

John Gillespie to Address ASP

By Lora Lee Dunkin



As our November meeting approaches, we are privileged, once again, to have John Gillespie as our guest speaker. He comes to us with all his expertise as a financial planner and all of its related subjects.

I'm sure that many of you remember when we had Mr. Gillespie two years ago. Since that time several of our group mentioned that they would like to have him back. Now, in spite of his busy schedule, he has accepted our invitation. We feel honored to have him and, just as before, I'm sure we will find his talk beneficial.

Mr. Gillespie is by no means new to the field of financial planning. He has fifteen years of experience in his profession and has earned some outstanding positions among his colleagues.

Besides being President and CEO for Access Financial Group Inc. in Bethany, he is Registered Securities Principal, Sun America Securities, Inc.; National Director, Mid-America Living Trust Associates; Senior Executive Director, Access Charitable Consultants; Philanthropic Development Officer, National Heritage Foundation; Senior National Director, National Marketing Alliance; and the list goes on.

Mr. Gillespie's financial practice focuses on the areas of trusts, estate planning, investments, financial management, and charitable gift planning. As senior professionals these are all important to us and it is great to have an experienced professional in the field to explain their benefits. Mr. Gillespie is just the one to give them.

At the close of his presentation, Mr. Gillespie will open the floor for questions about financial planning.

Elbert Overholt Recovering from Heart Surgery

Dr. Elbert Overholt, Director and a founder of the Academy of Senior Professionals, underwent by-pass heart surgery September 26. While getting ready for a trip to Colorado he experienced chest pain and went to Baptist Hospital for testing. The tests indicated that a triple by-pass was needed.

After the initial surgery a second corrective surgery was performed to stabilize the blood pressure.

Elbert was in the hospital for a week and has been recuperating at home since his release where his wife, Darlene, is his primary caregiver.

Although Elbert and Darlene were hoping they might be able to attend the October 11 Academy meetings they decided to wait for the November meeting.

Note to Elbert and Darlene: The members of the Academy offer our prayers and best wishes for a speedy recovery and "return to action."

And the winners are -

Tickets to Centennial events were awarded to three lucky ladies whose names were drawn at the October ASP luncheon. The winners are -

Gerri McClafflin: Centennial Showcase

Edith Payne: Robert Hale Concert

Mary Smith: Centennial Gala

The tickets were given to the Academy of Senior Professionals in recognition of the contribution made by the Academy to support the Centennial activities. The Administrative Council chose this method of distribution.



Senior Professionals (ASP) calendar dates include new meetings:

November 8

- 9:30-10:45 a.m. Strategic Planning Committee, Royce Brown 135
- 11:00 a.m. Shuttle to Commons from BFC Parking Lot
- 11:30 a.m. -1:00 p.m. ASP Luncheon Meeting, Heritage Room*
- 1:00 p.m. Shuttle to Parking Lot from Commons
- 1:30-2:30 p.m. Administrative Council Royce Brown 135
- 2:30-3:30 p.m. *Perspective* Editorial Board Royce Brown 135

*For reservations, call 405/789-2036 or 405/942-5305

Remaining ASP luncheon dates for 1999-2000:

1999

November 8
December 13
April 10

2000

January 10
February 14
March 13



Your president's point of view:

By Jack David Arnold

Have We Forgotten That We're Still Growing?

"Growth is the only evidence of life."—Cardinal John Henry Newman

Seeing the brilliance of our autumnal scenery in its hectic flush of painted colors and smelling that pungent fragrance in the gales of autumn, I am reminded that every blade of grass, as well as every leaf in the forest, lays down its life in its season as beautifully as it was taken up. I am not saddened because my flowers and grasses wither in this season, for the law of their death is the law of new life.

I remember how I loved my September birthdays in Oklahoma City when I was a child. The presents and the birthday cake, and the thrill of having one day a year that belonged to me alone—all helped to make a wonderful birthday.

