



Perspective

Vol. 11—No. 1

October—2001

October 8 Academy Luncheon Features Dr. Jim Poteet and the Bethany Neighborhood Center

By Milton Sonnevik

The Academy of Senior Professionals urges each one of you to attend the first meeting of the 2001-2002 season.

The speaker for our first meeting is a professional friend



Dr. Jim Poteet

of most of us. Dr. James Louis Poteet has lived and worked in this community for over twenty years. Jim and his wife, Peggy, have both for many years been members of the staff of Southern

Nazarene University. Dr. Peggy Poteet is currently serving as Chairperson of the Division of Humanities at Southern Nazarene University. Dr. Jim Poteet served as associate professor of Physical Education, basketball coach and athletic director from 1971-1979. His basketball teams won 148 games in six years averaging more than 24 wins per year. The teams played in NAIA District 9's championship and NAIA National Tournaments in 1976 and 1978.

Since retirement Dr. Poteet has been very active in this community's after-school educational program at the Floyd Center. He was instrumental in getting the Bethany Neighborhood Center organized in March 2001. This after school program targets students from Rockwell to Mac Arthur and from 36th street to 50th street. The program is designed to offer homework assistance, tutoring, character development, and recreational opportunities for first through eighth graders in the targeted neighborhoods.

The Bethany Neighborhood Center is an outreach program of the Bethany Community Foundation, a separate 501C3 corporation of Bethany First Church of the Nazarene. The after-school program has had tremendous success averaging in excess of 90 students daily. The program has also the total support of the Bethany Public Schools's administration and teachers.

Bethany Neighborhood Center has been funded through public and private donations as well as a grant from the Office of the Juvenile Justice system. Donations may be made to the Bethany Community Foundation for assistance in the program.

The program is in need of numerous volunteers. Several of our ASP members are volunteers in the program, but many more are needed. Come, hear, and learn more about this exciting new ministry in our community.



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

Seniors Smashing Stereotypes

Go ahead, jump out of an airplane. Go back to school. Go back to work. Switch careers. So what if you're in your 60s or 70s or 80s? We are in gyms; we are in classrooms; we are smashing stereotypes about growing older.

Using the gift of longevity

Now, perhaps more than any other time in our culture, age isn't as excuse. When we age, we are given the gift of longevity, and we have the opportunity to use this gift. The Strategic Planning Committee (SPC) of the Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU) has chosen the theme of "Using the Gift of Longevity" for the ASP's first statewide Senior Adult Conference 2002 (SAC2002) on the SNU Campus, April 18.

Dr. Tedd Mitchell, who is Medical Director of the Wellness Program at the renowned Cooper Aerobic Center in Dallas, will be the keynote speaker at SAC2002. In addition to his clinical practice, he is actively involved in research in the area of preventive medicine, and has published over 30 articles in peer review journals. He will customize his keynote address and workshops to support our theme of using the gift of longevity. I have heard Dr. Mitchell lecture, and I can promise you that he is an "awesome speaker," who received a superior recommendation for our Conference by Dr. Kenneth Cooper, an Oklahoman, known as the "Father of Aerobics." (See picture and article about Dr. Mitchell on page four in this issue.)

"Chronological age will become less and less relevant," says Dr. Aliza Kolker, a sociology professor at George Mason University. "Of all human beings who have ever lived to be at least 65 or older, half are living now. Today, more than 70 percent of people now live to be at least age 65, three times as many as did 100 years ago."

"Still, an overall increased life span doesn't mean everyone will celebrate three digit birthdays," notes Dr. Kolker. "It's very encouraging that people live longer and are healthier, but not all of us will. Nothing is assured."

Continued on page 6—Arnold



"Sharing a Continuous Flight"

The Academy Perspective

---Publication Board---

Chair & Production Editor	Don Beaver, Ph.D.
Copy Editor	Anna Belle Laughbaum, Ph.D.
Managing Editor	Elbert Overholt, Ed.D.

---Columnists---

President's Column	Jack David Arnold, Ph.D.
Obituaries	Glendena and Gene Adams
Feature Writer	Vada Lee Barkley, M.A.
Book Reviews	Wini Howard, M.T.
Library Resources	Esther Schandorff, M.L.Sc.

