

**Columnist and Therapist  
Charlotte Lankard Will Speak  
at the Valentine's Day Luncheon**

By Shirley Mears

**"Finding the Gifts in the Dark Times of Life"** is the title of Mrs. Charlotte Lankard's speech at the Academy of Senior Professionals (ASP) monthly luncheon, February 14.

At the age of 40, Mrs. Lankard fell down the side of a cliff and broke almost every bone in her body. Concerning this unfortunate accident, she wrote, "A wise friend suggested to me that instead of dwelling on *what had happened* to me that I should look for *what I was learning from what had happened* to me."



Charlotte Lankford

A popular speaker at church, civic, and professional groups throughout Oklahoma, Mrs. Lankard is Director of the James Hall, Jr. Center for Mind, Body, and Spirit at INTEGRIS HEALTH and is a marriage and family therapist in private practice with the Baptist Counseling Associates. She has been writing a weekly column called "Speaking of Life" for *The Oklahoman*

since 1999.

In 2003, CONTACT honored Mrs. Lankard as an outstanding community leader in physical, mental, and spiritual wellness, and the Oklahoma Hospitality Club recognized her as "A Lady in the News."

In 2004, she was named 2004 Woman of The Year by the High-Noon Club, which provides scholarships for older women re-entering the work force.

In her spare time, Mrs. Lankard enjoys dancing, reading, movies, crossword puzzles, and "lingering over a good meal with friends." She has four grown children and eight grandchildren.

The luncheon will be held in the Heritage Room of the Webster Commons on the Southern Nazarene University campus and will begin at 11:15 a.m. and end promptly at 1:00 p.m. The cost of the luncheon is \$7.50 per person.

***Important information about making ASP luncheon reservations:***

**Members:** If you have not been contacted, please call Mrs. Shirley Pelley at 405.354.3853.

**Guests:** Please call Dr. Elbert Overholt at 405.789.2036.

**All:** Please make your reservations before Thursday, February 10.

Happy Valentines Day



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

**We can build our own heaven  
or hell right here on earth**

"Where do people go when they die?" I asked that question when I was a child. It was an unsettling question, and I hoped to get a reassuring answer. When I was told that people go to heaven or hell, I was puzzled enough to ask the following questions, "What's heaven? What's hell? Where are they?"

Many of us came to believe that heaven was a place up in the sky filled with harp-playing angels, where a white-bearded God sat on his throne and made judgments about who had been good and bad, and doled out rewards and punishments accordingly. Hell, we believed, was a fiery pit, where the devil, a horrifying apparition with red skin, horns, a tail and a pitchfork, made life miserable for the bad people who got sent there. Heaven was where all good people would go to live in eternal bliss, while bad people would burn in hell forever.

Because to children hell was such a frightening alternative, it seemed important to be as good as possible so we could be assured of a place in heaven where we would be happy and have our needs met. However, as we become more independent and were challenged by the complexities of adult life, many of us began to doubt whether a reward for our behavior such as heaven or a punishment like hell existed at all.

After all, we had watched astronauts travel into outer space, and while they had brought back rocks from the moon, they did not bring back the evidence of heaven. Drills had penetrated the earth, but they found oil, not hell, in the depths. The definitive descriptions of afterlife we received as children called for some revision in the light of the scientific discoveries of the modern age and our increased sophistication of thought. With maturity, our concepts of heaven and hell changed.

Because no one has traveled in a spaceship to the heaven or in a submarine to the hell of childhood fantasies, spiritual theorists and futurists are inclined to conceive of these as states of mind rather than geographical locations. It is proposed that everyone carries with himself or herself the capacity to perceive life in such a way as to experience a heavenly contentment or a hellish dissatisfaction.

As children, we believed that heaven or hell was the long-term consequence of our behavior. As we grew older and assumed responsibilities, we may have believed that happiness, or heaven, depended on the accumulation of material goods. However, our experience of heaven or hell depends less on our good or bad behavior, or on our bank balance, and more on our interpretation of events as they occur each day. **Through our choices and attitudes we create our own heaven and hell right here on earth.**

When we were younger, we believed if only we acted like a good little boy or girl, we would go to heaven. But with a maturer concept of heaven or hell, a different morality exists. No longer is it enough simply to be good. More compelling than our outer performance is our motivation for acting as we do.

