

The Academy Perspective

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Jack Arnold, Editor

E-MAIL ADDRESSES AND
BIOGRAPHIES NEEDED
FOR ASP'S NEW WEBPAGE
by Jack Arnold

At the April 13 meeting, Susan Baker, SNU's Director of Academic Computing, requested that Academy of Senior Professionals (ASP) members forward their e-mail addresses to her for inclusion in the new SNU/ASP webpage; Baker's contact numbers are as follows:

E-mail address: sbaker@snu.edu

Telephone No. 405-491-6647

Fax number 405-491-6643

Baker began teaching members of Research Interest Group (RIG) how to develop a webpage in the spring of 1997. The webpage is a dynamic document for it will be constantly changing throughout the years as it is updated with new information; the webpage will connect the ASP with the world-wide Internet.

It was explained that the way an Internet e-mail address looks is the same for everyone on the Internet. Look again at Baker's e-mail address: <sbaker@snu.edu>. Did you notice the @ symbol in the middle of the address? This symbol separates the address into two halves: the user name on the left and the domain name on the right.

The Internet does not care much about the user name. It pretty much sticks with delivering the e-mail to the computer named on the right side of the address. Then the computer delivers the e-mail to the mailbox identified on the left side of the address e.g. sbaker.

The domain name is the unique name given to a specific computer on the Internet. A domain has several words stuck together by periods. The right-most word is the top-level domain and usually defines the type of institution e.g. .edu designates an educational institution, and snu for Southern Nazarene University.

At this same meeting, a short biographical form was distributed to all present with a request that each ASP member complete one and return to Baker for inclusion in the biographical section of the webpage. Members can mail their forms to her at SNU Academic Computing or bring them to the next ASP meeting, May 9.

All ASP members are invited to attend RIG meetings where more hands-on demonstrations on the use of the Internet will take place in the 1998-99 academic year.

ACADEMY ELECTS
NEW PRESIDENT
by Elbert Overholt

Dr. Jack Arnold, of Dallas, Texas, who recently retired from the DeVry Institute of Technology at Dallas faculty, was elected to replace Mrs. Vada Lee Barkley as President of the Academy of Senior Professionals. The Academy is a Southern Nazarene University organization of senior adults.

Mrs. Barkley's decision to retire after eight years as President was based on family health problems. She has served as President of the Academy since its inception in 1990 and has provided excellent leadership for the senior level activities and services provided by the Academy members of the University and the Bethany-Oklahoma City area.

The Academy is a viable organization of over one hundred members which meets monthly for a luncheon meeting. Many of the members are actively involved in community services and other professional activities.

Other officers elected at the annual business meeting were: Dr. Don Beaver, Vice President; George Cargill, Treasurer; Syble George, Secretary; and Milton Sonnevik, Council Member-at-large.

Additional information about the Academy may be obtained on the internet:

<www.snu.edu> then select link "Programs for the Public."

May Meeting

The next regular luncheon meeting will be at 11:45 a.m. on May 11, in the Commons Building of the SNU Campus.

Dr. Loren Gresham, SNU President, will be among those honoring Mrs. Barkley for her outstanding service to the University and community.

Shirley Pelley is arranging for some entertainment.

PROJECT TO AID SNU STUDENTS
by Elbert Overholt

The Academy has chosen to establish a fund for NEEDY SNU STUDENTS as its 1997-98 project. The project was initiated with \$1000 from the ASP treasury and additional

donations from the membership by individual contribution.

The fund will supplement the Special Assistance Fund that was established three years ago. The registrar, who is involved in early contacts with new students and especially new international students, will assist in the distribution of these funds.

The funds will be used for clothing, food, personal items, and related living expenses. This fund will meet some very urgent and worthy needs of future SNU students.

SUSAN BAKER RECEIVES
ASP RECOGNITION
by Jack Arnold

After a visual presentation on the new SNU Academy webpage at the ASP monthly luncheon on April 13, Prof. Susan Baker, Director of Academic Computing, was presented with an award "for her dedicated service to the Research Interest Group and the SNU Academy of Senior Professionals, 1997-98."

Baker acknowledged the award with these words in a letter of April 21 as follows: "Dear Dr. Arnold and Academy members,

The paperweight placque was a wonderful surprise! It's been a pleasure working with you and the Research Interest Group the past year. It's been fun exploring the web together. I'm excited about your addition to our webpage, and the possibilities it provides.

Thanks for giving me the opportunity to work with you and a big thanks for the recognition. It was a great encouragement to me.

Sincerely,
Susan R. Baker

RIG MEETING SCHEDULED

The next meeting of the Research Interest Group (RIG) is scheduled for Monday, May 11 at 9:30 in the Board Room (Room 135) of the Royce Brown Business Building.

ADMINISTRATIVE COUNCIL TO MEET

President Jack Arnold has called a meeting of the Administrative Council for Monday, May 11, 1:30 p.m. in Room 135 of the Royce Brown Business Building.

