

November Academy of Senior Professionals luncheon to feature attorney and columnist

By Milton Sonnevik

The Academy of Senior Professionals is honored to welcome Jim Priest as the luncheon speaker on November 13, 2000.

Jim Priest is a husband, dad, lawyer and newspaper columnist. Born and schooled in upstate New York, Jim received his undergraduate degree from Houghton College and his law degree from Syracuse University. Jim joined the law firm of McKinney & Stringer in 1980, where he practices as a trial lawyer with special emphasis in employment and civil rights matters.



Jim Priest

Priest married the girl of his dreams, Diane, in 1978, and they have two wonderful children, Amanda and Spence. He writes a weekly column entitled "Family Talk," which appears in the community section of the *Daily Oklahoman* and a weekly column on business ethics for *The Journal Record*, Oklahoma City's daily business newspaper. Jim has also recently published a book entitled "Family Talk" available for purchase at local Oklahoma City bookstores.

Priest's mission statement reads as follows: "My life purpose is to encourage my family, friends and others in my sphere of influence to live lives of commitment to their families and to God and His Word by living a godly life, applying god's Word to every situation I face and teaching others to do the same. I am especially dedicated to encouraging men to be faithful to their God, their marriage vows and their family responsibilities."

Last month Priest was featured on the 700 Club TV program, together with Dr. Steve Green, pastor of the Oklahoma City First Church of the Nazarene, where Jim and his family are members. Featured on the same program were Oklahoma Governor Frank-Keating and Drs. Les and Leslie Parrott, Nazarene co-authors of several books on marriage and family relationships.

The title of Mr. Priest's presentation is "The Continuing Challenge to the Greatest Generation." He will attempt to answer the question, "How can we influence the future of the family?"

LESSONS FROM THE LEAVES

By Anna Belle Laughbaum

They're floating down,
Brilliantly-hued;
God-painted— flaming reds,
Golden yellows, burnt oranges—
And saying,
"Farewell, Summer; welcome,
Autumn."
God's leaf message proclaiming
Beauty in nature's seasons.

So may it be in my seasons.
I have known summer joys,
Bright, beaming, beautiful;
And autumn hurts,
Dull, dimming, dismal.
Beauty in them?
His answer:
"I have made everything beautiful



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

Choose Change, or Chase It!

One must never lose time in vainly regretting the past nor in complaining about the changes which cause us discomfort, for change is the very essence of life.
—Anatole France (1844-1924), French author

Living in an age when scientific and technological "miracles" are almost a matter of course, it is easy to overlook just how remarkable aging is. In the past, most people didn't age—they died.

New technologies hold much promise for senior adults in the 21st century:

- Internet-based, personal "intelligent agents" that would build in-depth profiles of their elder "clients" in order to anticipate what they need
- Adult-like androids that would be programmed to talk, remember, and react to their owner's thoughts and concerns
- Microsensory maximizers to replace eyeglasses, and hearing aids that boost neurosensory functioning
- High-tech exercise gear and equipment programmed to precisely "train" users to build stronger, healthy, and more youthful bodies
- Smart acoustic systems in telephones, radios, and TVs that customize signals to accommodate the auditory range of each user's ears

(See: Ken Dychtwald, Ph.D., *Age Power*. New York: Tarcher/Putnam, 1999:71-72)

During the 1970s, which marked the beginning of the Information Age, I saw a humorous, but telling cartoon in **The New York Times** which pictured an affluent, mature man sitting in a large armchair surrounded by an array of technological gadgets: a television set, audiocassette player, videocassette recorder, computer, telephone, and calculator. He turned around in his chair, looked about his solitary room, and tasked, "Where is everybody?"

This cartoon has remained crystal clear in my mind today because it reminds me of **technological stress**, which is one of the negative effects of fast-paced technological change on senior adults.

There is so much to be gained by technological advances, but I fear that many senior adults are not even aware of the downsides of the technological changes that surround them. The downsides are great enough to cause us real pause.