How we approach life from the innermost part of ourselves determines how happy we will be. We may be the most obvi-



**"Sharing a  
Continuous  
Flight"**

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ous do-gooder in the world and fail to enjoy happiness if our original impulse is toward self-aggrandizement rather than genuine charity. The outer action is the same, but internal motivation is significantly different. The approval of others, or of some sort of public acknowledgement, is never the real reward for what we do. The purity of intention behind the action determines our experience of heaven and hell.

At times, despite our best and most positive intentions, the experience of heaven eludes us, and the experience of hell pursues us. This often happens when we compare what we have with what others have and feel either superior or inferior to them. In subtle ways, we then become like yo-yos as our emotions are yanked up or down by the state of someone else's fortune, obsessed by the form rather than the content of life.

By judging only the outer appearances of anything, we can create a private hell that permeates all of life. To the extent that

Continued on page 6—Arnold

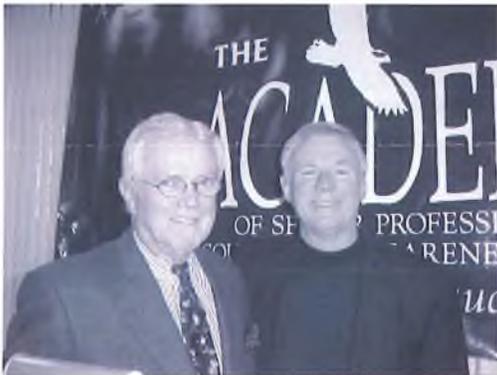


# ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



Edith Payne, ASP photographer, was the guest speaker for the January luncheon. Pictures for this issue were contributed by Shirley Mears and Don Beaver.



**Left: I-r** ASP president Jack Arnold shares a light moment with Sherman Huff, administrator for the Spanish Cove retirement community in Yukon, OK.



**Right: I-r** Edith Payne, ASP member and luncheon speaker, enjoys a conversation with Shirley Mears, ASP program chairperson.



**Left:** ASP member and organist extraordinaire, Wally Brown, adds delightful dinner music for the academy luncheons. Wally has also presented programs for the luncheons during his years as a member of the Academy. Thank you Wally!



**Left: I-r** Stephanie McKinney, Market Manager for the American Diabetes Association, South Central Division, gets acquainted with ASP member, Gerald Knutson.



**Right: I-r** Valerie Morrison, ASP member and Research Interest Group chair, Jenny Fenner, Director of Volunteers, and Nancy Suhre, development director, Contact Crisis Helpline



## Library Resources

By Bea Flinner

*Behind the Stories: Christian Novelists Reveal the Heart in the Art of Their Writing* is a compilation of articles by numerous Christian novelists, edited by Diane Eble. Not all of these writers were life-long believers, but for various reasons they came to realize the need of the Lord in their lives as adults.

The book is a thought-provoking collection of the dreams, hopes, successes, failures—and most of all, the writing of stories from a Christian worldview. Some of the contributors had been secular fiction writers before they began writing with a Christian emphasis. But ultimately, they found peace and joy through God's divine leading to write from a Christian point of view.

The stories are short, and they catch the attention of the readers by revealing how God has worked so beautifully and unexpectedly in the lives of so many people. The underlying emphasis is that we all are equipped to do something for the Lord, with some folks having lives that are not too complicated, but with other folks having extreme difficulties—and yet they have become over-comers with the gracious help and leading of their God. The book is in the SNU library.



## The Cardinals

by

Mary Louise Smith



They, the cardinals, built a nest in a vine over our back steps, close enough that I had a bird's-eye view, so to speak, of their activities. Actually, the nest was built from start to finish by the female, whom we dubbed "Mama." It was a fascinating sight to watch. With only her beak she brought in twigs and other materials and in an amazingly short time had fashioned that perfect little cup in which to lay her eggs. The male, dubbed "Papa", observed the proceedings but added not one twig or put forth any manual labor into the building of the nest. He would, however, occasionally hop into the vine and inspect what Mama had done. He would look at the nest from all angles, seeming to inspect it from all sides. Not understanding bird communication I couldn't be sure what he said to her, but from all indications he was pleased with her work because after the inspection he would fly to the nearby pecan tree and serenade her as she worked. I knew he wasn't singing to me but I did get to enjoy the beautiful music with which Papa serenaded Mama during the building of the nest.