Perhaps most thrilling was the fact that I was a whole year older. I had a new inch to prove it when Dad backed me up to the door jamb between the living room and my bedroom for my annual measuring.

What has happened to my pride in growth as I added 40, 50, 60, and 70 years? Although I enjoy the special attention I get from friends and relatives on my birthday, I make as little fuss as possible over the number of years.

I wonder if my lack of pride for birthdays in my mature years isn't because I've forgotten that I'm still growing. Although I can't point to a new inch on the door jamb, as each birthday passes, I have a new set of memories, another layer of experience, strength, and hope to make me more compassionate, more tolerant, and more serene.

On my most recent birthday I had a year's worth of beautiful memories: faithful friends who love me unconditionally; relatives who remind me of how we all stayed close together in the Great Depression; trips to familiar places; a garden which surrounds me with blossoms and a home which shelters me from all harm; my "later years" leisure to do the things that I want to do; and a dog named Penelope who teaches me a daily lesson in humility.

I have had unhappiness, too. Last autumn when I lost my partner of twenty-three years, Homer Dale Windham, I became

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"Sharing a Continuous Flight"

The Academy Perspective

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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 telephone: (405) 789-6400

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---Contributor---

Lora Lee Dunkin, B.A., M.S.Ed, M.S. Retired teacher.

Art's Chuckles:

- *A national magazine held a contest to pick the best-dressed rock singer—and nobody won.*
- *The difference between political winners and losers: Winners' bumper stickers stay on longer.*
- *Ninety per cent of the friction in daily life is caused by the tone of voice.*



A look at a book
By Wini Howard

This past summer I have managed to read the almost-900- page novel entitled THE PEACEABLE KINGDOM, by Jan de Hartog. Although considered fiction, it is definitely based on the history of Quakerism, beginning, of course, with George Fox. He is very much a part of the first half of the novel. (It should be noted that the author is a Quaker. Hence the intensive research that is said to have gone into the book).

The *Literary Guild Magazine* stated at the time of publication: "This wonderfully rich novel is the story of the passionate, flesh-and-blood men and women who began the Quaker movement in England in the 17th century and of those who settled in Philadelphia one hundred years later....A huge engrossing novel which may very well take the place in scale and scope beside GONE WITH THE WIND as a trademark in American fiction."

Personally, however, I found its scope to be much broader than that of GONE WITH THE WIND, since it covers much more time and involves the culture of both England and the United States.

Hartog's description of prison conditions in 17th century England was so vivid that I could almost feel the horror of it all. The Quakers evidently did much to bring about positive change. We do owe them a lot.

It's a long tale, but it is told in a mind-stirring way.



RIG welcomes a new year of research
By Bea Flinner

The Research Interest Group (RIG) of the Academy of Senior Professionals met October 11 for their first meeting of 1999-2000. In compliance with the purpose for the existence of RIG, two of the members presented informative papers related to the health of mature adults.

Dr. Jack Arnold read his paper entitled "Antioxidant Food Supplements and Health Benefits for Mature Adults." Information based heavily on the writings of Dr. Kenneth H. Cooper indicates that in addition to aerobics and nutritional therapy, more currently the topic of antioxidants has become an important issue to consider. Although the consumption of antioxidants is not the total answer to good health, their use makes a significant contribution, according to Steve Toon, who feels that preventive cardiology may be the result of their usage.

Dr. Roy Dorris presented his paper on "Adverse Drug Interactions: An Iatrogenic Potential." [Continued col. 2: **RIG**]



The library connection
By Shirley Pelley

The following books, purchased with ASP Project funds, have been processed and are ready to be checked out for your enjoyment. If you have suggestions for books to be included for purchase, please contact me at the next ASP meeting.

