

THE RESEARCH INTEREST GROUP WILL SPONSOR ITS FIRST SYMPOSIUM ON DIET AND EXERCISE FOR MATURE ADULTS AT THE FEBRUARY 8 LUNCHEON MEETING

By James R. (Bob) Emmel

The Academy of Senior Professionals at Southern Nazarene University (ASPSNU) is far from being just a social luncheon each month. There are many tasks and activities that go behind the scenes, among which is the **Research Interest Group (RIG)**.

RIG is examining some real problems encountered by senior adults. **Physical well-being, including proper nutrition, exercise problems, and emotional balance**, has been one problem RIG has been researching, and this is our topic for the February 8 ASP luncheon meeting at 11:30 a.m. to 1:00 p.m., in the Heritage Room of the Webster Commons.



Bea Flinner (left) is the RIG Chairperson and is serving as the leader of the panel for the February program. Bea is one of the most capable persons in our entire organization. She holds the A.B. degree, three masters degrees, and has been the recipient of many honors and awards.

Dr. Wanda Rhodes (right) is a health educator who has served SNU as Dean of Women, Faculty Director of Leisure Services, and Chair of the Health, Physical Education and Recreation Department. Dr. Rhodes has received honors from SNU, the State of Oklahoma, and national honors. As the featured speaker of the day, she will speak on "**Nutrition and Exercise for Optimal Health.**"



Two contributing speakers on our panel will be **Larry and Kathy Breeding**, owners of LifeNet Marketing Inc. Their presentation is entitled "**The Importance of The Basic Diet.**" Their expertise in this area will be of great value to us.

Dr. Jack D. Arnold is held in esteem by our organization. He is a RIG member, competent speaker, writer, preacher, and teacher--having retired in 1996 as emeritus senior professor from the DeVry Institute of Technology at Dallas. His honors and awards are many. "**The Antioxidant Revolution**" is the title of his short presentation based upon his current research on the topic and personal experience as a member of the Cooper Fitness Center in Dallas, Texas.



Responding to the persuasive leadership of Membership Committee Co-Chairs, B. Kaye and Sam Stearman, nine persons (left-to-right) made a positive decision to join the ASP at the December 11, 1998, luncheon meeting in the Heritage Room of the SNU Webster Commons: Mary Evelyn Miller, Grant Keeton, Evelyn Keeton, Hugh Bright, Louise West, Ralph West, Frank Ellis, Mary Ann Ellis, George Miller (not pictured).

Editorial

By Jack David Arnold



The focus of this issue of **The Academy Perspective (TAP)** is on the quest for total well-being through exercise, diet, and emotional balance. This comprehensive, all-consuming, lifelong saga touches every part of our existence. One of the things that amazes me most about this notion of total well-being is that it is an ever-expanding concept in every immediate moment of our existence.

The motivation for older people, as well as those who are much younger, centers on **maintaining a healthy, energetic body, an alert mind, and tranquil emotions**. A personal program of total well-being will certainly have a beneficial impact on our lives. So, let's begin our quest by discussing Dr. Kenneth H. Cooper's book **Antioxidant Revolution**, which advocates a health plan to reduce the risk of chronic disease and improve the quality of our lives.

As the acknowledged international leader in preventive medicine, Dr. Cooper shows how to strengthen your own internal "police force" against harmful **free radicals**, which are molecular outlaws that course through your bloodstream and cause more than fifty diseases. Dr. Cooper's "**revolutionary life plan**" includes four easy steps:

1. The Triple Antioxidant Supplement. A specific daily dose of three antioxidant vitamins, C, E, and beta-carotene, are just what Dr. Cooper orders as the most effective way to combat or reduce the production of free radicals through your body.

2. Low-intensity Exercise. Dr. Cooper's extensive research shows that thirty minutes of low-intensity exercise three-to-four times a week is healthier than strenuous exercise and can help reduce mortality from all causes.

3. Cooking and Eating the Antioxidant Way. Dr. Cooper prescribes ample helpings of fruits and vegetables and has compiled comprehensive food lists with vitamin values as well as preparation and cooking techniques that assure you of a low-fat diet. High in antioxidants.

4. Living the Antioxidant Way. Dr. Cooper's preventive plan shows you how to reduce or eliminate those forces in your environment which may be stimulating the production of damaging free radicals in your body.

