

ASP Members and Guests Will Hear Dr. Kenneth H. Cooper, the Father of Aerobics, on April 1

by Shirley Mears/Jack Arnold

The Partners in Learning Network (PLN) will showcase Dr. Kenneth H. Cooper at its *PLN Presents* luncheon on April 1, 2004, 11:00 a.m.-1:00 p.m., at the Cox Convention Center in downtown Oklahoma City.

The members of the Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU) have been invited as guests by the PLN officers and members. More than fifty ASP members are registered to attend and participate in this special event.

When Kenneth H. Cooper, M.D., M.P.H., published his first best seller, *Aerobics*, he introduced a new concept to Americans. Millions of people were motivated by his preventive medicine research, persuasive public appearances, and inspiring books. In short, as a young U. S. Airforce physician, he started a worldwide fitness revolution.

Born in Oklahoma City, on March 4, 1931, Ken Cooper was the son of a dentist father and mother who always cheered him on at track meets and other athletic competitions. Choosing medicine over missionary work, his other calling, he received a B.S. degree in 1952 from the University of Oklahoma

and a M.D. degree in 1956 from the University of Oklahoma School of Medicine. His master of public health degree was earned from the Harvard School of Public Health in 1962 while still an U. S. Air Force flight surgeon stationed in Texas.

Recognized for more than three decades as the leader

of the international physical fitness moment, Dr. Cooper is credited with motivating more people to exercise in pursuit of good health than any other person. At the Cooper Aerobics Center, as president and CEO, he is supported by a 400-person staff in carrying out his mission to educate and encourage optimum health in as many segments of the population as possible. He sets an example by maintaining a healthy lifestyle by exercising at the Cooper Fitness Center on a regular basis.

Loren Gresham, Ph.D., SNU President, has generously agreed to subsidize luncheon tickets for ASP members and arranged for bus transportation for all ASP members and guests.

The cost of the luncheon is \$7.25 for ASP members and \$40.00 for non-members.

The bus transportation schedule for ASP members and guests is as follows:

- 10:00 a.m. Board buses at SNU (Sawyer Center parking lot which is located at the corner of 41st and Donald).
- 10:15 a.m. Depart for Cox Convention Center
- 10:40 a.m. Arrive at Center
- 12:45 p.m. Buses at Center
- 1:00 p.m. Luncheon dismisses
- 1:15 p.m. Board buses
- 1:20 p.m. Depart for SNU
- 1:45 p.m. Arrive at SNU (Sawyer Center parking lot)

Underground parking is available at the Cox Convention Center. The parking entrances are located on the east side of E. K. Gaylord and the west side of the building on North Robinson. The current charge is \$5.00 per entry. Oklahoma Spirit Trolleys provide shuttle service to most off-site parking garages.

For more information on *PLN Presents*, Dr. Kenneth Cooper, individuals may contact the PLN Office, SNU, 6729 N. W. 39th Expressway, Bethany, OK 73008, 405.491.6600, pln@anu.edu or www.snu.edu/pln.

On behalf of the ASP Administrative Council and members, I wish to publicly express our gratitude to PLN Chairman Mark Funke and SNU President Loren Gresham for extending their gracious invitation to us to be their guests at *PLN Presents*.



Dr. Kenneth Cooper



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



**"Sharing a
Continuous
Flight"**

**Counting the Colored Marbles of Time
and Appreciating the Gift of Longevity**

Two years ago, I sat in the office of **Dr. Tedd Mitchell**, who was our keynote speaker at our Senior Adult Conference 2002, at the Cooper Clinic in Dallas and noticed that he had **a jar of colored marbles** on a table near the door. When I asked him about them, he explained:

"The older I get, the more I enjoy Saturday mornings. Perhaps it's the quiet solitude that comes with being the first one to rise, or maybe it's the unbounded joy of not having to be at work. Either way, the first few hours of a Saturday morning are the most enjoyable to me.

