

Perspective

Vol. 21 — No. 4

January 2012

The first ASP luncheon meeting of the 2012 New Year will focus on economic recovery

By
Jack David Arnold, Ph.D.

Given the downturn of state, national, and international economies, I thought it would be most appropriate and timely for me to invite, Mr. Bill Martin, my friend, colleague, advisor, and one of our own ASP members, to address the following topic at our January 16, 2012 luncheon meeting:

**“Outlook and Opportunities:
Economic Recovery--Progress,
Not Perfection.”**



In his thirty-five minute *Power-Point* presentation, Martin will address financial concerns surrounding the slow pace of economic recovery, inflation, rising deficits and debts, changing interest rates, as well as municipal bonds. He will also examine investment opportunities in the United States and foreign countries. A question-and-answer period will follow the presentation.

As an Edward Jones financial advisor in Yukon, Oklahoma, Martin completed a comprehensive and ongoing training program including all required licensing examinations, investment education, and instruction in identifying appropriate solutions for specific client needs.

Born in 1949 in Oklahoma City, Oklahoma, Martin graduated from Classen High School and has attended the University of Central Oklahoma

with a major in business. He served six years in the United States Navy. He has two grown daughters and five grandsons who all live in the Oklahoma City metropolitan area. He is Past-President of the Yukon Rotary Club and a Board Member of the Yukon Chamber of Commerce.

All persons interested in attending this January 16, 2012, ASP luncheon meeting, which begins at 11:00 a.m. and concludes at 1:00 p.m. in the Heritage Room of the SNU campus, should contact our Telephone Calling Chairperson, Mrs. Linda Carley, at 405.728.0515 or donlinicarley@prodigy.net before Thursday, January 12. All ASP members will be contacted for their individual reservations by telephone or e-mail by members of the Telephone Calling Committee before this date.

Please remember
to bring your
\$16.00 annual dues.



LUNCHEON SPONSOR

Our thanks to

MERCER ADAMS MARLA COLE



Your President's Point of View

by Emmalyn German

Things I've learned about who I am.

I would like to share with you a few things I have learned about myself that might be interesting for you to know.



William the
Conqueror

I learned a few years ago that I am a descendent of William the Conqueror! His descendent and my ancestor, John Howland, came over on the Mayflower, and had he not caught hold of a guide wire on the beam about 10 feet under



John Howland
of the Mayflower

water when he fell overboard in a bad storm, he would have drowned and I would not be here today.

I visited the Quaker library genealogy room in Swarthmore, Pennsylvania near my husband's home and learned that I am also a descendent of Thomas Macy, and several other original settlers of Nantucket Island, who spent their lives searching for whale oil. Their stories inspired the tale of Moby Dick. It was one of their whaling ships that traded their oil for tea which was later thrown overboard in the Boston Tea Party!

I learned I am a descendent of Jonathan Peckham who was one of the first settlers of Newport, Rhode Island. Solomon Peckham, one of his descendents, married a half Indian girl from the Mohegan tribe, and traveled with a band of Quakers to begin a settlement in Wisconsin. Temporarily leaving that farm he became one of the 49ers, traveling across the whole United States to a small river north of Sacramento to pan for gold. After three years he got homesick for his wife and children and, not wanting to return on that arduous trip in a Conestoga wagon, he caught a ship from San Francisco, nearly perishing for lack of fresh food, sailed around South America and found his wife and children happy to

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"Sharing a Continuous Flight"

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LUNCHEON SPONSORS 2011-2012

October 10 - Charles and Billie Harrison
November 14 - Legend at Council Road
December 12 - Southern Plaza
January 16 - Mercer Adams, Marla Cole
February 13 - Dale and Emmalyn German
March 12 - Spanish Cove Retirement Village
April 12 - SNU
May 14 - Concordia LifeCare Community



The Director's Corner ASP and SNU

by Eunice Trent, Director of ASP

Spring 2012 Classes

The Academy of Senior Professional members at the age of 65 and older may audit classes for \$30 per credit hour, plus fees when applicable.