---Staff Reporters---

Photography	Edith Sonnevik Payne, B.S.N.
Programs	Milton Sonnevik, M.A.
Research	Beatrice E. Flinger, M.L.Sc.

---Communications Policy---

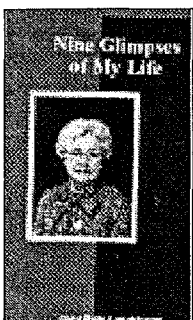
We value messages from our readers.
By mail: *The Academy Perspective (TAP)*, Southern Nazarene University, 6729 N.W. 39th Expressway, Bethany, OK 73008
By fax: (405) 491-6381
By computer: www.snu.edu > Alumni & Friends > Community Relations > Academy of Senior Professionals

---Newsletter Subscription Information---

Annual subscription cost for *The Academy Perspective*:
Non-members—\$10.00 per year
Members—Included in membership

Former SNU Professor Publishes Autobiography

NINE GLIMPSES OF MY LIFE, the autobiography of Dr. Anna Belle Laughbaum, former SNU professor of English, has just been released. The book includes "glimpses" of her life



ranging from experiences in a one-room country school in northern Michigan in the 1920's to teaching in a Bible College in South Korea in the 1980's; from being a cowgirl on the family ranch to a downstairs maid in Chicago; from taking a public speaking course at Fort Wayne Bible Institute to teaching Freshman English at Bethany Nazarene College.

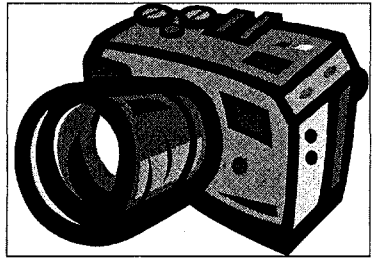
Miss Laughbaum has published several other books and a number of articles and poems in religious periodicals.

NINE GLIMPSES OF MY LIFE may be purchased from Dr. Laughbaum at 5337 N.W. 44th St., Oklahoma City, OK, 73122. The proceeds from the sale of the book, priced at \$6 (\$8, postage included) will go to the SNU Scholarship in her name.

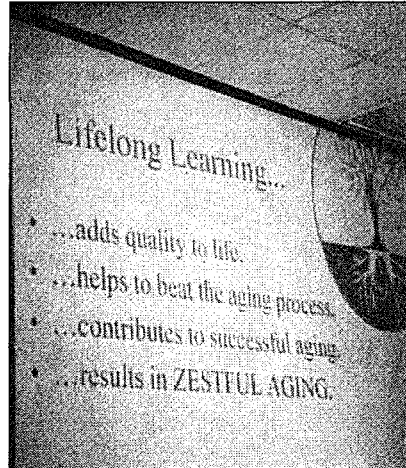


ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



(Above) Dr. Sue Anne Lively, with husband Bob, appears to be viewing a slide (right) she used in her presentation on "Life Long Learning" to the Academy at the May meeting.



A visitor to the May ASP meeting was Marge Fisher from California.



Visiting the May Academy luncheon was Sherryl Gasset Gordon



ASP ADMINISTRATIVE COUNCIL 2001-2002

Front Row (l-r) June Phillips (representative-at-large), Roy Dorris (treasurer), Elbert Overholt (director), Darlene Overholt (secretary)

Back Row (l-r) Don Beaver (publications chair), Bob Emmel (bylaws & organization chair), Jack Arnold (president), Marilyn Olson (strategic planning chair), Wes Harmon (vice-president), Milton Sonnevik (program chair)

Not shown: Vada Lee Barkley (immediate past president), BKaye & Sam Stearman (membership cochairs)



Special music for the May luncheon was provided by the SNU string quartet made up of (l-r) Heather Snowbarger, Bryan Young, Leslie Cannata and Sara Michel.



Wes Harmon, ASP vice-president, offers the invocation for the May ASP luncheon.



Anna Lee (Pendergast) was recently married to Wilbur Takemire. Congratulations Anna Lee!!