"A few weeks ago, I was shuffling toward the kitchen with a steaming cup of coffee in one hand and the morning paper in the other. I turned up the volume on my radio in order to listen to a Saturday morning talk show. I heard an **older sounding man with a golden voice talking about '1000 marbles' to someone named Tom**. Here is what I heard the talk-show host say on that Saturday morning:"

Well, Tom, it sure sounds like you are busy with your job. I am sure they pay you well, but it is a shame you have to be away from home and your family so much. Hard to believe a young fellow should have to work 60 to 70 hours a week to make ends meet. Too bad you missed your daughter's dance recital. Let me tell you something, Tom. Something that has helped me to keep a good perspective on my own priorities.

*You see, I sat down one day and did a little arithmetic. **The average person lives about 75 years.** I know, some live more and some live less, but on average folks live about 75 years. Now, then, **I multiplied 75 times 52, and I came up with 3900**, which is the number of Saturdays that the average person has in his or her entire lifetime. Now, stick with me, Tom, I am getting to the important part.*

It took me until I was 55 years old to think about all of this in any detail, and by that time I

Continued next column

The Academy Perspective

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had lived through 2800 Saturdays. I got to thinking that if I lived to be 75, then I only had a little more than 1000 of them left to enjoy.

So, I went to a toy store and bought every single marble they had. I ended up having to visit three toy stores to round up 1040 marbles. I took them home and put them inside of a large, clear plastic bowl in my workshop next to the radio. Every Saturday since then, I have taken one marble out and thrown it away.

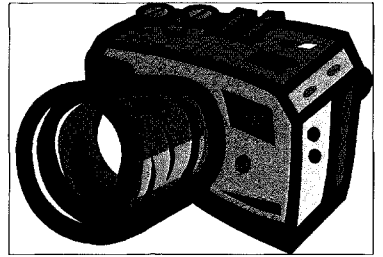
I found that by watching the marbles diminish, I focused more on the really important things in life. There is nothing like watching your time here on Earth run out to help you get

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ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



INDUCTION
NEW MEMBERS



(above) President Jack Arnold and Member-ship Chair Billie Harrison induct new members into the Academy of Senior Professionals

(above) Billie Harrison introduces new ASP members who are being inducted into Academy membership: (l to r) Billie Harrison, Jo Ann Brannon, Mary Anna Scheie and Paul Scheie.



NEW APPLICANTS FOR MEMBERSHIP

(left) Valerie Morrison, employed by Majors Medical

(right) Morgan Weber, in February was a guest of Shirley Pelley



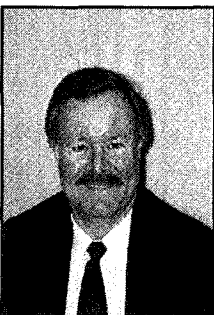
SPEAKER

(left) C. Sherman Huff, CEO of the Spanish Cove Life-care Retirement Village in Yukon, OK, was the speaker for the March Academy luncheon



TABLE DECORATIONS

(above, l to r) ASP members, Bobbie Neighbors and Anne Storey enjoy lunch at a table decorated in the traditional March Irish green



GUESTS March Luncheon

(left) John Branscum, Guardian Angel Elder-care SVCS, Inc

(right) Marge Fisher from California



GUESTS March Luncheon

(left) Phyllis Armstrong from Oklahoma City

(right) Will Stemen from the metro Oklahoma City area





Library Corner

By Bea Flinner

This is an outstanding Christian autobiography written from the heart in conversational style, by author Bruce Marchiano, telling the gripping story of his walking in the footsteps of Jesus—“embracing blind men, dancing with children, loving those who hated Him, and giving His life on a wooden cross.” He also reveals his quest to understand the life of Christ and tells amazing stories of God’s hand guiding and directing the entire production of the film, *The Gospel According to Matthew*, and talks about his journey to understand the life of Christ—a major project in which he walked in the footsteps of Jesus—“embracing blind men, dancing with children, loving those who hated Him, and giving His life on a wooden cross.”

At the onset, Bruce Marchiano was a young actor in Hollywood, and had no idea what his future held—*nor who was directing his life*. Truly, the entire story is that of a miracle—performed by Jesus Christ. This was *not a job*; it became Marchiano’s ministry for the Lord, and one in which he lives and serves faithfully. He tells about his preparation for the role, how he was led of the Lord to surrender his life totally to Him—sometimes through hardships and doubts, but ultimately, to becoming a disciple of Christ.

