

“Rising Above the Crowd” headlines Dr. Krittenbrink’s speech at the May 14 Academy luncheon

by Shirley Mears

Our last luncheon speaker of the 2006-07 academic year will ask three thought-provoking questions in her speech: “Are you standing head and shoulders above the crowd? Are you reaching to the highest levels you are capable of? And, ladies, are you giving birth standing up? AND, if you answered ‘yes’ to all three, then I am getting nervous.”

She adds, “This presentation will enlighten, educate, and encourage us to strive our hardest, give it our all, and provide us with a vision for our tomorrows. And, by the way, if you are a giraffe, then you would definitely be doing all three of the aforementioned items.”*

Dr. Juanita Krittenbrink currently serves as the Director of the Liberal Studies and Management Sciences division at Redlands Community College in El Reno. “Dr. K.” has been involved in community college education since 1981, having served as full-time faculty, adjunct faculty, grant director, and her current status as divisional chair.



Dr. Juanita Krittenbrink

Our speaker received her Doctorate of Education from the University of Oklahoma in educational administration and her Master’s degree in community college English education from the University of Central Oklahoma (UCO) and her Bachelor’s degree, also from UCO, in English education with speech and business minors. She loves “the community college world inclusive of her wonderful faculty and students.”

“Dr. K.” lives in Okarche with her husband, Mike,

and is the proud parent of a twin daughter and son, who respectively are graduates of the University of Oklahoma and Oklahoma State University. Bedlam reigns in their household.

Concerning the main thrust of her speech, “Dr. K.” wrote, “As intelligent and dedicated professionals, we MUST continue to live each day of our lives with purpose and meaning. ‘Rising Above the Crowd’ may indeed do exactly that—help us to realize that the ordinary can, in a moment, become the extraordinary, and, just as Dorothy in *The Wizard of Oz*, discovered, sometimes when the chips are down and your friends are being intimidated, you MUST step to the front and confront the Wizard. Let us continue to step up, stand tall, reach for the highest limb, and never, never, never give up!”

*[Remarks will come from “I’ve Looked Up To Giraffes” by Hugh Gouldthorpe and Bill Gravitt.]

All members and guests are urged to make their plans to hear Dr. Krittenbrink on Monday, May 14. The buffet luncheon in the Heritage Room of the Webster Commons on the Southern Nazarene University campus begins promptly at 11:15 a.m. The luncheon program starts at noon and ends at 1:00 p.m.

Important luncheon reservation information:

- **Members:** If you have not been contacted by one of our telephone callers *by Thursday, May 10*, 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(s) *by Thursday, May 10.*

**2006-2007 Contributor to the
Luncheon-cost subsidies**

May: Burbridge Foundation



Your president's point of view:

by Jack David Arnold



"Sharing a Continuous Flight"

Wisdom is the virtue *par excellence* and is the highest achievement in old age

To know how to grow old is the master work of wisdom, and one of the most difficult chapters in the great art of living.

--Henri Frederic Amiel

Among all the other virtues of life, wisdom belongs in a class of its own: It subsumes all virtues. **I believe that wisdom is the number one virtue--the virtue *par excellence*-- the one without equal.** One might ask me the following question, "What about love?" Psychiatrist and author, M. Scott Peck, wrote in his book *Abounding Grace: An Anthology on Wisdom*, "Love indiscriminately, for instance, and one may well end up causing more harm than good. It is possible to be loving without being wise; it is *not* possible to be wise without loving."

In the late 1970s, a young woman, Marilyn Von Waldner, then a Catholic nun, composed and sang a collection of twelve songs that were recorded and published under the title of *What Return Can I Make?* Two of the twelve songs are specifically about wisdom, and they resounding proclaim: "Wisdom is a spirit."

I choose to believe that this "spirit" is God speaking to me. Dr. Peck sometimes thinks of this spirit as Sophia, after the goddess of wisdom. She seems to speak to him through events or coincidences. Most dramatically She can speak to him through certain nighttime dreams, which Carl Jung referred to as "big dreams." Most commonly She speaks to him through that "still, small voice."

*Youth is the time to study wisdom;
old age is the time to practice it.*

--Jean-Jacques Rousseau

Is wisdom earned in old age, or is it a gift? The majority of philosophers and thinkers seem to come down in favor of it as "earned," or at least, as an "earned gift." *Seek* after wisdom, they advise; indeed, *seek* after it as nothing else, before anything else. We must *seek* deep wisdom with all our strength. It must be chased down as if our whole life depended upon it.

