

**“Service through the art of music”
is the topic of the February 12
Academy luncheon meeting**
by Shirley Mears, Program Chair

Academy members and guests will enjoy hearing Wayne McEville, Ph.D., perform and speak about his “Mozart Goes To School” programs and the beneficial effects for children, both in their school work and in their lives in the community.. He believes that “assisting the genius of intelligence to harmonize in a human spirit, through the placing of his recordings into environments, is a service with far reaching implications.”



Wayne McEville

In 2000, teachers, principals, administrators began to use Dr. McEville’s Mozart recordings in classrooms. Evidence of their utility has come from educators, and most importantly, from the children themselves. Teachers speak of students being more “on task” and “at ease.” One teacher reported that when she forgets to put on one of Dr. McEville’s CDs, “The students demand it.”

Our speaker believes that “each and every

child has an inherent genius for comprehending and utilizing Mozart’s messages. It nurtures the God-given individual genius in each and every child who hears them—whether the talent is tuned to mathematics, writing, acting, painting, business, music, science, or any other endeavor.”

Dr. McEville became familiar with the music of Mozart and other master composers in 1941. In 1963, he finished a Ph.D. dissertation entitled “Music and Metaphysics” at the University of Southern California. His thesis held that music could serve to take man to the very heart of his spiritual being and benefit society greatly. In 1974 he began to perform Mozart for children in public schools.

An invitation is extended to you by Dr. McEville to “participate in the harmonizing process, when a recording is placed within an environment, by purchasing a set for a child, for yourself, for your business place, or for a loved one. Listening to these clear and highly specific messages, which have to do with areas of human reality which are largely beyond the power of verbal language to address, will bring you in touch with your own powers of creativity, and the inner growth of psychological and spiritual resources.”

All members and guests are urged to make their plans to hear Dr. McEville on Monday, February 12. The buffet luncheon 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 RSVP by calling 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, February 8**
 - Please be reminded that when a reservation is made, it must be included in the count unless it is cancelled by **Friday, February 9**. To cancel a reservation, please call Dr. Overholt at **405.789.2036**



**Contributor to the February 12
Luncheon-cost subsidy**

Thank you to:

**Eunice Khoury
Insurance Agency, Inc.**





Your president's point of view:
by Jack David Arnold

February is traditionally the month to celebrate loving others and ourselves

Mid-February in 5th century Rome was traditionally the time of the Lupercian festival, an ode to the god of fertility, a celebration of sensual pleasure, and a time to meet and court a prospective mate. In 496 A.D. Pope Gelasius outlawed the pagan festival; however, he needed to replace it with a similar celebration, although one deemed morally suitable. He needed a "lover's saint" to replace the pagan deity Lupercus.

The martyred Bishop Valentine was chosen as the patron saint of the new festival. Saint Valentine had been beheaded for helping young lovers marry against the wishes of the mad emperor Claudius. Before execution, Valentine himself had fallen in love with his jailer's daughter. He signed his final note to her, "*From your Valentine*," a phrase that has lasted through the centuries. The concept of celebrating *love* became known as Valentine's Day.

When we think of Valentine's Day we think of loving others, but I would like to suggest that **the only way that you and I will be able to love others is also to love ourselves**. To support my thesis, I will cite what Jesus of Nazareth said to the rich young man, who asked the Teacher what he must do to get eternal life: "Do not murder, do not commit adultery, do not steal, do not give false testimony, honor your father and mother, and **love your neighbor as yourself**" (Matthew 19:19, NIV).

The actor-humorist, Groucho Marx, once joked that he would never belong to any club that would accept him as a member. For people, though, the inability to appreciate themselves is no laughing matter. People who suffer from low self-esteem resign themselves to a life of painful alienation.

The belief that we are less worthy, less attractive, less intelligent, or less good than other people in any way, sets us apart from those who would love us and would accept our *love* in return. Feelings of inadequacy, shame and self pity can consume our energies in an emotional tornado that drives destructively through all our relationships.

The devastation that occurs as we live out our self-doubts serves only to reinforce the beliefs that we hold. A vicious cycle is perpetuated—a self-fulfilling prophecy. It works this way for a person in this cycle: He or she would say to himself or herself, "If I let others get close to

Continued next column—Arnold



"Sharing a Continuous Flight"

The Academy Perspective

---Publication Board---

Chair & Production Editor	Don Beaver
Copy Editor	Darlene Overholt
Managing Editor	Elbert Overholt

---Columnists---

President's Column	Jack David Arnold
Obituaries	Billie Harrison
Feature Writer	Lecil Brown
Book Reviews	"Open"
Library Resources	Bea Flinger

---Staff Reporters---

Photography	Edith Sonnevik Payne
Programs	Shirley Mears
Research	Elbert Overholt

---Communications Policy---

We value messages from our readers.

