

Chamber Chorale to Perform at December Luncheon

By Bea Flinner

On Monday, December 13, the members and guests of the Academy of Senior Professionals will have the privilege of being entertained by the Chamber Chorale of the School of Music of Southern Nazarene University.



This talented group is directed by Professor Philip Miller who is one of the new faculty members at the University. He has a B. Mus.Ed. from Oklahoma Baptist University as well as an M. M. in Choral Con-

ducting from the University of Oklahoma. Mr. Miller was Director of Choral Activities—Chair of Music at Kansas Wesleyan University before coming to Bethany.

At SNU, Professor Miller directs the SNU choral ensembles. They currently include the SNU Chorale, University Singers, and Chamber Chorale. He also teaches aural theory and heads the computer music lab.

Following the Chorale's performance, Miller will lead the entire group in the singing of Christmas carols—a very special time of the holiday season—a time to listen, sing, and rejoice in the birth of our Savior.

For those of you who are drawn to the music programs at SNU, you have already experienced many special performances. We trust that your expectation will be fulfilled during this time of Christmas delight!

Thoughts for December

A Christmas tree a pagan thing?

It is not that to me.

It talks to me about myself

And of Your thoughts toward man.

Snow at the base . . .

"Wash me and I shall be whiter than snow."

A star at the top . . .

Guiding wise men, men with snow-colored hearts.

Graceful lines from snow to star . . .

You always lead with becoming grace.

Silver dripping from every branch

Enhanced by sparkling lights . . .

Your world of beauty and Your ever-shining Light.

Evergreen fragrantly ever green

Green in winter

Sweet-scented in the heat of summer . . .

Life's trials have high potential for bringing life

And continuing fragrance.

"Like a tree planted by the rivers of water."

A Christmas tree a pagan thing?

It is not that to me.

Annabelle Laughbaum



Your president's point of view:

By Jack Arnold

God's Light in Two Cultures

I had just finished a workout at the Cooper Fitness Center in Dallas, when David, a Jewish friend of mine, struck up a conversation about the holiday season. He told me that he and his wife were facing the "December Dilemma" of an interfaith family. David's wife, Theresa, is a Roman Catholic.

He said that recently when Theresa and he were talking about the holidays, she asked him if they should have a Christmas tree or a menorah, or neither, or both. Would the children be confused if they had both? If they had neither, would they be depriving the children of their history?

Making room for two traditions—the Jewish and Christian—under one roof is never more of a challenge than during the holiday season, when differences that seem inconsequential during the rest of the year suddenly become acute.

A custom in recent years in the media, schools, and public places gives a nod toward Hanukkah as the "Jewish Christmas." David dislikes this label "because Christmas cannot be easily reconciled with being Jewish." His interfaith marriage with Theresa places them on the horns of a dilemma that requires patience and instruction, especially with very young children.

David and I acknowledged the differences between Hanukkah and Christmas. He explained that Hanukkah is also known as the "Festival of Lights" and the "Festival of Dedication." It commemorates the victory of the Maccabees over the Syrian-Greeks, or Seleucids, in 164 B.C.E. The Syrian-Greeks had desecrated the Temple in Jerusalem, and when the triumphant Jews wrested it away from them, the Jews cleansed and rededicated it.

David also said, "The legend is told that when the Maccabees went to light the Temple candelabrum, the menorah, only enough oil to keep it aglow for one day was found, but miraculously the oil lasted for eight days. Therefore, the holiday is kept for eight days."

Then, I reminded him that Christians also celebrate a miracle—the virgin birth of Jesus Christ, who is the Son of God and our Lord and Savior.

In the spirit of friendship and brotherhood, David and I began to look for similarities or the common ground between Hanukkah and Christmas. We agreed that they both:

- Have a complex history and multicultural roots
- Use ritual and symbolism
- Celebrate divine miracles
- Occur about the same time of the year during the winter solstice
- Encourage gift-giving
- Include families entertaining friends and relatives at home, eating, drinking, singing, and generally being merry
- Serve as valuable reminders to all, of the potential of the human spirit
- Keep lights burning as symbols of triumph over the darkness of evil in the wilderness of this world



"Sharing a Continuous Flight"

The Academy Perspective

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By computer: www.snu.edu>For the Public>Academy of Senior Professionals>*The Academy Perspective (TAP)*

---Newsletter Subscription Information---

Annual subscription cost for *The Academy Perspective*:

\$10.00 per year.

