

Adventurer Robin Lynn Jones will speak at the January 8 ASP luncheon

by Shirley Mears, Program Chair

I have learned much of what I know about networking from the “Queen Networker, Robin Jones.” She has an amazing talent for staying in touch with people and maintaining friendships for years. She lives life to the fullest, without regrets, and is very generous in helping others to find their paths to the same kind of fulfillment and peace that she has discovered.



Robin Jones

Jones is a professional adventurer whether it is in radio broadcasting or living everyday life. She spent several years as the General Manager of KQCV and currently is the National Promotions and Marketing Director for Moody Broadcasting Network.

She has made it her personal and spiritual goal to visit each missionary with which she is involved: Haiti, France, Europe, Kenya, Columbia, New Zealand, Australia, Ecuador, Holland, Turkey, Egypt, Israel, India, Romania, Hungary, Thailand, El Salvador, and Jamaica.

As an adventurer, she explored the Great Wall, the Pyramids, the Taj Mahal, and Istanbul on round-the-world trip. Jones has been an active member of the Metropolitan Baptist Church for thirty years.

“Don’t Tiptoe Thru Life Simply to Arrive at Death Safely” is the title of Jones’s speech. She will encourage the members and guests to risk more, re-

flect more, and invest in something that they will outlive.

All members and guests are encouraged to make their plans to hear Robin Jones on Monday, January 8. The buffet 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 call 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, January 4.**
 - Please be reminded that when a reservation is made, it must be included in the count unless it is cancelled by **Friday, January 5.** To cancel a reservation, please call Dr. Overholt at **405.789.2036.**



Contributor to the January 8 Luncheon-cost subsidy

Thank you to:

Concordia Senior Living





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

Healthy minds tend to cause healthy bodies and vice versa

Look at any of today's newsstand magazines in this New Year, and chances are one of the leading articles is on stress and fitness management. Our Research Interest Group this month will feature "Fitness in Maturity." Stress is one of the leading causes of illness in today's world, and more and more doctors and scientists are discovering the vital links between body, mind, and spirit.

Emotional stress can weaken the immune system, making the body more susceptible to disease. Dr. Ronald Grossarth-Maticek, an oncologist, recently published the results of three studies, begun in the 1960s, that have stirred international excitement. On the basis of interviews and questionnaires given to a large group of men and women, he assigned people to one of four personality types. By following their medical history for ten to thirteen years, he discovered that certain aspects of mental and emotional behavior can be linked to cancer and heart disease.

Disease-prone people usually exhibit emotional dependence, passivity, and dissatisfaction with their key relationships. They all tend to be unduly influenced by the way others respond to them, and are unable to change unsatisfying relationships. They also seemed unable to take the initiative in forming or maintaining close emotional ties with others.

"There is no single cause for cancer," says psychiatrist Hans Eysenck. "It is always a combination of risk factors: smoking, drinking, genetic factors, environmental factors, and psychosocial factors. We find that they reinforce each other; however, personality is one of the most important."

Louise Hay, author of *Heal Your Body* and *Heal Yourself, Heal Your Life*, says, "I find that resentment, criticism, guilt, and fear cause the most problems in ourselves and our lives. Whatever is happening 'out there' is only a mirror of our own inner thinking."

Tests have shown that people who develop heart disease appear to have problems handling anger,

Continued next column —Arnold



"Sharing a Continuous Flight"

The Academy Perspective

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

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Continued from previous column—Arnold

either by failing to control it or by over controlling it so that it is not adequately expressed. Frustration, fear, and helplessness are also emotions that can create disease in the body.

So what is the answer? The fast pace of today's world makes it hard to avoid some stress. Unfortunately there are no easy answers. Some strong stress relievers, however, should be at the top of our list.

Firstly, take time to enjoy the out-of-doors. Nature is the best medicine in the world for most of us. The beauty of the earth can stimulate joy, thanksgiving, and healthy thoughts.

Secondly, there have been many stories in recent

Continued page 6—



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



ASP OFFICERS HOLD "THANK YOU" RECEPTION FOR SNU STAFF HELPERS — FOLLOW WITH OFFICERS PLANNING SESSION



Co-director Brenda Styers, President Jack Armond, Ron Archer, Umma Kannayan, Cheri Pack, Cheryl Rains, Laureen Springer, Co-director Elbert Overholt



Co-director Brenda Styers hosted the reception in the Marchant Center



Following the reception, officers held a planning session led by co-director Brenda Styers

↓ ACADEMY DECEMBER LUNCHEON WELCOMES NUMEROUS GUESTS ↓



↑ Clarence & Aleen Drumeller (Spanish Cove)



↑ Amy Burch (St. Anthony Behavioral Medicine)



↑ Daniel Meek & Dan Parcel



↑ Bill Martin (Edward Jones)



↑ Alan Pollock



← Lorene Carrol David Starks



→ Morgan Morris

→ Carol Gordon



→ Renda Brumbeloe, Retired United Airlines Captain, Prospective ASP member



↓ PRESIDENT & MRS. GRESHAM HOLD OPEN HOUSE FOR ACADEMY OF SENIOR PROFESSIONALS ↓



← SNU Pres. & Mrs. Gresham

→ Pres. Gresham introduces student Ambassadors who assisted with the open house.



