



**President Gresham
December 9 Speaker**
By Shirley Mears

Loren Paul Gresham, President of Southern Nazarene University, will be our December 9 speaker.

President Gresham has many interests, but devotes much of his time to the many concerns and activities with the people who are interested in continual learning.



Dr. Gresham (rt) is shown with new Oklahoma state senator Cliff Branam representing the 40th district which includes SNU.

Gresham is married to the former Linda Brown, classmate at Pasadena College (now Point Loma Nazarene University) also the daughter of the late college president, Dr. W. Shelburne Brown. They have one daughter, Lynette Suzanne Strawn of San Diego, and a grandson, Evan Bradley Strawn.

Gresham earned the Bachelor of Arts degree at Pasadena College in 1962 and continued studies at the University of Southern California, earning the Master of Arts degree in international relations.

The family moved to Bethany in 1967 when Gresham became professor of political science at Bethany Nazarene College (SNU). He then completed the Ph.D. degree in 1973 at the University of Oklahoma.

He has a great interest in horses, sailing and flying. Gresham has found that being a pilot and owning a plane has proved to be an excellent way of maximizing the best use of his time.

Southern Nazarene University has grown and excelled in many ways. Gresham will be sharing some of the growth plans with us at our next Academy of Senior Professionals luncheon.

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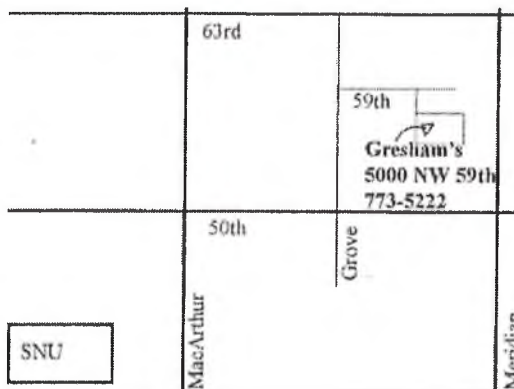
Special Invitation
Monday, December 9, 2002
1:30—3:00 p.m.

ASP members:

Linda and I would like to invite you to our annual desert gathering following the December 9th monthly meeting. Christmas spirit will be in full bloom, and we will plan for seasonal refreshments. We consider it an honor to host you each Fall, and look forward to having you in our home.

Loren Gresham

Map of directions to Gresham's home.





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

**The Shadings of Black and White:
Moving from Uncertainty
toward Understanding**

For the past five years, Dr. Anna Belle Laughbaum, my teacher, mentor, and friend for fifty-five years, has been editing my writings. When I sent her the first draft of this editorial, I revealed in a letter how personal and difficult it was for me to write this one.

She again faithfully and skillfully edited my words and added, "Jack, have you thought about capitalizing on the personal aspect of your editorial in an introductory paragraph? I think it would be welcome and give your editorial greater appeal and emphasis." I am deeply indebted to Dr. Laughbaum for the following revision.

The topic of this editorial, violence/abuse, is one I have lived with and thought about for many years. In my early years I suffered physical abuse at the hands of an alcoholic father and sexual abuse by a clergyman. They both made their amends later, and I forgave them both.

I do not live in regret because of these dark experiences, nor do I wish to shut a door on them. They have brought greater in-depth thinking and in-depth listening to the hurts of others.

These times of increasing uncertainty and pain are wreaking havoc on our minds as we struggle to make sense of the ways in which innocence—our own and others'—has been shattered.

So many of the assumptions we have trusted, the people we have trusted, and the beliefs we have held dear have been fragmented in the last months by several kinds of terrorists.

Religious hypocrisy, political zeal, and personal greed have demolished institutions. Our believed and trusted spiritual gurus, political leaders, and financial executives have been found not only fallible but also criminally manipulative and monstrously self-serving.

The personal and public pain that they have unleashed upon unsuspecting victims is unimaginable for most of us, and these self-absorbed acts have left many in disarray with enormous losses and irreparable damages.

The searing pain of victims of violence is very much on my mind these days, from the Twin Towers to the Pentagon, from Jerusalem to Jenin, from inside prison walls to our own dangerous streets and the darkened rooms in neighborhoods and nursing homes that are supposed to be safe for children and senior adults.

Like all victims of violent crime, victims of war and conflict, clerical abuse, spousal abuse, and parental abuse, know an agony that many of us simply cannot comprehend.

