytona Beach Museum of Arts & Sciences, who is back and will keep us on the edge of our seats I’m sure with a talk on the history of Forts of Florida. We will also have a presentation by Jim Helsing, faculty member of the UCF School of Performing Arts and Artistic Director of Orlando Shakes. Finally, we will end the Spring semester with our annual celebration of our volunteers and a performance by the ever-popular UCF Student Jazz band and Jeff Rupert! Check out the full schedule on the LIFE website: [LIFE@ucf.edu](mailto:LIFE@ucf.edu)

In addition to all of the exciting presentations scheduled, Gail Agor and the LIFE Trippin’ committee has a full slate of exciting adventures planned including the first one on January 13<sup>th</sup>, a guided tour to the Leu Gardens.

I look forward to seeing you in person or virtually next week as we start the new semester. Stay Safe. -Jack



We have a great schedule of speakers lined up for the spring semester. I hope each of you were humming “Hail to the Chief” when UCF President Alexander Cartwright joined LIFE as the first speaker of the new year. I hope you were able to see this presentation in person! The following weeks will continue with outstanding presentations by notable subject matter experts on topics of great interest, so be sure to plan your Tuesday mornings around the LIFE schedule. Remember, you can access the schedule of speakers on the LIFE website at [“life.ucf.edu”](http://life.ucf.edu) clicking the “Curriculum” tab and hitting “Class Schedule.” You may also suggest a speaker at the same time by hitting “Suggest A Speaker” (imagine that!). We’re always on the lookout for speakers you may have heard and enjoyed at other organizations or events. Some of our most interesting and entertaining speakers have been brought to us by LIFE members who’ve heard someone present elsewhere. Now, repeat after me; “Please silence your cell phone.” See you in the Pegasus! -Rich



## *Oh What a KNIGHT!*

KIM & TODD BOWERS



**December 23, 2021**.....a day Knights and Knight Fans will remember forever! In front of a sold-out Raymond James Stadium in Tampa and a national TV audience, our **UCF Knights took down the storied Florida Gators 29 – 17 in the 2021**

**Gasparilla Bowl!** The victory marked UCF's 50<sup>th</sup> win over the last 5 seasons, its 3<sup>rd</sup> bowl victory since 2017 (most of all Florida teams) and most importantly, its first victory ever over its SEC neighbor, the Florida Gators! The win elevated UCF's 2021 record to 9 wins, 4 losses; the fourth time in the last 5 seasons the Knights have posted 9 or more victories. This big win, coming on the heels of UCF's announcement of its upcoming move to the Big 12 conference, truly marks 2021 as a banner year for UCF Football!

**The Winter sports schedule is underway** with Men's and Women's Basketball leading the way!

**Men's Basketball** – A week to the day after UCF Football's huge Gasparilla Bowl victory, Men's Basketball posted one of the biggest home victories in program history with an **85 – 71 victory over Michigan in front of a nearly sold out UCF Addition Financial Arena**. As of this writing, the Knights have started AAC Conference play and have an overall record of 9 – 4.

**Women's Basketball** – The Lady Knights are off to a great start sitting at 10 – 4, 2 – 0 in conference play. To date, UCF has posted wins over SEC member Arkansas, Pac 12 power Southern Cal, and Virginia from the ACC. A January date with rival South Florida awaits the Knights on January 16.

**Men's and Women's Golf** continue match play with the Men preparing for the Gator Invitational in Gainesville starting February 12 while the Women will be hosting the UCF Challenge at Eagle Creek Golf Club starting February 7.

**Men's and Women's Tennis** also continue match play. Most notably, **UCF Men's team is currently ranked #11 in the nation** with big upcoming matches against Florida and Georgia.

For more information on all of UCF's sports teams, go to <https://ucfknight.com> and remember, your LIFE at UCF Student ID gets you free admission to most UCF home sporting events.



- Dr. Beth Barnes

## *UCF's second president built a metropolitan research university with a new name.*

This is the second in a series of profiles of UCF's first four presidents written by LIFE at UCF member Dr. Beth Barnes.

