

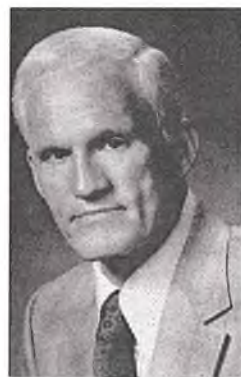


Perspective

Mustang mayor to speak to March Academy luncheon

By Milton Sonnevik

The Academy of Senior Professionals extends to a warm welcome to Mr. Ross Duckett, mayor of the city of Mustang, OK. The title of his presentation is **“The Christian’s Involvement in the Legislative Process.”**



Mr. Ross Duckett

Mr. Duckett holds a Bachelor’s Degree in Science and a Master’s Degree from Oklahoma State University (OSU). During his college career he was a member of the Cotton and Sugar Bowl championship football teams and played with distinction. He was also a member of the national championship wrestling squad. Following his graduation from OSU he attended the New Orleans Seminary. He also holds an honorary Doctor of Letters degree from Southwestern College.

Dr. Duckett has distinguished himself with a long record in public service. He taught in the public schools of Oklahoma for 16 years. During those 16 years he served as a classroom teacher, varsity coach and also as an administrator.

He has a long and distinguished career in politics. In 1972 he became a member of the Oklahoma House of Representatives. During the following years he chaired the Mental Health Committee for 10 years, was twice selected the “Christian Legislator of the Year” for Oklahoma, and authored legislation establishing state insurance for active and retired state employees. During his tenure he completed other numerous assignments. In 1988 he became the Director of Legislative Affairs for the Oklahoma Retired Educators Association and served

in this capacity for six years.

Dr. Duckett’s hobbies and personal interests are numerous. He has served two terms as mayor of Mustang, OK and continues to hold that office. In his 75th year he promised to skydive if the citizens of Mustang would pass Vision 2000. They did and he did. He is also a State Certified Mediator.

He has had a life-long interest in sports of all kinds. He has completed 20 marathon races, 26.2 miles each, and has entered three ultra marathon races of 100 miles.

Mayor Duckett is a dedicated Christian gentleman. He is an active member of the Mustang Baptist Church. His church denomination selected him as President of the National Fellowship of Baptist Educator.

We are honored and highly privileged to have Mayor Duckett as our luncheon speaker for Monday, March 11, 2002.

<i>Inside</i>	
Senior Adult Conference 2002 Program Registration Form	Page 4
Editorial: President Arnold	Page 2
Columnists:	
Vada Lee Barkley	Pages 5,6
Bea Flinner	
Wini Howard	
Carol Spencer	
Esther Schandorff	
Pictures: Edith Payne	Page 3
ASP Calendar, News Briefs	Page 6



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

**The Business of Getting Old
And Living for the Moment**

Growing older is something that happens to all of us, but feeling old is, more often than not, something we do to ourselves, or that we allow others to inflict on us.

When I was twenty years old, I had the privilege of working in Oklahoma City for a wonderful gentleman named Albert Berg, the owner of Todd's Men's Wear, where I worked as a senior at Bethany-Peniel College.

Mr. Berg, who was well into his seventies, had an energy and zest for life enviable at any age.

I asked him one day, "How do you do it?"

"Do what?" he replied quickly. "I'm going about my business, like you ought to!"

After this slight reprimand, he paused, and then explained his answer.

"You see, Jack, nothing really changes just because you're older. You are exactly the same person. You don't feel any different—you're just older."

Now that I am seventy-three years old, I have begun to appreciate Mr. Berg's insight. Life's experiences may have smoothed over a few of my rough edges, but I am essentially me. I am as eager as I ever was to play tennis, to dress well, to drive a reliable car, to enjoy vicarious experiences by reading good books, to teach students, to travel around the world, to learn more about computers, to write my autobiography, to garden, and to make a difference that matters in the world, with God's help.

If, however, I don't do these things, it is because I think—or I am afraid others will think—I am too old. This fear has nothing to do with my ability or even my chronological age.

A friend of mine, a college graduate and a successful executive in the travel business, told me she wanted to go to a graduate school and become a college professor.