- WE 344 .G664a 1993
Gordon, Neil F.
Arthritis: Your Complete Exercise Guide
Cooper, Kenneth H.
Regaining the Power of Youth at Any Age
- WL 103 .0741 1998
Ornish, Dean
Love & Survival: The Scientific Basis for the Healing Power of Intimacy
- Ref. WB 120 .C737 1994
Prevention Magazine Editors
Complete book of Natural & Medicinal Cures: How to Choose...

~~~~~ *Obituary* ~~~~~  
By Glendena and Gene Adams

**Rev. Danford Wayne Alger** was born October 12, 1926 and died October 13, 1999 at his home in Bethany, Oklahoma.

Rev. Alger, a graduate of Bethany Nazarene College, (now SNU) and Nazarene Theological Seminary, was an effective pastor in churches in Oklahoma, Texas and California.

After retiring in Bethany, Oklahoma, Rev. Alger served as a Chaplain for Bethany Hospital and Bethany First Church of the Nazarene.

Memorial gifts may be sent to the Larry and Eunice Bryant Scholarship Fund at Nazarene Theological Seminary.

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RIG Continued

He strongly emphasized the possible dangers of drug interactions—or vital importance to the users. For those who wish to read this excellent article in its entirety, refer to the May, 1999, issue of THE ACADEMY PERSPECTIVE.

A hearty welcome is extended to those who wish to conduct research or simply to hear the presentations, to attend the RIG meetings!

THE NEXT RIG (Research Interest Group) MEETING WILL BE HELD DECEMBER 13, 9:30-10:45 A.M. IN ROYCE BROWN, ROOM 135



"If you ask me"
By Vada Lee Barkley

Dr. Robert Butler, esteemed gerontologist, lists six myths about aging:

1. The myth of "Aging"
2. The myth of Unproductivity
3. The myth of Disengagement
4. The myth of Inflexibility
5. The myth of Senility
6. The myth of Serenity

Referring to David's remark that he had never seen the righteous forsaken nor his seed begging bread, Rev. E. G. Theus said, "David never saw Lazarus."

Evidently Dr. Butler has never seen age eighty. We who have tend to disagree.

Senility, for example, is no myth. In fact, it's probably the most obvious problem in old age. Much of this mental and physical deterioration, however, can be prevented, controlled, or at least postponed.

Have you heard the story of the elderly gentleman who visited his psychiatrist?

"What's your trouble?" asked the doctor.

"Well, Doctor," the man answered. I just can't remember anything."

"How long have you had this problem?" the doctor asked.

"What problem?" the patient replied.

Seniors have a good excuse for memory lapses. We laugh and blame our age. That's fine, as long as we can laugh. But have you noticed your children and grandchildren have the same problem? Everybody's computer is overloaded or has a virus. Naturally, as we age, it may become more so.

If you try writing your memoirs, you'll be surprised how much you recall.

How can you tell if you're normal? If you forget where you parked your car, that's normal. If you forget that you drove your car, that's abnormal. If you forget where you put your keys, that's normal. If you forget what the keys are for, you're in trouble. If you forget you have a car, or keys, dial 911.

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**Art's Chuckles:**

- *Another thing we've learned from television is that this country is full of people who can't sing.*
- *Scientists have found that the earth appears a deep blue from an altitude of more than 100 miles. There are times when it appears pretty blue from an altitude of 0 miles.*



**Vada Lee Reports  
Typewr\_ter Problems**

Dear Typewr\_ter Repa\_rman:

Wh\_ile s\_tting at my typewr\_ter\_n my off\_ce th\_s morn\_ng, I d\_scovered that the lower case letter \_ wouldn't pr\_nt. Obv\_ously \_f I couldn't wr\_te a sens\_ble letter to you w\_thout\_t, I certa\_nly couldn't wr\_te th\_s col-umn for the Perspect\_ve w\_thout\_t.

If you w\_ll p\_ck\_t up and f\_x\_t, I w\_ll be del\_ghted. I w\_ll apprec\_ate\_t\_f you can do\_t th\_s week.

I w\_ll not be able to pay for\_t th\_s month. But \_f you w\_ll f\_x\_t and charge\_t to my V\_sa cred\_t cared, I w\_ll pay for\_t when my V\_sa card b\_ll comes.

