



“How Technology is Changing Society” is the Topic of the February 9 Luncheon Speech

By Shirley Mears/Jack Arnold

“Most of us have little idea how technological advances change society,” wrote Mr. Scott Klososky in an e-mail message on January 11, 2004. “Historically, we can see that airline travel, television, and advances in medicine have had dramatic and negative impacts. From the 1960’s through the present, computer technology has been gaining momentum in both use and impact on all of us.



Scott Klososky

“The Internet was heralded as a huge step and is proving to be more and less than we hoped. It is a wise exercise to really examine how to harness what is good about technology, while minimizing the corrupt.”

The Leading Authorities Speakers Bureau characterizes Mr. Klososky as “powerful, passionate, and creative” on its website (www.leadingauthorities.com).

He is currently the CEO of Critical Technologies. He has served as Vice President of Production for IBEAM Broadcasting Corporation and Founder and CEO of webcasts.com, the premier Internet broadcaster for interactive webcasts. He lives with his wife and children in Edmond, Oklahoma.

Prior to founding webcasts.com’s predecessor company in 1994, he was a digital-age international entrepreneur. A protégé of former President Richard M. Nixon’s chief of staff, H. R. Haldeman, the pair collaborated on *The Haldeman’s Diaries*, a *New York Times* bestseller.

Under Mr. Klososky’s leadership, webcasts.com has led with innovations that include the first music CD to launch to the Internet, the first interactive CD-ROM to be used to lobby Congress, and the first CD-Rom/Web-based product designed to generate donations

for a nonprofit organization. Some of his clients include IBM, Compaq, DEC, AOL, Hewlett-Packard, Enron International, Conco Inc., and BMG Music.

Entrepreneur Klososky will be presenting ideas, sharing stories and observations from 20 years of building companies in the technology world.

It is his hope that the members and guests of the ASP will gain a “perspective” that we “might not have understood to this point.”

Members and guests are encouraged to make their reservations today to hear Mr. Klososky by calling 405.789.2036 before Friday, February 6. The cost of luncheon buffet is \$7.25.

How To Stay Young

By George Carlin

1. Throw out nonessential numbers. This includes age, weight and height. Let the doctor worry about them. That is why you pay him/her.
2. Keep only cheerful friends. The grouches pull you down.
3. Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle. “An idle mind is the devil’s workshop.”
4. Enjoy the simple things.
5. Laugh often, long and loud. Laugh until you gasp for breath.
6. The tears happen. Endure, grieve, and move on. The only person who is with us our entire life, is ourselves. Be ALIVE while you are alive.
7. Surround yourself with what you love, whether it’s family, pets, keepsakes, music, plants, hobbies, whatever. Your home is your refuge.
8. Cherish your health: If it is good, preserve it. If it is unstable, improve it. If it is beyond what you can improve, get help.
9. Don’t take guilt trips. Take a trip to the mall, to the next county, to a foreign country, but NOT to where the guilt is.
10. Tell the people you love that you love them, at every opportunity.

AND ALWAYS REMEMBER

Life is not measured by the number of breaths we take, but by the moments that take our breath away.



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

On Being More Creative With Money and Time In the New Year 2004

Last December I began to think about the New Year 2004 and started feeling that I should simplify my life and push my philanthropic envelope. As the barrage of requests for donations from charitable organizations filled my physical and AOL mailboxes, I began staring at the stuff in my home and storage house and realized that I could donate much of it to worthy causes.

The thought that *I can do more* still tugs at me. As I analyze my assets, I feel increasingly that it is less a question of what I *can* give than what I am *willing* to give. I started wondering how others of modest means push their abilities to support positive change.

Betsy Taylor, president of the Center for a New American Dream, whose mission is to help people consume responsibly, wrote in the January/February 2004 issue of *Hope Magazine*: "We're surrounded by media that encourages us...to think *we don't have enough*, that *we should spend for ourselves and save for ourselves*...Connecting meaningfully? It's as simple as asking a local school or social service agency what family needs help. This will free you to give more, not out of a closed, fear-based *Oh, I should*, but really more out of *I want to do this*."