The word *wisdom* is not easily definable, yet everyone *seeks* it, regarding it as the highest human achievement. *Merriam Webster's College Dictionary* defines *wisdom* as "marked by deep understanding, keen discernment, and a capacity for sound judgment."

*Knowledge is proud that he has learned so much.
Wisdom is humble that he knows no more.*

--William Cowper

The funny thing is that wisdom usually does not appear until we are older. At twenty-nine years of age when I received my doctor's degree in rhetoric and intellectual history from the University of Illinois at Urbana-Champaign, I thought I knew everything. Now at seventy-eight, I find that the more I learn,

Continued next column—Arnold

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---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:

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the more I find out how little I know. Philosopher George Santayana wrote, "Old places and old persons in their turn, when spirit dwells in them, have an intrinsic vitality of which youth is incapable; precisely the balance and wisdom that comes from long perspectives and broad foundations."

Wisdom, for example, is essential to achieving health, and staying healthy in turn, enables senior adults to maximize their life span and acquire yet more wisdom. Through the continual lessons and practice of living a balanced and harmonious life, as well as cultivating our spirits, the wisdom in us grows with each passing day; and with it, comes the obligation to share our wisdom in the form of service to others.

*Through wisdom a house is built,
and through understanding it is established.*

--Proverbs 24:3

I suggest that as a useful exercise, you start with the end of your life in mind. Go through your life as if you are watching a

Continued on page 6—Arnold



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



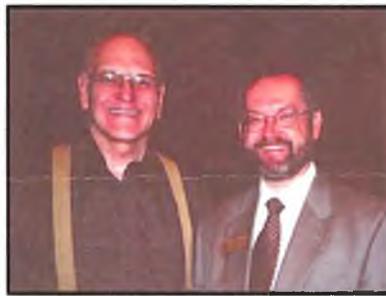
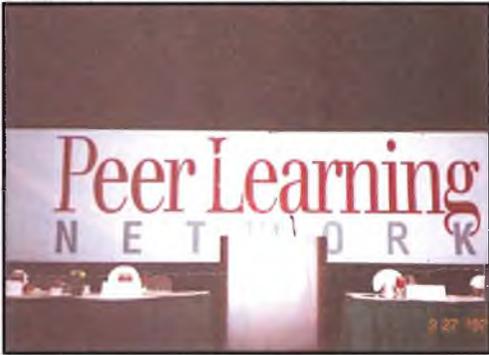
Pics from PLN Luncheon

Clockwise:

- 1. PLN Head table
- 2. Drs. Gresham, Negropte
- 3. Dining table
- 4. SNU display
- 5. Drs. Gresham, Alexander

Below: l-r

- 1. Marjorie Brown & Margaret Dawson
- 2. Harold Dozier & Michael Crabtree
- 3. George & Mary Evelyn Miller



ASP members attend PLN Luncheon on March 28 in Oklahoma City

Fifty ASP members heard Dr. Nicholas Negropte, the founding chairman of MIT's Media Lab, speak at the PLN luncheon about his **\$100 Laptop** project. He believes that this "conceptual and technological breakthrough is destined to revolutionize computing and transform education and culture world-wide."

Dr. Negropte is the author of the *New York Times* best seller *Being Digital* (1994). He was the first to predict and describe how digitalization would affect every industry in every part of the world.

ASP President Jack David Arnold noted the speaker's comment about problem-solving in the world of science, technology, and society (STS), "There is always an "s" on the word **solutions.**"

Dr. Arnold also expressed his gratitude, on behalf of all ASP members, to Southern Nazarene University President Loren Gresham and the PLN leaders for once again inviting the members of the Academy to enjoy another delicious luncheon and learn in this annual event in the spring at the Cox Center in Oklahoma City.

Strategic Planning Committee Makes Recommendation

by Brenda Styers

The Strategic Planning Committee submitted the following two-level recommendations at the April Administrative Council meeting, and the members of the council unanimously accepted the report. They agreed to discuss these recommendations during their May meeting.