**DR. H. TREVOR COLBOURN** became the second president of the university in June 1978, bringing to the campus what has been called a classic academic perspective, as well as creating UCF's football program.

His first order of business was changing the name of the university to reflect a broader, more diversified mission than its initial focus as a school of science and technology. Within a few months of President Colbourn's inauguration, Florida Technological University was renamed the University of Central Florida.

An Australian, tweedy, pipe-smoking academic who specialized in American history and Thomas Jefferson, President Colbourn set about to strengthen the university's academic structure. He established the College of Arts and Sciences to emphasize the diversified mission of the university, and he approved the expansion of departments and programs.

He created the Office of Undergraduate Studies, established the now nationally recognized Honors Program, strengthened graduate teaching, and created several stand-alone doctoral programs. During his tenure, enrollment increased by 60 percent.

Dr. Colbourn believed that "a widely respected university is one whose faculty is known for its research and scholarly achievement," and he backed that statement by establishing the Central Florida Research Park. The park was designed to encourage research-oriented business and industry to support university research and teaching through collaboration. Today, this successful venture is home to more than 125 partners with the university, including the U.S. Air Force Modeling and Simulation Center and the U.S. Army Simulation and Training Technology Center.

UCF's campuses began to grow under his guidance as well, with an increase in branches and off-campus instructional sites. He oversaw the expansion of the main campus library and new academic buildings for humanities and fine arts,

engineering and business.

He approved the Wayne Densch Sports Center and new residence halls for Greek Park, both of which were built with private money.

Much of this was accomplished on a university budget that was significantly smaller than the budgets of other Florida universities. By his own admission, President Colbourn complained repeatedly to the Florida Board of Regents, and his persistence paid off when UCF's budget was eventually increased.

President Colbourn announced in his inaugural address that a primary order of business for him was establishing a football program. He knew that football brought name recognition to a university, creating growth and attracting the best and brightest students. He fulfilled his promise, and in September 1979, UCF played and won its first Division III football game. Since then, the Knights have become a Division I team, won two Conference USA championships and played on national TV. The team will join the BIG EAST Conference next season.

Football was not without its problems for the university, however. By 1985, the football program had created a \$1 million deficit, a daunting sum, then. Eventually, the deficit was erased with private donations and fundraising activities.

President Colbourn can be credited with bringing UCF into its beginnings as a full-service university that emphasized teaching, research and service, as well as big-time sports.

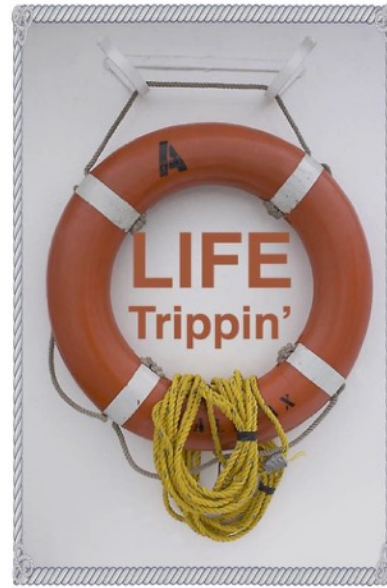
Dr. Colbourn retired as president in 1989 after 11 years of service and told the *Orlando Sentinel* that one reason for his departure was that he was tired of going to lawmakers on bended knee, asking for more money for the fast-growing university. He stated, "Someone asked me once why university presidents in the United States don't last very long. I told them it's because their knees give out. I'm stepping aside before my knees give out."

After his retirement, Dr. Colbourn taught history full time



at UCF and was named president emeritus in 1990. In further demonstration of the respect the university community had for him, the Humanities and Fine Arts Building was renamed Colbourn Hall. In 1991, he was named university historian and compiled an oral history of UCF. He retired fully from UCF in 2006 and moved with his wife, Beryl, to Winter Park where he lived until his death in January 2015 at the age of 87. The original Colbourn Hall was replaced with the newest academic building on campus in 2018.