Papa, to his credit, would also bring Mama tidbits of food and put them in her beak, an action that the bird book said would cause humans to say, "Aw, isn't that sweet?"

Mama did almost all the brooding of the eggs, and eventually her efforts paid off with four or five little blobs of grayish-brown feathers. They all had very large yellow beaks, which opened the minute one of the parents appeared. To Papa's credit, he did his part in feeding those seemingly bottomless maws. And I, being more than an interested bystander, also did my part in raising the babies. I must say, however, that some of

my efforts did not seem to be appreciated by the little family.

For instance, when I looked out my window one day and saw that those tiny baby birds had left the nest and were perched in the vine, I decided in my human wisdom that they were too young and needed to be back in the nest for at least another day or so. Therefore, for their own good, I got the step-ladder out, climbed up and carefully placed them back in the nest.

Those of you who are familiar with cardinals know that the parents and babies are in constant contact with each other by voice signals. The babies will go "cheep cheep" and the parents will answer with their own "cheep cheep." Well, the babies, now safely back in their nest were "cheep cheeping," and the parents were frantically hunting for them, answering with their own "cheep cheeping." The parents were in the vine, within a foot of the babies and could not see them. After I watched that little tableau for a while, I could see what had to be done if those babies were to get fed. I climbed back up the ladder, took the babies out of the nest and placed them back in the vine. Immediately the parents were miraculously able to see them and started bringing food again. Incidentally, that put the lie to the myth that if baby birds are handled by humans, the parents will not take care of them any more.

As far as I was concerned Papa completely redeemed himself for not helping build the nest by his diligence in helping feed the babies. He made every bit as many trips to the nest bearing food as Mama did. Not only that, once the babies left the nest he seemed to take over and she disappeared. I never did figure out where she went. On a vacation? Visiting friends? Building another nest maybe, although I never saw another one.

Anyway, Papa was on the job. The babies, now able to fly, followed Papa around and were constantly demanding food. They did this by fluttering their wings, and he, as far as I could tell, always responded. Well, he responded until the little brood got to be what I would deem to be teenagers.

I was watching them out the window one day and he flew to a low table in the yard on which we had scattered some sunflower seeds. He, of course, was accompanied by the family who were fluttering their wings to be fed. He cracked a few seeds for himself but this time, instead of doing the same thing for the babies he simply left them there and flew away. I don't know what they thought, but I was flabbergasted! He had never refused to feed them before. What would they do?

What they did was, stand there somewhat uncertainly for a short time, then proceed to pick up the seeds and crack them for themselves. Were they proud of themselves? I like to think they were. I know I was proud of them.

I also silently applauded Papa for first, being so diligent to take care of his little family and then for knowing just the right time to say to them, in effect, "It's time you were on your own, Kiddies."

Could human parents learn a lesson here? I wonder.

[The above article was submitted by Mary Smith at the request of Vada Lee Barkley, chairperson for the Writers' Workshop. "The Cardinals" was originally written for, and presented to the Writers' Workshop which meets bi-monthly. The next meeting is scheduled for March, 2005.]

## ASP Members Will Hear Mr. David Gergen at the Peer Learning Network (PLN) Luncheon Presentation on April 8

For the second year in a row, the members and guests of the Academy of Senior Professionals have been invited to participate in the "PLN Presents" luncheon presentation.

Mr. David Gergen, author of *Eyewitness to Power: The Essence of Leadership, Nixon to Clinton*, will be the featured speaker at the luncheon Friday, April 8, 2005, 11:00 a.m.-1:00 p.m., at the Cox Convention Center, in downtown Oklahoma City.