I real\_ze\_t's d\_fficult to read th\_s letter. I apolog\_ze for th\_s. But\_t lets you know how \_mportant your serv\_ce really\_s.

S\_ncerely,

Vada Lee Barkley

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President (Continued from Page 2)

intensely aware that I had to cultivate a lifestyle of aloneness. Each of us is alone in the end. Part of my new growth is the knowledge that I, with God's help, should not expect to live without facing grief, unpleasantness, and despair, and that I honor the deceased by going forward with my own life as a loving, joyful, and productive human being. These lessons about living that I've learned this past year carry me through the rough patches and tough going in my pilgrimage.

Every birthday also adds to my ability not to worry about the mistakes I've made. Next year, I'll try to remedy them and make amends as best I can; or, if they are mistakes that can't be fixed, I've learned not to fret about them.

And every birthday, I'm glad that I can add another inch of recollection in my journal, which not only records what happens to me, but gradually unfolds the reasons why.

So, I like my September birthdays and the autumnal joys of life!! I hope I always will. The only birthday that I wouldn't be proud of would be one when I backed up to my maturation door jamb and found that in the last year I hadn't grown a single inch!

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- *A milestone fathers dread—when sons say, "Dad, today I'm old enough to get a driver's license."*

## Antioxidant Food Supplements and Health Benefits for Mature Adults

By Jack David Arnold, Ph.D.

A paper presented to members and guests of the Research Interest Group of the Academy of Senior Professionals at Southern Nazarene University on October 11, 1999.

In 1968 Kenneth H. Cooper, M.D., M.P.H., revolutionized the fitness industry when he published *Aerobics*, the first time anyone had heard the word. Through his own research he proved specifically how exercise prevented disease and contributed to a longer, healthier life.[1] Three decades later, he shared her personal thoughts on this time in medical history:

It was certainly a forbidding, uncomfortable prospect for me to challenge the Dallas medical establishment by advocating treadmill stress testing. Or to promote more exercise for the over-forty set when that was considered the time of life to slow down. Or, to recommend antioxidant supplements when most doctors were opposed to the idea. Yet . . . the discomfort generated creative thinking, excitement—and increasing amounts of personal energy in my life.[4]

Thirty-one years later he is launching a new crusade under the banner of **nutritional therapy**. “We want to do the same thing with vitamins that we did with exercise,” says Cooper, the 67 year-old founder of the Cooper Clinic in Dallas and the author of *Advanced Nutritional Therapy*. “Then, we bridged the gap between faddism and scientific legitimacy. I want to do the same with vitamins.” (5)

Amidst the noisy claims of what vitamins and supplements can do for consumers, they are left wondering what to believe. New scientific studies seem to contradict earlier ones. Manufacturers of nutritional products bark exaggerated promises. How do we know what is accurate?

The food and supplement industry can say anything they like because there is no Federal Drug Administration control. That nutrients play a vital role in healthfulness and disease prevention is not a revelation. **How** they can be prescribed to target specific conditions, however, is. Cooper uses the word “nutrimedicine” to describe the practice of using foods and supplements to prevent and treat disease. Food must be used prescriptively, as a kind of elixir that has the power to (1) enhance energy, (2) prevent diseases, and (3) heal the body and mind.

One reason cancer is believed to be on the increase, Cooper explains, is because of exposure to a type of rogue cell in our bodies called “free radicals.” These rogue cells (“terrorists to your body”) are genetic mutations caused by influences such as air pollution, UV light rays, cigarette smoke, or stress.[3] They attack other cells, leading to aging and disease.