For Taylor, the antidote is becoming close to people who are struggling financially. Such friendships have so completely changed her answer to the question: *How much is enough?* As a single man living in a bungalow in Farmers Branch, Texas, with three bedrooms, study, living room, den, kitchen, and two-car garage loaded with stuff, my answer to the above questions is: *I need to downsize*.

Bill McKibben, author of *Enough: Staying Human in an Engineered Age* (2003) also uses *connection* to extend his giving: "My wife and I don't have a lot of money to give, so increasingly we try to give other things, in particular, *time*."

Taylor has heard plenty of requests for money and reads them daily on her web site:

Continued next column



"Sharing a
Continuous
Flight"

The Academy Perspective

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Continued from first column

www.newdream.org. She was executive director of various foundations for twelve years and now sits on foundation boards. Here is her advice on choosing a charitable cause:

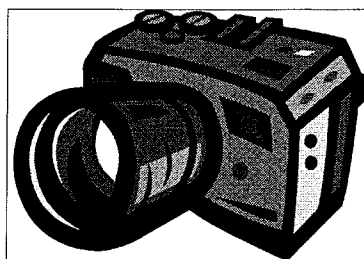
- **Define your priorities.** Do you want to give money and time to provide humanitarian relief or go after the roots of problems or apportion your gifts to do both? Locally or globally?
- **Choose a few causes rather than trying to give to all that are worthy.** Most problems will take decades to resolve, says Taylor, and

Continued on page 6—Arnold



ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



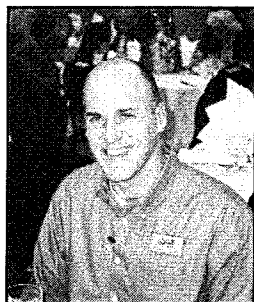
Right: Program speakers, Lynn and Anita Baker, enjoy a light moment following their presentation at the Academy luncheon.



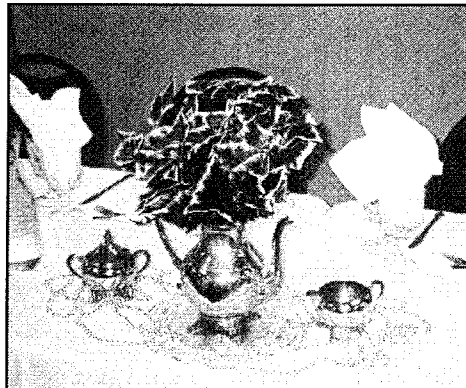
Left: Roy Dorris, able and faithful Academy treasurer, demonstrates his ability to handle money.

Below: John Stoddard, Executive Director for Southern Plaza assisted in a presentation to the Academy members.

Below: Brenda Styers, Marketing Director for Southern Plaza presented information on Southern Plaza and provided a beautiful gift box for each table which was given to a member at each table.



HAPPY VALENTINES DAY



Above: Bea Flinner provided beautiful decorations for the head table.



Above: Trudy Cargill helps Academy members enjoy waiting for their turn in the food line. She works with the SNU catering personnel to assure the best possible food service.

Above: Joyce Ellis, Academy luncheon official greeter, introduces new members and guests at the January luncheon.

Right: Present at the Academy luncheon was Valerie Morrison, a guest of Shirley Mears.



Left: Lyle Tullis has renewed his membership and has become a familiar face at the Academy sessions. Welcome back, Lyle.



Poet's Corner

By Jack Pischel

Mr. February

Getting soft? Why that's a laugh!
 I'll have to leave my autograph.
 I just won't "stand" to be thought slack—
 Besides, the earth was getting black.
 Why, I heard said the snow was gone,
 From field and pasture, house and lawn.
 I wonder what those guys will say
 when snow comes down day after day?
 I'll order some of every brand
 Until men pray I stay my hand;
 And then I'll send a little more
 To sorta' even up the score.
 "Old February's quite a lamb."
 I've never had quite such a slam.
 I just won't take it, lying down;
 I'll pelt 'em 'til they're like to drown.
 And if that Spring is handing 'round,
 I'll scare her off with eerie sound
 Of whistling wind around the walls,
 and slapping sleet and icy squalls.
 I think I'll really throw a fit
 To let them know that I'm still it;
 And keep 'em thinking that I'm tough.
 I just can't stand that sissy stuff.