Keep constantly in mind how many things you have witnessed changes already. The universe is change, life is understanding.

—Marcus Aurelius (121-180), Roman Emperor

Continued on page 6—Arnold



"Sharing a Continuous Flight"

The Academy Perspective

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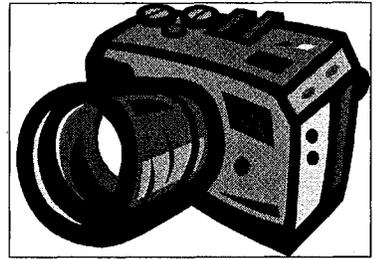


- Golf is no longer a rich man's game. There are millions of poor players.
- The man who thinks he knows it all is a pain in the neck to those of us who do.
- Grandchildren are God's way of compensating us for growing old.
- A good way to forget your troubles is to help others out of theirs.



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



(l-r) Paul Gresham, Linda Gresham, Lois Brown, Loren Gresham



Naomi Tidwell



(l-r) Sue Anne Lively, Trudy Cargill, George (Bud) Cargill

ASP Enjoys September Meeting and



Elbert and Darlene Overholt



Virgeane Bayles



Betty Pischel



(l-r) Visitors Earlene Tapley and Mildred Faulkner

Open House with President and Mrs. Gresham



(l-r) Cantley & Sibyl George, Casey & Eunice Robinson, Ruth Duby



Robert & Dorothy Griffin



Pres. & Mrs. Gresham opening gift from the Academy



Partners in Research

By Sue Anne Lively

For those whom I have yet to meet or who were not at the May, 2000 Academy meeting, let me introduce myself. I am Sue Anne Lively, and I am a faculty member at SNU in the School of Adult Studies. Currently, I am in the dissertation stage of my doctorate in Adult Education at Oklahoma State University.

So how does this relate to the members of the Academy?

Adult educators are interested in knowing how adults learn in real-world settings. Self-directed learning, learning how to learn, personal strategies for learning, and perspective transformation through critical reflection are basic to the understanding of how adults learn in real-life or the real-world as opposed to formal learning settings. The Academy of Senior Professionals is a unique group of older adults who carry out a wide range of learning activities that go from simple to complex, including individual learning and group projects. Therefore, the purpose of my dissertation study is to describe the perceptions of the learning patterns of the adult learners in the Academy.

Consequently, the focus of my study addresses the following questions:

1. What kinds of learning activities do the members spend their time doing?
2. How do the Academy members understand themselves as learners?
3. How do the Academy members acquire the skills and knowledge to learn effectively in specific learning situations?
4. What role does life long learning play in the lives of the Academy members?

Over the course of the past few weeks, I have begun data collection through interviewing different members of the Academy. As of this writing, I have completed 21 interviews, with an ultimate goal of at least 30 interviews. I have spent many wonderful hours discussing faith, learning, and aging with some of the most vital and interesting people I have had the pleasure of meeting. It has been a joy!

Although I am just in the early stages of my data analysis, I am beginning to see some interesting trends and patterns. For example, I have identified some characteristics that I find in the learners. They appear to be competent, passionate, optimistic, enthusiastic, courageous, flexible inquisitive, and involved. Additionally, they deep current, they have a variety of interests, and they have a keen sense of humor.

I am finding that the members are BUSY! The kinds of activities that the members are engaged in are complex and numerous. The members are traveling, doing community work, teaching, preaching, mentoring, doing arts and crafts, singing, playing musical instruments, and staying active physically. All are avid readers, and most do some kind of writing, whether that be through daily journals, memoirs, autobiographies, emails, articles, reports, or books. Nearly all use a computer for emailing and some do research on the Web. Interestingly, most learned their computer skills post-retirement. Many struggle with physical problems; however, in nearly every case, they try to rise above these obstacles.