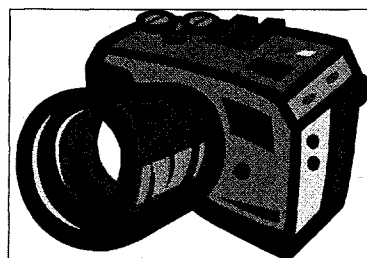


Art's Chuckles

- It's the man who waits for his ship to come in who's always missing the boat.
- In the past a man wondered if he could afford to marry; now he wonders if he can get along without a working wife.
- The best substitute for experience is being 16 years old.

ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE

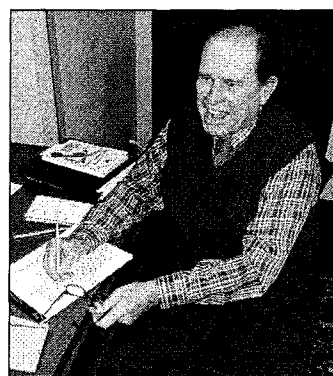


Mr. & Mrs. John Gillespie provided valuable financial planning information for the Academy members at the November meeting.



Bea Flinner works on the beautiful fall/Thanksgiving decorations for the November Academy luncheon.

Lora Lee Dunkin introduces the guest speaker for the November Academy luncheon.



George (Bud) Cargill, ASP treasurer, enjoys signing in Academy members for the November luncheon.



The Academy of Senior Professionals welcomes **Dr. (Elmer) & Mrs. (Marjorie) Shellenberger** as new members of the Academy.

Evelyn Keeton shares her piano talent by playing dinner music for the Academy luncheons.





Obituary
By Glendena and Gene Adams

Helen M. Jennings passed away on Tuesday, September 28, 1999 in a local hospital. A memorial service was held on Wednesday, September 29, 1999 at 1:00 p.m. at the Bethany First Church of the Nazarene. Helen was born February 22, 1914 in Cassville, MO. She was married to Charles Jennings in 1938. He preceded her in death. The Jennings moved to Bethany in 1964 to teach at Bethany Nazarene College. Helen is survived by three children, 7 grandchildren and 2 great-grandchildren. Helen was a long-time member of Bethany First Church of the Nazarene.



HELPFUL LINKS

- Day-by-Day through the Bible <http://www.crusade.org/cgi/word.cgi>
- OncoLink (University of Pennsylvania Cancer Center) Excellent! [Http://www.oncolink.upenn.edu](http://www.oncolink.upenn.edu)
- Mayo Clinic <http://www.mayo.edu>
- National Genealogical Society <http://www.ngsgenealogy.org/>
- FedWorld Information Network <http://www.fedworld.gov/>
- Healthfinder <http://www.healthfinder.gov/default.htm>
- President's Council on Year 2000 Conversion (contains information on the Year 2000 (Y2K) computer problems) <http://www.y2k.gov/>
- Health & Fitness (This has close to 20 links). Very good! <http://www.connectok.com/health/links.html>

(-:| Art's Chuckles |:-)

- Ninety per cent of the friction of daily life is caused by the tone of voice.
- You'll never get eyestrain from looking at the bright side of life.
- Today's kids call it "finding themselves." In grandpa's day, it was called loafing.
- Vada Lee's hometown in the Ozark hills was so small it had to do away with the "citizen of the year" award. Everybody in town had already won it twice.

Joyce Ellis Leads Telephone Brigade

By Elbert Overholt



Each month you receive a call to check on your luncheon reservations. These calls are being made by a brigade of volunteers led by Joyce Ellis. Their faithful service provides us with a head count so that our food service can prepare adequately. Serving on Joyce's brigade are: **Betty Williams, June Phillips, Evelyn Downs, Rita Foster, Betty Pischel, Bobbie Neighbors, Edith Payne, Kathleen Sodowsky and Mary Smith.**

Joyce and her husband, Lloyd, have been serving the Academy and our community in a variety of different ways. Joyce is a graduate of Oklahoma State University, while Lloyd graduated from the engineering school at the University of Oklahoma and has retired from his position with the FAA. Joyce does art work, writes prayers and has served as a church caller.