In the LRC Library. **Highly recommended**



“If you ask me”

By Vada Lee Barkley

In my last column, I promised to tell you a mystery. Here’s the story:

A few months ago Betty Falkner told me that when she and James were cleaning out a house they bought, they found a briefcase full of Art’s sermons in the garage. None of us has the slightest idea how it got there. The mystery is:

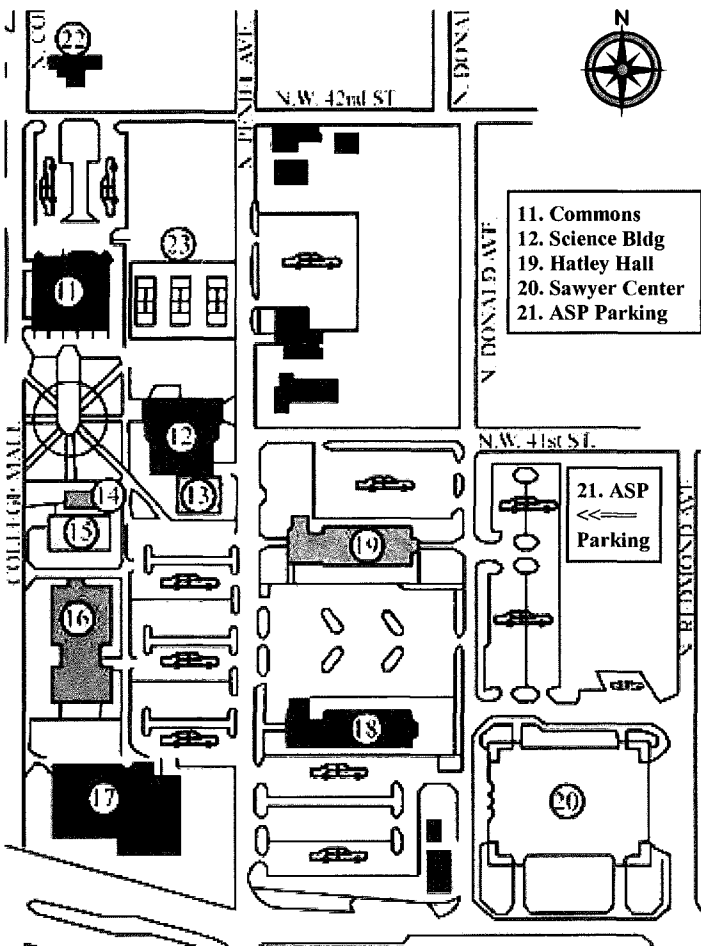
1. How did it get out of our house into one several miles away?
2. What are the chances that the Falkners would buy that particular house?
3. What are the chances that whoever bought that house would know either of us, much less both?
4. Why didn’t someone toss that old battered briefcase into the dumpster?

With such confirmation as that, I wrote another book entitled *Old Time Gospel Preaching*. It should be available by June.

Hundreds of people, including dozens of preachers, have already been exposed to the Word through six books. The two books for pastors are on their way to Dr. Enoch Litswele, Assistant to the Regional Director, in Africa .

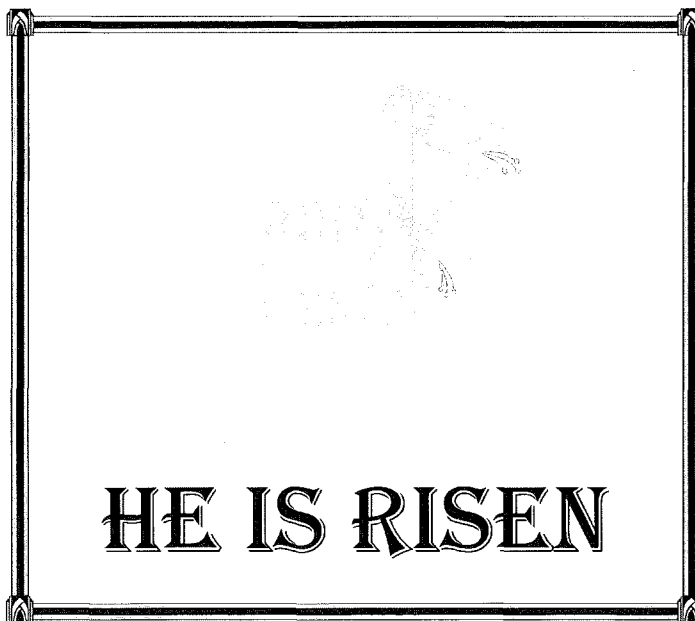
The Bible says God’s Word will not return void and if we cast our bread upon the waters, it will return to us. If one soul is saved through these efforts, what a return on our investment!

