

ASP Vice-President Tom Barnard will speak at the November 13 luncheon

by Shirley Mears

“Creating a Legacy—Without Giving Away the Store” will be the topic of Dr. Tom Barnard’s presentation. In it, he plans to say that “most retired people underestimate their ability to make significant contributions to charitable interests. And sadly, too many older Americans have never bothered to create



Tom Barnard

a will or a living trust; they mistakenly assume they do not have sufficient funds to justify one.”

“The cost involved in having an attorney draw up a living trust is high,” according to Dr. Barnard. “Typically it is in the \$1500 range, but wills can be written by hand and, when properly witnessed, will stand the test of legal challenge.”

Dr. Barnard is a career educator/administrator. In 2001 he retired from his position as Vice-President for Institutional Advancement at Eastern Nazarene College in Quincy, Massachusetts, and relocated to Oklahoma City, where he and his wife, Madelyn, now live.

A native Californian, Dr. Barnard holds degrees from Pasadena College, now Point Loma Nazarene University (PLNU), Fuller Theological Seminary, Bethany Nazarene College, now Southern Nazarene University (SNU). His work at Oklahoma

State University was in Higher Education Administration. In 1989, he did post-doctoral work at Harvard University’s Institute for Educational Management.

Two of his alma maters, PLNU and SNU, awarded him their highest Distinguished Alumni Award in 1994 and 2001, respectively.

All members and guests are encouraged to make their plans to hear Dr. Barnard on Monday, November 13. The buffet in the Heritage Room of the Webster Commons on the SNU campus begins promptly at 11:15 a.m. The luncheon program begins at noon and ends at 1:00 p.m.

Important luncheon reservation information.

- **Members:** If you have *not* been contacted by one of the telephone callers, then please call Mrs. Shirley Pelley, ASP Telephone Committee Chairperson, at **405.354.3853**
- **Guests:** Please call Dr. Elbert Overholt, ASP Co-Director, at **405.789.2036.**
- **All:**
 - The cost of the luncheon is **\$5.00**
 - Kindly make your reservation before **Thursday, November 8**
 - Please be reminded that when a reservation is made, it must be included in the count unless it is cancelled by **Friday, November 9.** To cancel a reservation, please call Dr. Overholt at **405.789.2036.**



2006-2007 Contributors to the Luncheon-cost subsidies

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Your president's point of view:

by Jack David Arnold

Accentuate Positive Attitudes in Maturity

To paraphrase the **Cowardly Lion in the 1939 movie, *The Wizard of Oz*: "What's she got that I ain't got? Attitude."** The Cowardly Lion is a character in the fictional Land of Oz created by American author L. Frank Baum. He is a lion, but he talks and interacts with humans. He is the last of the companions Dorothy befriends on her way to the Emerald City.

How else to explain Edna Lockwood, 91 years old and a pilot to boot? Edna is a member of United Flying Octogenarians, a group of pilots aged 80 and older, which boasts more than 250 members. Indeed, it's **attitude—not altitude** that may help to ratchet the happiness set-point to a higher level and lengthen your life.

One 3-year study surveyed 338 men and 332 women, age 50 and over, regarding their attitude toward aging. They were then matched to mortality data to determine attitude's effect on life span. As evidenced by Edna, **men and women with positive views of aging increased life span of 7.5 years.** An additional 7.5 years of life because of a positive attitude? That's astounding!

Here are some "**Armoldian Aphorisms**," or my "tersely stated truths and opinions," that I have written down about retirement, or the so-called "Golden Years" for your careful consideration:

- **Accept who you are and what you are not able to do.**
- **Believe that you deserve to be happy.**
- **Accept the past as the past without denying it or disregarding it.**
- **Learn to detach from things because everything is impermanent.**
- **Learn to forgive yourself and to forgive others.**
- **Don't assume that it is too late to get involved.**
- **Live joyfully in the moment—in the NOW.**
- **Help others because "happiness is helping others."**
- **Ask for help when you need it.**
- **Plan pleasurable activities in advance because looking forward to them is a mood-brightener.**
- **View the world optimistically.**
- **Laugh often, smile frequently, and look for the humor in daily life.**
- **Concentrate on being curious, realistic, and flexible.**
- **Love is how you stay alive, for without love, we are like birds with broken wings.**

Continued next column—Armold



"Sharing a Continuous Flight"

The Academy Perspective

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Continued from previous column—Armold

- **Remember you *cannot* always control what happens to you, but you *can* control your response to what happens to you.**
- **Cultivate a sense of wonder about the world.**
- **Do things that come from the heart**
- **Think of ten things each day for which you are grateful—and write them down.**

Compare the attitudes of two shoe salesmen who were sent to a faraway island to sell shoes. After the first day, both men sent back telegrams.