PRIORITY A: FIRST LEVEL OF RECOMMENDATIONS

- Develop New Member Orientation and communicate SNU benefits to current members
- Further explore interest in planning Day Trips
- Strategically build relationships with future members, identifying direction for future growth
- Collaborate with student and faculty of the Family Studies and Gerontology program of SNU's School for Professional Studies (formally Adult Studies), identifying opportunities for students to interact with ASP
- Recruit members to help lead/coordinate new initiatives

PRIORITY B: SECOND LEVEL OF RECOMMENDATIONS

- Form Program Committee to assist in identifying internal and external speakers, and coordinating with speakers
- Explore interest in small groups for educational and/or common interests
- Research the interest in and feasibility of a senior adult conference similar to the conference sponsored in 2002.

Members of the Strategic Planning Committee were Don Beaver, Harold Dozier, Roy Franklin, Elbert & Darlene Overholt, Paul & Mary Anna Scheie, Brenda Styers, and Lyle Tullis. As the Administrative Council discusses these recommendations, please consider how **you** might be involved in ASP.



IN MEMORIAM

by Elbert Overholt

Jack McElrath

August 12, 1944 — April 1, 2007

A graduate of SNU, Jack served as a Marine officer in the Vietnam War. He was an FBI Special Agent for 20 years. He then was in real estate and contracted for special assignments with the FBI. A member of Bethany First Church of the Nazarene, Jack was constantly helping other people. He volunteered for 4 years at the Lamb's Club in New York City, providing services for the poor and homeless. He also took many trips with groups to work on church and school building projects in other countries.

Jack and his surviving wife, Bobbye Stafford McElrath, served as active members of the Academy of Senior Professionals before they were unable to participate during recent months. We wish Bobbye the best during the coming days of pain and grief. We are hopeful that she will be able to return to the Academy in the near future.



Library Resources

by Bea Flinner

Once Upon A Time In Africa Compiled by Joseph G. Healey

The author is a Maryknoll priest who has worked in Kenya and Tanzania for many years, and this is just one of his publications related to Africa. It is a collection of stories, poems, prayers, proverbs and true happenings from mission experience. There are also stories on creation, life, family, community, good times and bad times, joy and celebration, cultural matters, and seeds of God in African soil.

Mr. Healey has deep respect for the spiritual tradition, and gives meaning to suffering and pain, the importance of ancestors, and the person's responsibilities to the community. He admires how African people punctuate their lives with song and dance and never segregate death from the concerns of the living.

The stories are short, but fascinating. For example, "Every morning in Africa, when a lion wakes up it knows it must outrun the slowest gazelle or it will starve to death. It doesn't matter whether you're a lion or a gazelle. When the sun comes up, you'd better be running."

The stories, parables, and proverbs in this little book are of high quality. The author has done the reader a service by retrieving these gems and putting them together in one collection. They are definitely African stories, which convey wisdom and truth, and in so doing, they convey happy people through their folklore! This is a unique book, which deserves to be read!

*IN THE SNU LIBRARY

Faces in the ASP News

Brenda Styers

Newly appointed Director
for the Academy of Senior
Professionals



Elbert Overholt

Founder and outgoing Di-
rector for the Academy of
Senior Professionals



For details please
see page 5

Pictures from the ASP April 2007 Luncheon



↑ Shirley San Filippo
Compton Orthopedic Service



↑ Kristy Jennings
Vista Care Hospice



↑ Cathy Allen
Vista Care Hospice



↑ Dr. John Floyd
Member from Nebraska



↑ Ralph Rollins, Visitor
Husband of speaker



↑ John Stoddard
Exec. Dir., Southern Plaza



↑ Dean Powery, Gen. Sales
Mgr., KSBI, Channel 52



↑ Harold and Vae Luers
Visitors from Iowa



↑ Cindy Ketterson & Jane Farrell
Visitors



↑ Jack Arnold & Elbert Overholt
Present ASP Certificates



↑ Marla Mercer Cole
Mercer-Adams Funeral Home





ASP Day Trip Scheduled for May 23—Highlights Visit to Canadian County Historic Museum in El Reno

The interest survey completed by many of the ASP members has lead to the scheduling of the Day Trip to El Reno, OK. This will be a day of intrigue, fun and fellowship.

You will enjoy:

- antique 1892 two-story hotel with artifacts of the area
- depot
- barn
- jailhouse
- one-room school
- Red Cross Canteen
- General Sheridan's Headquarters
- church
- caboose
- Rock Island Railroad items
- Fort Reno history
- a ride on the Heritage Express Trolley to lunch. (Lunch will be Dutch)

Pertinent Information:

Date: May 23, 2007

Leave Sawyer Center parking lot. 9:30 a.m.