Continued on page 6—Arnold



*"Sharing
a
Continuous
Flight"*

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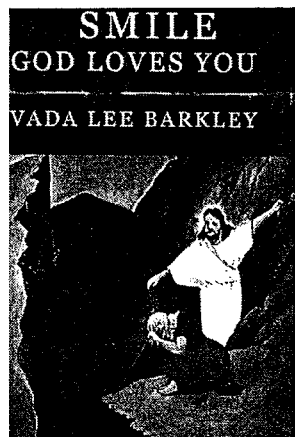
---Newsletter Subscription Information---

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

---Contributions---

To make contributions to the Academy of Senior Professionals:

New Book Released by Vada Lee Barkley



Former ASP president, Vada Lee Barkley has just released her new book, "Smile, God Love You."

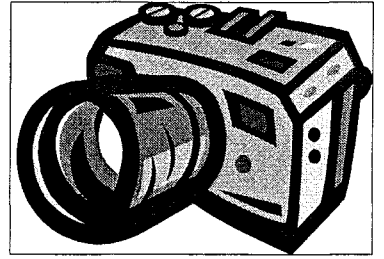
It... "will build your confidence in tracing God's manifestation to mankind from past to present."

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ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



(above) Speaker, Jenny Broughton and friend Darla McKenzie



(above) Guest speaker, Jenny Broughton, effectively shares her life experiences with the Academy



(Above) Patriotic decorations provided by Bea Finner, Dorothy Griffin and Billie Harrison were beautiful and in keeping with the November 11 Veterans Day recognition.



Guests at the academy luncheon: (below left) Ellen Marsh, clinical counseling; (below center 1-r) Tim Griffith, computer analyst; Pam Henry, TV personality, and her host, Vada Lee Barkley. California member, Mildred Messer, (below right) sister of Lois Snowbarger.





Introducing: Shirley Mears New ASP Program Chairperson

Shirley Mears is founder, editor and publisher of 45 and Better News, an area-wide monthly newspaper that provides news and features on issues relating to people over 45 years of age who are active in the workplace and the community. Mears is also creator and host of a weekly radio program featuring community news, commentary and music on Oklahoma City's KTLR AM 890.

Mears is in demand as a speaker at business and community events, and for churches and nonprofit groups. Two of her most popular topics include, "Passing the Baton—Children in the Year 2070," and a motivational speech, "Reaching Your Potential."



Mears is the archetypal entrepreneurial personality. Her background combines a variety of business and promotional ventures that she has been responsible for creating or growing.

Mears has worked for a number of local companies, where she gained in the ability to build her sales skills, manage people, direct events and create solutions to problems. These included stints at a national fine art and reproduction company, a local temporary staffing services company and a commercial rental company. Several of these positions involved sales, where Mears was almost always the number-one producer.

Mears feels she made her real professional start in a position at KQCV Radio, where she started in project development and progressed to assisting with organizing weekly talk shows, obtaining guests and participating in interviewing. She also handled outside advertising sales for the station.

In her role at KQCV, Mears contacted local newspapers for ads. When KQCVFM was sold, Mears accepted an advertising sales position for 55 Plus, a local community newspaper that promoted the near-retired and retirement generation. Mears found herself doing more public relations and marketing for 55 Plus than advertising sales.

In March, 2001, Mears began 45 and Better News in her home, with just herself and a couple of good friends and relatives who volunteered to help her. In just a year and a half, the publication has grown to encompass a staff of 17 people and its circulation has grown to 30,000.

Mears works countless hours each week, both on the paper and on her radio show, yet she also finds time to be active in the community. She is the program chairman for the Academy of Senior Professionals, a group of retired people from Southern Nazarene University in Bethany. She is active in the AWANA program, which assists in teaching children memorization. She is a member of the First Baptist Church of Yukon and works with their Outreach program. She is also a certified toastmaster.

Mears has been married to her high school sweetheart, Carl, for 26 years. They have two grown children and two grandchildren.



Politically Correct Version of

'The Night Before Christmas!'