In his most recent book *Regaining the Power of Youth at Any Age*, Cooper fully develops his definition of “free radicals:”

Free radicals are unstable oxygen molecules (1) that can promote the development of plaque on blood vessels, which is the main cause of atherosclerosis, of “hardening of the arteries.” (2) Also, free radicals have been associated with damage to the DNA of cells, a precursor to the development of various cancers. [4]

Cooper contends that you can block this “free radical” damage by using “antioxidants” which are nutrients that stabilize “free radicals.” Of the fifteen vitamins and minerals that are “antioxidants,” vitamins E, C, beta carotene, and the mineral selenium show the greatest promise. “We want to increase these antioxidants, preferably in our diets.”[5]

“Practicing what he preaches,” Cooper believes so strongly in the preventive effects of antioxidants that he takes a daily regimen of vitamins and minerals in addition to maintaining a very structured diet. This includes 400 units of vitamin E; 1,000 mg of vitamin C; 25,000 units of beta carotene; and 100 mcg of selenium.[1]

“Eat at least five to seven servings of fruits and vegetables—including one helping of ‘cruciferous’ vegetables—daily,” Cooper prescribes. “To maintain a high intake of antioxidants without gaining weight, you have to increase your consumption of vegetables and fruits.”[4]

“Cruciferous” vegetables—including broccoli, brussel sprouts, cauliflower, and cabbage (two B’s and two C’s) — are highlighted by Cooper “because scientific evidence continues to show that they are particularly powerful in their ability to reduce the risks of cancer, heart disease, diverticulitis, and constipation. These vegetables are called ‘cruciferous’ because their flowers grow in the form of an X-shaped Greek cross.”[4]

Andrew Weil, M.D. in his revolutionary book *Spontaneous Healing*, provides detailed information on foods, environmental factors, exercise, stress reduction, vitamins, supplements, and herbs that can aid the body in maintaining its well being.

Continued on Page 6—Health

# Health (Continued from Page 5)

Weil states that we can help our bodies neutralize inhaled pollutants by taking **protective antioxidants**, nutrients that protect tissues by blocking the chemical reactions by which many toxins cause harm. Increasing consumption of fresh fruits and vegetables is the simplest way to go about this. He also recommends taking "antioxidants" in supplement form. "the most effective and safest ones being vitamin C, vitamin E, selenium, and beta carotene . . . Take vitamin C more than once a day." [6]

Cooper recommends the following recommendations for persons over 55 years of age:

|                    |        |
|--------------------|--------|
| Vitamin C (mg)     | 1,000  |
| Vitamin E (IU)     | 600    |
| Beta-carotene (IU) | 25,000 |
| Selenium (mcg)     | 100    |

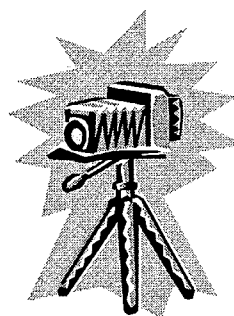
## Summary

"Age fast, age slow—it's up to you," Cooper says. The most precious thing we have is health. We abuse it and abuse it, and then we curse it when it fails us. "Antioxidants" aren't a panacea, but they certainly have a beneficial effect. "I think what we're doing now may be the next step in preventive cardiology." [5]

## Works Cited

- [1] Cooper, Kenneth H. *Advanced Nutritional Therapies*. Nashville, Tennessee: Thomas Nelson, 1996.
- [2] ---. *Antioxidant Revolution*. Nashville, Tennessee: Thomas Nelson, 1994.
- [3] ---. *Can Stress Heal?* Nashville, Tennessee: Thomas Nelson, 1997.
- [4] ---. *Regaining the Power of Youth*. Nashville, Tennessee: Thomas Nelson, 1998.
- [5] Toon, Steve. *Health & Fitness: Sports Magazine*. 13 (May 1998): 61-63.
- [6] Weil, Andrew. *Spontaneous Healing*. New York: Alfred A. Knopf, 1995.

## ASP PICS — October Luncheon



President and Mrs. Gresham show gift from the ASP at their open house, October 11



Edith Payne shows her winning tickets to Jack Arnold following drawing.



Trudy Cargill welcomes visitors to the ASP luncheon.



Wes Harmon prays the invocation for the ASP luncheon.