→ Charles Harrison and Mary Anna Scheie



→ Tom Barnard



← Paula Greer and Eula Mae Neuen-schwander

→ Lois and Miltonette Brasher



→ Jack Pischel





MEMORY and FORESIGHT

by Lecil Brown, historian

Memory is one of God's great gifts to us. Our ability to instantly recall a person, a scene or an event that we

may have known a half-century ago is the work of neurons in our brain that our creator gave us in such abundance. We are indeed "fearfully and wonderfully made" as noted in Psalms 139:14. Co-authors Robert Ornstein and Richard F. Thompson did extensive research into the functions of our brain as noted in their book *The Amazing Brain*. In chapter 5 titled *Memory: The Changing Brain* they make this statement: "The ability of the human mind to learn - to store and recall information - is the most remarkable phenomenon in the biological universe. Everything that makes us human - language, thought, knowledge, culture - is the result of this extraordinary capability. Memories are stored among the neurons of the brain in some kind of relatively permanent form as physical traces, which we call memory traces."

In our time and culture, the end of one year is a reflection, an "inventory" of the past years memories we have added, some of joy and some of sadness.

Foresight is that attempt to peer into the new year and try to determine what we may expect to encounter. With events in our world today, this can be an exercise that might bring concern for our country and for our safety. But we have seen the successful resolution of crises in our lives before, and with faith we can anticipate the good memories we will store up from the year 2007 that is before us!



Academy Obituary

by Billie Harrison

Lyle P. Flinner

Lyle P. Flinner passed away on December 2, 2006. He was born on August 11, 1918 in Newcastle, PA, to Harry and Lea Flinner. He was preceeded in death by his parents and sister, Margaurite McKinney. He is survived by his beloved wife, Beatrice, of Bethany, son Donald and wife, Kathy June Allayaud, of Littleton, Colorado; daughter, Carol and husband, Jim Dorough, Oklahoma City, grandchildren James Dorough, Jr., and Stephany Dorough; brothers, Bob Flinner and Harry Flinner, and sisters, Mariam Daugherty and Barbara Reisinger.

Dr. Flinner was a faithful member of Bethany First Church of the Nazarene since 1968 and taught the Kumjoynus Sunday School Class for 19 years. He was a professor at Southern Nazarene University (SNU) for 28 years. He was active in the Academy of Senior Professionals and will be missed by all who knew him. The family requested that donations be made to SNU to be used for the School of Nursing Student Endowment, c/o SNU Endowments, Bethany, OK, 73008.



Library Resources

by Bea Flinner

Sacred Rhythms

by Ruth Haley Brown

"Spiritual disciplines open us to God's transforming love and the changes that only God can bring about in our lives. Picking up on the monastic tradition of creating a "rule of life" that allows for regular space for the practice of the spiritual disciplines, this book takes one more deeply into understanding seven key disciplines along with practical ideas for weaving them into everyday life. Each chapter includes exercises to help one in the practices—individually and in a group context. The final chapter puts it all together individually and in a group context. It also helps the reader to put things together in a way that will help one to arrange for spiritual transformation."

Do you have a desire for more of God in your life than you have at the present? Do you want to grow deeper in the spiritual areas of your life? Are you really making more space for God in every part of your life? Do we really draw close to God in such a way that we really do commune with Him? People who are really interested in "more" of God, along with their very busy lives, will discover better ways to serve God in a way that pleases Him.



"Wellness for the New Year"

by Elbert Overholt

"Wellness for the New Year" is the title of the presentation by Debbie Miller at the **RIG meeting at 9:30 a.m., Monday, January 8**, in the Student Conference Room of the SNU Commons.

Ms. Miller is Director of Wellness and Resident Trainer at Spanish Cove Retirement Village in Yukon. She is a graduate of the University of Central Oklahoma and is certified by the Cooper Institute, Dallas, Texas, as Fitness Specialist for Older Adults, Personal Trainer, and YOGA.

Ms. Miller has been with the Spanish Cove for sixteen years and brings to our group a wealth of experience and learning. Here's a good opportunity to learn how to improve your health and quality of life.

RIG II

Brenda Styers, Co-Director of ASP, outlined a plan for gathering pertinent data for ASP members at the December 11th meeting. A survey is being developed and will be administered and the data analyzed during this academic year.

If you are interested in working in this area contact Brenda and plan to meet with the group on January 15 --- 1:00 - 3:30 p.m. in the Alumni Conference Room. (That's one week after our luncheon date.)



News to Use
by Shirley Mears
“New Toys”

January is all about new beginnings. I love coming across a new idea and then creating a list with an ability to check things off as I go. Putting a plan together and making strides to accomplish the plan can get overwhelming. I tend to get too ambitious with growing the list and not allowing enough time to get it all done. I’ve discovered a toy to make accomplishing much easier.