If you want to add years to your life, look younger, and feel better while you do it, it's time to start and follow Dr. Cooper's **Antioxidant Revolution**.



The Academy Perspective

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-- -Contributions-- -

A tax-deductible contribution to the Academy of Senior Professionals (ASP) may be made by making your check payable to Southern Nazarene University (SNU) with an ASP notation on the check.

-----ISSUE CONTRIBUTORS-----

WANDA RHODES, Ph.D., emeritus professor of health and human performance



Exercise, An Essential Component To Total Well-Being

By Wanda Rhodes

THE HUMAN BODY, CROWN OF GOD'S CREATION

God created an incredible human body, the crown of His marvelous creation. Current health books tell us that personal choices involving nutrition and life styles have more to do with our quality of health and length of life than any other factors. To each is given the personal responsibility of making health choices in our quest for TOTAL WELL-BEING.

God designed the human body to be active. One has described the human body as "the only machine that improves with use." We have a choice as to how we use our bodies, and the physical demands we place on it. There are great benefits for choosing to exercise regularly. There are serious health consequences resulting in choosing not to be active. This awesome body adjusts to the demands placed on it.

"Age is inevitable, aging is not. We know the aging process can be slowed, halted, or even reversed." (Parade Magazine, 20 Apr. 20, 1997) Inactivity is an enemy to the aging.

"Adults are never TOO OLD to begin exercising. Studies conducted over a period of years indicate that properly planned exercise for older people is not only safe, but also that older men and women are not significantly different from youth in their abilities to improve fitness through exercise." (Corbin and Lindsey)

HEALTH-RELATED FITNESS EXERCISES

Physical activity makes positive contributions to our attitudes, energy, and creativity. It also contributes to weight loss and control, and reduces heart disease risk, protects against bone loss in women; and slows aging. "People with a sedentary life, or inactive lifestyle, are twice as likely to die from heart disease. The risks of sitting are higher than those of cigarette smoking or high cholesterol." (Williams and Knight)

Moderate exercises practiced a minimum of twenty minutes each session from three to five days a week are essential to fitness and wellness. One may choose to exercise alone, or at YMCA's, clubs, or churches. If needed, personal fitness trainers are available.

Health-related fitness exercises should be conducted at the frequency and intensity level suited to the fitness level and age of the individual. Remember to include exercises to benefit the heart known as aerobic exercise: weight strengthening exercise to improve muscular strength; power endurance, and balance; flexing and stretching exercises to prevent muscle soreness and stiffness.

REMAINING MENTALLY ACTIVE HELPS YOU TO REMAIN ACTIVE

The many individuals who have remained physically

active through life are in inspiration to all of us. In addition, those who because of an accident, or birth, or other acquired limitation, who have remained MENTALLY active may inspire us as well. There are three types of people: 1) An Optimist who says it CAN BE DONE; 2) a Pessimist who says it CAN'T BE DONE; and 3) a Peptomist who says I DID IT!

Yes, it is inevitable that we are all becoming older. Let's keep positive as we age and remember:

- A Attitude, keep positive
- G Get on the highway to health and well-being
- E Exercise

Fitness: A Year-Round Resolution

By Edward Jackowski*

New Year's resolutions are a little like political promises. They sound great, and they make us feel good, yet deep down it's hard to take them seriously. This is particularly true of **exercise**. When do we resolve to start working out?

Exercise is about feeling good, not feeling guilty. The problem is **motivation**. We know we should exercise--we're just not inspired to exercise. Here are some **tips to get you motivated**:

- **Use your favorite activity as a goal for starting a fitness program.** The better shape you're in, the more you'll enjoy gardening, walking, cycling, etc.
- **if you simply loathe exercise, try looking at the big picture.** Fitness will make you look better and feel better.
- **Read and educate yourself on all aspects of exercise and fitness, especially if you have an orthopedic or medical problem.** Don't let the fear of a bad knee, hip, or constraint keep you from exercising.
- **Seek help!** Look in the phone book or click on the Internet for Fitness Programs, and ask a fitness professional for help on starting a personal exercise regimen.
- **Challenge yourself!** We all need challenges, and you'll have more energy, and--best of all--you'll live longer.