Classes are open for enrollment the first day of the Spring 2012 semester, which is **Thursday, January 12th**.

When auditing, the student is encouraged (but not required) to be a full participant in the class activities (e.g. examinations, assigned homework).

Not all courses offered by the University are open for enrollment on an audit basis. Physical education activity courses, practicum experiences, private lessons, independent study, research, and other similar courses are not open for audit.

Audited courses follow the same enrollment procedures as credit courses.

Below is a list of some of the classes for the Spring 2012 semester.

Aviation
Business
Coaching
Cultural & Communication Studies
Exercise Science
English as a Foreign Language
General Studies
Bachelors Degree Majors
Accounting (BS)
Athletic Training (BS)
Aviation-Business (BS)
Biology (BS)
Biology-Chemistry (BS)
Business Administration (BS)
Business Administration (BS) (Professional Studies)
Business Administration/Pre-law (BS)
Business Multidisciplinary (BA/BS)
Chemistry (BS)
Children's Ministry (BS)
Christian Education (BA/BS)
Computer Science (BS)
Criminal Justice (BS) (Professional Studies)
Cultural & Communication Studies (BA)
Early Childhood Education (BS)
Education (BS)
Education – Liberal Studies (BS)
Elementary Education (BS)

English (BA)
English Education (BA)
Environmental Studies (BS)
Exercise Science (BS)
Family Studies and Gerontology (BS) (Professional Studies)
Finance (BS)
Graphic Design (BA)
History (BA)
Human Relations (BS)
International Studies (BA)
Kinesiology (BS)
Language/TESL (BA)
Latino Ministry/Latino Studies (BA)
Literature (BA)
Management (BS)
Management Information Systems (BS)
Marketing (BS)
Mass Communication (BA)
Mathematics (BA/BS)
Mathematics Education (BS)
Missions (BA)
Music (BA)
Music Business (BS)
Music Education—Vocal or Instrumental (B.Mus.Ed.)
Music Ministry (BA)
Music Performance—Vocal, Instrumental or Keyboard (BS)
Network Engineering (BS)
Network Management (BS) (Professional Studies)
Nursing (BS)
Nursing—RN/BS (BS) (Professional Studies)
Organizational Leadership (BS) (Professional Studies)
Philosophy (BA)
Physical Education—P-12 (BS)
Physical Education—Sports and Leisure (BS)
Physics (BS)
Politics and Law (BA)
Pre-occupational Therapy (BS)
Pre-physical Therapy (BS)
Psychology (BA/BS)
Public Relations (BS)
Science Education (BA)
Social Studies Education (BS)
Sociology (BS)
Software Development (BS)
Software Development (BS) (Professional Studies)
Spanish (BA)
Spanish-English Translation (BA)
Speech Communication (BA/BS)
Sport Information (BS)
Sport Management (BS)
Statistics/Actuarial Science (BS)
Theology and Ministry (BA/BS)
Urban Ministry/Urban Studies (BA)
Youth Ministry (BS)



For more information go to www.snu.edu/catalog or call the Office of the Registrar at 491-6386.

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have him home again. This same Solomon Peckham fought in the battle of Vicksburg during the Civil War, and died in the ditches there from the disease he had acquired on that ship. We found his name on the monument for Civil war soldiers from Wisconsin in Vicksburg recently.

I learned my grandparents on my father's side migrated with each of their families from Ohio to Idaho where they homesteaded, and turned the sage brush into beautiful farms, each with house, well, and grove of trees. One of their last farms, Rainbow Farm, was donated by my grandmother to Northwest Nazarene College, after she had used the proceeds to pay for all of her grandchildren's first year of college.

I am the daughter of Marjorie Lucile Davis Carter, who came to be a student at Bethany Peniel College in 1941, and later went to Northwest Nazarene College so that she could become a nurse and missionary to India with my dad, Clarence Lowel Carter and little brother Lauren Wayne Carter.

Genealogy is a fun, never-ending pursuit, and you can find some very interesting things about your family if you look for them. Why don't you look up your family history, and leave a legacy for your family?