—Jack C. Pischel

Special Offer

At our February "Academy of Senior Professionals" meeting Jack Pischel will have his poem book **DIAMONDS DEWDROPS 'N PINE STRAW** for sale.

At cost: \$10.00

Help! Help!

Help keep the *Asp Membership Directory* up-to-date by notifying Don Beaver of any changes in your basic information such as:

Address Telephone e-mail marital status
 Call 491.6646 or e-mail dbeaver@snu.edu or complete an information sheet at the next Academy luncheon. **Thanks!**



"If you ask me"

By Vada Lee Barkley

At our age, the mention of Valentine's Day brings a host of memories—some romantic, some not so romantic. Most of mine are associated with music.

Remember when you sang, "You were my bashful, bare-foot beau; I was your girl in calico," "Don't sit under the apple tree with anyone else but me," or "Let me call you sweetheart?"

Then came "sugar in the morning, sugar in the evening, sugar at suppertime."

"You are my sunshine, my only sunshine," and, eventually maybe, "I'll be loving you always."

Somewhere along the journey you and your beloved probably selected a very special song that you called "our song." Art and I chose "The two of us together, we'll plan our honeymoon, cruising down the river on a Sunday afternoon." It came on the car radio at just the opportune moment as we were cruising down the river near Charleston, Missouri, on a Sunday afternoon in the early days of our courtship.

At our Sing-a-longs at Superbia Retirement Village, some of us stop to wipe tears when we sing "You Are My Sunshine." For us "You'll know me in the morning by the smiles that I wear, when I meet you in the morning in that city that is built foursquare" is more appropriate. But thank God for the memories and the anticipation.

Whether you are single, married, or widowed, I hope this short cruise down memory lane helps to make this a Happy Valentine's Day for you.



Library Corner

By Bea Flinner

This month's book selection for senior adults is *The Right Thing*, by *CMDR. Scott Waddle (Ret). Nashville, TN, Integrity Publishers, 2002*. Against the advice of his lawyer, against the direction of the Navy, Scott Waddle followed his conscience.

When a U.S. nuclear submarine collided with a Japanese fishing boat in February 2001, the story made international headlines. Navy Commander Scott Waddle, captain of the *USS Greenville*, was at the center of the controversy. This is his firsthand, never-before-published account of that fatal moment and the heartbreaking events that followed.

Unlike many other leaders in the public eye who have denied or made excuses for their behavior, Waddle stood boldly and took complete responsibility for his actions. The support of his family, and his steadfast faith in God, strengthen him through this horrible ordeal. And his deep remorse has compelled him to offer a sincere apology to the victims' families.

Waddle's pursuit of integrity against all odds is not only dramatic reading, but provides an inspiring challenge to anyone facing difficult choices in life.

The above information was taken from the book jacket. A powerful exemplar of *integrity!*

The book is in the SNU Library, and is highly recommended! V/63/.W23.A3/2002.



Information You Can Use

By Shirley Mears

Canasta and Stroke

(The subject of strokes is continued from January)

Just having dinner with their family turned into a memorable night for Kenny and Mackie Hargis, of Chandler, Oklahoma. They were having dinner with their brother and sister-in-law, Gene and Jeanne Mohon. The Mohons have been married over fifty years and knew Kenny well enough to notice when he began having trouble finishing his words. They began to take note of other changes in their brother as well.

A game of canasta also provided proof that something wasn't quite right with Kenny. The simple act of picking up the playing cards and holding the cards in his hands, caused Mackie and Jeanne to wonder if Kenny had had a stroke. They encouraged Kenny to go to see his doctor. Like many people, Kenny denied that he was having any trouble.