There are many unique aspects of this group. One is that all of the members who have been interviewed are highly educated. All have had at least some college, most have degrees, and many have graduate degrees. Consequently, I am very intrigued about who they chose to go to college and what influences helped them to get to college. Perhaps the most unique aspect of this group is the impact of the rich heritage that lies within their community of faith. I have heard wonderfully rich stories of

fathers, mothers, and other people of influence who paved the way so that the Academy learners could receive an education and start of their path of continual learning.

In the months to come, I plan to keep you updated and to let you in on what I am finding. As I do, I am interested in your reactions, thoughts, stories, ideas and criticisms. Perhaps you have a unique perspective or have an interesting project you are working on. You may have read a book or an article that may shed some light on my study. All of these would be welcomed! You can reach me at 491-6662 or my email slively@snu.edu.

I am excited about partnering with you as we learn about life long learning in the Academy of Senior Professionals!



Narrow Escape

Memoir Writing Workshop

by Darlene Overholt

We hadn't seen the albino owl that morning. It was an elusive phantom we looked for each time we walked through the woods and the "who-who-oo" was just as startling as the first time we heard it.

Three of my older brothers, Bud, Jerry and Wayne, and I were on our way to school. We were taking a shortcut through the woods and a large pasture. We lived at the top of Blair Hill and the shortcut saved us about a half mile each way. Our elementary school had all eight grades in one large room. We were hurrying so we wouldn't be late, since it was Wayne's turn to pull the rope and ring the big bell.

The pasture was a sloping meadow and was occupied primarily by pigs. It was mid-March in northwest Missouri and most of the plant life was still winter brown. Generally, our shortcut was pleasant with nothing to cause anxiety or alarm.

This morning was different. We were about halfway through the pasture when Bud yelled, "Run, Darlene, that mother pig has new babies and she thinks we're too close to them!"

I was a small-sized second grader and my legs weren't as long as my brothers' so I ended up the last in line. Jerry was the fastest runner and he got to the gate first and was holding it open for us.

Catastrophe!

I dropped my lunch.

I stopped to pick it up. (We didn't have hot lunch programs in those days.) Bud was starting back toward me shouting, "Leave it, she's getting closer!"

I was able to retrieve my lunch, a small packet wrapped in newspaper and tied with string, but in so doing put myself in imminent danger.

Bud grabbed my hand to help pull me along as the mother pig was fast closing the gap. Wayne was through the gate, Jerry was still holding it open for us. Clutching my lunch close to my chest, holding on to Bud's hand for dear life, we raced for the opening.

Through the gate!

SLAM!

The latch held as the sow rammed it with great force. We were gasping for breath and our hearts were pounding so hard it caused a roaring in our ears, but we were safe at last.

Even though we hadn't seen the albino owl, we had enough excitement to last a good long time. We were just sorry our shortcut wouldn't be useable for several weeks.



"If you ask me"
By Vada Lee Barkley

Recent Sunday school lessons, sermons, and Come Ye Apart dealt with the subject of forgiveness. All seem to agree that we must forgive unconditionally or else.

Now I'm not a theologian; I'm an educator. I'm not a Greek; maybe I'm a Barbarian. I do, however, understand English quite well. By ignoring the word if and misinterpreting the word as, we miss a very important truth in Jesus' teaching on this subject.

When Jesus stated a principle, He told a story to explain it. For example, Matthew 6:14; Mark 11:25; Luke 6:37; and John 20:23 state the principle. Two parables illustrate it as follows:

Matthew 18:11-35 is the story of a king who summoned a servant who owed him more than two million pounds. The king demanded immediate payment. The servant begged for time. The merciful king forgave the entire debt.

The forgiven servant went to a man who owed him five pounds. Grabbing the debtor by the throat, he demanded payment immediately. The debtor begged for time. All to no avail.

When the king heard what had happened, he summoned his servant, revoked his forgiveness, and delivered him to the tormentors "until he paid every pound he owed." No doubt he's still in torment.