One read: "This place is a disaster. No one wears shoes."

The other: "This place is a gold mine. No one wears shoes."

Continued p. 6—Armold



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



[Above] Guest Lori Smith enjoys the Academy Luncheon with her father, Fred Morgan



[Above] Shirley Mears, ASP Program Chairperson, shares some lighter moments with speaker Patrick Allen, SNU Provost



[Left]

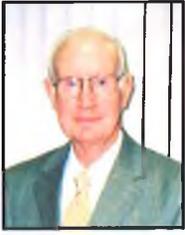
ASP Co-Director Brenda Styers gets better acquainted with the ASP membership at the October luncheon meeting.



[Above] ASP President Jack Arnold kicks off the new 2006-2007 year at the ASP Luncheon with friend, Bobbie Lane



[Above] Guests Jim and Joan Edwards pose for the camera at the October ASP Luncheon



We Are Thankful

by Lecil Brown

In August 1771 Rev. John Wesley was addressing the Methodist Annual Conference in Bristol, England when he said, “our brethren in America call aloud for help, who will go?” Instantly, a twenty-six year old young man sprang to his feet and said “I will go.” That young man’s name was **Francis Asbury** (Francis Asbury, The Prophet of the Long Road, by Ezra Squire Tipple.)

The Methodist Conference proceeded to commission Asbury a missionary to America. He returned to his home to break the news to his parents. They “clung to him, their only child, with passionate affection. His devotion to his parents was one of the most beautiful traits of his character.” When he left England on September 4, 1771 for the perilous journey to America, he never saw his parents again. In another book about Asbury, *The Heart of Asbury’s Journal*, author Tipple relates one of Asbury’s experiences at sea as he recounted it: “The wind blowing a gale, the ship turned up and down, from side to side, in a manner very painful to one that was not accustomed to sailing; but when Jesus is in the ship all is well. O, what would not one do, what would he not suffer, to be useful to souls, and to the will of his great Master! Lord, help me to give thee my heart now and forever.” The ship arrived in Philadelphia on October 27. He left Philadelphia on November 7 on his way to New York where he preached his first sermon on **November 13, 1771**. He immediately began to travel out to small towns to preach. He observed that “my brethren seem unwilling to leave the cities, but I think I shall show them the way.” Early in his ministry, the “circuit rider” type of ministry was getting started.

When Asbury arrived in America there were about 1,200 American followers of the Methodist Church. When he died on March 31, 1816, there were 214,000! On horseback, in all kinds of weather, he preached the gospel from Maine to Georgia, and westward to Kentucky and Ohio. He traveled over 250,000 miles, preached more than 16,000 sermons and presided over more than 200 conferences. In his book *Francis Asbury Founder of American Methodism and Unofficial Minister of State*, author William Larkin Duren perhaps best summarizes for us his life and work: “Probably no man of the pioneer days has a more distinct claim to the grateful homage of the American people than Francis Asbury.”

We of the Wesleyan persuasion are indeed thankful as present day beneficiaries of the life of **Francis Asbury** who left his family, and his own country to make our country a better place.



The Worst Hard Time

by Timothy Egan

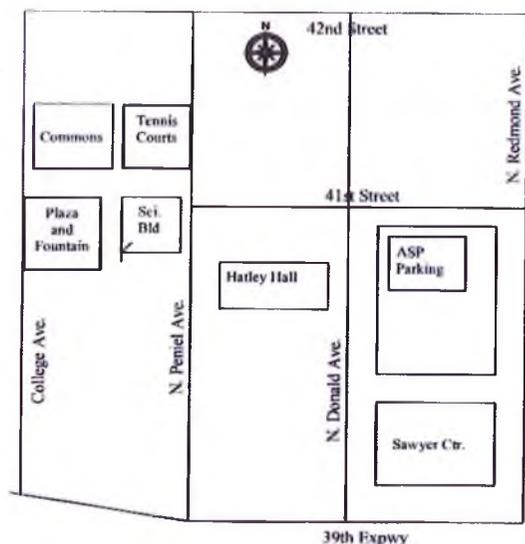
(as reported by Bea Flinner)

The dust storms that terrorized America’s High Plains in the darkest years of the Depression were like nothing ever seen before or since, and the stories of the people that held on have never been fully told. Pulitzer Prize-winning *New York Times* journalist and author Timothy Egan follow a half-dozen families and their communities through the rise and fall of the region, going from sod homes to new framed houses to huddling in basements with the windows sealed by damp sheets in a futile effort to keep the dust out. He follows their desperate attempts to carry on through blinding, black blizzards, crop failure, and the deaths of loved ones. Drawing on the voices of those who stayed and survived—those who, now in their eighties and nineties, will soon carry their memories to the grave—Egan tells a story of endurance and heroism against the backdrop of the Great Depressions.