As your fitness adviser, **my goal is not just to help you prolong your life, but to help you lead a more productive life.** This year, keep that resolution, and next New Year's Eve, you can make a toast: **TO YOUR GOOD HEALTH, YOUR GREAT BODY, AND YOUR TOTAL LACK OF GUILT!!!**

*Source: Edward Jackowski. "A Year-Round Resolution Modern Maturity. Jan.-Feb. 1999: 66

A LOOK AT A BOOK

By Wini Howard



A. W. Tozer. The Pursuit of God. Wheaton, Illinois: Tyndale House Publishers, 1948.

Re-reading a good book has never been a priority with me, but I have just read this classic by Tozer again (thought by many to be his greatest). Some time ago I read several of his books.

When one learns that Tozer's schooling ended with the eighth grade, one realizes how well he educated himself. He was also an outstanding pastor/preacher, as well as a truly prolific writer.

Let me quote briefly from the introduction of this book. "With Tozer, seeking truth and seeking God were one and the same thing. For example, when he needed an understanding of the great English works of Shakespeare, he read them through on his knees, asking God to help him understand their meaning."

The reader will not be surprised to learn that this is a soul-searching book. In the first chapter, "Following Hard After God," one becomes aware of an important concept about knowing God. When individuals receive the gift of salvation, they often think that God has been found, and therefore, there is no further need to seek Him. Instead, Tozer insists that they should be seekers after Him in an even greater way. "As the hart panteth after the water books, so panteth my soul after thee, O God" (Psalms 42:1).

A few of the other challenging chapter titles are as follows: "The Blessedness of Possessing Nothing," "The Speaking Voice," and "The Sacrament of Living."

Again, let me say, reading this book is a soul-searching experience. More than ever, isn't this our need?

(Many of Tozer's books can be found in any good Christian bookstore).

**The Library Connection**

By Shirley Pelley



The R. T. Williams Learning Resources Center at Southern Nazarene University has books that may be of interest to our ASP membership. Checking the on-line **ATHENA Library Catalog** I selected some 1990's publications under the subjects of **Gerontology, Aging, and Aged**. The brief listing will give call numbers, authors and titles and are listed as found. Check them out!

- HQ 1061 .J546 1997
Johnson, Colleen Leahy and Barer, Barbara M.
Life Beyond 85 Years: the Aura of Survivorship
- HQ 1063.2 U6 C66 1992
Martin, Kathryn J.
Believe It or Not--Mama Likes the Nursing Home
- HV 1461 .R524 1992
Robertson, Betty Benson
TLC for Aging Parents: a Practical Guide
- KF 2910 .G45 K37 1992
Kapp Marshall B.
Geriatrics and the Law: Patient Rights and Professional Responsibilities
- HV 1461 .V65 1995
Jackson, Vera R.
Volunteerism in Geriatric Settings
- HV 1461 .F75 1996
Coward, Marie E.; Quadagno, Jill S.
From Nursing Homes to Home Care
- BV 4579.5 .K64 1997
Koenig, Harold George; Lamar, Tracy; Lamar, Betty
A Gospel for the Mature Years: Finding Fulfillment by Knowing and Using Your Gifts.

More next month including family caregiving and long-term care. Enjoy!

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Dr. Mark Reighard, SNU Professor of Music, is shown below in two humorous poses as he entertains nearly one-hundred ASP members and guests at the ASP Christmas luncheon meeting on December 14, 1998, with his piano playing and solo singing.



**New ASP Committee Chairs Are Selected;  
Strategic Planning Committee Chair Needed**

The new **Decorations Committee**, an ad hoc committee, is now headed by **Chair Vivian Hillery Chambers**; her Committee Members are Bea Flinner, Dorothy Griffin, and Billie Harrison. This Committee will provide ASP luncheon/meeting decorations for special occasions, such as the SNU Centennial Celebration, Homecoming, Thanksgiving, Christmas, Presidents Day, Valentines Day, and Easter.

**Robert Griffin** has assumed the leadership of the **Bylaws Committee**, which is one of the three standing committees provided for in the ASP Constitution; the Membership Committee and Programs Committee are the other two standing committees. Chair Griffin, along with Committee Members Jack Arnold, Vada Lee Barkley, Lyle Flinner, Darlene and Elbert Overholt, revised the ASP By-laws on January 11, and those revisions will be printed in the March TAP issue. The ASP membership will vote on these revisions at the March 8 ASP Business Meeting.