'Twas the night before Christmas and Santa's a wreck...
 How to live in a world that's politically correct?
 His workers no longer would answer to "Elves"
 "Vertically Challenged" they were calling themselves
 Four reindeer had vanished, without much propriety
 Released to the wilds by the Humane Society
 And equal employment had made it quite clear
 That Santa had better not use just reindeer
 So Dancer and Donner, Comet and Cupid
 Were replaced with 4 pigs, you know that looked stupid!
 The runners had been removed from his sleigh;
 The ruts were termed dangerous by the E P A
 And people had started to call for the cops
 When they heard sled noises on their roof-tops
 And to show you the strangeness of life's ebbs and flows
 Rudolf was suing over unauthorized use of his nose
 And had gone on Geraldo, in front of the nation
 Demanding millions in over-due compensation
 So, half of the reindeer were gone; and his wife
 Who suddenly said she'd enough of this life
 Joined a self-help group, packed, and left in a whiz
 Demanding from now on her title was Ms
 And as for the gifts, why, he'd ne'er had a notion
 That making a choice could cause so much commotion
 Nothing of leather, nothing of fur
 Which meant nothing for him. And nothing for her
 Nothing that might be construed to pollute
 Nothing to aim. Nothing to shoot
 No candy or sweets ... they were bad for the tooth
 Nothing that seemed to embellish the truth
 No baseball, no football ... someone could get hurt;
 Besides; playing sports exposed kids to dirt
 So Santa just stood there, disheveled, perplexed;
 He just could not figure out what to do next
 Something special was needed, a gift that he might
 Give to all without angering the left or the right
 A gift that would satisfy, with no indecision
 Each group of people, every religion;
 Every ethnicity, every hue
 Everyone, everywhere ... even you
 So here is that gift, it's price beyond worth ...
 "May you and your loved ones enjoy peace on earth"
 —Author unknown



"If you ask me"
By Vada Lee Barkley

The Apostle Paul wrote, "My God shall supply all your needs." I've claimed that promise numerous times in various ways. But on election day He provided for my needs in an unbelievable way.

I've driven in 47 states. I've crossed most of them a number of times. I've driven in most of our major cities. Yet I never learned to put gas in the tank or air in the tires.

When I noticed that my left front tire looked a bit low, I asked a neighbor to look at it and see what he thought. He checked both left tires. One had 20 lbs.; the other was down to 15.

Having recently moved miles from our regular Firestone dealer, I worried and prayed about what to do. Would anyone at the nearest station help me? Of course, I would have the attendant fill the gas tank, which was half empty. I decided all they could do was say no.

Sure enough, that's what the lady inside said when I asked if they had someone that could help me. She said, "No, I'm alone." There were several customers in the store and I met others coming in. I wondered if I could make it to Firestone.

One of those I met, a young man, opened the door for me. He asked if I needed help. I explained what I needed. He filled the gas tank, checked all the tires and put air in the three that needed it.

When he finished, I picked up my purse and started toward the store to pay for the gas. He said, "You don't owe anything. Have a nice day." Believe me, I did.



A look at a book
By Wini Howard

AGING WITH GRACE by David Snowden, Ph.D.

For those of us who are so interested in longevity, Aging With Grace is a most interesting book. (Thanks again to our ASP president, Dr. Arnold, for his suggestion that I review it.) It has been what one would call an "eye-opener" in many ways.

The Nun Study is the basis for this book. The nuns involved are from the School Sisters of Notre Dame, Catholic school teachers. One develops great admiration for the nuns as one learns of their willingness to work with Dr. Snowden. Not only do they share their lives, past and present, but many of them agree to donate their brains at death, to his study. He is trying to pin down clues in the causes of Alzheimer's disease. He becomes quite detailed in explaining some discoveries that have been made in the brain structure of those examined.

Dr. Snowden is not only dealing with studies of the brain as related to Alzheimer's, but he is trying to present what he sees as positive aspects of good health in those who live to be 100 years old and more. Of course, good nutrition is important. He recommends the taking of anti-oxidants, E and C. He comments favorably on the warm conversation and hot meals that the sisters enjoyed. And when someone asked a well-known doctor who had treated thousands of Alzheimer's patients what is the most important thing parents could do for their children, he said, "Read to them. It's that simple. It's the most important thing a parent can do with their children."

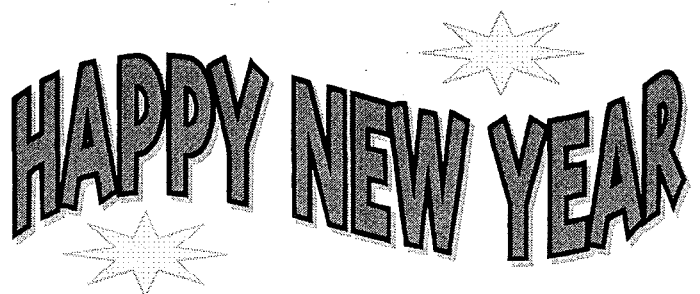
So far there are some puzzling aspects of this study. There have been Sisters whose brains, when studied, do not conform to what has been found to be typical of Alzheimer's. So the study goes on. You should read the book.

This book is in the Metro library.

A Bit of Christmas Humor

- How do sheep in Mexico say Merry Christmas? — Fleece Navidad!
- Why does Santa have 3 gardens? — So he can ho-ho-ho.
- What if it had been three Wise Women instead of three Wise Men? — They would have asked directions, arrived on time, helped deliver the baby, cleaned the stable, made a casserole and brought practical gifts.
- What do you get when you cross an archer with a gift-wraper? — Ribbon hood.
- What do you call people who are afraid of Santa Claus? — Claustrophobic.

