



Perspective

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March — 2009

Spanish Cove's Debbie Miller will explain the Six Dimensions of Wellness at the March 9 luncheon

Wellness is more than not being sick, it's an approach to health that aims to reduce your risk of serious illness. "The way we live has a lot to do with our health," says Mrs. Debbie Miller, Director of Wellness and Resident Relations at the Spanish Cove Retirement Village in Yukon, Oklahoma.

Unhealthy lifestyles can lead to life threatening conditions such as heart disease, cancer, and stroke. According to Debbie, "Many of these lifestyle diseases can be prevented by recognizing and reducing health risks and by making wellness a way of life.

What senior adults do, think, feel, and believe have an impact on their health and well-being."

Debbie will also talk about how senior adults can "extend their warranty" and how to challenge our



perception of aging so that they not only add years to our lives but life to their years. Senior adults can live longer, live younger, and extend their warranty.

Debbie Miller graduated from Central State University (now the University of Central Oklahoma) with a Liberal Arts degree. She has been at the Spanish Cove Retirement Village for the past 18 years and is a Certified Personal Trainer and a Certified Fitness Specialist for Older Adults. She received both certi-

fications from the Cooper Institute in Dallas, Texas. She is also a trained yoga instructor. At Heritage College, she is an Advisory Board Member for its Personal Training Program and Massage Therapy Program. Debbie is a Member of the International Council on Active Aging and is also active in numerous civic organizations. Married to her husband, David, for 17 years, they have two children.

All members and guests are urged to make their plans to hear Debbie Miller, Monday, March 9, 2009. The buffet luncheon in the Heritage Room of the Webster Commons on the Southern Nazarene University campus begins promptly at 11:15 a.m. The luncheon program starts at noon and ends promptly at 1:00 p.m.

Important luncheon reservation information:

- **Members:** If you have not been contacted by one of our telephone callers by Thursday, March 5, then please call Mrs. Aleen Drumeller, ASP Telephone Committee Chairperson, at 405.265-0302
- **Guests:** Please call the SNU Office of Alumni Relations at 491-6312 or email ASP@snu.edu
- **All:** The cost of the luncheon is \$5.00. Kindly make your reservation(s) by Thursday, March 5.

MARCH LUNCHEON SPONSOR
The Burbridge Foundation, Inc.,
Our Thanks to Bobbie Burbridge-Lane





Your President's Point of View by Jack David Arnold

**Reversing the patterns of hurry
by slowing down will bring about
magnificent benefits to senior adults**

People say that modern life has grown so complicated, so busy, so crowded that we have to hurry even to survive. We need not accept that idea. It is quite possible to live in the midst of our highly developed, technological society and keep an easy, relaxed pace. We have a choice. We are not mere victims of our environment, and we do not have to go fast just because everybody else has bought into the myth: "Speed is king!"

The word *hurry* comes from the 1592 Middle English word *horjen* which has three meanings: (1) *to go with haste*, (2) *to impel or precipitate action*, or (3) *to perform with undue haste, often impatiently*. In 1754, *hurry-scurry* came to mean a *confused rush*.

If we have been hurrying all of our lives and been around people who hurry, it is difficult for us to see how fast everything moves. Hurried speech becomes a habit we do not know we have. People who live next to freeways no longer hear the cars, and folks who live next to airports no longer hear planes flying over their homes. Rushing about is very much like that.

Initially, our bodies do the speeding under our conscious direction; however, after a while, we become habituated to going faster and faster, and speed gradually takes over the mind. A kind of compulsive pressure builds up.

Now we really have a problem, because it is very hard to change such a pattern of living. Just as an eye cannot observe its own working, so a rapid mind cannot take the time to perceive its own rapidity.

When the mind starts whirring in this way, a person easily loses control of his or her thoughts and actions. A great deal of carelessness results from hurry, and all kinds of accidents, that we choose to call chance or fate or luck, is actually simple processes of cause and effect. We do not see the causal connection because we move too fast to notice.

