

## Retailer Marsha Loflin will demonstrate downsizing and storage solutions at the November 14 ASP luncheon

by Shirley Mears

After living out of state for 20 years, Marsha and Steve Loflin and their daughter Stacy returned home to Oklahoma City in 1991. Realizing the need for a store that specializes in storage and organization, Marsha combined her 28 years of retail experience with Steve's background in business to create *Store it in Style*.



Marsha Loflin

The Loflins specialize in redesigning closets, laundry rooms, pantries, and garages, using the famous Elfa systems. During the holidays, *Store it in Style* specializes in storage for ornaments, wreaths, wrapping paper, and even Christmas trees.

*Downsizing* is a term Marsha and Steve hear daily. The topic is relevant

for senior adults because they often want to move from a larger house to a smaller residence, or they may be moving from their homes to retirement communities.

Marsha says, "No organizing project is too big or too small. Steve and I have helped many seniors downsize and simplify their lives. In my speech on November 14, I will demonstrate how to reduce the clutter in your closet, which might be keeping you up at night."

*Store it in Style* is located in Casady Square, 9321 North Pennsylvania Avenue, Oklahoma City, OK 73120; the phone number is 405.840.4979.

### Important information regarding luncheon reservations

**Members:** If you have not been contacted by one of our telephone callers, then please call Mrs. Shirley Pelley, ASP Telephone Committee Chairperson, at 405.354.3853.

**Guests:** Please call Dr. Elbert Overholt, ASP Director, at 405.789.2036.

**All:**

1. The cost of the luncheon is \$5.00 per person. Dr. and Mrs. Elbert Overholt are the sponsors of this month's luncheon
2. Please make your reservation(s) *before Thursday, November 10.*

### Subsidies help to keep the Academy luncheon cost down

Recent action was taken by the Administrative Council of the Academy of Senior Professionals to encourage interested individuals and groups to support the Academy by subsidizing the cost of the monthly luncheons.



The subsidy program reduces the individual cost of the luncheon to \$5.00. An enthusiastic response has been given by the following 2005-2006 individual and group contributors.

Academy by subsidy of the monthly

program reduces the of the luncheon to

#### Meeting dates and contributors:

- October 10** — Tom Barnard
- November 14** — Elbert and Darlene Overholt
- December 12** — Loren Gresham
- January 9** — The Burbridge Foundation
- February 13** — Jack Arnold
- March 6** — Spanish Cove
- April 13** — Marilyn Olson (one-half subsidy)  
Peer Learning Network at the Cox Center
- May 8** — (open for contributor/s)  
Annual Business Meeting



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

**Best years of our lives:  
Sometimes the best begins in the middle**

When I recently asked my students in a philosophy course at Redlands Community College in El Reno, Oklahoma, if they thought the phrase *prime of life* was a relatively new term, they answered in the affirmative. Modern Americans, they say, have coined this phrase to describe those persons whose longevity and prosperity have given them an opportunity to enjoy a stage of life unknown to our ancestors.

The answer to my question is, "No, the phrase is very old. It was used by the Greeks more than 2300 years ago." In fact, philosopher Aristotle wrote at age 42 that midlife was the ideal age--the time in life when one is most balanced between the excesses of youth and age. He called this equilibrium the *golden mean* of life. The following are some of the opposites that are mediated by midlife.

**altruism and practicality**

On the one hand, Aristotle chided those in old age who let the hurtful experiences of life make them too fearful of personal loss, and thus, too self-protective and prone to expediency. The hope and passion of youth, on the other hand, make them benevolent, willing to risk personal loss for others. The *golden mean* would bring together both positions, altruism and practicality; a good or virtuous person should help others while taking care of his or her own needs too.

**optimism and pessimism**

"On the first day of life, there is nothing to remember, and everything to hope," said Aristotle. On the one hand, he taught that youth are possessed by optimism. They usually expect the best. He warned, however, that expecting the best can get us into trouble, for "those who hope are easily deceived."