Happy new year, everyone!



ASP Calendar

Monday: January 16, 2012

- 9:00-11:00 a.m. Shuttle Service from the Sawyer Center lot (41st and Donald) to the Webster Commons
- 9:30—10:30 Morning Seminar in the Tullis Room.
(Webster Commons 1st Floor)
- 11:00— 1:00 p.m. Luncheon Meeting in the Heritage Room
- 1:00—1:30 p.m. Shuttle Service to the Sawyer Center lot.
- 1:15—2:15 p.m. Administrative Council Meeting



Ginger and Harry Miller



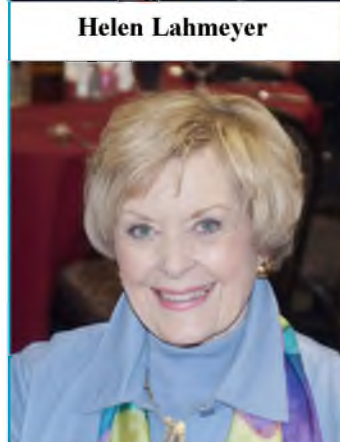
December Luncheon



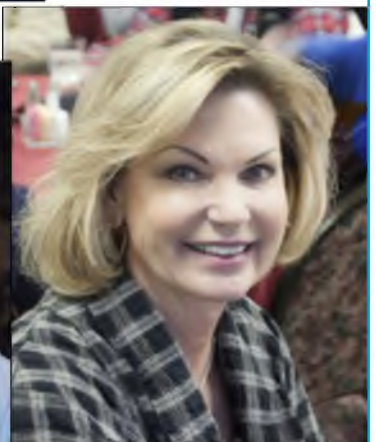
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Carlene Edwards



Pat Snyder



Diane Weaver



CHRISTMAS OPEN HOUSE



Dr. and Mrs. Loren Gresham



LIBRARY NEWS

JANUARY 2012

By Arlita Harris

The practice of making New Year's Resolutions began with the Babylonians who started each new year with a clean slate by returning everything they had borrowed during the previous year. Maybe that's a good way for us to start our new year – by returning those books, dishes, and other items we have borrowed.

We know all too well about the lack of success in making resolutions to lose weight, exercise more, quit smoking, get up an hour earlier, and (you can add your annual resolution here). Too often those aren't kept.



Here are some resolutions that we might consider instead for 2012:

- I will no longer waste time reliving the past; instead I will spend it praying about the future.
- I will stop sending e-mails to my wife (or husband). I will talk to them instead.
- I will accept what I cannot change and work to change what I believe could be improved.
- I will read the manual first, before opening the product I'm to put together.
- I will not tell the same story at every get together.
- I will be more imaginative and make my mind wander, before it starts doing it on its own.
- I will find a reason to laugh every day. Making someone else laugh is worth two points.
- I will organize one drawer or closet shelf every week, throwing or giving away anything I haven't used in the last year.
- If I've had stuff in storage over a year, I give myself permission to get rid of it and use the savings from storing it to buy something I really will use.
- I will learn something new this year – e-mailing, painting, a scripture, a musical instrument, a language, needlework. Teach someone and get two points.
- I will make a list of places I want to travel and then go there, by plane, train, boat, book, or travelogue on a video or television. I will

learn about that culture. A good place is Culturegrams on the SNU Library's database page (log in with your SNU/ASP ID and password).

I will meet one new person each month and focus on remembering their name and learning one thing about them.

I will pamper myself at least once a month by getting a manicure/pedicure, getting my hair cut, visiting a spa, eating out, or going to a movie or a concert. Call a friend to go with you for two points.