By mail: **The Academy Perspective (TAP)**, Southern Nazarene University, 6729 N.W. 39th Expressway, Bethany, OK 73008
By fax: (405) 491-6381

By computer: www.snu.edu/sr_professionals

---Newsletter Subscription Information---

Annual subscription cost for **The Academy Perspective**:

Non-members—\$10.00 per year
Members—Included in membership

---Contributions---

To make contributions to the Academy of Senior Professionals:
Mail to: Roy Dorris, Treasurer
4607 N. College, Bethany, OK, 73008

Continued from previous column—Arnold

me, then they'll see through me, and I'll end up friendless. So I don't let people get close to me, and it's just as I expected. I'm friendless."

The human mind often breaks down *reality* into simple forms: Black and white, good or bad, me or you. This either/or way of thinking may confuse some into believing that it is not possible to treat another with care, while at the same time giving care to themselves. With our cultural traditions that value *love* for other people, many are convinced that it is selfish to be considerate of their own feelings and needs.

The scales of *loving* human relations must be balanced; this can happen only when each individual is honored as being of equal value. People who are in the habit of putting themselves down make it difficult for others to

Continued page 6—Arnold



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



↑ Unidentified visitors



↑ Robin Jones (speaker) & Shirley Means (program chair)



↑ Lisa Bellenkamp (Concordia) & Amy Rollin

-----↓ Unidentified visitors -----

↓ Debbie Evers (Concordia Counselor with display)



-----↑ Unidentified Visitors-----

-----↓ Unidentified Visitors-----

↓ Lorene Carrol (Visitor)



↓ Clarence and Aleen Drumeller (New members)



↓ Sarah Wood & Margaret Bridgewater (Servers for the ASP luncheon)



↓ Group picture: January ASP luncheon





Poetry by Pischel

“I Know, But They Don’t”

by Jack Pischel

I know this paper is light pink;
I know my ink is blue.
I know that words cannot express
The love I have for you.

I know some eyes that are real brown;
I know a heart that’s true.
And yet, I know that these can’t know
The love I have for you.

I know that sun is very bright
In this day that is new;
But it can’t see, nor can it tell
The love I have for you.

I know I should be studying;
But it is so hard to do,
When thinking how I might express
The love I have for you.

The rose is very beautiful
As on it falls the dew;
But you surpass it: It can’t know



Mr. February
by Jack Pischel

Getting soft? Why that’s a laugh!
I’ll have to leave my autograph.
I just won’t “stand” to be thought slack—
Besides, the earth was getting black.
Why, I heard said the snow was gone,
From field and pasture, house and lawn.
I wonder what those guys will say
When snow comes down day after day?
I’ll order some of every brand
Until men pray I stay my hand;
And then I’ll send a little more
To sorta’ even up the score.
“Old February’s quite a lamb.”
I’ve never had quite such a slam.
I just won’t take it, lying down;
I’ll pelt ‘em ‘til they’re like to drown.
And if that Spring is hanging ‘round,
I’ll scare her off with eerie sound
Of whistling wind around the walls,
And slapping sleet and icy squalls.
I think I’ll really throw a fit
To let them know that I’m still it;
And keep ‘em thinking that I’m tough.
I just can’t stand that sissy stuff.



Library Resources

by Bea Flinner

Author:

Douwe Draaisma

Title: **Why life speeds up as you get older:
how memory shapes our past.**

“Is it true, as the novelist Cees Nooteboom once wrote, that ‘Memory is like a dog that lies down where it pleases’? Where do the long, lazy summers of our childhood go? Why is it that as we grow older time seems to condense, speed up, elude us, while in old age significant events from our distant past can seem as vivid and real as what happened yesterday? In this enchanting and thoughtful book, Dauwe Draaisma, author of the internationally acclaimed *Metaphors of Memory*, explores the nature of autobiographical memory. Applying a unique blend of scholarship, poetic sensibility and keen observation he tackles such extraordinary phenomena as déjà vu, near-death experiences, the memory feats of idiot-savants and the effects of extreme trauma on memory recall. Raising almost as many questions as it answers, this fascinating book will not fail to touch you at the same time as it educates and entertains.”