On the other hand, Aristotle would not have us too pessimistic. He said that, with all the failure and disappointment in life, it is possible to become "positive in nothing," and thus, to "do all things much too feebly."

Aristotle's solution is a *golden mean*—not naively optimistic, but realistically so—expecting life to be hard, but still believing in the ultimate triumph of good, still passionate about our beliefs and values.

**mirth and lamentation**

Youth are "lovers of laughter" and "lovers of wit," said Aristotle, while age can make us preoccupied with imminent suffering and "given to lamentation." He would combine the two in life's *prime*. He would have us neither too flippant nor serious. We need to laugh, and we need to cry.

Continued next column



**"Sharing a  
Continuous  
Flight"**

*The Academy Perspective*

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**extravagance and frugality**

Aristotle said that youth often spend money excessively while those who are older might pinch pennies too much; thus, he tells those in their prime to "incline neither to frugality nor to extravagance, but to the just mean." Aristotle's ideal "mid-lifers" are able both to save and spend with passion, not so occupied with present wants that they cannot prepare for future needs, and not so occupied with future needs that they cannot enjoy satisfying personal wants.

**passion and temperance**

Finally, Aristotle said we should strike a balance between passion and temperance. Youth makes us passionate, yet lacking self-control, while age can make us controlled, but lacking

Continued on page 6—Arnold



# ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



## Pictures taken from the Academy of Senior Professionals October, 2005, luncheon meeting



**Above:** Speaker George Rennix & ASP Program Planner, Shirley Mears



**Above:** Bobbie Burbridge Lane, Guest of ASP President, Jack Arnold



**Above:** Wynona Burkhart (dinner music) & husband, Park, ASP Membership Chairman



**Above:** Guest, Lena Hunt



**Above:** Colorful setting for the Academy of Senior Professionals luncheon meeting



**Above:** Dr. Patrick Allen, SNU Provost & guest of ASP Director, Elbert Overholt



**Above:** Jonathan and Angie Gassett, October meeting greeters for the Academy of Senior Professionals.



**Above:** George Rennix, ASP guest speaker for the Academy luncheon



**Above:** Guest Annette Coburn with her husband and ASP member, Thurman Coburn



**Library Resources**

By Bea Flinner

**Ambrose, Stephen E. To America: Personal Reflections of an Historian.**

Ambrose, Stephen E. *To America: Personal Reflections of an Historian* should be of high interest to both men and women who enjoy reading about certain happenings in the history of America, which include some successes—and some failures. The writer does not pull punches! He singles out people, famous or not, and deals with relative topics in the same manner. Included in his choices are racism, the war in Vietnam, the war in the Pacific, and Women’s Rights, as well as the thoughts of some of the early founders, such as Washington and Jefferson. The research of the author reveals some extremely interesting topics in the broad spectrum of American history.

The publication is comprised of nineteen short chapters, which encourages the reader to be diligent in reading the book in its entirety without becoming bored. Following is a quotation of special interest to those of our generation who served in WWII, to me who lost my first husband in that war, as well as to my present husband, who is also a WWII veteran. *James M. McPherson wrote:* “If there was a better book about the experience of GIs in Europe during World War II, I have not read it. ..No one who has not been there can understand what combat is like, but Stephen Ambrose brings us closer to an understanding than any other historian has done.”

(\*In the SNU library—highly recommended)



**ASP News You Can Use**

**“Dancing Musical Notes”**

by Shirley Mears

People with musical talent always fascinate me. I can tell that they truly feel peaceful when they play. I think that is called *talent*. I am just plain jealous.... Why can’t I play like they do? It isn’t for lack of trying.

Mom enrolled me in the Oklahoma City School Violin Music program in the third grade. Experiencing the large orchestra, even while on the last row with the other lesser talented violinists, was most invigorating. I’ll never forget that sensation. It stirred something deep in my soul. I played around the violin—some would say, “I fiddled around”—until the eighth grade when we moved into the Putnam City school system, which did offer orchestra classes.

