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**Spotlight on a New Member: Carol Beier**

**Retired Personnel, Department of Nutritional Sciences**

Carol Feyerherm Beier was reared in Manhattan, KS, the daughter of a Kansas State University statistics professor. Carol earned a B.A. in biology from KSU (1975 ) and an M.S. in food and nutrition from the University of Nebraska-Lincoln (1977).



She met Dr. Richard (Rick) Beier at KSU, and they were married in 1977. Passing the exam to become a registered dietitian, she worked in food service management in Berkeley, CA, clinical dietetics at Massachusetts General Hospital in Boston, and outpatient dietetics in Hobbs, NM.

In 2000, Carol was hired by the College of Human Sciences (COHS) to manage the Oklahoma Dietetic Association (ODA) account as the executive director. She was involved in activities including the organization of conventions, communications, and publication of the ODA Diet Manual. In this position, she obtained a firm grounding in the professional issues involved in the field of dietetics. This grounding was instrumental in her next position at OSU.

From 2007-2018 Carol served in the Department of Nutritional Sciences (NSCI) as the director of the Didactic Program in Dietetics (DPD) and the assistant director of the Dietetic Internship. As the DPD director, Carol oversaw the program's accreditation,

worked with curriculum and assessment, and taught four professional courses for undergraduates. In addition, she advised 40-50 students per year and earned the COHS Outstanding Undergraduate Academic Advisor Award in 2013.

Carol organized the dietetic internship community nutrition practicum experiences and curriculum for post-graduate level dietetic interns. Carol represented COHS on the OSU Committee for Assessment of General Education for four years. From 2012-2018, she served on the Licensed Dietitian Advisory Committee of the Oklahoma Medical Board for Licensure and Supervision.

She was honored to be recognized as a finalist for the 2014 Distinguished Service Award from the OSU Staff Advisory Council and as the Oklahoma Academy of Nutrition and Dietetics Outstanding Educator in a DPD Program in 2015.

Her retirement began in August, 2018. Projects at home and Salem Lutheran Church, travel, choir, quilting, reading, P.E.O., and walking are filling her days. The Beiers have two sons, Matthew and John, both OSU engineering grads who are living and working in New York City. The Beiers celebrated the marriage of Matthew to Dr. Sarah Rosen in July.

## **Committees and Groups**

### **Ambassador and Alumni Relations**

Russell Wright(chair)/  
Judy Lewis

### **Archive /Historian**

Barbara Miller

### **Benefits**

Anne Matoy

### **Catering and Reserva- tions**

Clem Ward

### **Communications**

Zane Quible

### **Courtesy**

Carol Olson

### **Directory**

Zane Quible

### **Facilities**

Althea Wright

### **Faculty Council**

Barbara Miller

### **Finance**

Ron Elliott(chair)/  
Sharon Nivens

### **Investment Club**

Ron Miller

### **Making the Most of Re- tirement**

Zane Quible

### **Meet and Greet**

Althea Wright (chair)/  
Kay Keys

### **Membership**

Michael Lorenz

### **Name Tags**

Russell/Betty Wright

### **Nominations**

Anne Matoy

### **Technology Group**

Glade Presnal

### **Tours and Travel**

Cathy Shuffield

### **Web Site**

Zane Quible

## **Spotlight on a Long-Time Member: Larry Jones**

### **Professor Emeritus, Engineering Technology**

After graduating from Perkins High School in 1954, Larry spent four and a half years in the U.S. Army, primarily in Japan but with a few months in Okinawa and Korea. While serving in Japan as a radio-teletype operator, he met and married his wife Kayo in 1958. After 61 years of marriage, they are the proud parents of three sons and grandparents of five grandchildren.

After Larry completed military service, they returned to Stillwater where he attended OSU. After his graduation, Larry and his family moved to New Mexico where he worked for four and a half years at Los Alamos National Laboratory in Los Alamos, NM. Following this stint, they moved to Southern California where he worked at McDonald Douglas as an aerospace engineer on the Apollo Saturn program that put man on the moon. Larry was working on that project when man landed on the moon in July 1969.

In the early summer of 1970, Larry and his family visited his parents who had moved from Perkins to Stillwater. During that visit, he had a chance encounter, perhaps even a divinely appointed encounter, with a long-time friend who asked if he would be interested in a teaching position at a soon-to-open junior college in Tulsa. His initial response was "No, no interest at all"; but he eventually agreed to an interview, in part because a downturn in the aerospace industry had



already started. Larry accepted a teaching position as a charter faculty member at TJC, intending to teach for a couple years until the aerospace industry picked up and then return to industry.

After a couple years, Larry realized he found his real calling and never went back to industry. He taught electronics, physics, and math for several years at TJC. He then took Kayo and their three sons to Algeria in North Africa where he was again a charter member of a new school, The National Institute of Electricity and Electronics in Boumerdes, Algeria.

After that year, Larry joined the faculty at OSU as an associate professor in Engineering Technology and taught there until retirement. During his time at OSU, he was involved in additional international education projects in Jordan, Pakistan, and Japan and authored or co-authored textbooks in technical mathematics, electronic instrumentation, and digital electronics.