From Nixon to Clinton, Watergate to Whitewater, few Americans have observed the ups and downs of presidential leadership more closely over the past 30 years than Mr. Gergen. A White House adviser to four presidents, both Republican and Democrat, he offers a vivid, behind-the-scenes account of their struggles to exercise power and draws from them key lessons for leaders of the future.

SNU President Dr. Loren Gresham has agreed to subsidize the luncheon cost for ASP members; they will pay \$7.50, the customary cost of our ASP luncheons. Cost for guests is \$40 per ticket.

Round-trip bus transportation will be provided for members and guests who sign up in advance for this event at the ASP luncheons on February 14 and March 4. ASP members may also reserve bus seats or purchase tickets by contacting Ms. Becky Walker, PLN Coordinator, at 405.491.6600 or [pln@snu.edu](mailto:pln@snu.edu). Guests may purchase tickets online by logging onto [www.snu.edu/pln](http://www.snu.edu/pln).



## Information You Can Use

By Shirley Mears & Pat Perry  
45 & Better News

### Good Feet Store Saves the Day

My radio co-host, Pat Perry, had foot surgery several months ago. She was a bit worried about the walking that she would be doing as she began her yearly vacation trek. She had been invited with sister "Red Hatters" to come to London to participate in the London New Year's Day Parade and she was worried about "keeping up." She visited with Harlon Compton, owner of Compton Orthopedic Service and The Good Feet Store, about her dilemma.

Lowell Brown, one of the employees, took time to make sure her foot inserts fit just right. That seemed to correct her foot problem, but she couldn't be certain until after the trip.

She marched in the parade and walked all over London, with Classic foot inserts working perfectly. She had no foot pain and walked for miles enjoying all the sights and sounds of London. The Good Feet Store even had an ultra skinny insert that she could wear with her heels on New Year's Eve.

She then headed to California to visit with her daughters and grandson, and then on to Cabo San Lucas. She called from Mexico and said that she was outwalking the whole family.

You too can get some of the relief from foot pain by contacting the *Good Feet* store at 5109 N. Portland, OKC, 946-8400. Just ask for Lowell, he'll take good care of you.



### Poet's Corner

By Jack C. Pishel

### Winter Beauty

The fog thickens;  
tree-tops disappear,  
spider webs and wisps of hair are jeweled;  
birds are quieted,  
lights appear—glowing halos.

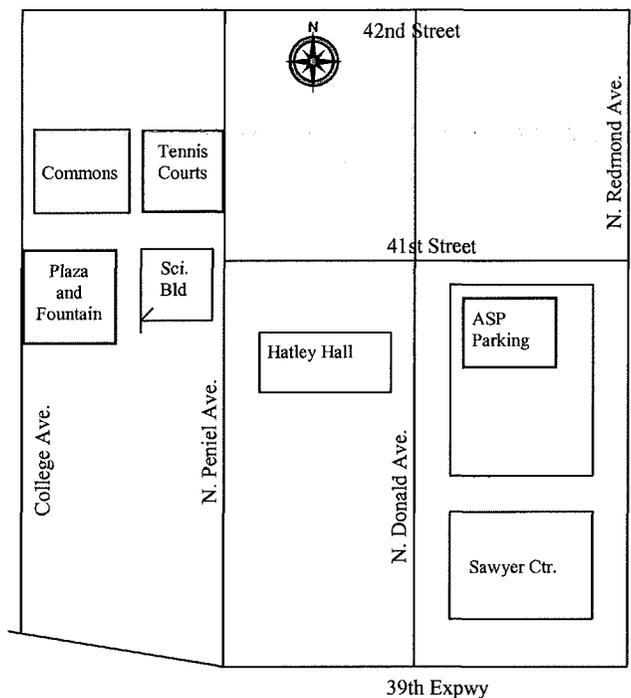
Eyes shine, smiles creep into corners,  
pain is forgotten.

Arctic cold seeps down:  
the world turns white,  
utility lines ropes of beauty,  
dead branches transformed to fat apparitions.

Tree-tops reappear, halos fade;  
blue sky peeks through rifts,  
beauty everywhere,  
dazzling, breathtaking—  
for a moment.