This talented couple, along with their two children, will be celebrating their fiftieth wedding anniversary on December 24. They recently returned from a cruise on the east coast celebrating their fifty happy years.



"Joyce and Lloyd, we celebrate with you and your family and offer our heartiest congratulations. We appreciate you and your good work in the Academy and in the community. You are an exemplary model for all of us. A hearty thank you to you and your telephone brigade." --E.O.

Art's Chuckles:

- It's not too difficult to diet these days, if you eat what you can afford.
- Somehow we can't get used to calling the woman conducting the meeting a chairperson. Sounds too much like she's in the upholstery business.



"If you ask me"

By Vada Lee Barkley

At Christmas time local newspapers reserve space for letters to Santa. If we seniors made a wish list, it would fill several pages. I tried it.

"All I want for Christmas is. . ." A whole set of teeth, not just two front ones. I've always dreaded the drill so much that when a tooth showed signs of decay, I said, "Pull it!" My dentist complied. It would be great to enjoy chewing again.

"All I want for Christmas is. . ." A Nu-sound aid. When Art's in another room, I can't hear what he says. Repeat! Repeat! I'd like to hear all that goes on in church on Sundays too.

"All I want for Christmas is. . ." How about a new pair of glasses? What with glaucoma and cataracts, my sight isn't what it used to be. O that I could read a map without a magnifying glass!

"All I want for Christmas is. . ." A jar of wrinkle cream. When I look in the mirror I'm reminded that what I'm wearing needs pressing. O for a schoolgirl skin to go with my schoolgirl figure!

Enough of my wish list. Just being alive and able to enjoy family and friends and other blessings Christ bestows is really "All I Want for Christmas."



The Library Connection

By Shirley Pelley

The following books, purchased with ASP Project funds, have been processed and are ready to be checked out for your enjoyment. Suggestions for purchase are welcome.

- BF 724.8 .A8 1999
Atchley, Robert C.
Continuity & Adaptation in Aging
- HQ 1064.U5 G75 1998
Hess, Beth
Growing Old in America
- WT 120 .C777r 1999
Cooper, Kenneth H.
Regaining the Power of Youth at Any Age
- QP 86 .R565 1999
Roizen, Michael F.
RealAge: Are you as young as you can be?
- WT 150 .B9865a 1998
Butler, Robert N.
Aging & Mental Health
- QU 145 .K61 1996
Kirschmann, John D.
Nutrition Almanac



A look at a book

By Wini Howard

THE GREATEST GENERATION by Tom Brokaw

The Greatest Generation has caused some controversy as to its merit. Some say it is outstanding; others disagree.

Having listened somewhat spasmodically to Tom Brokaw on the news for some time, I am rather surprised at his positive praise of those whom he is calling "the greatest generation." They are basically World War II veterans. His admiration for them is not exactly what I would have expected. I remember thinking that he was often quite critical of people and situations as he reported the news.

However, I must admit that even before I read from this book, I had noticed what seemed to be a more conciliatory approach to the news.

Even so, I was surprised to sense his great admiration of his father's WW II generation. He tells many stories of unknown (to us) soldiers and their bravery in battle and especially of their positive attitude during recovery.

He also relates stories of several well-known veterans who displayed great courage and endurance during their WW II service. One of the outstanding stories is about former President George Bush. Several other well-known personalities, like Mark Hatfield, were included in the *The Greatest Generation*.

If you are looking for authentic writing, but also inspiring and challenging, you will enjoy this well-written, interesting book about our past, which we would do well to remember. (You can find the book in any public library.)



Update on the Research Interest Group

By Bea Flinger

The Research Interest Group (RIG) met October 11. Two excellent papers were read. Dr. Jack Arnold read his paper entitled *The Antioxidant Revolution*, which was printed in the November *Perspective* and Dr. Roy Dorris presented his paper entitled *Adverse Drug Interaction: An Iatrogenic Potential*.

RIG did not meet in November, but will be meeting on December 13 in the Royce Brown Conference Room 135 from 9:30—10:45 a.m. At that time the unfinished agenda will be the consideration of the day. New topics will be discussed, and readers are invited to present to us topics of concern. These will be set in priority order for research.