I missed my music lessons and started piano lessons in the tenth grade with a private teacher. Playing an instrument was always difficult for me, so I think that means I really don’t have musical talent. Then, I had the experience of preparing for and performing in recitals. Why did I go through that much effort and embarrassment while performing badly when others had an easy time with their instruments? I just believe that for a brief moment or two when I hit the notes right every now and then, that I felt that same peace and pleasure I had seen in the talented folks.

When I was 23 years old, I started taking piano lessons again. I studied classical music styles and spent months learning one piece. I can still play parts of Beethoven’s *Moonlight Sonata*.

Sometime in my thirties, I became involved with *Toastmasters*, a group which helps people overcome the trauma of speaking in public. I think that if I had some knowledge of this back then, I might have enjoyed the music lessons better.

Recently, I met Dr. Wayne McEvelly. A guest on my radio show, he encouraged me by saying that all people are created to love music. He also said that I could learn to enjoy playing and sharing that ability with others; so, I took the plunge, and I am playing my piano again. Yes, I still have my piano. Several times over the years I had loaned it out to others, but I just couldn’t part with it. Dr. McEvelly is working with me, and I am inspired—at least most of the time. I encourage you to try something new, be brave, and dare to work for your dreams—if it is only for yourself.

**A Few of My Favorite Things** (author unknown)

(sing to tune: “These Are a Few of My Favorite Things”)

Maalox and nose drops and needles for knittin’,  
Walkers and handrails and new dental fittin’,  
Bundles of magazines tied up with string,  
These are a few of my favorite things.

Cadillacs, cataracts, hearing aids, glasses,  
Polident, Fixodent, false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

When the pipes leak,  
When the bones creak,  
When the knees go bad,  
Then I remember my favorite things  
And then I don’t feel so bad.

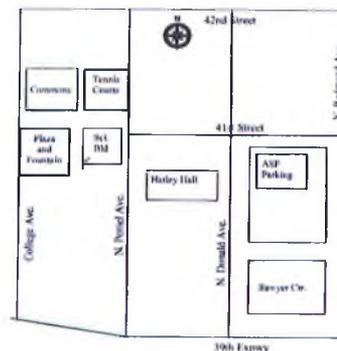
Hot tea and crumpets, and corn pads for bunions,  
No spicy hot food and no food with onions,  
Bathrobes and heat pads and hot meals they bring,  
These are a few of my favorite things.

Back pains, confused brains, and no fear of sinning’  
Thin bones and fractures and hair that is thinning’.  
And we won’t mention our short shrunken frames  
When we remember our favorite things.

When the joints ache,  
When the hips break,  
When the eyes grow dim,  
Then I remember the great life I’ve had  
And then I don’t feel so bad.

THEN I REMEMBER THE GREAT LIFE I’VE HAD  
AND THEN I DON’T FEEL SOOO BAAAD.

ASP Parking Map





## Armistice Day—Veterans Day

By Lecil Brown\*

“At the eleventh hour, of the eleventh day, of the eleventh month, the guns fell silent.” The “Great War” was over. The year was 1918. Historian James Truslow Adams, in his six-volume work *The March of Democracy* (Vol. 4, p. 241), stated the total number of soldiers killed from all nations was 8,538,000. He reported United States losses 126,000. This figure differs from that given by the American Battle Monuments Commission, which states that “of the 116,516 Americans who lost their lives during WWI, 30,922 are interred at our overseas American Military cemeteries and 4,452 are commemorated on our Tablets of the Missing as missing action, lost or buried at sea.” Whatever the exact number may have been, the suffering endured by soldiers in the trenches and battlefields almost defies imagination.