"That's a great idea," I said, "When do you start?"

"I don't," she replied. "I'm too old." She is fifty!

Where is it written that the joy of learning belongs to the first decades of life? The truth is, the more years we accumulate, the more urgently we should be encouraged to seek out new physical and mental challenges.

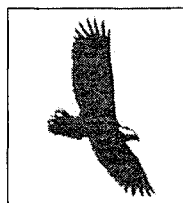
The stimulation of the learning process is more rejuvenating than any mythical fountain of youth. The process of learning new things, of conquering fresh problems, is the elixir that keeps one young.

If a stranger were to ask me. "What is the Academy of Senior Professionals at Southern Nazarene University all about?"

I would reply, "It is about senior adults getting together and getting excited about learning new things in their continuous flight to the future."

Kenneth H. Cooper, M.D., born in Putnam City, Oklahoma on March 4, 1971, and President and Founder of the world-renowned Cooper Aerobics Center in Dallas, gave me the following tip last month on *longevity*—living a long life.

"The paradox of longevity is that you must think about the



**"Sharing
a
Continuous
Flight"**

The Academy Perspective

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future—what you will be doing right now, your retirement, or whatever it is that controls your attention. But the truth of the matter is that you don't know how long you have to live. It's all a balancing act, but make it a point to **live for the moment**, not for the hour, the day, the week, or month. Remember at times it is essential to release and retreat, to move back in order to go forward. That is the paradoxical mind set."

On April 18, we will host our first statewide **Senior Adult Conference 2002 (SAC2002)** here at Southern Nazarene University; its theme is **"Using the Gift of Longevity."**

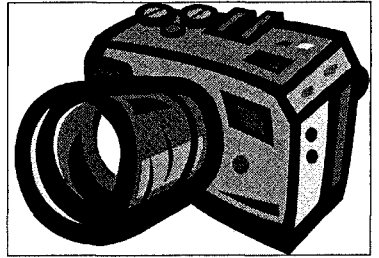
Tedd Mitchell, M.D., Medical Director of the Wellness Program at the Cooper Aerobics Center, will be our keynote speaker, and he will focus on 21st century medicine, the heart of wellness, and aging with attitude.

The new SAC2002 brochure properly calls it **"a day of intergenerational learning"** when senior adults and college students will meet together and discuss some of the following topics:



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



February Academy Activities



Michael Crabtree introduced Melissa Hall, recipient of the Parker/ASP scholarship for 2001-2002.



Dr. Tom Barnard challenged ASP members to support the Academy scholarship efforts.



Michael Crabtree, Assistant to the President, talked about the importance of scholarships.



(above) Bea Flinner introduced the program for the Research Interest group, partially shown here. (below left) Carol Spencer, new chair for the Writer's Workshop, invited academy members to become a part of the writing activities. (below center) The February luncheon took on the characteristic red color of valentines.

Dr. Loren Gresham (right) read the manuscript prepared for the RIG group by his father, Dr. Paul Gresham (below) entitled "How Writing the SNU History Happened." Questions and Answers followed. Jack Arnold listens in.



(below) Dr. Tom and Madelyn Barnard are two of the newer ASP members.





"If you ask me"
By Vada Lee Barkley

In my files I found the following note by Ben Franklin:

We are spirits. That bodies should be lent us so long as they can afford us pleasure, assist us in acquiring knowledge, or in doing good to our fellowman, is a kind and benevolent act of God. When they become unfit for these purposes, and afford us pain instead of pleasure, and instead of an aid become an encumbrance, it is equally kind and benevolent that a way is provided by which we may depart from them.

Death is that way. It is as if a friend and we were invited to a house party, which is to last forever. His chair is ready first, and he has gone before us. We could not all conveniently start together. And we should not be grieved at this, since we some day will follow, and know where to find him.

"For as in Adam all die, even so in Christ shall all be made alive."

To comfort His disciples when Jesus announced His impending departure into heaven, He said, "Let not your heart be troubled: ye believe in God, believe also in me. . . . I go to prepare a place for you. And if I go and prepare a place for you, I will come again, and receive you unto myself; that where I am, there ye may be also" (John 14:1-3).