After retirement, Larry was honored to serve as president of the Emeriti Association during the 2002-2003 academic year. In addition, Kayo and Larry have traveled extensively, have been active in Stillwater's Sister Cities Council and have been active members, serving in several capacities, at First Baptist Church. Larry has also written a weekly article about Japan for the Stillwater NewsPress for more than twenty years.

## *A Retirement Activity: Playing and Retirement*

*Kathryn Castle, Professor Emeritus*

*School of Teaching and Curriculum Leadership*

What is your earliest childhood memory of play? Playing with cars or dolls or sports? What do you remember about it? My guess is you remember how much fun you had! Do you still have fun playing? My earliest memory is playing with colored water.

Academically, play is not easily defined. But, in general, it is activity done for sheer enjoyment in which the means are more important than the ends. Play is basic to children's well being (American Academy of Pediatrics).

Unfortunately, today's children are experiencing play deprivation as play has all but disappeared from schools and has been substituted in leisure time with screen time limiting social interactions. Play contributes to healthy child development. Frank Lloyd Wright attributed his interest in architecture to playing with blocks in childhood. But did you know it is also important to adult health: physical, emotional, social, and intellectual? Adults play too! What are your favorite play activities? Hobbies, sports, video games? Our play pursuits rejuvenate the brain and help keep us young!

I spent my professional life teaching about and doing research on children, knowledge construction, and the benefits of play. And oddly enough, I was "all work and no play" during my career. So when I retired, it took me a year or so to disengage from work life and suddenly begin to find ways to play as an adult.

One of my favorite retirement activities is playing with my four grandsons who are great players! I designed a room for them in my home dedicated to play materials, crafts, easel painting, constructions, and games. It is a space of freedom, creativity, and innovation. I wish I



had space here to describe all the imaginative play that has occurred in this room.

Do you value play, or do you perceive it as a waste of time? If you haven't played in a while, I encourage you to find a play activity you enjoy. You might visit places of play in our community to get some ideas.

Stillwater has one of the greatest assets in the state in our children's museum, the Wondertorium. My graduate students and I studied and published (see source note below) about child-adult play at this museum. As a retired professor and now "Grammy," I spend a lot of time there playing with my grandsons.



**Above: Kathryn's grandsons at play**

Regardless of its financial struggles, the Wondertorium has benefitted thousands of children and their families with play opportunities. I do hope for children's sake that the community will find ways to support the survival of the Wondertorium. How are you a player?

Source:

Dickey, K., Castle, K., & Pryor, K. (2016) Reclaiming Play in Schools, *Childhood Education*, 92:2, 111-117

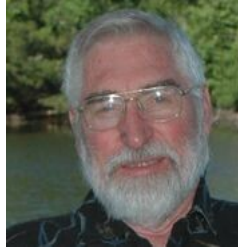
[Link](#) to the above article.

## *A Retirement Trip: South Padre Island, TX*

*John Thornton, Professor Emeritus*

*Department of Zoology*

Although I have traveled to many locations throughout the US and around the world, one of my favorite trips was one relatively close to home, which enabled me to experience the “Spring Bird Fallout” on South Padre Island, TX. This destination is almost straight south of my home in Stillwater, OK. It is possible to drive there in one long day (15 hours) or two easy days.



and adequate automobile parking for humans. We also discovered that there are numerous unoccupied lots in the residential areas of the city where bird watchers are welcomed.

If you plan to stay and rent overnight accommodations on South Padre Island, it is important to book reservations several months in advance. However, there are numerous camping facilities for those who wish to pitch a tent.

Each year, many North American birds migrate south to Central America where they spend the winter. In the spring, the birds return to their home in North America to raise their young. The shortest route home from Central America is over the Gulf of Mexico. Many choose this route, making a non-stop trip across the Gulf. When they arrive, they are exhausted, dehydrated, and “fall out” onto the vegetation to

In addition to bird watching, we discovered many other attractions and activities in the area. Fishing in the bay was excellent. My wife and I particularly enjoyed strolling on the numerous beautiful public beaches open to hiking and swimming. We also learned that there are several state and federal wildlife management areas nearby that are open to the public and that provide excellent opportunities to view and photograph wildlife. We particularly enjoyed strolling in the beautiful public gardens in the center of town.

To our delight, we learned that there are several excellent eating establishments on the island, many specializing in Mexican food.

Upon returning home, I used the many photographs and videos I took during this trip to create a [slide show](#). Select “South Padre Island Short Edited Version”. The two bird photographs in this article are from this show.



**Above: Northern Parula Male by John Thornton**

recuperate before resuming their northern migration. This typically occurs in mid-April, and South Padre Island, TX, is the center of this annual event. Bird watchers and photographers, like me, are attracted because the exhausted birds allow humans to get within a few feet to observe and photograph them.

Soon after arriving on the Island, we discovered that the favorite bird-viewing location is the South Padre Island Convention Center. It provides well-maintained vegetation for the birds



**Above: Scarlet Tanager by John Thornton**