I know that we are past the Christmas season but every time I learn something new I just feel like I am experiencing Christmas once again. I’ve discovered a simple technology toy. It is called a pillow speaker. I found it at Radio Shack for about \$8.00. It is a small earphone disc that is comfortable to lie on and listen to whatever you choose without disturbing anyone else in the room. My honey Carl can sleep through most things, but not me. Sometimes my brain won’t go to sleep when I need it to, but I can’t just lay there for long. However, once I get up, I’ll be up for hours, which makes for a long day. With the pillow speaker I can listen to music on a cd player, the radio or personal recordings. I discovered a digital recorder, it was about \$40.00. I am able to record things without being concerned about the end of a tape. It also has the ability to sort your recordings in 4 categories. My A file is my to do list, B is for scriptures that I am learning in a Beth Moore Daniel study, C is for any inspirational thoughts or concepts and D is for family stories. It is easy to write the stories from the recordings for my family albums and it is great to hear the stories from those who lived the events. Hearing my grandchildren laughing anytime I want is an extra bonus.

I love learning new things and meeting people who have gone through tough times well. People who have gone through challenges well have a confidence about them that is just appealing. I have to admit that my tendency is to duck and hide. To record their stories about how they survived tough times has been especially encouraging. I feel stronger just by hearing about the skills they learned from their trials.

Let me know what kind of things you are learning. What excites you when you are discouraged? I’d like to encourage you to share your adventures with others in your family or circle of friends and then ask them what they are learning. It can give you the feeling of Christmas once again.

OPEN HOUSE PICTURES—CONTINUED FROM PAGE 3



←Park and Nona Burkhart



→Dwight Neuen-schwander and Don Carley



←Betty Pischel and Geraldine Bader



→Lawanda Allison and Gerri McClafin



←Robert and Dorothy Grinnin



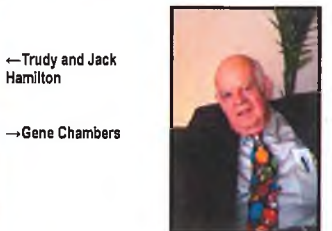
→Roy and Rebecca Dorris



↑David Ellis



↑Don Beaver



↑Mary Evelyn Miller



↑George Miller



←Trudy and Jack Hamilton

→Gene Chambers



←Jack Pischel



→Brenda Styers

ArnoldContinued from page 2—Arnold

years of terminally ill patients who literally laughed themselves back to good health. Those men and women had nothing to lose when they began a systematic program of watching funny television shows and reading humorous books. Without realizing it, they stimulated a stronger immune system and helped to conquer or at least stabilize the disease.

Thirdly, prayer and meditation are proven methods of achieving a relaxed state of consciousness. Recent findings reported by Stanford University researcher Kenneth Eppley review the effects of transcendental meditation (TM). He reports that “TM has consistently beneficial effects on anxiety.” The health benefits of meditation are recognized by physicians; it can lower blood pressure, slow the aging process, and keep the emotions in balance.

Fourthly, another proven method for reducing stress is to own a pet. Long-range studies with elderly and ill show that having a dog or cat to stroke and love increases happiness and extends longevity. Mother Teresa of Calcutta provided animals as therapy for insane children.

Finally, most important to all to be happy, healthy, and stress-free, we need to believe in ourselves and our own right to happiness and health. Louise Hay writes, “Our subconscious mind accepts whatever we choose to believe. Life is very simple. What we give out, we get back. I believe that all of us are responsible for every experience in our lives, the best and the worst. Every thought we think is creating our future. Each one of us creates our experiences by the thoughts we think, and the words we speak. If we accept a limiting belief, then it will become truth for us. The universal power never judges or criticizes us. It only accepts us at our own value.”

Remaining Meeting Dates for 2006-2007

January 8, 2007

February 12, 2007

March 12, 2007

April 12, 2007 - Peer Learning event off campus

May 14, 2007



ASP Calendar

Monday: January 8

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster/Marchant **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

- **Membership Dues:** Members who have not paid their annual dues, may pay them at the January 8th Luncheon or send their checks to Dr. Roy Dorris, ASP Treasurer, 4607 N. College, Bethany, OK 73008. Yearly individual dues for the calendar year are \$15.00, or \$1.25 per month. The initiation fee for new members is \$10.00.
- **ASP Web Site:** Information about the ASP may be found at www.snu.edu/sr_professionals.
- **Shuttle Service for January meeting:** SNU continues to offer free shuttle service to and from the northwest corner of the Sawyer Center parking lot, 41st and Donald Street. Newcomers should turn north at the red light at 39th Expressway and Peniel Street; go two blocks north to 41st Street; turn right (east) one block to Donald Street. The shuttle begins service at 9:00 a.m. and continues trips to the Webster Commons.

ASP Parking Map