We will enter those mansions, not as strangers and outsiders, but as members of the family of God.



Library Connection

By Esther Schandorff

Intergenerational Relations

I have found several titles (not all of them new) which provide an interesting perspective of the history of ancient Israel from a biblical frame of reference. Does the biblical account mandate the rebuilding of modern Israel? All of these titles can be found in BT 1197.

- Brettler, Marc Zvi. *The creation of history in ancient Israel*. London, Routledge, 1995.
- Eakin, Frank E. *The religion and culture of Israel: an introduction to Old Testament thought*. Boston, Allyn & Bacon, 1971.
- Herzog, Chaim. *Battles of the Bible*. New York, Random House, 1978. Illus.
- Linafelt, Tod, ed. *God in the fray: a tribute to Walter Brueggemann*; edited by Ted Linafelt and Timothy K. Beal. Minneapolis, Fortress, 1998.
- Otwell, John H. *I will be your God: a layman's guide to Old Testament study*. Nashville, Abingdon, 1967.
- Tullock, John H. *The Old Testament story*. N.J., Prentice Hall, 1996. 4th ed.
- Wood, Leon T. *A survey of Israel's history*. Grand Rapids, Zondervan, 1970. Revised by David O'Brien, 1986.



A look at a book
By Wini Howard

The Version for You

We should be grateful that we are living in both a time and place where so many versions and paraphrases of the Bible are available.

How sad it was when common people weren't able to read, and the Bible was often in Latin for English speaking people, as well as many others. It is amazing, from a human point of view, that the Bible survived—especially through the Middle Ages. There were those, like Wycliffe and Tyndale, who literally gave their lives to make sure the English translations were made available to the common man. The determination of many, including church leaders, to keep the Bible away from everyday people, is both amazing and disturbing. Many people actually risked their lives to see that the Bible was translated and made available to everyone. God surely wanted us to have His Word.

For us, at least, the Bible is readily available, and now it is in many versions and paraphrases. No one can say they are equal in accuracy and beauty. But when you know that people in many places around the world are begging for a copy of the Bible, you realize how vital it is to spiritual well-being.

I am impressed with the New King James Version. It's much like the old King James Version I grew up with. However, it has replaced outdated words from the earlier version with modern words that make message more clear.

We should be grateful for the version that ministers to us as individuals.



Writer's Workshop

(Formerly Memoir Writing Group)

By Carol Spencer

The former Memoir Writing Group has evolved into the Writer's Workshop. For a few years the Memoir Groups met monthly under the able direction of Vada Lee Barkley. Members, both professional and amateur, brought short essays of significant life experiences from their past to the meetings. These compositions were read aloud for the group's enjoyment. But not all members were exclusively devoted to memoir writing.

Therefore, the Writer's Workshop will include a variety of writing. Essays, speeches, poetry, drama, articles for publication, devotions and biographies identify several forms of writing. Writers may bring both completed works and work-in-progress to the meeting.

The March meeting will focus on getting started in this new direction. So put Monday, March 11 from 9 to 11 a.m. on your calendar and come to find out if this interest group is for you. We are all communicators, so what better way to do so than with the written word!

(Continued from page 2)

Spiritual growth, human services in Oklahoma, wills and trusts, tax laws, estate planning, long-term care, Tai Chi, and zestful aging.

I would like to think that age brings wisdom, but I am not sure that is so. It does bring a greater appreciation for the good things in life, since we know firsthand, they're fleeting. I guess that is wisdom enough at any age.

Even in his eighty-seventh year, the great Italian Renaissance artist Michelangelo, creator of such masterpieces as the Sistine Chapel and the sculpture of David, is quoted as saying, "*Ancora imparo*" ("I am still learning").

Given the scope of Michelangelo's achievements in painting, sculpture, poetry, and architecture, this humility is striking and strongly reminiscent of the Greek philosopher Socrates who wrote, "*The wise man knows that he knows nothing.*"



RIG Honored by the Doctors Loren and Paul Gresham

By Bea Flinner

At the February meeting of RIG (Research Interest Group) sixteen people were privileged to hear Dr. Loren Gresham read a manuscript prepared by his father, Dr. Paul Gresham.