Return approximately by 5:00 p.m.

Cost: transportation & Trolley ride . . \$5.00 each

Note: Type of transportation will depend on the number signing up to go.

You will not want to miss this exciting event!

Sign up and pay the fee at the May 14 ASP meeting or call Elbert/Darlene Overholt at 789-2036 or use e-mail asp@snu.edu,



Other Points of Interest to be Studied as Possibilities for Future Day Trips

Suggestions:

- Price Tower in Bartlesville
- Oklahoma made products and festivals
- Taste-tempting tours
- Tulsa arts, museums, aquarium
- Lyric theater
- Great Salt Plains
- Wichita mountains
- Spiro Mounds Park
- Marland Estate in Ponca City

If you are interested in researching and planning for travel to these and other Oklahoma sites during the next year, please contact Elbert Overholt at 789-2036 or overez1@cox.net.



AARP Driving Program To Be Offered

The Academy of Senior Professionals sponsors the AARP 55 Alive Driving Program. Persons completing the program are entitled to a three year reduction in their auto insurance premiums.

A class will be taught by Dr. Gerald Knutson, a certified instructor volunteer and member of the Academy, on Saturday, June 2, at the Royce Brown Business Building in Room 125. The class will begin promptly at 9:00 a.m. and end by 4:00 p.m. The fee is \$10 per person and is open to licensed drivers of any age. **Reservations can be made by calling Audette Knutson at 721-9250.**

Continued from page 2—Arnold

movie. How would you like to be remembered? What deeds, what legacy are you leaving behind? Is the world you are departing a better place because of you? Whom do you see surrounding you at that moment? What kind of meaningful relationships did you experience in your life? In whose lives did you make a difference? Did you seek wisdom as though your whole life depended on it? Do you feel content and joyous and ready to rejoin the divine realm?

In a way you achieve immortality through your legacy. To construct a legacy, you will need wisdom and time.

The road to wisdom? Well, it's plain

And simple to express;

Err

And err

And err again

But less

And less

And less.

--Piet Hein

May you live a long and happy life!



NEWS TO USE

by Shirley Mears

We've had some really interesting speakers this year. I want to thank everyone who made suggestions.

The speakers we heard from this year included Patrick Allen, SNU Provost; Dr. Tom Barnard; Dr. Loren Gresham, SNU President; Robin Jones; Dr. Wayne McEvelly, pianist; Eunice Khoury, Well Preserved; Amy Rollins, Castle Falls Restaurant and this month Dr. Juanita Krittenbrink of Redlands Community College.

Our speaker lineup for next session include Retired Rear Admiral Greg Slavonic, Co-Chairman USS Oklahoma Memorial; Barbi Moore, Heart to Heart International; Dr Loren Gresham; Brady Brus, President KSBI TV and Pat Becker Wallis, World of Dogs.

It is such an honor to be program co-chair of the Academy of Senior Professionals. **If you have any suggestions for me, please call 514-8108 or email me at news@45andbetternews.com**



ASP Calendar

Monday: May 14

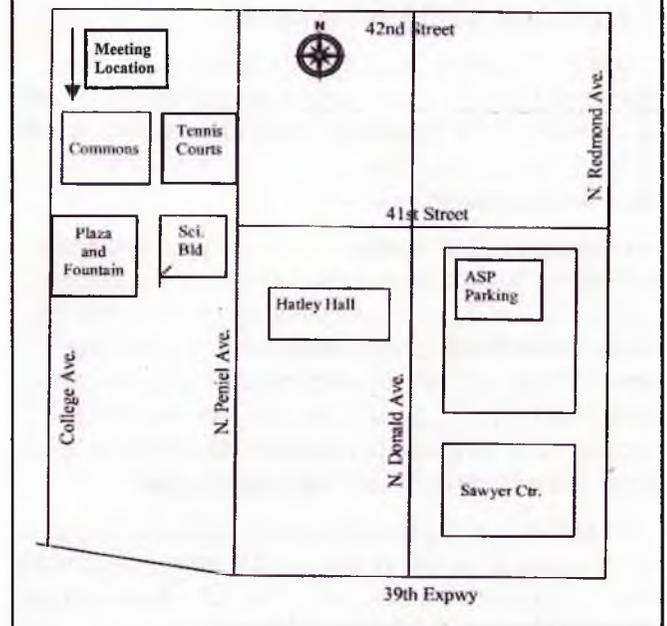
- 10:30 a.m. Shuttle: Sawyer parking lot to Webster begins
- 11:15 a.m. Luncheon begins: Heritage Room—Commons
- 1:00 p.m. Luncheon meeting ends
- 1:15 p.m. Ad. Council: Faculty Lounge—Webster Commons