The next morning, however, the slurred words and the weak hands were proof enough to convince Kenny to make the trip. The doctor did some tests and confirmed the suspicion of stroke and put Kenny on a blood thinner.

Kenny was more fortunate than some people. With the loving persuasion of family, he was able to get good information to make changes in his life. Meanwhile, playing canasta with family can prove more than just an enjoyable evening.

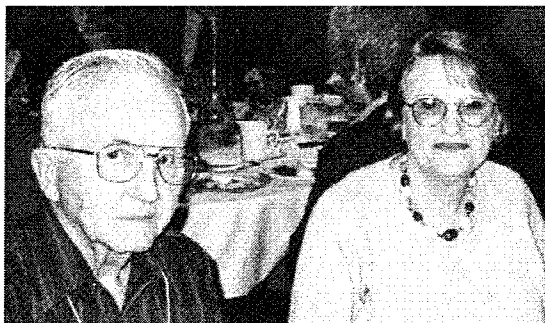
Meet Two New Academy Members

Mary Anna Scheie: "I grew up the granddaughter of two preachers, the step-daughter of a preacher and the sister of a preacher. In those days preachers were not rich so I worked my way through college. Just before graduation from the University of Oklahoma, I married Paul Scheie. We have two children and one grandson.

We lived in Pennsylvania for ten years where Paul earned a doctorate and taught at Penn State. We then moved to Seguin, Texas. At Texas Lutheran University I designed the office of publications services and was the director for seventeen years until my retirement.

We spent two years in Bergen, Norway, during Paul's sabbaticals.

Most of my time now is spent in home decorating and researching genealogy.'



Paul and Mary Anna Scheie



A look at a book

By Wini Howard

Believe It or Not—

MAMA LIKES THE NURSING HOME

by Kathryn Martin

The author of Mama Likes the Nursing Home, Kathryn Martin, is the lady who portrays "Miss Maudie" and who has entertained the seniors at Glorieta. She has written a wonderful account of her mother's final years in a nursing home. This does not seem like an inspiring subject--but "Mama" was something else! In her early 80es, Mama's health was failing. Daughter Kathryn was traveling and presenting her "Miss Maudie" program and Mama was no longer able to live alone. She was even catching her bathrobe sleeves on fire as she warmed her hands at the stove. It was not an easy decision.

Mama finally agreed to go to a carefully chosen home. When her health improved she returned to her own home for a short while. But soon she was back to the nursing home to stay, having signed herself in.

That was when she began to adjust to her surroundings. She was far from being a "sophisticated lady", but she knew who she was and wasn't afraid to stand up for what she thought was right. Gradually she became very much a part of the lives around her. She became the "mending-alteration" lady for the other residents. Then she began to play the piano for all the church services at the home. Finally she became the "mail-lady", a job she performed daily from her wheel-chair.

However, the highlight of the story is her "love affair" with Mr. B. (yes, seniors do fall in love). He is very handsome and becomes very attentive to Mama. She tells her daughter Kathryn almost immediately, "I'm in love". Marriage is considered but does not take place, which proves to be a wise decision.

Kathryn Martin has given a fascinating picture of her mother as well as a hopeful concept-- life can be lived fully to the end--at least for some.

*This book is in the BFC library.



Paul Scheie: "I was born and raised in Minnesota. I received a BA in physics from St. Olaf College, an MS in physics from the University of New Mexico and a Ph.D. In biophysics from The Penn State University. I taught physics at OCU, biophysics at Penn State, and (mostly) physics at Texas Lutheran University. My research interests included electrical measurements on cockroaches, effects of osmotic pressure and high temperatures on bacteria, scanning electron microscopy, ultrastructure of cultured cells and human myocardial cells, and mechano-electrical phenomena of liquids in capillary tubes."

WELCOME TO ASP, PAUL AND MARY ANNA

Continued from page 2—Arnold

- making an ongoing, substantial commitment helps most people feel more focused.
- **Assess an organization's literature.** Are the solutions described with as much detail and development as the problems are?
- **Look at the budget.** Is the organization spending its resources responsibly? What is the CEO's salary?
- **How much are you needed?** Sometimes it is good to go with the crowd to amass support for an urgent cause, but if you do not see your gift making a difference, it might be better to stick with less-popular causes that need every donor's support.