As only great history can, Egan’s book captures the very voice of the times: its grit, pathos, and abiding courage. Combining the human dramas of *Isaac’s Storm* with the sweep of *The American People in the Great Depression*, *The Worst Hard Time* is a lasting and important work of American history.

Walter Cronkite said, “As one who, as a young reporter, survived and reported on the great Dust Bowl disaster, I remember this book as a dramatic, exciting, and accurate account of that incredible and deadly phenomenon. This is can’t-put-it-down history.” A tremendous true story!

ASP Parking Map





News to Use

by Shirley Mears

What do you do when you don't know what to do?

Go play! Get away! Walk, run, hike, ride a bike, ride a horse, garden.....

45 & Better News suspended publishing last May and the radio show on KTLR AM 890 ended on September 29. I've heard the saying, "I'm not a quitter, but I can be stopped". When you love your work, the money part is not an issue. However, after a time no amount of devotion can make logical sense on continuing something that is not financially feasible.

Now my question is: What do you do when you don't know what to do? Scripture says that "the counsel of many brings success." Several mentors have suggested that I needed a solitary prayer retreat.

My husband, Carl, and I had visited the trails at Roman Nose State Park in Watonga, Oklahoma a few times this year. Concentrating on staying vertical took lots of focus, and the tendency to worry subsided. It would be so easy to slip on a loose stone or lose my footing on narrow paths. Adding a broken bone to my list of troubles wasn't a good idea. I became familiar with the path. I acquired a walking stick, good walking shoes, a backpack with a water bladder and was beginning to feel rather strong about the possibility of walking alone. The solitary walk gives time to think new thoughts, see new sights, burn some calories, and get fresh air in the lungs.

Walking also gives the brain time to heal, I think. When a problem just doesn't seem to find a solution, the brain, at least my brain, just seems to hang on to the worry. Worrying thoughts though, must be combated with a plan. Some have said that the act of worry is designed to find a solution to a problem. However, after a time it seems, the mind just creates a cycle of thoughts that are harmful, destructive and condemning.

Scripture tells us that worry is a sin. I hadn't thought of it that way until a guest on my show, Chris Christensen of Christensen Media group said, "The New Testament tells us not to be filled with worry and anxiety. Why? Not only does worry and anxiety rob us of the joy and peace that Jesus wants us to have, but to worry and to be anxious about life can actually be insulting to God. How? Remember the words in Scripture...*I will never leave you, or forsake you?* When we worry and are anxious, are we, in a sense, telling God that He was not telling the truth when He said this? Worry and anxiety, without the sugar coating, can then be described as doubting that God will keep His promise to us. Perish the thought!"

Continued next column—Mears

Dr. Banz to Speak to RIG

by Elbert Overholt

Dr. Martha Banz, Dean of Arts and Science and Academic Affairs at SNU will be our special guest at the Research Interest Group (RIG) meeting Monday, November 13 at 9:30 a.m. She will review her anticipated research and make some suggestions for our possible participation in her efforts.



Martha Banz

Her presentation will supplement the suggestions made by Dr. Sue Ann Lively at our last meeting in October. Dr. Lively summarized the modes of naturalistic research and contrasted them with scientific research.

Naturalistic research seems to be the most appropriate method for our RIG and ASP members at this stage of our professional development and learning. Some who did scientific research at earlier stages no longer have the equipment and finances for continuing scientific research.

The Internet with websites such as the Centre for Self Managed Learning and Educationatlas.com shows some promise for our organization. It should present some alternatives for our continuous flight of development.

Join us Monday, November 13 at 9:30 in the student conference room, lower level, SNU Commons. Bring your ideas for some good research projects. There will be time for discussion after Dr. Banz's presentation.

Continued from previous column—Mears

Even though I have been in a study of the *Holy Bible* for many years, and I knew of that concept, I somehow just had not connected the thought that when a concern becomes a worry thought, then I am no longer trusting that God has a solution and cares enough about me to help me in my time of need.