It is the concern of the RIG members that "new" people come to the meetings to determine whether or not there is an interest in conducting research. There is so much to be done, and we will welcome visitors—and new members. Come and check us out!

Arnold (Continued)

While David and I spent more time comparing and contrasting the low-key lights of the menorah with the bright lights of a Christmas tree, we began to understand better the true meaning of this holiday season: **Peace on Earth and Good Will Toward All Men.**

Here are my holiday wishes for you, the members and friends of the Academy of Senior Professionals at Southern Nazarene University:

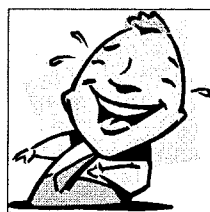
- May you have good health and peace of mind.
- May you look upon life with optimism and good cheer, even in a world full of violence, hatred, and war.
- May you seize the beauty and abundance of life and embrace beneficial change.
- May you have an indestructible faith, sufficient to survive today's incredible griefs, separations, and confusions..
- May you have a questioning mind: **What is my stake in Peace on Earth?**
- May you have gifts to give and joy in the giving.
- May you stand in starlit silence and hear the angels sing.
- May you have lights in your home after dark—the varicolored, winking lights of your Christmas tree, or the soft, yellow lights of your menorah, or a candle in your window—so that others can see that you are there, and that all is well with you
- May you find solitude wherein you can let your mind drift back over the centuries, when God saw fit to perform miracles of light, which believers celebrate today in the "Festival of the Lights" and in the birthday of "Jesus, the Light of the World."

Library (Continued)

- Ref. QT 180 .W455 1998
U.C. Berkley
Wellness Self-care Handbook: the Everyday Guide to Home...
- PS 3561 .A6999 D44 1994
Kastenbaum, Robert J.
Defining Acts
- HQ 1061 .V59 1993
Voices & Visions of Aging
- HQ 55 .B87 1996
Butler & Lewis
Love & Sex After Sixty
- HM 131 .J544 1997
Newman, Sally
Intergenerational Programs: Past, Present, & Future

The following books of interest were purchased with departmental funds:

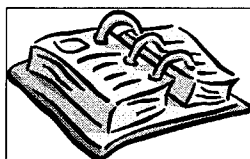
- BV 4580 .R45 1999
Religion, Belief, and Spirituality in Late Life
- HQ 1064.U5 B763 1999
Brown-Watson, Abby V.
Still Kicking: Restorative Groups for Frail Older Adults

*Did You Miss this One?*

At the November luncheon, President Arnold gave us this bit of humor:

All I Really Need to Know I Learned From Noah's Ark

1. Don't miss the boat.
2. Don't forget that we're all in the same boat.
3. Plan ahead. It wasn't raining when Noah built the ark.
4. Stay fit. When you're 600 years old, someone might ask you to do something REALLY big.
5. Don't listen to critics, just get on with what has to be done.
6. Build your future on high ground.
7. For safety's sake, travel in pairs.
8. Two heads are better than one.
9. Speed isn't always an advantage; the snails were on board with the cheetahs.
10. When you're stressed, float awhile.
11. Remember that the ark was built by amateurs; the Titanic was built by professionals.
12. Remember that woodpeckers inside are a larger threat than the storm outside.
13. No matter the storm when you're one with God there's a rainbow waiting.

**Mark
Your
Calendar****December 13**

- | | |
|----------------------|--|
| 9:30-10:45 a.m. | Research Interest Group, Royce Brown 135 |
| 11:00 a.m. | Shuttle to Commons from BFC Parking Lot |
| 11:30 a.m.-1:00 p.m. | ASP Luncheon Meeting, Heritage Rm.* |
| 1:00 p.m. | Shuttle to Parking Lot from Commons |
| 1:30-2:30 p.m. | Administrative Council, Royce Brown 135 |

*For reservations, call 405/789-2036 or 405/942-5305

Remaining ASP luncheon dates for 1999-2000:

- | | |
|-------------------|----------------|
| December 13, 1999 | March 13, 2000 |
| January 10, 2000 | April 10, 2000 |
| February 14, 2000 | May 8, 2000 |