What matters the most in this New Year 2004 for me is to do all I can to make our world the place I wish it were. While my perception of *all I can* will continue to expand, I want to be more creative with my money and time. I believe with all my heart there is still time, and still hope, for us, as members of the Academy of Senior Professionals, to reorder our lives around the ideals of kindness, community, and a sustainable life on our wondrous planet.

*We make a living by what we get,
but we make a life by what we give.*

—Sir Winston Churchill

Book Discussion Group to Meet March 8

Dr. Bernie Siegel's Book, *How to Live Between Office Visits: A guide to Life, Love, and Health* will be reviewed by ASP President Jack Arnold, and then the participants will have an opportunity to share their experiences, strengths, and hopes at the March 8 BDG meeting, 9:30-11:00 a.m., Student Life Conf. Rm.

Topics include the real meaning of independence, learning to say no to the world and yes to yourself, dealing with anger, the role of a spiritual life in healing, touching the edge of death, death is not failure, and love stays with us.

In his concluding chapter, Dr. Siegel writes, "What I am asking you to do is to start being and start playing a part. Don't act, but be. In your journey understand that God is present. God is part of your life, invited or not. And when you get tired, remember to just fall up."

BDG Chair Elbert Overholt encourages participants to read the book before the meeting. Books may be purchased for \$5.00 at the February 9 luncheon meeting or at the BDG meeting on March 8 from Elbert or Darlene Overholt or Roy Dorris.

Dr. Siegel practiced general and pediatric surgery in Connecticut until he retired in 1989. Publication of his first book *Love, Medicine & Miracles* and *Peace, Love, & Healing* redirected his life.



ASP Calendar

Monday: February 9

9:30-11:00 Writing Workshop, Student Life Conference Room

9:00-11:00 Shuttle: Sawyer Parking Lot to Commons

11:15-1:00 Luncheon meeting-Heritage Room-Commons

1:00-1:30 Shuttle: Commons to Sawyer Parking Lot

1:15-2:00 Administrative Council-Fireside Room



News Briefs

• April ASP Meeting Changes:

By action of the ASP Administrative Council in their January meeting, the regular April 12 meeting will be replaced by the SNU Peer Learning Network conference scheduled for the Cox Convention Center in Oklahoma City on April 1. Dr. Kenneth Cooper will be the featured speaker at the noon luncheon in the Cox Center. Academy members may obtain a ticket at a reduced cost of \$7.25 (Dr. Gresham is providing funds to off-set the full cost). Bus transportation will be provided without additional cost by SNU to and from the Cox Center. Loading/unloading at ASP parking area north of the Sawyer Center. Luncheon tickets will be available through ASP.

Begin planning now to take advantage of this rare opportunity to hear Dr. Cooper at minimal cost.

• Need an ID?:

If you haven't received your ID, check with Ron Wilson's secretary on the lower floor of the Commons.

• Membership Dues (2004) Payable at February Meeting:

The annual dues of \$15 per person are due and may be paid at the luncheon meeting on February 9, 2004. Thank you for your support of ASP.

• ASP Parking Changes In Effect:

ASP members and guests may now use SNU's north Sawyer parking lot as our ASP designated parking area. SNU President Loren Gresham has generously volunteered the use of SNU's Security Services to help with the ASP Shuttle Service.

Writer's and Computer User's Workshop

Writers and computer users met for a combined workshop at the January meeting, directed by Harold Dozier.

Dozier showed a software program pertaining to the use of computers and gave opportunity for discussion, questions, and practice of techniques taught in the software presentation.

Someone has said, "You notice nobody ever says, 'I know computers.'" One thing I know is that about the time I master some skill, my computer updates and I have to learn all over again. That's part of the challenge.

Next meeting of Writer's Workshop: 9:30 Feb. 9, Student Life Conf. Rm. Bring something to read and discuss.