The ASP Administrative Council has instructed President Jack Arnold to set up a **Strategic Planning Committee** which will be responsible for researching, developing, and recommending strategic plans for the ASP. All Committee Chairs and representatives from the Administrative Council will make up the membership of this important new committee. **If you are interested in serving as the Chair of the Strategic Planning Committee, please see Arnold or Director Elbert Overholt.**

**ASP LEADERS AND VOLUNTEERS:  
1998-99**

"To serve and not to be served." -- Ethel Percy Andrus

This is the third listing of leaders and volunteers since September, 1998. The information below is taken from fifteen completed copies of the goldenrod QUESTIONNAIRE: ASP SERVICE OPPORTUNITIES and represents interests and activities in the following areas of service. The words in parentheses are examples of what might be done in those areas of service.

- Assisted-living residences (visitation):** Robert Griffin, Betty Williams, and George Williams
- Bible studies (satellite churches):** Helen Silvey
- Calling (ASP Telephone Brigade):** Kathleen Sodowsky, Ruby Takemire, and Wilbur Takemire
- Charities (solicitation):** Robert Griffin

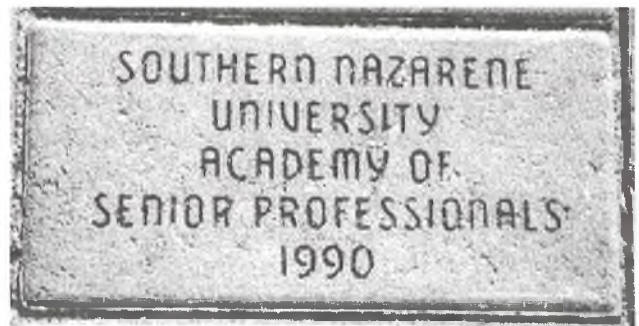
CONTINUED COLUMN 2 (SEE "VOLUNTEERS")



Evelyn Keeton is shown above playing the piano as background music for the luncheon at the ASP Christmas meeting on December 14, 1998.



(Left to right) Bea Flinner, Dorothy Griffin, (not pictured) Billie Harrison and Darlene Overholt, provide festive decorations for the ASP Christmas luncheon meeting. Bea Flinner crafted ceramic art objects around the Christmas theme that beautifully enhanced all the luncheon tables.



The Academy of Senior Professionals at Southern Nazarene University brick that is shown above is located in the SNU Centennial Plaza.

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"VOLUNTEERS" Continued

- Children's Center (child care):** Betty Williams and George Williams
- Clerical (ASP mailings):** Betty Williams and George Williams

CONTINUED PAGE 6--SEE "VOLUNTEERS"

OBITUARIES

By Glendena and Gene Adams



WESLEY G. MOON died December 19, 1998 at the age of 87. He was born April 20, 1911, in Rushford, New York. He graduated from Houghton College in 1933 receiving an A.B. degree in Science. He obtained a Masters of Education degree from the University of Rochester and a Doctor of Education degree from the State University of New York at Buffalo. He also did graduate work at Harvard University. He served as the Head of the Education Department at Southern Nazarene University for twenty-five years. Services were held Tuesday, December 22, 1998, at Bethany First Church of the Nazarene, and he was buried in the Resurrection Mausoleum, Oklahoma City.

CLIFTON NORELL, 85, died December 27, 1998. He was born April 27, 1913, in Souris, North Dakota. He attended Bresee College, receiving a Bachelor of Arts degree in Theology. As a minister of the Church of the Nazarene, he held pastorates in Kansas, Illinois, and Oklahoma during his forty years of full-time ministry. Services were held at 10:00 a.m., Wednesday, December 30, at the Bethany First church of the Nazarene, with internment at Mt. Hope Cemetery, Independence, Kansas

DORIS DARLENE BEAVER SCHUMANN died on November 19, 1998, at her home in Bethany, Oklahoma and was buried at the Bethany Cemetery; born on January 5, 1929, in the city of her demise; served the Church of the Nazarene as a pastor's wife; taught speech communication and theatre in the public schools and at Southern Nazarene University (SNU); planned to join the Academy of Senior Professionals (ASP) last fall, but her fatal illness prevented her from becoming an active member in the ASP.