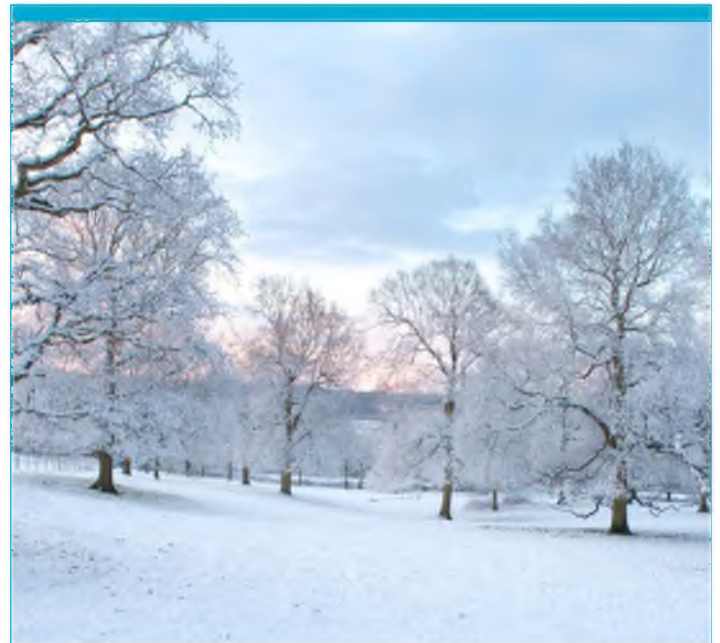
I will visit the doctor and dentist for a checkup on a regular basis, not just when I have to go.

I will stop complaining and find something positive to say to the people with whom I interact each day.

I will touch and hug those I love more often.

We're never too old to kiss and hold hands.

I will stop what I'm doing and listen to my co-worker, friend, or spouse when they enter the room. They are more important than the television, computer, or game I am playing.

**FEBRUARY LUNCHEON SPEAKER**

Charles P. "Chuck" Schroeder, Executive Director, National Cowboy and Western Heritage Museum, will be our Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU) luncheon meeting speaker on Monday, February 13, 2012, 11:00 a.m.-1:00 p.m.!



Complementary and Alternative Medicine

By Paul Scheie

If you take any dietary supplements or participate in any physical or mental activity not prescribed or suggested by an MD or a DO, you probably are engaged in complementary or alternative medicine.



Have you tried aromatherapy, or Reiki, or polarity therapy, or therapeutic touch, or yoga, or reflexology, or ---?? And how do you go about evaluating the competency of a person advertising to provide these procedures?

The federal government has recognized the widespread appeal of complementary and alternative medicine, and a division of the National Institutes for Health has been devoted to researching the claims, benefits and safety of both complementary and alternative approaches. Locally, Integrus Health has established a Center for Mind, Body, and Spirit, which offers up to date information and choices for persons interested in seeking help from complementary or alternative medicine. The presenter for our Morning Seminar on January 16 is the Reverend Dr. Karrie Oertli from Integrus Health, and she will speak to us on the topic, "Tips on Choosing Complementary and Alternative Treatment".

Dr. Oertli is Director of Pastoral Care at Integrus Baptist Medical Center and the James I. Hall, Jr. Center for Mind Body and Spirit. She has a B.A. degree from Texas A&M, a M.Div. degree from Southwestern Baptist Theological Seminary, and a D.Min.

degree from Drew Univ. She is an ACPE Supervisor and serves as the chair of the ACPE Accreditation Commission, as well a Board Certified Chaplain with the Association of Professional Chaplains, and is in the process of certification as a CMBM Certified Practitioner with the Center for Mind Body Medicine in Washington D.C.

Come with your questions. 9:30 – 10:30 A.M. in the Tullis Room on the first floor of Webster Commons.

ASP "Trek" Time

By Pat Perry



Happy New Year ASP Members.

I hope all of you who have joined us on our trips have enjoyed them this past fall. The trip to see "Passages" was exceptional and the Myriad Gardens at Christmas time was beautiful. I hope to find some interesting trips next spring, and I hope you all will join us. Please contact me if you have any ideas.

I'm still planning that great cruise out of NYC next October to see the fall colors in Canada and New England, and have been working on a trip to Ireland and maybe Scotland. Let me know if you are interested. My phone number is 405-373-4157



I hope all of you had a very Blessed Christmas and a very Happy New Year with friends and family.