A breeze stirs, beauty is disturbed,  
pieces fall, lines reappear—  
bushes lose their magic,  
normalcy returns.  
Life goes on.

### ASP Parking Map



Continued from page 3—Arnold

we look outside ourselves for heaven, it is possible that we will create a hell of discontentment and dissatisfaction for ourselves. What we really want is not out there, and we will exhaust ourselves trying to find it. We may rail against the world or other people in frustration, but **the only place we can find heaven is in our own hearts.**

The 16<sup>th</sup> century monk, Fra Giovanni, wrote these words about heaven: "There is nothing I can give you which you have not. But there is much which, while I cannot give, you can take. No heaven can come to us unless our hearts find rest in it today. Take heaven."



## News Briefs

**Thanks to Billie Harrison:** A special bouquet of thanks goes to Billie Harrison who has served the ASP well as the Membership Chair. She resigned last month because of other volunteer commitments in her church and the community.

**Next AARP Driving Course:** Offered on **Saturday, February 26, 9:00 a.m. to 4:00 p.m.** in the Royce Brown business building, Room 125. Register with Sue Eccles at 491-6312. Total cost is \$10.00 per person which may be paid at the meeting. Member Gerald Knutson has done an outstanding service in teaching this important material to ASP members and the community.

**Writers' Workshop to Meet in March:** All interested writers are urged to write something to share and discuss. Chairperson Vada Lee Barkley will share some writing ideas.

**Vada Lee Barkley receives commendation:** (An excerpt from an e-mail sent from Nina Gunter to Vada Lee) ".....I pray that through the books (you have written) both your and Brother Arthur's (Barkley) legacy will live on and bless the lives of others throughout the world."

### Research Interest Group Offers Fitness Information:

Valerie Morrison, RIG chair, has announced a special program on "Fitness for Adults" for the February meeting. (See the ASP Calendar on this page).

Melissa Coffman, fitness coordinator, has been a personal trainer at Jefferson's Garden Fitness for 2 years. She is a graduate of the University of Central Oklahoma with a degree in Exercise and Fitness Management. She has certification in Personal Training, Water aerobics, Group exercises and Pilates.

Jefferson's Garden Fitness is geared toward adults and the staff is familiar with the varied health conditions affecting adults.

Members and guests are welcome to attend this session on **February 14 at 9:30 a.m. in the Student Life Conference Room** (Commons lower level)



## ASP Calendar

### Monday: February 14

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster Commons begins
- 9:30-10:45 Research Interest Gp: Commons Student Life Conf. Room
- 11:15-1:00 Luncheon: Heritage Room—Webster Commons
- 1:30 p.m. Shuttle: Webster Commons to Sawyer parking lot ends
- 1:15 p.m. Ad. Council: Faculty Lounge, Webster Commons



## REMINDERS

**Membership Dues:** ASP dues will be accepted at the February 14 meeting. Yearly dues for the calendar year are \$15.00, or \$1.25 per month. The ASP initiation fee for new members is \$10.00.

**Shuttle Service:** Members and guests are respectfully requested to park their cars in the northwest corner of the Sawyer parking lot, which is located at 42nd and Donald Streets (map p.5). We are grateful to SNU President Loren Gresham and his staff for providing this service to our members and guests.

**Tax-Deductible Contributions:** If you are interested in making a tax-deductible contribution to the ASP Scholarship or ASP Operations, please (1) note on your check "ASP Scholarship" or "ASP Operations" and (2) send it to Dr. Roy Dorris, ASP Treasurer, 4607 North College Bethany, OK 73008.



## Laugh A Little with Harold Dozier

### Steven Wright Sayings

If you're not familiar with the work of Steven Wright, he's the famous scientist who once said: "I woke up one morning and all of my stuff has been stolen...and replaced by exact duplicates." His mind sees things differently than we do, to our amazement and amusement. Here are more of his gems:

- I'd kill for a Nobel Peace Prize.
- Borrow money from pessimists—they don't expect it back.
- Half the people you know are below average.
- A conscience is what hurts when all your other parts feel so good.
- The early bird may get the worm, but the second mouse gets the cheese.