*Dr. Beth Barnes, UCF vice president emerita, served on President John Hitt's leadership team until her retirement in 2008. Barnes retired as vice president and chief of staff. She is a charter member of the UCF faculty and serves LIFE at UCF as its Secretary. We thank UCF Pegasus Magazine for permission to republish this article from the Spring 2013 issue.*



The LIFE Trippin' Committee is working overtime to organize amazing Trippin' events for LIFE members!

To make sure you are one of the FIRST to know about events when they become "live" on EventBrite, make sure you have clicked the button on the site that will notify you when new Trippin's are posted!



Camelias in abundance a babbling brook and



A very happy group of LIFE members!

Thank you to Robert Bowden and LIFE member Lisa Warren for their expertise.

Thanks to Margie Sloane for the photos.



On Thursday, January 13th, 26 LIFE members were treated to an incredible private tour at Leu Gardens. We were able to tour the Leu House Museum and the gardens on a beautiful Florida Winder Day! The weather was PERFECT! ...and ain't that the reason we all live down here?

### Upcoming Tours

Steinmetz Theater Tour,  
February 4

White Oak Conservation,  
March 10

Orange County Courthouse  
Tour, April 1

Mt. Dora Boat Tour  
April 27

**The EventBrite Link for LIFE Trippin' through Steinmetz Hall:**

<https://www.eventbrite.com/e/life-trippin-though-steinmetz-hall-tickets-243758477167>

**The EventBrite Link for LIFE Trippin' - White Oak Conservation Tour**

<https://www.eventbrite.com/e/life-trippin-white-oak-conservation-tour-tickets-191352519537>

## Building the Health Care Team of the Future!

The University of Central Florida and the University of Florida want our health care providers of the future to be able to understand how other health professionals can contribute to the prevention and treatment of disease and the overall health and wellness of their patients. As part of our health professions training programs, we provide opportunities for students to work in teams with other health care professionals to solve paper cases, interview standardized patients and others about their overall health and wellness...**and we need your help!**

We are recruiting participants for our team-based health & wellness assessment program where a team of Medical, Pharmacy, Physical Therapy, Nursing and Social Work students conduct a health and wellness assessment for a participant. This is not a doctor's appointment or a medical physical but an opportunity to talk with a group of students, now in clinical training, about your health and overall well-being. Your willingness to participate in this program gives the students an opportunity to work as a team to create a personal health & wellness plan - just for you! All students are in advanced stages of their training, are HIPPA certified and will respect your privacy and confidentiality.

**Who can participate in the program?** Anyone over the age of 60.

**Do I need to have a medical condition to participate?** You do not have to have a medical condition to be a participant in the program.

**What do I get out of participating in this program?**

1. Joy of teaching professional students' health and wellness as it relates to aging and influencing how health professionals might practice in the future.
2. A customized health & wellness plan with suggestions for how to further enhance the quality of your life.
3. A tour of UCF College of Medicine.

**Location:** UCF Health Sciences Campus, College of Medicine, 6850 Lake Nona Boulevard, Orlando, FL

**Note:** If Covid conditions dictate, we will move the program to a virtual platform. In this case, participants will require stable internet access and a device that has video/audio capabilities (Phone, IPAD, tablet, computer) in order to get the most from the experience.

**How much time will it take?** You will arrive at the site at 1:00 PM. The students will meet with you at about 1:15 to interview you about your overall health & wellness. Then they'll go somewhere else on the property to work as a team to create your health & wellness plan and come back around 4:00 PM to present their plan to you. Your contribution will be completed at around 4:30.

We are filling slots and alternates for the following dates:

3/18/22

3/25/22

**How do I sign up for the program?** There are three ways:

1. You can sign-up electronically via the platform Sign-Up Genius. Here is the link to our announcement <https://www.signupgenius.com/go/70A0D48AFA62BAAF85-ipehealth>.  
*Note:* you will be asked to provide your email and phone number. We will only use this information to contact you to confirm your appointment and in the event of a need to make any changes to the schedule. We will use both text and email as the first method of contact. If we don't hear from you, we will contact you by phone.