The material was based on the various aspects of methodology used by the latter as he researched and collected information in preparation for the writing of the book "From Many Came One, In Jesus' Name: Southern Nazarene Looks Back on A Century: A Pictorial and Synoptic History of SNU." The text was selected from the forthcoming major publication which will be in excess of 350 pages.

The next meeting for RIG will be held in May, 2002, and will be a planning session for 2002-2003 with "Longevity" being the topic for research.

ELDER ABUSE PREVENTION, PART 3

By Bea Flinner

* Check the internet for the entire article.

http://da.co.la.ca.us/_text/seniors/crimes.htm

Fraudulent Charities

The kindness of strangers, especially senior citizens can lead to fraudulent charity scams by criminals. Some telemarketers pressure people to buy.

1. Bogus Charities: Some solicitors sound good, but little or no money donated goes to the charity mentioned.
2. False representations for supposedly legitimate charities.

What You Can Do

- Don't be pressured into contributing.
- Don't let the offer of gifts influence you: for example, gifts for the first people who donate.
- Before donating, ask for written material. These are usually willingly available. Or you may check with the agency that oversees charities that are registered.
- Ask about how much money actually goes to the charity represented.
- Make checks out to a legitimate charitable organization only.



ASP Calendar

Monday: March 11

- 9-11:00 am Writer's Workshop: Commons Conf. Rm.
10:30 am Shuttle: West BFC Parking Lot to Commons

Please Note: Arrivals before 10:30—Go to Faculty Lounge

- 11:15-1:00 pm Luncheon
1:00 pm Shuttle: Commons to West BFC Parking Lot
1:15-2:30 pm Bylaws/Organization Comm.: Faculty Lounge

Tuesday: March 12

- 10:00-11:30 am Administrative Council: Faculty Lounge
1:15-2:30 pm Strategic Plan. Comm: Commons Conf. Rm.

Focus: Senior Adult Conference 2002—April 18



News Briefs

• **THE ASP SCHOLARSHIP FUND** is an appropriate way to honor deceased relatives and friends. Checks should be made payable to "SNU" with a notation "ASP Scholarship Fund" on the check.

• **THE SENIOR ADULT CONFERENCE 2002: USING THE GIFT OF LONGEVITY (SAC2002)** needs your personal and financial support to make it a success. If you wish to make a contribution, please make your check payable to "SNU" with a notation of "SAC2002" on the check.

• **POSTPONEMENT OF THE APRIL LUNCHEON:** Since SAC 2002 will schedule a luncheon in its program of activities, the Administrative Council voted to postpone the regular ASP luncheon from the second Monday, April 8, to Thursday, April 18.

• **THE ASP WEBSITE** needs your participation and input. You may access it on your computer: www.snu.edu>Alumni & Friends>Community Relations>Academy of Senior Professionals. Kindly send your comments and input to Don Beaver dbeaver@snu.edu.

• **NOTICE TO ASP AD. COUNCIL AND SAC2002 COMMITTEE:** An informal Dutch-treat luncheon will be held in the President's Room in the Commons on Tuesday, March 12, 11:30 a.m.—1:00 p.m. for members of the Administrative Council and the Senior Adult Conference 2002 Committee. The cost of the luncheon is \$8.00. Members are requested to make their reservations before Friday, March 8 by calling Bobbie Steele at 405/789-8753 or by sending her an e-mail message to bjsteele@juno.com.

• **ELBERT OVERHOLT**, Academy of Senior Professionals Director and **ANNA BELLE LAUGHBAUM**, Publications Committee member, are, at last report, recovering satisfactorily from their recent surgeries; Elbert for heart valve replacement and Anna Belle for cancer. Please continue to pray for them during these challenging days of recovery.

• **ANNUAL ACADEMY BUSINESS MEETING** is scheduled for the May luncheon meeting on May 13. The change was made to accommodate the Senior Adult Conference, April 18.