Speeded-up people can be likened to *automata*, abstract machines, or to robots. I remember the provocative Charlie Chaplin movie *Modern Times*. Charlie stands at an assembly line in a factory, and for eight hours a day he tightens a nut with his wrench as each piece goes by. From time to time, the boss turns up the pace of the con-

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"Sharing a Continuous Flight"

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Mail to: Roy Dorris, Treasurer
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Luncheon Sponsors for 2008-2009

October:	<i>Autumn Life Center, Kathy Holman</i>
November:	<i>Mercer/Adams Funeral Home, Ron and Yvonne Mercer</i>
December:	<i>Southern Plaza, John Stoddart</i>
January:	<i>Concordia Life Care Community Lisa Vallenkamp</i>
February:	<i>Jack David Arnold, Ph.D.</i>
March:	<i>The Burbridge Foundation, Bobbie Burbridge-Lane</i>



Braums Dairy Farm Tour, Tuttle, Oklahoma

Date: Monday, March 23, 2009

Cost: The Tour is Free

Transportation is \$5.00 per person.
(We will use private vans.)

Lunch is on your own at The Olive Garden after the tour.

Time: Meet at the Sawyer Center Parking Lot at 9:00 am

Tour: 10:30 am. 30 minute video and 1 hr walking

Contact person: Dwight Neuenschwander:
Phone: 947-3420
Email: dwightneuens@hotmail.com



Sign Up Today!



February 9 Book Discussion Group on "The Shack" will be continued in May.



In our February Luncheon we welcomed guest of Valerie Morrison, Christine Hamilton of Crossroads Hospice.

ASP VOLUNTEERS
by Elbert Overholt



The Academy members featured in this issue are Roy and Rebecca Dorris and Roy and Ruth Franklin. Roy Dorris serves as the Academy treasurer. He collects luncheon fees, luncheon sponsors gifts, as well as depositing col-



lected dues and fees for special projects. Rebecca assists him in these tasks and substitutes for Margaret Dawson, dues collector, as needed.

Roy also volunteers at the Reach Our City resale store, is serving as President of his Sunday School Class, as well as serving on the Committee for Elder Activities at Bethany First Church of the Nazarene. He is a trustee on the Bethany Public Schools Foundation. Roy has tutored students in the SNU Chemistry Department and has spoken to the Parkinson Group.



Roy and Ruth Franklin is another couple who are involved in volunteer service in ASP and in the Oklahoma City community. Roy serves admirably as ASP secretary, providing the Ad Council with complete and detailed minutes of all ASP luncheons and Ad Council minutes. Additionally he serves at the ROC Pantry interviewing clients. He sings in BFC choir, and is involved with the BFC prayer chain. Ruth is one of the ASP luncheon callers and helps with the BFC funeral dinners for grieving families.

Thanks to all of you who give valuable services to others. Many of you have learned the joy of investing your skills, knowledge and time in making life easier and more enjoyable by meeting their needs. If you didn't have an opportunity to complete one of our survey forms give me a call at 789-2036 or send e-mail to overez1@cox.net.



RIG What's New

Energy
By Paul Scheie

Energy. We use huge quantities of it to maintain our high standard of living. We cannot manufacture energy but we can convert one kind into another, and we can move energy around.

For the last hundred years we have had available quite cheap sources energy. We have taken out of the ground coal and oil that contain chemical energy and we have burned them and thereby converted the energy first into thermal and then into electrical and mechanical energy. However, the conversion of energy is never without a loss of some energy to wasted heat and often to noxious byproducts. Moreover, the world distribution of the original materials is not uniform, and we find geopolitical factors a threat to uninterrupted supplies.