Some topics dealt with are “Smell and Memory,” “Trauma and Memory,” “Reminiscences,” “Forgetting,” “I saw my life flash before my eyes like a film.”



News to Use

by Shirley Mears

The Mayors Prayer Breakfast began 23 years ago with the purpose of encouraging morality and Godly ethics by Oklahoma City business, professional and government leaders and citizens. Many people have made life changing decisions as a result of the Prayer Breakfast.

This breakfast, now known as The Metro Prayer Breakfast, is considered to be one of the largest network gathering events of the year. There are about 50 people at the head table and over 1900 in attendance. This year’s speaker will be Don Mitchell. Don enjoyed a 40 year career with the automotive industry, beginning at 18 as a draftsman for General Motors. In 2000 he retired from GM to form his own consulting firm, Donald E. Mitchell, Inc.

This popular annual spring event will be held on Wednesday, April 11 at the Great Hall of the Cox Convention Center. Sponsorships are available from \$1,000 to \$15,000 and provide the sponsors name on the invitation stationery by purchasing a table of ten at one of those levels. Doors open at 6:15.

To learn more call Nancy Martin at the CBMC office at 749-9418 to make reservations. Their website is www.cbmc.com and the email is okc@cbmc.com. CBMC is a charter member of the Evangelical Council of Financial Accountability. K. Randy Roper, Executive V.P., MidFirst Bank, Chairman, 2007 Metro Prayer Breakfast.



Research Interest Group (RIG)

by Elbert Overholt

WELLNESS FOR THE NEW YEAR *

Debbie Miller, Adult Physical Trainer at Spanish Cove Retirement Center, presented the Research Interest Group a challenging message on Monday, January 8. She adroitly presented three top health ideas that are crucial for us to really enjoy 2007.



Debbie Miller

#1: Increase the amount of time you spend exercising.

Of course there are no guarantees in life and even fewer in death. However, research shows that "much of the decline in physical strength and ability attributed to the aging process is accelerated by inactivity. This means that your health is not just a throw of the genetic dice but a factor

that is largely under your control." Not only will consistent exercise lengthen your life it will raise the quality of your life as you near the end.

Endurance (aerobic or cardiovascular) exercise helps deter several disorders such as heart disease, stroke, Alzheimer's disease, and Parkinson's disease. "With endurance exercise you can expect to see a reduction in blood pressure, both systolic and diastolic, blood sugar is improved and cholesterol levels drop." Examples of aerobic exercise are brisk walking, dancing, bicycling, and water exercise. Anything that raises your metabolic rate for at least ten minutes, preferably longer.

"The most dramatic declines due to aging are in muscle strength. Unless you do resistance exercise (strength training) you can lose as much as six pounds of muscle a decade." This loss of muscle, that begins in our late 30's, saps our strength, lowers our metabolism and exposes us to greater risk of getting age related diseases. A boost in metabolism will make you feel more energetic, more alert, more vital and alive.

"Ladies, a pound of muscle at rest burns 35 calories, a pound of fat, just 2 calories." "A regular exercise program (30 minutes of physical activity three or more days a week) can reduce your risk of dying in the next eight years by 40%, improve brain function, cut risk of Alzheimer's disease by up to 60% and decrease symptoms of depression."

"Exercise reduces the overall rate at which you create harmful free radicals."

#2: Add a super food to your diet

"What you eat has a tremendous impact not only on your health but on your longevity." Various foods work at the cellular level in our bodies. We need food rich in anti-oxidants.

Normal metabolism produces unstable oxygen molecules called free radicals. Recent studies suggest that free radicals play a central role in virtually every age related disease (heart disease, strokes, Parkinson's, Alzheimer's, and Type 2 diabetes). Anti-oxidants are substances that bind with free radicals and inhibit them from damaging cells. They are abundant in the most colorful fruits and vegetables. Also, add a good multi-vitamin for insurance.

#3: Develop three self-fulfilling attitudes and actions --- lifelong learning, active involvement and a hopeful outlook.

Hopefulness and spirituality are social, mental, emotional aspects of health. They are equally as important as exercise and diet in maintaining good health.

This area is very germane to the mission and activities of the Academy.

You are involved in some aspect of these goals right now.

"Life long learners have less Alzheimer's and are less likely to be disabled. Seniors with a sense of purpose like being productive and feeling challenged. We should constantly be looking for opportunities to learn, to grow, and to love."