Furthermore, proceeds from the sale of these books will go to the SNU School of Theology Scholarship Fund.



BE PREPARED!!

Study the map to the left and be prepared to park for the April 1 bus loading and for the May 10 ASP meetings.





Information You Can Use

By Shirley Mears

Many buildings contain back rooms that are stuffed with discarded, unimportant items. What one generation deems as trash becomes treasure to the next generation. Sometimes the treasure means great wealth, sometimes great memories, sometimes much loved family heirlooms.

But one particular treasure changed a nation.

The Holy Bible scriptures of 2 Kings 22 share that Hilkiah, a high priest, found the book of the Law in the house of the Lord when he unearthed the ancient scrolls. Some people rejoiced with the news, but many were skeptical. Rumors had circulated for years that the lost scrolls were real, but they had been missing for so long that folks had doubts the scrolls had ever existed. According to 2 Kings 22, in the eighteenth year of King Josiah, society had gone its own way of degeneration, becoming a defiled culture. King Josiah set about to cleanse the nation of great evil.

William J. Federer offers our society the same kind of treasure. In his book, *America's God and Country, Encyclopedia Of Quotations*, which is over 700 pages of original quotes from our founding fathers, he offers proof of the Christian heritage of our land. The term, "Primary Source" means translating from the original source of documentation. Many research papers are prepared with revised versions of original works with a current day interpretation. Consequently, the record of history is slanted with whatever bias is popular at that point in time.



Bill Federer

Federer is running for Dick Gephardt's place in congress. An opportunity to exercise our freedom to vote is approaching. We have the freedom to influence our friends and to elect our leaders. Learn more about his work at www.amerisearch.net.

A Sample Article From *America's God and Country, Encyclopedia Of Quotations* by Bill Federer is presented below.

American Minute with Bill Federer

His outspoken stand against slavery resulted in enraged Congressman Preston S. Brooks from Carolina violently beating him on the head with a cane while he was sitting at his desk on the floor of the United States Senate, the injuries from which he never fully recovered.

Who was he?

Senator Charles Sumner, who died this day, March 11, 1974.

A Senator from Massachusetts for 23 years and a founder of the Republican Party, Charles Sumner declared:

"That great story of redemption, when God raised up the slave-born Moses to deliver His chosen people from bondage, and ...that sublimer story where our Savior died a cruel death that all men, without distinction of race, might be saved, makes slavery impossible."



A look at a book

By Wini Howard

JONI

by Joni Eareckson Tada

Joni Eareckson Tada is certainly one of the most admired women in our country/world today. She has written several books along with leading a very active life--all from a wheelchair. What she has done for the needy, hurting people in our world is amazing.

She has written a number of books and this is not a recent one. However, it tells the story of her accident and of the challenges she faced as a quadriplegic. As a 17 year old girl she broke her neck in a diving accident. This book tells of her journey to what could be called spiritual wholeness.

Reading this book one gets a vivid glimpse of suffering that many know little about. The stryker frame that she lived in for many months becomes a reality as one reads. Her hopes to be better and able to return home go "up and down", as she writes about her experience.

Her spiritual journey during this time is what she shares so vividly. It is, of course, tied to her physical problems. Several times she became convinced that God was going to heal her and that she would walk again. The acceptance of the fact that she wouldn't (walk) is a major hurdle. Then she becomes convinced that she would still have the use of her arms and hands--it was another hurdle, because she doesn't! Many battles are fought and she tells about them with great frankness. Her ability to express herself--even with a paint brush between her teeth--is most unusual.

This story was written several years ago. Her marriage and life's work with the handicapped are part of later books. Joni has certainly proved that with God "all things are possible."