As a result, we seek alternate sources of energy, and one of those sources in current favor is the wind. Wind can be converted into electricity at the top of tall towers with the aid of wind-catching blades that turn an electric generator, all of which can be situated on "wind farms". Perhaps Oklahoma can capitalize on this idea.

Our presenter at the March RIG meeting will be Kayla McNabb, who has become a strong advocate of harnessing the Oklahoma wind for energy, and who currently is the Wind Energy Development Specialist for the Oklahoma Dept. of Commerce.



LIBRARY NEWS

Heard Any Good Books Lately?
By Arlita Harris

I frequently hear comments from my "more mature" friends who regret that they can't read as much as they would like. Their eyesight just doesn't last long enough to read a book, especially if it is in regular typeface.

The SNU Library has recently added a collection of Books on CD, which you can enjoy at home or in your car or as you exercise or take a walk. Irwin and I enjoy listening to books on auto trips.

The new titles are varied, from Wesley for Armchair Theologians, by William J. Abraham to The Lotus and the Cross by Ravi Zacharias, The Man Who was Thursday by Gilbert K. Chesterton, Lyle W. Dorsett's Surprised by Love: the life of Joy Davidman(Her Life and Marriage to C. S. Lewis); Richard J. Foster's Celebration and Discipline; John Bunyan's Pilgrim's Progress; Charles Sheldon's In His Steps, and others.

More popular titles and best-sellers on CD or in large print are available for checkout through the Metropolitan Library System, which also provides deposit collections at area retirement centers, such as Southern Plaza.

Those who are legally blind or unable to hold a book (even temporarily because of a broken arm) can receive books and magazines on tape on a regular basis from the Oklahoma Library for the Blind and Physically Handicapped. Call 405-521-3514, visit the library at 300 N.E. 18th Street, Oklahoma, City from M-F 8-5, or their website at www.library.state.ok.us to get started. They provide a player and free postage for deliver and return of materials.

Happy Listening! Arlita



Obituaries
By Lecil Brown

The BPC-SNU community has been saddened by the loss of two of our "best and brightest" whose deaths came just four days apart.

Dr. Lloyd Glenn "Mac" McArthur died on January 29, 2009. He was born Sept. 21, 1927 in Carpenter, OK. He was president of his graduating class at Bethany Peniel College in 1949. Here he met Phyllis Jameson with whom he shared a beautiful marriage of 57 years. Dr. "Mac" served his local church as a Sunday School teacher, board member, and as a member of the Board of Trustees of SNU and as a member of the General Board of the International Church of the Nazarene. He is survived by his wife Phyllis, one son, one daughter six grandchildren and two brothers. Funeral services were held in the Ardmore Church of the Nazarene at 2:00 PM on January 31, 2009.

Continued on page 5



**Luncheon Sponsors
Welcome**

Individuals may sponsor ASP luncheons this spring or in the 2009-2010 academic year as well as businesses, organizations, senior centers, hospitals, etc.

Those persons who wish to sponsor a luncheon should contact Roy Dorris, ASP Treasurer at 789-3469



NEWS TO USE
The Beaver Verses The Simpsons
by Shirley Mears

The family structure has changed dramatically since the television show era of *Leave It To Beaver*. Some statistics say the main cause of dysfunctional families is the absent father syndrome. Today's television shows offer few positive views of today's fathers like *The Simpsons*, a show depicting fathers as bumbling selfish beings.

CBMC, formerly known as Christian Business Men's Committee is an organization designed to mentor men as to the life skills that promote healthy families while developing men's abilities to know Christ. CBMC, originally formed as Christian Business Men's Committee, in the 1930's in Chicago. The name was changed to an acronym as the scope of the ministry broadened.

In Oklahoma, the main event each year of CBMC/OKC is the Metro Prayer Breakfast, held the first Wednesday of each April at the Cox Convention Center. Speakers from around the world are brought in to share their stories with an audience of about 1800. Tickets for the breakfast are just \$15.00. The website is www.okc.cbmc.com. Breakfast starts at 7:00 am, but it is strongly suggested to get parked by about 6:15 am as maneuvering around 1800 additional people downtown can be very frustrating.