EDITORIAL

Jack Arnold, President

"I am of the opinion that my life belongs to the whole community and as long as I live," wrote George Bernard Shaw (1856-1950) British (Irish-born) author, "it is my privilege to do for it what I can. I want to be thoroughly used up when I die, for the harder I work, the more I live. I rejoice in life for its own sake. Life is no brief candle for me. It is sort of a splendid torch which I have got hold of for a moment and I want to make it burn as brightly as possible before handing it on to future generations" (qtd. in Studs Terkle, Coming of Age, New York: New Press, 1995: xiii).

Shaw wrote these beautiful words when his red whiskers had turned white. And so, like him, my blonde hair has turned white, and there is no way that I can slow down now as the newly elected president of the Academy of Senior Professionals (ASP). I owe it to the people of my "community", the members of ASP, and the citizens of our extended communities, to make a total commitment to help in carrying out the mission of the ASP.

Like Shaw, I consider this new charge as a "sort of splendid torch which I...hold for a moment, and I want to make it burn as brightly as possible before handing it on" to the third ASP president.

Like the Wise One in Proverbs 4:12 wrote: "As thou goest step by step, I will open up the way before thee."

Wherever, I go gladly
to the task assigned me,
Having His promise,
needing nothing more,
Than just to know,
where'er the future finds me
In my pilgrim's path,
the Comforter goes before.

RESEARCH INTEREST GROUP
(RIG) REPORTS
by Bea Flinger

At the January 19th meeting of RIG, members met for the purpose of reviewing results of the Interest Survey on Senior Issues and Opinions which had previously been conducted among the members of the Academy of Senior Professionals (ASP).

The tabulations of the survey revealed a number of pertinent issues which were included on the questionnaire form, and the top three categories were selected to be the primary interests of the participants at this time:

1. HEALTH CARE:

Long-term care, Assisted living, Home-health care, Health-Maintenance organizations (HMO's), and Supplemental insurance.

2. PHYSICAL PROBLEMS AND/NEEDS:

Food supplements, Anti-oxidants, Nutrition, and Exercise/fitness.

3. RECREATIONAL/TRAVEL:

Elderhostels, Tours and Cruises.

Slightly lower in priority but indicative of strong interest, were the two following areas:

1. Legal matters, including Wills, Trusts, Estate planning, Power of Attorney, etc.

2. Social security and its future.

Members of the RIG Committee are appreciative of those who participated in the survey, and they will be conducting research on the selected topics. The results will then be conveyed to the membership of ASP.

ASP '98 - '99 CALENDAR

Luncheon dates for Academy Meetings have been scheduled and listed below:

1998:	1999:
September 21	January 11
October 12	February 8
November 9	March 8
December 14	April 12
	May 10

LIVE AND LEARN AND PASS IT ON

.....
"I've learned that life sometimes gives you a second chance." --Age 62

.....
"I've learned that the best thing about growing old is that now I don't feel the need to impress anyone." --Age 79

.....
"I've learned that the secret of growing old gracefully is never to lose your enthusiasm for meeting new people and seeing new places." --Age 75

.....
"I've learned that good health is true wealth." --Age 77

.....
"I've learned that optimists live longer than pessimists. That's why I'm an optimist." --Age 84

.....
"I've learned that you can keep going long after you think you can't" --Age 69

The Academy Perspective

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UNDERSTANDING THE WHOLE PERSON

by Lyle Flinger

Man has been trying to understand himself for a long time! Over thousands of years he has tried to focus on the areas which seem to be the most productive for self-understanding.

At times, this has led to decimating man, of breaking him up into small, unrelated parts which were studied in detail. But now, most disciplines accept man's wholeness as a given fact. It is clearly recognized that "the whole is greater than the sum of its parts."

Every one of us operates as a "whole" person. What does that really mean? One thing it means is that our present attitudes, actions, motivations, and goals are truly understandable only in relation to the "total package." This "total package" consists of all of our past experiences, all of the influences of other people upon our lives (both in the past and in the present), all of the pressures on our lives in every area, all of our circumstances, and all of our total physical condition. Each one of us acts and thinks as a person who is the final product of all of these influences.

So what is the implication for mature Christian living? One implication is very personal. When you view yourself as a whole, you are able to understand more thoroughly your actions and attitudes and drives. Such self-understanding is very basic to real spiritual maturity. As any psychologist knows, really understanding your problem is a long way on the road towards solving it.

The second implication of this concept that persons act out of their total background (both past and present) is related to our mature attitude toward others. We will be much more charitable (and Christian) in our dealings with others if we really try to see behind the word or action and attempt to understand them in the light of all of the pressures and influences (physical, emotional, financial, social, etc.) which are affecting the person.

When our perception of ourselves and others comes closer to the total reality of the situation, when we take into account all of the factors involved, we tend to increase and extend our mercy, becoming more like the Lord who extends such gracious mercy to us.