WWI began in Europe on June 28, 1914. The United States was determined to stay out of it. For over 100 years American foreign policy had been guided by the admonition of President George Washington in his farewell address to “avoid entangling alliances” with other nations. In the presidential election of 1914, August 4, 1914, the president proclaimed our neutrality. Proclaiming it was one thing, but maintaining it proved to be very difficult.

The British and French were suffering heavy losses on the battlefields as the war dragged on and very little progress toward resolution of the conflict was being made.

In the Flanders Fields region of northern France and western Belgium, in an area called the Ypres salient to where terrible losses were occurring, a Canadian medical doctor, Major John McCrae said, “I wish I could embody on paper some of the varied sensations of that seventeen days, Seventeen Days of Hades! At the end of the first day if someone had told me we had to spend seventeen days there, we would have folded our hands and said it could not have been done.” Although he had been a doctor for years and had served in the South African War, it was impossible to get used to the suffering, the screams, and blood there, and Major McCrae had seen and heard enough in his dressing station to last him a life time.

“One death particularly affected McCrae. A young friend and former student, Lieutenant Alexis Helmer of Ottawa, had been killed by a shell burst on May 2, 1915. Lieut. Helmer was buried later that day in the little cemetery outside McCrae’s dressing station, and McCrae had performed the funeral service in the absence of the chaplain.”

It had been observed that after many wars red poppies seemed to pop up in the battlefields and on soldiers’ graves. The poppy seeds lay dormant in the soil and when the soil was heavily turned or dug up it caused them to sprout. This had happened in Flanders Fields, Belgium. In the craters where bombs fell and on the mounds of rubble, poppies bloomed everywhere. The next day after his friend Lt. Alexis Helmer was buried, on May 3, 1918, Major McCrae sat on the back of an ambulance and “vented his anguish by composing a poem.” In the nearby cemetery he could see the poppies that had sprung up in the ditches. He looked around from time to time, his eyes straying to Helmer’s grave, and started to write. He wrote for twenty minutes, then handed the paper to a young soldier. This is what he wrote:

### *In Flanders Fields*

*In Flanders Fields the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders Fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders Fields*

It became, and perhaps remains, one of the most memorable poems ever written.

Conditions in Europe continued to deteriorate until it became clear that the United States would have to get involved. On April 2, 1917, President Wilson asked Congress to declare war on Germany. Congress complied on April 6.

The enormous task of raising, training, supplying and transporting a large army to fight 3,000 miles away seemed an impossible task. Germany wasn’t initially concerned about our entry in the war because they thought it couldn’t happen. But American factories geared up for the task and the needed military supplies started to build up. Our small peacetime army, around 200,000 men, was rapidly expanded. First units of the First Expeditionary Division, later designated the 1st Infantry Division, left New York June 14, 1917. Others followed in the remaining months of the year. The first draft called for the registration of all men between the ages of 21 and 31. Over 9,500,000 registered. From this number over 1,374,000 were taken. By June, 1918, we had 722,000 soldiers in France, and by September 1,576,000, and by the time Germany surrendered in November, we had nearly 2,000,000.

The anguish of one British soldier, Maj. John McCrae, has been mentioned above. The story of an American soldier, the poet Joyce Kilmer, is worth mentioning also. Kilmer was born on December 6, 1886, in Brunswick, New Jersey. He graduated from Columbia University in 1908 and was married the same year. He was best known for the poem *Trees* which most of us learned as school children. In 1917 Kilmer was the father of 4 children and at the age of 31 was not called for service in the army. Nevertheless, he wanted to serve his country. He volunteered and was sent to France with our army. He was killed on July 30, 1918, and given the honor of being buried where he fell.

In addition to sources cited above, information for this article was obtained from Google.

\*Author Lecil Brown serves the Academy of Senior Professionals as its historian.

#### **Note:**

**Veterans Day is celebrated in the United States on November 11.**

Continued from page 2—Arnold

in passion. Aristotle would have “mid-lifers” courageously temperate and temperately courageous. He would have us passionate about life, but not consumed with life passions.