The April 1st, 2009 speaker is Judge Tim Philpot of Lexington, Kentucky. CBMC celebrates their 26th year. An interview with Harold Armstrong, Oklahoma City CBMC Executive Director can be heard at the www.thegospelstation.com/ Ministry Interviews tab. To learn more go to www.okc.cbmc.com. The Oklahoma office is located at 311 N. W. 122nd St., Oklahoma City, OK 73114 Voice 405-749-9418 Fax 405-752-1537

Obituaries Continued

Dr. John Allan Knight, Sr. died on February 2, 2009. He was born November 8, 1931 in Mineral wells, Texas. He enrolled in Bethany Peniel College in the fall of 1948 at the age of 16. He was president of his class during the sophomore and junior years, and president of the Student Council in his senior year. After graduation in 1952, he earned a Master's Degree from the University of Oklahoma in 1954. He continued his studies at Vanderbilt University where he earned the Master of Divinity and Ph.D. While teaching at Trevecca Nazarene College he married Justine Rushing on August 22, 1958. Dr. Knight was an Ordained Elder in the Church of the Nazarene. He was president of two Nazarene Universities. In June 1985 he was elected General Superintendent and served for 16 years until his retirement in 2001. He is survived by his wife, Justine, sons John A. Jr. and Jim, and daughter Judy Walraven, and six grandchildren. He is also survived by two brothers, Marselle Knight and wife Betty, and Don Knight. Funeral services were held in Bethany First Church of the Nazarene Tuesday, February 10, 2009



PLN Presents
by Brenda Styers, ASP Director

DR. BEN CARSON to speak in Oklahoma City
 Thursday, April 9, 2008 • Cox Convention Center

Through the Partners in Learning Network, SNU will host local corporations and guests for this year's *PLN Presents*. Benjamin S. Carson, Sr., M.D., had a childhood dream of becoming a physician. Growing up in a single parent home with dire pov-



erty, poor grades, a horrible temper, and a low self-esteem appeared to preclude the realization of that dream until his mother, with only a third-grade education, challenged her sons to strive for excellence. Young Ben persevered and today is a full professor of neurosurgery, oncology, plastic surgery, and pediatrics at the Johns Hopkins School of Medicine, and he has directed pediatric neurosurgery at the Johns Hopkins Children's Center for nearly a quarter of a

century. He became the inaugural recipient of a professorship dedicated in his name in May 2008. He is now the Benjamin S. Carson, Sr., M.D. and Dr. Evelyn Spiro, R.N. Professor of Pediatric Neurosurgery.

Some career highlights include the first separation of craniopagus (Siamese) twins joined at the back of the head in 1987, the first completely successful separation of type-2 vertical craniopagus twins in 1997 in South Africa, and the first successful placement of an intrauterine shunt for a hydrocephalic twin.

Dr. Carson holds more than 50 honorary doctorate degrees. He is a member of the Alpha Omega Alpha Honor Medical Society, the Horatio Alger Society of Distinguished Americans, and many other prestigious organizations. He sits on the board of directors of numerous organizations, including Kellogg Company, Costco Wholesale Corporation, the Academy of Achievement, and is an Emeritus Fellow of the Yale Corporation, the governing body of Yale University.

Through the Academy's long-standing relationship with Southern Nazarene University and the support of ASP, members are invited to attend the luncheon and presentation at a reduced cost. The cost is \$10 for academy members who were members on or before February 15, 2009 and includes transportation to and from the Oklahoma City. Advanced reservations are required and can be made by calling 405.491.6311 or at the March ASP luncheon. Reservations must be made by Wednesday, April 1. There are no refunds for cancellations made after April 1. For more information, contact Eunice Trent at 405.491.6311.