I found the Watonga Motel a nice, clean, quiet motel, walked part of the trail at Roman Nose State Park, read my Bible along with about 7 other books that are a part of my studies and wrote 5 pages in my journal.

Although I didn't have lightening-bolt thoughts to solve my situations, I do have a better sense of peace. It seems to have an effect on faith.

So let me know what you do when you realize you are in a worry-thought cycle.

My email is news@45andbetternews.com.

Continued from p. 2—Arnold

Consider the Zen saying about one Asian farmer's attitude: "The barn burned down. Now I can see the moon."

On September 20, 2006, I received my first Taxotere chemotherapy infusion for my prostate cancer at the Dallas Presbyterian Hospital. While I "checked out" this large, clinical room with about thirty chairs with their backs to large windows overlooking the skyline of Dallas, I saw an elderly woman at the end of the room reading a novel while she received her infusion. Her beauty was a happy sight for my anxious eyes! When suddenly she rose to leave, I saw her hobble down the aisle. She had one leg and wore a crutch. But as she passed by me, she gave me a broad smile.

**Oh, God, forgive me when I whine.
I have two legs; the Love of Others is mine.**

One snowy day in Chicago in 1965, I stopped by a newspaper stand and was touched warmly by a brief conversation that I had with a young teenager who sold me the morning *Chicago Tribune*. The lad who sold it to me had a hearty laugh and boyish charm. I talked with him; he seemed so happy. "If I were cold or late, or both," he said, "It'd do nobody no harm." And as I left, he said to me, "I thank you; you've been so kind. It's nice to talk with folks like you. You see," he said, "I'm blind."

**Oh, God, forgive me when I whine.
I have two eyes; the Sunshine of the Spirit is mine.**

One summer day in 1957 at the University of Illinois at Urbana-Champaign, Larry Olson, the Director of the Summer Residential Center, introduced me as a Resident Counselor to ten deaf or hearing-impaired children from all over the State of Illinois. Their silence to his introduction of me was deafening! As I walked the boys down the dormitory hall to their rooms, I had to use visual signals to show each boy to his new room for the summer. Later that night when they played the game of Musical Chairs, in which one chair was removed from the circle when the music stopped. On that night, we had to turn out the light in the room to let the boys know that it was time for them to rush to the available chairs to sit on. When I saw one young boy about ten years of age standing alone, because there was no chair for him to sit on after the light went out, my heart cried out for him. At that moment, I realized that I had always taken the gift of hearing for granted when I, as a young boy, had played the game of Musical Chairs back in Oklahoma City at the Linwood Methodist Church in the 1930s.

**Oh, God, forgive me when I whine.
I have ears that hear; the Sounds of Nature are mine.**

**With feet to take me where I go.
With eyes to see the sunset's glow.
With ears to hear what I know.**

**Oh, God, forgive me when I whine.
I've been so blessed. Heaven and earth are mine.**



ASP Calendar

Monday: November 13

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster Commons **begins**
- 9:30-10:45 Research Interest Gp. Commons Student Life Conf. Rm
- 10:30 a.m. Shuttle: Sawyer to Webster **continues**
- 11:15 a.m. Luncheon begins: Heritage Room—Commons
- 1:00 p.m. Luncheon meeting ends
- 1:15 p.m. Ad. Council: Faculty Lounge—Webster Commons
- 1:30 p.m. Shuttle: Webster Commons to Sawyer parking **ends**



REMINDERS

- **Membership Dues:** Members who have not paid their annual dues, may pay them at the November 13th Luncheon or send their checks to Dr. Roy Dorris, ASP Treasurer, 4607 N. College, Bethany, OK 73008. Yearly individual dues for the calendar year are \$15.00, or \$1.25 per month. The initiation fee for new members is \$10.00.
- **ASP Web Site:** Information about the ASP may be found at www.snu.edu/sr_professionals.
- **Shuttle Service for November meeting:** SNU continues to offer free shuttle service to and from the northwest corner of the Sawyer Center parking lot, 41st and Donald Street. Newcomers should turn north at the red light at 39th Expressway and Peniel Street; go two blocks north to 41st Street; turn right (east) one block to Donald Street. The shuttle begins service at 9:00 a.m. and continues making trips back and forth to the Webster Commons where the luncheon is held until 1:30 p.m. Members and guests are urged to use this shuttle service.

Remaining Meeting Dates for 2006-2007

**November 13, 2006
December 11, 2006**

**January 8, 2007
February 12, 2007**

March 12, 2007

April 12, 2007 - Peer Learning event off campus

May 14, 2007