Jesus ends the story with a stern warning. We tremble at His words. But it's interesting that one translation says we're to forgive "anyone who asks for mercy."

Luke 17:3-4 quotes Jesus as He illustrates how many times we must forgive our brother. "If he repent, forgive him," Jesus says. If he trespasses against you "seven times in a day, and seven times in a day turn unto thee, saying, 'I repent.'" thou shalt forgive him."

If that isn't conditional, I don't know what the word means.



A look at a book
By Wini Howard

The Jesus I Never Knew by Philip Yancey

First, may I say a little about the author, Philip Yancey. Apparently he is becoming quite well known among evangelicals. He is a journalist and editor-at-large for Christianity Today. His book, What's so Amazing about Grace? is quite well-known too.

Yancey's book *The Jesus I Never Knew* is causing quite a stir among its readers. One begins to see Jesus in a light never considered before. Yancey has read books and taught classes about the life of Jesus. He also has studied the Gospels intensely. He is presenting Jesus in a new and startling way. Jesus, he maintains, is not the placid innocuous person we have often considered him to be. There is a depth and power to Him that is not seen by many. The fact that sinners were always eager to be in His presence makes us ask why sinners aren't always eager to be involved in the church of today.

Yancey observes that much of the artwork depicting the life of Christ is certainly unauthentic. How could everything connected with the birth of Christ be so pristinely beautiful he asks. It doesn't take much imagination to realize how crude the circumstances of His birth must have been. Paintings don't attempt to portray them. Interestingly, "we prefer a tall, handsome and, above all, slender Jesus." Yancey claims that being a Jew born when Jesus was makes such a portrait unlikely. Also we often picture Jesus as quiet, stately, serious and almost unobtrusive. But actually the Gospels, according to Yancey, "depict him performing his first miracle at a wedding, giving playful nicknames to his disciples, and somehow gaining a reputation as a 'gluttonous man and a wine-bibber.'" (86, 87)

The Jesus I Never Knew will stir your mind as well as your emotions. Do you dare to read it?



Interest Group Report
Research Interest Group

In the absence of the Bea Flinner, the Research Interest Group (RIG) was chaired by Don Beaver. Present were Don Beaver, Jack Arnold, Naomi Tidwell, Elbert and Darlene Overholt, Trudy Cargill and Sue Anne Lively (guest).

A brief report on the ASP Web page was presented by the chair. It is expected that the Web page will be operating by the end of this semester. It will be monitored and updated by a representative of the ASP with interactive capability.

A list of research topics considered to be of potential interest to ASP members was distributed for consideration at the December meeting.

A new form for collecting new or corrected mailing, telephone and e-mail information was discussed. It will be ready for the November ASP luncheon meeting.

Special Note from Bea Flinner: A picture of the RIG membership will be taken at the December RIG meeting. All interested persons are encouraged to be present.



Interest Group Report
Memoirs Writing Workshop
by Vada Lee Barkley

The Memoirs Writing Workshop (MWW) met October 9, in the Faculty Lounge. Vada Lee Barkley, Shirley Pelley, Bob Emmel, Darlene and Elbert Overholt, Jack Arnold, Billie Harrison, and Trudy Cargill attended. Sue Ann Lively was a guest.

Congratulations were extended to Trudy Cargill for her story in the *Perspective*.

The group discussed several ways to improve style: Using verbs to paint word pictures, the importance of good editing ("There's no such thing as good writing; it's good rewriting") the use of fiction in memoirs, focusing on one subject, subject restriction, and sentence structure.

Trudy Cargill read a letter to her grandson.

The next meeting will be Nov. 13, from 10:30 to 11:15, in the Faculty Lounge.

A Special Note from President Arnold:

To help with the current ASP financial exigency, members and opportunity to ASP at the November 13 meeting, or they can send



friends will be given an opportunity to make donations to the November 13 meeting, or their donations by mail to: George Cargill, ASP Treasurer, 8228 N.W. 100th, Oklahoma City, OK 73162.