Arnold continued

veyor belt, and poor Charlie has to work even faster. Throughout the day, he makes the same movement with his arm. Though he has no wrench in his hand, he makes the same gesture all the way home, to the amazement of the passersby.

This is what happens to speeded-up people. They become automatic, which means they have no freedom and no choices, only compulsions. Since they take no time to reflect on things, they gradually lose the capacity for reflection. Paradoxically, people who hurry are actually stuck in the same spot.

This incessant push to hurry has spread throughout our society. It has even touched reading. To get the maximum out of a good book or article, we need to go slowly and participate actively, asking questions of what we read and contemplate its meaning, pondering the assertions, or imagining scenes, plots, and characters.

Now consider the advertisements for reading courses that appear today even in respected newspapers and magazines. They claim that they can teach the reader to read ten books in the time it used to take another reader to read one. But what kind of reading will it be? One witty reader said that after taking one of those speeded-up reading courses, he read *War and Peace* in less than an hour and came away knowing it was about the Russians!

I am reminded of Henry David Thoreau's observation that most of us cannot lie down for a half-hour nap without asking when we wake up, "What's new? How has the world fared without me?"

"Hurry sickness and speed beget many physical disorders. Digestive, breathing, and nervous problems are often cured when the pace of life slows down. Many physicians and allied health professionals now contend that many of the problems we associate with old age are completely avoidable. Some senior adults now accept unquestioningly that at some point in the future they will grow senile, that they will fall in the bathtub, walk with a cane, or live entirely in the past. It is just a matter of time, they think, before long, they will be alone and helpless or an unwanted burden on others.

This grim scenario does not have to happen if we will take steps to avoid hurry, which saps the body's vigor. When we rush about, our vitality ebbs rapidly; when we act calmly, we glow with strength and beauty in the evening of life.

So how can we *slow down*? The first tool is to get up early in the morning, pray and meditate at a fixed



ASP Calendar

Monday: March 9, 2009

9:00—11:15 a.m. Shuttle Service from the Sawyer Center lot (41st and Donald) to the Webster Commons
 9:30—11:00 a.m. Research Interest Group (RIG) in the Student Conference Room, (Webster Commons 1st Floor)
 11:15 a.m.—1:00 p.m. Luncheon Meeting in the Heritage Room
 1:00—1:30 p.m. Shuttle service to the Sawyer Center parking lot
 1:15—2:00 p.m. Administrative Council meeting: Faculty Lounge

time, so that it will almost become a natural reflex.

During the day, "pray without ceasing." Recite the Lord's Prayer, Serenity Prayer, or other prayers throughout the day and night, especially in moments of stress

The second tool for slowing down the thinking process is the use of the mantra, which is a name or phrase with spiritual meaning and power. Meditation on an inspirational passage for half an hour every morning slows down the thinking process. Then during the day, the mantra keeps the mind from speeding up again. The mantra keeps the stream of concentrated thought flowing throughout the day.

Mantras are found in all the major religions of the world. In Christianity, the very name of *Jesus* constitutes a mantra that can be repeated, "*Jesus, Jesus, Jesus,*" by anyone who yearns to be more like Christ, full of wisdom, mercy, and love. In the Orthodox Church, the Prayer of Jesus, "*Lord Jesus Christ, Son of God, have mercy upon us,*" has been used in this way for centuries.

Reversing the patterns of hurry that we have built up over the years will require persistent, daily effort to change; however, the benefits are magnificent! We begin to receive them the very first day we try to make this lifestyle change. From the beginning, we have embarked on a new course that will bring us abundant energy, better health, increased peace of mind, more harmonious relations with others, rich creativity in work and play, and a longer, happier span of life.

Much of what is sacred is hidden in the ordinary, everyday moments of our lives.

To see something of the sacred in those moments takes *slowing down* so we can live our lives more reflectively.

- Ken Gire, *Keepsakes of the HEART*, p. 64