“Drink deeply from life’s experiences,” Aristotle might say, “but know when to quit.”



### Ladds will present genealogy program for Research Interest Group on November 14

Dr. Forrest Ladd and his wife, Jean, will present a program from their experience in genealogy at the Academy of Senior Professionals (ASP) meeting on November 14.

The Ladds have been heavily involved in family genealogy for a significant number of years and are recognized as experts in this field. Forrest and Jean will share in the presentation and have provided the following outline for our readers, ASP members and guests.

Presenter: Jean Ladd

Goldmines at your fingertips!  
“No” is not an answer  
Timelines  
Know the territory  
Dates make a difference  
Surprises along the path

Presenter: Forrest Ladd

Family Photo History  
Getting them  
Restoring them  
Identifying them  
Organizing them  
Publishing them

The Research Interest Group (RIG) will meet in the Commons Student Conference Room, lower level, at 9:30 a.m., November 14.

All ASP members and guests are invited to attend this informational meeting to learn more about genealogy from the “experts.”



### AARP 55 Alive Class Offered December 3

The AARP 55 Alive Driving class sponsored by The Academy of Senior Professionals will be held on Saturday, December 3, 2005, in Room 125 at the Royce Brown Business Building. The session will begin promptly at 9:00 a.m. Everyone is encouraged to arrive 15 minutes early to handle the paperwork. It will be taught by Dr. Gerald Knutson, a member of the Academy. Those who complete the course are entitled to a 3-year discount on their auto insurance premium.

For reservation call Audette Knutson at 721-9250.



### ASP Calendar

#### Monday: November 14

- 9:00 a.m. Shuttle: Sawyer parking lot to Webster Commons **begins**
- 9:30-10:45 Research Interest Group: Commons Student Life Conf. Rm.
- 10:30 a.m. Shuttle: Sawyer to Webster **continues**
- 11:15 a.m. Luncheon begins: Heritage Room—Webster Commons
- 1:00 p.m. Luncheon meeting ends
- 1:15 p.m. Ad. Council: Faculty Lounge—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:** Yearly dues for the calendar year are \$15.00, or \$1.25 per month. The ASP initiation fee for new members is \$10.00.
- **ASP Web Site:** Members and guests are reminded that the ASP Web site can be accessed by typing in [www.snu.edu](http://www.snu.edu) and then linking with [sr\\_professionals](http://sr_professionals).
- **Luncheon reservations:** Kindly be reminded that when a member or guest makes a reservation, the ASP Treasurer must include it in his count and pay Sodexo food service.
- **Luncheon reservation cancellations** must be received by Friday morning before the Monday luncheons or individual/s are respectfully requested to forward a check to cover the cost to Dr. Roy Dorris, ASP Treasurer, 4607 N. College, Bethany, OK 73008.



### NEWS BRIEFS

- **A tour of the new SNU Marchant Welcome Center** will be made available to all interested ASP members at the close of the November 14 luncheon.
- **An ASP Speakers' Bureau is being established by President Jack David Arnold and Vice-President Tom Barnard.** If you would like to speak on a topic of your choice in the community, please let Arnold and/or Barnard know about your interest at your earliest convenience.
- **Former White House press secretary, Mr. Ari Fleischer, will be the featured speaker of Peer Learning Network Presents, Thursday, April 13, 2006, at the Cox Center in Oklahoma City.** SNU President Loren Gresham has cordially invited all ASP members to attend this special luncheon meeting. This will be the third PLN event that ASP members have attended. You are encouraged to put this main event on your 2006 calendar now!
- **Information about the ASP may be found on the web site:** [www.snu.edu/sr\\_professionals](http://www.snu.edu/sr_professionals)
- **Look for the 2005-2006 ASP Membership Directory** available at the November Academy luncheon meeting.