1. You can also sign up by emailing Brenda Perez, IPE Coordinator for the UCF College of Medicine, at [Brenda.Perez@ucf.edu](mailto:Brenda.Perez@ucf.edu).

1. Or you can contact Brenda Perez at the UCF College of Medicine at (407) 266-1057. Brenda works remotely on Mondays and Fridays. If you happen to call during any of those days, please leave her a voicemail and she will be glad to return your call as soon as she is back in the office.

**Covid precautions:** All students, faculty and volunteers are required to wear a mask for this event. We have attempted to schedule the assessment interviews in rooms where students can have reasonable space between themselves and their volunteer. Most all of these students are already working in clinics and, while we cannot ask about student vaccination status, we know all the medical students have been vaccinated and assume that is the case for many of the other health professions students who are in the clinical phase of their training.

## Fall in love with UCF MBB

-Diane Wink

Yes, UCF has a war on I-4; but Memphis, long a part of our leagues, has been a significant foe especially in basketball where UCF wins have been very hard to come by. Watching those games helped this fan fall in love with UCF MBB.

Flash back 15 years to January 2007, a time

when UCF men's basketball was played in the old *UCF arena* - now called the *Venue*. UCF basketball was doing well in *Conference USA* and a nice, but not huge, number of fans filled the seats to watch a MBB game against Rice which UCF went on to win.

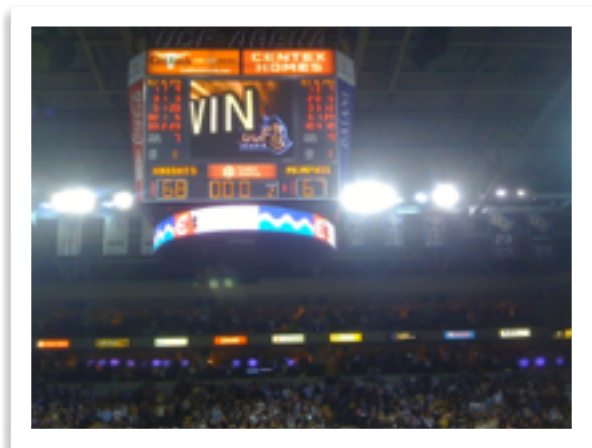




UCF MBB, cont.

As the game progressed, an unusual thing happened. A student ticket line formed along the upper walkway of the west side of the court for the next game. This was odd since, while admission was usually granted to all students who showed up, tickets would be required for admission to the next home game. The reason for the ticket rush was the opponent, Memphis. They were a power house currently ranked 11 in the national polls. Memphis was the team UCF wanted to *finally* beat.

Eleven days later, on Wednesday January 31, 2007, the game was a near sell-out including a large number of Memphis fans. The UCF roster included Josh Peppers, (a Memphis native who would go on to score 14.3 points against his hometown's team) and other star players of the time including Jermaine Taylor, Lavell Payne and Mike O'Donnell. All would go on to make major contributions in the game. Yes, UCF lost 65-87, but it was a quality game against Memphis - a true powerhouse in college basketball. Watching that wonderful hard-fought game and the atmosphere in the Venue, I fell in love with UCF basketball as they had their ups and downs in the years to come.



Fast forward five years during which MBB losses to Memphis continued. Then, on January 18, 2012, the two teams, again, took to the court at UCF in the new UCF arena (that was its name at the time) for a hard-fought game. Then it happened, after a hard-fought game,

UCF MBB BEAT MEMPHIS 68-67!! The student body stormed the floor, players were surfed above the crowd. UCF fans were joyous. **UCF had beaten Memphis.**

In the years to come, UCF repeated this feat only two other times - January 27, 2019 when UCF defeated Memphis 79-72 and then this **January 12, 2022** when UCF won 74-64.



With the winning margin growing with each game, this lover of UCF MBB hopes it will not be long before we do the same on Memphis' home court.

To read more about UCF men's basketball go to <https://ucfknight.com/sports/mens-basketball>







Better hurry!  
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