"Do something that adds meaning and purpose to your life."

*Note: This article is a summary of the presentation "Wellness for the New Year" by Debbie Miller. Quotations are directly from her paper; including this one,

"It's never too late to make change."



RIG group hears Debbie Miller discuss health ideas for a better 2007.

~ ~ ~ ~ ~ ~ ~ ~ RIG Addendum ~ ~ ~ ~ ~ ~ ~ ~

The Research Group is cooperating with the Strategic Planning Committee to develop and execute an interest inventory survey of Academy members. Watch for announcements from Co-director, Brenda Styers.



Continued from page 2—Arnold

accept them as equals. True *love* grows usually between those who, despite their differences of appearance, talents, opinions, or any other external measure, know themselves to be equals. When we know ourselves to be as valuable and as deserving of *love* as anyone else in the world, we find a world of people who want to *love* and support us.

Holding ourselves in healthy self-esteem is different from being narcissistic. Narcissus, the figure in Greek mythology who spent his days pining after his own reflection in a pool, neglected everyone else in his life, preoccupied as he was with himself. He was like those who spend hours trying to get their hair perfect or their body flawless so that others will think them beautiful or handsome. The underlying assumption is that they are not good enough as they are, that they must alter and improve themselves in order to be acceptable in other's eyes.

True self-esteem belongs to the one who looks in the mirror, not to criticize or admire, but to see past physical appearance into the essential being reflected there. The one who moves past fear and discomfort to look deeply and lovingly into his or her own eyes will be able to share that look of *love* fully with another.

We are invisibly tied to one another by a *loving* force much greater than we can conceive of with our either/or minds. It is a force that speaks the language of both you and your neighbor. You both receive the *love* that lives inside you. Next time you want to increase your ability to *love* someone else, look first into your own eyes and see your own goodness, your own worthiness. Enjoy the person you are, risk sharing yourself with another, and then watch how you grow in honest and healthy *self-love*.

*Love is always bestowed as a gift freely,
willingly, and without expectation.*

*We don't love to be loved;
we love to love.*

--Leo Buscaglia



ASP Calendar

Monday: February 12

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster **begins**
- 9:30-10:45 Research Interest Gp. Commons Student Life Conf. Rm.
- 10:30 a.m. Shuttle: Sawyer to Webster Commons **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
- 1:00 p.m. Shuttle: Webster Commons to Sawyer parking **ends**

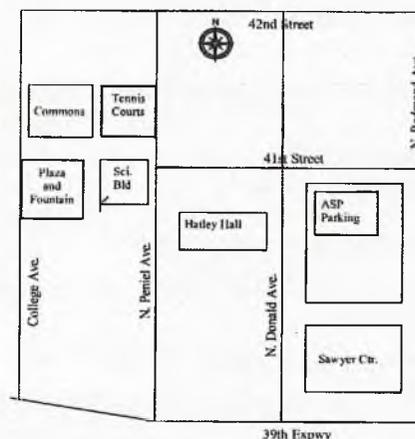


REMINDERS/NEWS BRIEFS

- **Dues:** Mrs. Margaret Dawson, ASP Dues Chairperson, is receiving the dues for the calendar year of 2007. Annual dues are \$15.00. Persons who wish to send in their checks should send them to Dr. Roy Dorris, 4607 N. College, Bethany, OK 73008. Checks should be made payable to SNU with a notation on the check for **ASP Dues**.
- **Bylaws and Organization:** ASP member, **Mr. Harold Dozier**, has been appointed by President Arnold to fill the Bylaws and Organization Chairperson vacancy created by the illness of Dr. James Robert Emmel. President Arnold and the Administrative Council wish to express their sincere appreciation to Dr. Emmel for his dedication, leadership, and service to the Academy and its extended community.

Mr. Dozier has been involved in the writing of bylaws for two local churches and one civic group. In his "other life" at the Oklahoma Tax Commission, he spent a lot of time dealing with proposed legislation, trying to fix the language of a legislative staffer or member, so that the Commission could actually do what the Legislature was trying to implement.

ASP Parking Map



Remaining Meeting Dates for 2006-2007

***(Please note changes in some dates due to a change in the Peer Learning event schedule)

February 12, 2007

March 12, 2007

**March 28, 2007 - Peer Learning event (Revised date)

**April 9, 2007 - (Added date)

May 14, 2007