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**.
- **ASP/Web information:** Available on the web See www.snu.edu/sr_professionals or go to SNU Home Page; Alumni & Friends; Find Out More; Academy of Senior Professionals

ASP Parking Map





"Sharing a Continuous Flight"

By Elbert Overholt
ASP Co-Director

**ASP News Item:
Academy Co-Director appointed Director**

In a transition plan conceived by Dr. Elbert Overholt, Ms. Brenda Styers will become the Director of the Academy of Senior Professionals effective with the new season beginning in September. Dr. Overholt has served as the Founder-Director since the beginning days of this organization, and this transition was his idea as he prepares to enjoy ASP with fewer responsibilities. We owe him a debt of gratitude for his many years of service. Thanks, Elbert. During 2006-2007, Elbert and Brenda have served as Co-Directors during a year of transition toward this announcement.

Brenda Styers is a graduate of Southern Nazarene University with two degrees. She has served in a number of capacities in both church and business assignments. She currently is the Director of Alumni Affairs at SNU, and has a wide range of responsibilities in that office.

Brenda coordinates the numerous activities of the Alumni Association. Among these are: working with the Alumni Board of Directors in its various relationships; planning and executing the annual Homecoming each November; maintaining the Marchant Center Alumni facilities for use with many groups; facilitating the functioning of 11 SNU Alumni Chapters around the country; and many other tasks.

Her past experiences have prepared her well for her current assignment as Chair of the Strategic Planning Committee of ASP. She is an ideal person to fill the role of Director. Personable, organized, forward thinking, and energetic are a few of the descriptors for this fine leader. I am confident that her years as ASP Director will be ones characterized by creativity and synergy. It is with great pleasure that I commend her to you as the inheritor of the position of Director of the Academy of Senior Professionals of Southern Nazarene University. You have my best wishes, Brenda, for a successful term in this important role.

Loren Gresham, President
Southern Nazarene University

The dream of an Academy of Senior Professionals (ASP) at SNU was first planted in my mind after reading an article in the local newspaper describing a similar organization at Eckerd College in St. Petersburg, Florida. After several visits to Eckerd College, with the encouragement and assistance of President Loren Gresham and other University and community individuals, the concept for an organized group of senior professionals was approved by the Board of Trustees of SNU in May, 1988.

Many hours of discussion and writing were held before a respectable set of by-laws for the proposed organization was completed.

The initial organizational luncheon was held in the President's dining room on October 16, 1990. Dr. Loren Gresham presented a set of by-laws for the Academy and a slate of officers for the members approval. Vada Lee Barkley, who was very helpful in the planning process, was elected as the first president of the Academy. She continued her strong contributions in developing and refining the organization as its president until '98.

Since 1998 Dr. Jack David Arnold has served as president. He has assisted the organization in short and long range planning and has led the group to a new level of learning and service. The Senior Adult Conference 2002 was an outstanding example of the many professional and service projects carried out by the Academy and its members under Jack's leadership.

Last spring, upon the recommendation of the Administration Council, Dr. Gresham named Brenda Styers as co-director of the Academy. After directing the Academy for sixteen years, I have served as co-director with Brenda for the past year (2006-2007).

The future of the Academy looks bright. The Strategic Planning Committee recently completed a survey of ASP members and has obtained a wealth of ideas for improving and expanding our organization. I would encourage all who are able to participate actively in every opportunity for learning, service, and peer fellowship available. All of us need to regularly look at our mission and enjoy the benefits of this fine organization.

It has been a real pleasure to work with our Administration Councils and all of you good members who have made this organization succeed. I plan to accompany you as we are "Sharing a Continuous Flight."

ASP Holds Annual Elections

by Brenda Styers

The following members were elected during the annual meeting held April 9, 2007.

- President Jack David Arnold
- Vice-President Gerald Knutson
- Secretary Roy Franklin
- Treasurer Roy Dorris
- Member-at-large Lecil Brown
- Member-at-large Sybil George

The officers were elected for the 2007-2008 year.