Senior Adult Conference, “Using the Gift of Longevity” Begins to Take Shape

By Jack Arnold



Dr. Tedd Mitchell

Dr. Tedd Mitchell will be the keynote speaker for the Academy of Senior Professionals’ Senior Adult Conference 2002 (SAC2002): Using the Gift of Longevity. SAC2002 will be held on the Southern Nazarene University campus on April 18, 2002. In addition to his keynote address, Dr. Mitchell will conduct a morning and afternoon workshop.

An outstanding speaker and competent lecturer, he currently serves as Medical Director of the Wellness Program at the renowned Cooper Aerobic Center in Dallas. He is also a contributing editor for “Health and Fitness” a USA Weekend magazine.

In addition to his clinical practice, he is actively involved in research in the area of preventive medicine, and has published over thirty articles in peer-review journals. He is a member of the American College of Physicians, the American College of Sports Medicine, and the American Medical Association.

Dr. Mitchell makes his home in Dallas with his wife, Janet (also a physician) and their three children.

Note: The Strategic Planning Committee will meet Tuesday, October 9, Webster Commons Conference Room.

“A Margin of Hope in a Violent World”: A Book Review To be Given at the University of Oklahoma by Jack Arnold

By Jack Arnold

“A Margin of Hope in a Violent World” is the Title of Arnold’s Review of the Works of Pulitzer Prize Author Richard Rhodes.

Some of the novels and historical works of author Richard Rhodes will be reviewed by ASP President Jack David Arnold on Monday, November 12, 2001, 6:30 p.m., at the Review Club of Norman on the third floor of the Student Union of Oklahoma University.

Rhodes is the author of seventeen books including novels and works of history, journalism, and letters. His *The Making of the Atomic Bomb* (1986) won the Pulitzer Prize in General Non-fiction, a National Book Award and a National Book Critics Circle Award.

Dark Sun (1995) about the development of the hydrogen bomb, was one of the three finalists for the Pulitzer Prize in History.

A father and grandfather, Rhodes lives in rural Connecticut with his wife, Ginger Rhodes.

Most of Rhodes’s writings deal with violent behavior. In *Why They Kill* (1999). He supports the theory that violent behavior is impulsive, unconsciously motivated and predetermined. He offers compelling insights into the terrible, ongoing dilemma of criminal violence that plagues families, neighborhoods, cities, and schools.

In the epilogue of his autobiographical book, *A Hole in the World* (2000), Rhodes finds a “margin of hope” in the “certitude of science” because “most of us are alive today because of the quiet work of science.” As a survivor of severe mental and physical child abuse in Kansas City, Rhodes believes that the brutalization of children is the initiating trauma that lead some children to choose violent careers—to assault, rape, and murder.

While doing research and preparing to teach a course in science, technology, and society this past summer at the DeVry Institute of Technology at Dallas, Arnold was first introduced to the writings of Rhodes when he discovered Rhodes’s nonfiction book, *Visions of Technology: A Century of Vital Debate About Machines, Systems, and the Human World* (2000).