Checks should be made payable to "Southern Nazarene University" and write on the check in the "For" section of the check: "ASP."

At the October meeting, members and guests generously responded to the Administrative Council's special request by donating \$381.00 to the ASP to carry out its mission and goals.

Additional note: All members are requested to pay their 2000-2001 dues by December 1, 2000. Margaret and Vernon Dawson are the collectors of membership dues.

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ASP Calendar & News Briefs

ASP Calendar of Events:

9:00-10:30	Strategic Planning Committee	R. Brown Conf. Rm.
10:30-11:20	Memoir Writing Workshop	Faculty Lounge
11:30-1:00	Luncheon Meeting	Heritage Room
1:30-2:30	Administrative Council	Brown Conf. Rm.

ASP News Briefs:

- **ASP Shuttle Service** available to ASP members and guests. The van leaves the west parking lot of Bethany First Church at 11:00 a.m. and makes continuous round trips for all desiring transportation.
- At 1:00 p.m. the Shuttle returns riders to the BFC parking lot. Coordinator of the Shuttle Service is Charles Harrison who welcomes volunteer drivers.
- **New Committee Chairs** include Milton Sonnevik (Program), Grant Keeton (Telephone Brigadier), and Trudy Cargill (Catering).
- **ASP Web site** is being redeveloped by Don Beaver, Elbert Overholt and Jack Arnold. Volunteer computer users are welcome to participate. Contact any of the above.



A Reminder!

As announced at the September luncheon, the cost of the ASP luncheon, starting November 13, will be \$6.50, an increase of \$0.50 over last year.

Arnold—Continued from Page 2

What does it mean, for instance, when we live increasingly in a virtual world marked by virtual reality? What does it mean when more and more of our relationships are with automated characters and not real ones? What does it mean when we dialogue, not with the real human being, but with a virtual human being?

Medical researchers claim that **technological stress** can be traced to high mental demands being made on those who lack sufficient skills. Also, the investigators said that stress levels could soar with the introduction of new technologies. Those conducting this study concluded with the prediction psychosomatic problems, such as depression and social isolation, will most likely increase in the foreseeable future because of rapid changes occurring in modern technology. (See: **Journal of Psychosomatic Research**, July 1997: 43 [1]: pp. 35-42).

According to Kenneth H. Cooper, M.D., the most effective antidote to **technological stress** is to nurture your inner spiritual life. In part, this means disciplining yourself to remain optimistic and upbeat about your prospects for enjoying good health and happiness as you grow older. He concludes, "This sort of 'inner treatment' is by far the best treatment for technological stress that saps us of the energy and vigor we enjoyed to the full in our youth." (See: **Regaining the Power of Youth at Any Age**. Nashville: Thomas Nelson P., 1998:125).

My personal observation is that senior adults with the "power of youth" press to have new experiences in understanding, learning, and using new technologies, even if some may object that they are too old. They have an admirable ability to keep going, to reassess and cope with life at every turn despite their ever-increasing limitations and disabilities. They maintain a positive, yet realistic outlook while reaffirming their desire to live and their love of life.

I don't know about you, but the way I figure, I can't change the world, but I can change the cannell.
—George Burns (1896-1996), American comedian

In 1997, former President George Bush celebrated his 72nd birthday by commemorating his last parachute jump, when he had escaped from a crippled airplane in World War II, by jumping again half a century later. U.S. Senator John Glenn, who in 1962 became the first American to orbit the earth, recently returned to space at 77 as a silver-haired "payload specialist." These men used new technologies to change the markers of aging.

On the one hand, I am not suggesting that we do the impossible by turning the clock backward on technological advancements which have brought us progress, conveniences, and enhancements. On the other hand, I think we must understand, analyze, and evaluate how technological change affects the quality of our lives and human relationships. **We must control technologies, or they will control us.**