- Why is Christmas just like a day at the office? — You do all the work and the fat guy with the suit gets all the credit.
- What goes Ho, Ho, Swoosh, Ho, Ho, Swoosh? — Santa Claus caught in a revolving door.
- Why does Scrooge love Rudolph? — Because every buck is dear to him.



Arnold (continued from page 2)

Chaos and pain leave many of us fearful and confused. At first glance it looks as if our world is going completely to hell, and we cannot differentiate enough between old beliefs and new experiences to know how to respond.

Our tendency is to assume that we **understand** the victim experience, no matter what it is, even if we have had no experience with it; however, victims of this kind of loss and violation and trauma suffer so much more than we might presume that we are unable to truly identify with it.

It is nearly impossible for most of us even to **hear** about such pain and grief. We cannot face it. We turn away from it or mask our inability to deal with it with a well-meaning but momentary sympathy.

During the Great Depression, my mother, brothers, and I experienced physical abuse from my alcoholic father. Our relatives and neighbors, for the most part, did not want to hear about our pain and grief.

They masked their inability to deal with the violence in our home with a well-meaning, but distant concern. They could not and did not take time to listen with compassion and to look deeply into the dark side of what was happening inside the walls of our little white house on 12th Street in Oklahoma City in those turbulent times.

They could not figure out what to **do** with their outrage and empathy, no matter what plight we were confronted by. Decades later, some of these relatives and neighbors imagine and believe that they **did** understand, no matter how severe the violence was.

Today's commentators so easily and firmly conclude that terrorists are either monsters or freedom fighters, that abusers are either criminals or merely temporarily confused, that pedophiles can or cannot be understood and helped.

Nothing is black and white anymore. If we are to regain our sense of balance, we will have to **listen**, more deeply to more voices, **allow** our uncertainties to form bridges instead of barricades, and **see** no situation or conflict as black and white.

Listening deeply, and looking for the shadings where truth resides will not be easy. We will have to listen without judgment both to those in pain, whether victims of individual or political violence, and to those who cause pain, whether militants or clerics or spouses or parents. We are not used to such concepts, but I find great hope there.

When we grasp the courage to listen and look more deeply into the dark heart of what is *wrong* in us, we will also find what is invincibly *right* in the human condition.



ASP Calendar

Monday: November 11

9:00-11:00	am	Writers' Workshop: General Conf. Room
10:30-11:00	am	Shuttle: West BFC Parking Lot to Commons
11:15am-1:00	pm	Luncheon meeting-Heritage Room
1:00-1:30	pm	Shuttle: Commons to West BFC Parking Lot and to Gresham's Open House
1:30-3:00	pm	Holiday Reception: Gresham's Residence



News Briefs

- **New Easier Access to ASP Web pages:**

As a result of work done recently on the SNU web pages, it is now easier to access the ASP web pages. Once on the internet all you need to do to get into the ASP pages is to enter the address: www.snu.edu/sr_professionals. Or—You may still go to the SNU home page (www.snu.edu), click on "Alumni & Friends" and then click on Academy of Senior Professionals. You will enjoy the "new look" for SNU and ASP.

This website informs users around the world about your mission, membership, and activities.

- **Membership Directory for 2002-2003:**

The new membership directory for the Academy was distributed at the November luncheon meeting. Copies will be available at the December luncheon meeting. Be sure to check your information for accuracy. Please inform Don Beaver of any change that needs to be made. Look for the "Information Update" forms to record your changes.

- **Financial Contributions:**

Treasurer Roy Dorris is reporting that our operating budget is now "in the black" after being "in the red" for the summer months. Several persons made tax-deductible contributions to bring about this positive balance. If you are interested in making a contribution, please (1) make your check payable to Southern Nazarene University or SNU with a notation on the check for The Academy of Senior Professionals or ASP, and (2) send your check to Dr. Roy Dorris, 4607 North College, Bethany, OK 73008.

- **ASP Lapel Pins:**

If you are interested in purchasing an ASP Lapel Pin, which shows an eagle and ASP on it, please see Membership Chairperson Darlene Graves. The cost of each pin is \$3.00.

- **Open Leadership Positions:**

To lead is to serve. If you are interested in serving as the Chairperson of the Research Interest Group or the Strategic Planning Committee, you are requested to contact Director Elbert Overholt (405.789.2036 or overez1@msn.com) or President Jack Arnold (972.406.8627 or JackArnold@aol.com).