Arnold has personally communicated by e-mail with Rhodes in Connecticut about the review and expects to attend a writing seminar at the University of Tulsa, October 27-28, where Rhodes is the featured writer and speaker.

~~~~~  
**Audio Tapes Available: See Bill Porter**

Tapes of programs may be purchased for \$2 each:

|                    |          |                   |          |
|--------------------|----------|-------------------|----------|
| James Posey        | 11/09/98 | Dr. Loren Gresham | 10/09/00 |
| Marilyn Olson      | 01/11/99 | Jim Priest        | 11/13/00 |
| Steve Stevenson    | 04/12/99 | City Manager      | 01/08/01 |
| Wanda Rhodes       | 02/08/99 | Chuck Garrison    | 02/12/01 |
| Genealogy/Ladds    | 03/08/99 | Paul Dougherty    | 03/05/01 |
| Bolerjack/Schubert | 02/14/00 | Sue Anne Lively   | 05/07/01 |
| Dr. Dudley Powers  | 05/07/00 |                   |          |



*"If you ask me"*  
By Vada Lee Barkley

Sometimes in an attempt to create interest, I play the devil's advocate, not necessarily to convince, but to make people think. Sometimes I tackle a subject that, for most people, is anathema. That's what I propose to do in this column for the next few issues.

**DEATH—DARE I MENTION THE WORD?** Something we don't like to talk about, hear about, or think about. To avoid the word, when loved ones die, we say they "went to heaven," "went on to their reward," "passed away," "are deceased." The phrase or words I don't like are "we lost him/her." We miss our loved ones; we don't lose them. We know where they are and how to get there. Jesus said, "I am the Way." The only ones lost are those who refuse to follow the Way.

For obvious reasons, I have intensified my search to find out more about life after death. I'm well aware that Paul said, "but as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him" (I Cor. 2:9). Maybe that's a copout.

I've never heard that verse put into context. In his next breath, Paul adds, "But God hath revealed them unto us by his Spirit: for the Spirit searcheth all things, yea, the deep things of God" (I Cor. 2:10). Jesus often said, "It is written. . . but I say. . . ." (Author's emphasis)

Of course our finite minds cannot imagine the beauties of heaven nor the horrors of hell. But with the help of Scripture, additional research, and experience, we should be able to find answers to a few of our questions regarding the hereafter.



**Book Discussion Group**  
By Elbert Overholt

Any interested person is welcome to share our last two sessions as we discuss Charles Colson and Nancy Percy's, *How Now Shall We Live*.

On Monday, October 8, we'll discuss:

- Unit 5-Redemption and the Myth of Progress
- Unit 6-Real Redemption
- Unit 7-The Church and Culture

On Monday, November 12, we'll conclude with:

- Unit 8-Transforming Our Culture

The Group will meet at 4 p.m. in the second floor South sitting room of the Southern Plaza.



*A look at a book*  
By Wini Howard

*Oriental Pilgrim* by Alice Spangenberg

*Oriental Pilgrim* is a book I have read several times—not always for the same reason. It is the biography of a young Japanese man who came to the States to study at Eastern Nazarene College for a degree in theology.

The story begins with his childhood in the city of Kyoto. His family were Buddhists, and both wealthy and influential. Shiro was the youngest and not at all like his siblings. He was what we would call "a holy terror." His quick fingers stole just about anything he could slip inside his kimono. He was a complete disgrace to his family. The story of his conversion to Christianity at about the age of 15 is fascinating and dramatic.

Even though Shiro had become very active in the church in Japan, at the age of 21 he had to serve two years in the military. He knew how difficult this would be. Worshipping at the Shinto shrine was part of every soldier's duty. He refused to comply, not knowing what the outcome would be. It was a miracle no less when his superior officers failed to make an issue of it.

There was another miracle when Shiro left for the States just a few days before being called up for active duty. Japan was at war with China. Shiro's family had agreed to finance his schooling at Eastern Nazarene College. But shortly after his arrival all financial support was cut off by the Japanese government. For four years he worked his way and earned top grades. He excelled in many ways.

Shiro was completing his Master's program at Boston University when war broke out with Japan. He chose to be repatriated because he believed that was the only way his countrymen would accept him after the war. He felt that he could not fight against the United States but went to the South Sea Islands as an interpreter. He was killed there with shrapnel.

(The book is in both the BFC and SNU libraries.)



**Updates On RIG**  
**(Research Interest Group)**  
By Bea Flinger

**NOTICE:** The Regularly scheduled meeting of RIG will not be held on October 8. The next meeting is scheduled for November 12, and all interested persons are urged to attend. Dr. Robert (Bob) Emmel will be the special speaker, and will be presenting the topic "Depression: A Self Disclosure." (See the *November Perspective* for more information.)

Continued from Page 2—Arnold