(available in the metro library)



AARP 55Alive Driving Course
Saturday, May 8 — 9:00 a.m. to 4:00 p.m.
 By Elbert Overholt

The AARP 55Alive Driving course will be offered by the Academy of Senior Professionals member, Dr. Gerald Knutson, on Saturday, May 8, from 9:00 a.m. to 4:00 p.m., in Business Building, Room 125, on the SNU campus.

Dr. Knutson is a certified AARP instructor and volunteers this service to our members and friends in the community. Most insurance companies will give a rate discount to those who complete the course. For the \$10 fee you will receive a notebook and a certificate of completion.

Enrollment is limited to a maximum of thirty-five (35) individuals in each class. This class will be opened to our friends in the community after April 1. If there is sufficient interest, Gerald is willing to offer this course on a regular basis through the coming year.

Call Sandie Goddard at the SNU School of Business office (491-6359) to make your reservations for May 8.

Continued from page 2

your priorities straight.

Now, Tom, let me tell you one last thing before I sign off with you and take my lovely wife out for breakfast: This morning I took the very last marble out of the jar. I figure that if I make it until next Saturday, then God has blessed me with a little extra time to spend with my loved ones.

After hearing the older man's story about the colored marbles, Dr. Mitchell said: "I had planned to do some work that morning, and then go to the gym. Instead I went upstairs and woke up my wife with a kiss and whispered these words, 'Come on, honey, I am taking you and the kids to breakfast. It's been a long time since we spent a Saturday together with the kids. Hey, while we're out, I want to stop by a toy store. I need to buy some marbles.' "

When my certified public accountant, Mr. Gary Dunlap, told me last month that he needed to cut down on the number of hours that he was working, I told him the story about the colored marbles. I also told him that since I had reached the age of 75 years, I didn't intend to count any marbles to mark time. He then reached for a tax document which showed that **most persons who live to be 75 years of age will probably live to be 90 years old.** He punched in the numbers on his calculator and determined that **I had 770 more Saturdays to enjoy before I reached my 90th birthday.**

"I hope this will encourage you," Mr. Dunlap continued, "to go out and buy those marbles and start counting." I am grateful to him for his words of encouragement and to Dr. Mitchell for his story about the colored marbles in the jar with me. They both reminded me that **the most precious thing that I possess is time:**

***The clock of life is wound but once,
and no man has the power
to tell just when the hands will stop
at late or early hour.***

***Now is the only time I have to
give, love, and toil with a will.
I cannot wait until tomorrow
for the clock may then be still.***

--Anonymous



ASP Calendar

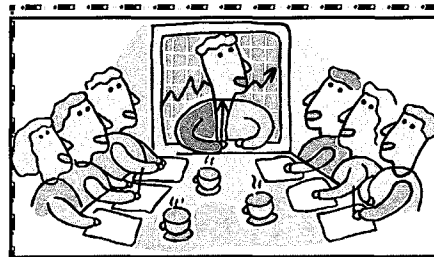
Monday: April 1 (ASP/PLN Conference)

- 10:00 a.m. Board buses
- 10:15 a.m. Depart for Cox Convention Center
- 11:00 a.m.—1:00 p.m. Luncheon: Cox Convention Center
- 1:15 p.m. Board buses for return to SNU
- 1:45 p.m. Arrive at SNU Sawyer Center parking lot



News Briefs

- **April ASP Meeting Changes:**
See article on Peer Learning Network/Dr. Kenneth Cooper in this issue, page 1. ASP and PLN will meet jointly on April 1.
- **Need an ID?:**
If you haven't received your ID, check with Ron Wilson's secretary on the lower floor of the Commons.
- **Membership Dues (2004) Payable at the May Meeting:**
The annual dues of \$15 per person are due and may be paid at the luncheon meeting on May 10, 2004. Thank you for your support of ASP.



NOTICE OF ANNUAL BUSINESS MEETING
By Elbert Overholt

The annual business of the Assembly of the Academy will be conducted at our regular luncheon meeting on **May 10**. The officers for the 2004-2005 year will be elected and we will receive the annual report of President Armold.

It will be beneficial if all of us attend, and give serious consideration to developing the Academy into a stronger, more serving and visible organization.

In addition to the business of the Assembly we will enjoy the regular program of the day. See the lead article in TAP. The business session will be streamlined with most reports completed in writing.