Persons wishing to honor her life and career may make a tax-deductible contribution to the Doris Beaver Schumann Speech Communication Scholarship at SNU.

"VOLUNTEERS" Continued

Committees:

- Bylaws:** Robert Griffin (Chair), Vada Lee Barkley, Lyle Flinner, Darlene Overholt, Elbert Overholt and Jack Arnold (ex-officio)
- Decorations:** Vivian chambers (Chair), Bea Flinner, Dorothy Griffin, and Billie Harrison
- Membership:** B. Kaye Stearman and Sam Stearman (Co-chairs)
- Programs:** Bob Emmel (Chair), and Bea Flinner
- Research Interest Group:** Bea Flinner (Chair), Elbert Overholt

- Learning Resource Committee:** Shirley Pelley (Chair), Bea Flinner, Betty Williams, and George Williams
- Shuttle Service:** Shural Knippers (Coordinator), and Wesley Harmon
- Decorating (luncheon tables):** Bea Flinner, Dorothy Griffin, and Darlene Overholt
- Editing (newsletters):** Anna Belle Laughbaum (missionary newsletter)
- Historical sites (conducting visitors through museums):** Trudy Cargill, Lyle Tullis, Betty Williams, and George Williams
- Hospitals (volunteers):** Angie Alger and Dan Alger
- Hosts/Hostesses:** Trudy Cargill (ASP), Anna Belle Laughbaum (Oklahoma City Shakespeare Club), Shirley Pelley (ASP), B. Kaye and Sam Stearman (ASP), Billie Harrison (ASP)
- Intergenerational (forums):** Robert Griffin and Elbert Overholt
- Lecturing (classical literature):** Anna Belle Laughbaum
- Meals on Wheels (delivery):** Robert Griffin, Betty Williams, and George Williams
- Music (choirs and orchestras):** Don Beaver and Wini Howard
- Nursing home residents and home-bound persons (visitation):** Angie Alger, Dan Alger, Wini Howard, Robert Griffin, Betty Williams, and George Williams
- Reading (for blind seniors):** Betty Williams and George Williams
- SNU (registration):** Robert Griffin, Elbert Overholt, Betty Williams, and George Williams
- TAP (The Academy Perspective):** Gene Adams, Dena Adams, Jack Arnold, Vada Lee Barkley, Don Bever, Bob Emmel, Bea Flinner, Anna Belle Laughbaum, Elbert Overholt, and Shirley Pelley
- Teaching (ceramics):** Vivian Chambers
- Tours (senior tours):** B. Kaye Stearman and Sam Stearman
- Transportation (driving seniors to medical appointments and luncheons):** Wesley Harmon, Shural Knippers, Betty Williams, and George Williams
- Tutoring (math, reading, or computer skills):** Vernon Dawson and Dorothy Griffin
- Writing (articles, stories, or poetry):** Vada Lee Barkley, Gene Chambers, Bob Emmel, Bea Flinner, Lyle Flinner, Cantley George, Syble George, Robert Griffin, Wini Howard, Anna Belle Laughbaum, and Elbert Overholt

Another report on leadership and volunteer service activities for the 1998-99 academic year will be printed in a future TAP issue if outstanding members turn in their goldenrod QUESTIONNAIRES:ASP SERVICE OPPORTUNITIES at the luncheon meetings or send them to: Dr. Jack Arnold, P.O.Box 814612, Dallas, TX 75381-4612 before May 1999.

PLEASE MAKE A NOTE OF THESE 1999 ACADEMY OF SENIOR PROFESSIONALS (ASP) CALENDAR DATES*



Feb. 8

9:30-10:45 a.m.	Research Interest Group	Royce Brown 135
11:00 a.m.	Shuttle to Commons	BFC Parking Lot
11:30 a.m.	ASP Luncheon Meeting	Commons Heritage Room
1:00 p.m.	Shuttle to BFC Parking Lot	Commons
1:30 p.m.	Administrative Council	Royce Brown 135

Mar. 8

9:30-10:45 a.m.	Strategic Planning Committee	Royce Brown 135
11:00 a.m.	Shuttle to Commons	BFC Parking Lot
11:30 a.m.	ASP Luncheon Meeting	Commons Heritage Room
1:00 p.m.	Shuttle to BFC Parking Lot	Commons

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