We falsely take it as a guarantee we'll be 80 or 90 or 100 and active and healthy. I have to sound a dark note, but it's a reality. More and more people will live to a ripe old age, but some won't."

Americans no longer go to school, go to work, retire and wait to die," says Dr. Charles Schmidtke, director of the gerontology program at Canisium College in Buffalo, New York. "That whole image is being thrown out. As our society ages, we're redefining the meaning of living rather than the meaning of retirement."

**Giving Back**

Judith Viorst, whose latest book of poems is called, *Suddenly Sixty and Other Shocks of Life*, points out that her contemporaries are fixated with fitness, aware of their bodies, but they're also reaching out. Ms. Viorst, who volunteers weekly at a hospice, says, "I don't know of one person who is not giving back, being of use. One of the most powerful elements in people's redefinition of this stage is that they can't just live for themselves. They have to connect and contribute." The ASP is a place to give back and to reconnect.

**Ageism stereotypes are misleading**

Such connections, often between generations, will help change negative stereotypes of aging. Too often we get the opinion from the media that we are old geezers or drones, sitting around doing nothing. Our age becomes very arbitrary; older Americans are working and will continue to work.

As a personal example, I went back to work this summer as I re-entered the college classroom at the DeVry Institute of Technology in Irving, Texas. I had taught there for 14 years before I retired in 1996 as the Chair of General Education and Senior Professor. I went back to work, this time as an adjunct professor, because I love teaching, and my creative urges moved me "back home" to an intellectually stimulating environment. I hold to the belief that I still have something to contribute to the minds and hearts of my students. Each time that I enter the classroom, I inhale the energy and optimism of youth; it is then that I realize that I am continuing the rich legacy that I have been given in such large measure from my teachers and mentors, such as our own ASP members, Drs. Anna Belle Laughbaum and James Robert Emmel, who taught me well at my alma mater, Bethany-Peniel College. Professors used to be forced to retire at 65 which was such a waste, because a lot of their best work was done 20 years later.

Age is becoming less scary, says columnist and author Richard Rosenblatt in his latest book, *Rules for Aging: Resist Normal Impulses*, he writes, "The aging population makes society more fluid in terms of aging. It also demands new definitions. What, after all, is "old" — 65? 86? 100? And, what does *generation* mean? Those who work with the aging groan to hear them lumped together. It would be like saying all women, all teen-agers, or all people of a particular race share the same beliefs."

Are all older adults climbing mountains, earning graduate degrees, making millions on the stock market? Or, are we

living in nursing homes, taking delight only in playing bingo or watching the weather report on TV? Either stereotype does us a disservice.

**Carpe diem** (Lat: "seize the day")

What society needs to realize is what the diversity of our multi-generational group offers. What we senior adults need to recognize is that we can be healthy, vital, even attractive. We can grow out of our self-absorption to embrace the wider world. We can use our gift of longevity by giving back to others. We can take some chances and risks. We can achieve a greater awareness of something being good right here and now. We can enjoy the beauty, truth, and pleasure of the moment. Not in retrospect, not in memory, but by thinking or saying, "My, my my! Isn't this wonderful, isn't this beautiful, isn't this delicious, isn't this special? **I love this now!**"



**ASP Calendar**

**Monday: October 8**

- 10:15 am Memoir Writing Workshop
- 10:30 am Shuttle: West BFC Parking Lot to Commons
- 11:15 am Luncheon
- 1:00 pm Shuttle: Commons to West BFC Parking Lot
- 1:15 pm Administrative Council: Faculty Lounge
- 4:00 pm Book Discussion Group: Southern Plaza

**Tuesday: October 9**

- 1:00 pm Strategic Planning Committee



**News Briefs**

- **Membership Directory:** A new ASP members directory will be published next month and distributed at the November meeting. **All additions and/or corrections must be given to Don Beaver by Monday, October 8, to be included in the new directory.** A form will be available at the October 8, luncheon meeting. You may also call 491-6646 or e-mail: [dbeaver@snu.edu](mailto:dbeaver@snu.edu).
- **SNU Web Page Upgraded:** The SNU web pages have been upgraded in recent months. The results are worth a look! **Go to [www.snu.edu](http://www.snu.edu) on your internet connection.** You may also view the **Academy of Senior Professionals** by clicking on "Alumni & Friends", then "Community Relations", and finally "Academy of Senior Professionals."
- **Memoirs Writing Workshop:** Scheduled for 10:15 in the commons faculty lounge will include reading individual memoir material. Participants are encouraged to bring something to share with the group.