



Perspective

Vol. 10—No. 1

October—2000

SNU President kicks off the Academy of Senior Professionals programs for the 2000-2001 year

The Academy of Senior Professionals warmly welcomes the president of Southern Nazarene University as speaker for the October luncheon.



President Loren Gresham

Dr. Gresham was born in Nashville, Tennessee, where he attended Trevecca Elementary Training School. After his parents changed

teaching positions from Trevecca Nazarene College to Pasadena Nazarene College, he attended and graduated from Pasadena Academy. He received an A.B. degree in history from Pasadena Nazarene College, M. A. in international relations from the University of Southern California and a Ph.D. in political science from the University of Oklahoma. Dr. Gresham married Linda Lee Brown in 1964. They have one daughter, Suzanne Lynnette Strawn; she and her husband, Dr. Brad Strawn, have two sons, Evan Bradley and Keaton Paul.

Dr. Gresham's career at Southern Nazarene University, formerly Bethany Nazarene College, began in 1967 as professor of political science and history. In 1970-71 he was a Fulbright Scholar at Victoria University, Wellington, New Zealand, and became acquainted with many national

leaders. In 1985 he was selected by then President Ponder Gilliland to serve as provost of SNU. In 1989 the SNU Board of Trustees elected Dr. Gresham to serve as president of the University, the office he currently holds.

President Gresham currently serves as Chair of the World Mission Department of the General Board of the Church of the Nazarene, Chair of the World Evangelism Fund Formula Study Committee, and as a member of the Board of Directors of the Council for Christian Colleges and Universities.

Following the luncheon Dr. and Mrs. Gresham have planned an Open House and Reception for the Academy members. Please note information in the invitation appearing on this page.

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### Activity Calendar Sunday, October 8, 2000

3:00-4:00 p.m.  
Administrative Council Meeting  
Alumni House  
(subject to change)

*The Academy of Senior Professionals is invited to an Open House and Reception at the home of President and Mrs. Loren Gresham, 5000 N.W. 59th Street, Oklahoma City, from 1:30 p.m. to 2:30 p.m.*

*[With parking at a premium we would encourage as many as possible to car-pool.]*

### Activity Calendar Monday, October 9, 2000

9:00-10:15 a.m.  
Research Interest Group (RIG)  
Conference Room  
Royce Brown Bldg.

10:30-11:15 a.m.  
Memoir Writing Workshop  
Faculty Lounge  
Webster Commons

11:30 a.m.-1:00 p.m.  
Academy Luncheon  
Heritage Room  
Webster Commons

1:30-2:30 p.m.  
President's Reception  
5000 N.W. 59th Street  
Oklahoma City, Oklahoma



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

### Age-Proof Your Mind

The old man keeps all his mental powers so long as he gives up neither using them nor adding to them.—  
Cicero

During my "summer of contentment," to paraphrase Shakespeare, I came across a delightful book written by Richard Bach, There's No Such Place As Far Away, which begins in the heart of a hummingbird. Preposterous? Ridiculous? Implausible? Only in the minds of unbelievers.

You, Richard Bach, and all believers know our thoughts can carry us to wherever we wish to go. We can close our eyes and travel to London, Rome, or Tokyo. We can walk on the moon with astronauts or swim in the ocean with dolphins. So, Richard Bach is right: "There is no such place as far away"—not even getting older.

All the electronic wizardry invented by mankind is dwarfed by the **magic of the mind**. Our Creator has given us the power to use this magic any way we choose. Our minds know no age restrictions, no limits, and no boundaries. The possibilities for good or evil are exciting and infinite.

The mind is user-friendly. It will do only what we ask of it. But like all computers, it will process only the information it receives. Garbage in! Garbage out! Beauty in! Beauty out! We may choose to think young, happy thoughts from useless worry, or we can stage our own "pity party" because we are involved in the natural aging process.

**If you want to live to be 100 or older,  
you can't just sit around waiting for it to happen.  
You have to get up each day and go after it!**

— George Burns

Working our muscles and improving our minds are inextricably intertwined. Research at the Cooper Research Center in Dallas shows that senior adults who stay physically active: (1) have brain waves that are remarkably youthful in patterning; (2) have faster reaction times, and (3) retain more information than sedentary people do.

**Oil your minds and your manners,  
to give them the necessary suppleness and flexibility;  
strength alone will not do,  
as young people are too apt to think.**—Lord Chesterfield

According to the Oxford English Dictionary, the word **vitality** means the "principle of life" or "the ability to sustain life." Vitality is life or aliveness expressed to the fullest; it is the fuel that keeps a person thinking clearly. The quest for longevity, therefore, is an empty goal unless it encompasses the striving for vitality or life's source.

Our capacity to remember quantities of information declines somewhat as we age, which has more to do with disuse than age. Age makes a difference, but not half as much as keeping the brain active and alert. The problem

Continued on page 6—Arnold



### "Sharing a Continuous Flight"

### The Academy Perspective

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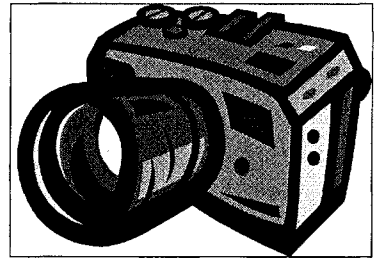
### Memoir Writing Workshop



Dear Diary,  
This has been a good day.  
The day started with "white" laundry. When I finished, it looked pretty good, but not as white as when I had to use an old-fashioned wringer washer.  
I can still smell the hot bleach rinse that all the clothes went through—then, the cool rinse, followed by the bluing rinse. The last time I washed like that was when we were in Bristow, Oklahoma. Since I did not have a washer or dryer, I went to the "help-yourself" laundry and waited for the clothes to wash. Remember those old broomsticks we used to use for laundry sticks? Weren't they wonderful?! All bleached out white and strong as could be. You could lift a full size bed sheet and push it into the wringer with one of the miraculous sticks. There I was in my June Cleaver outfit—high heels and pearls, doing my laundry. I would take the clothes home in a laundry basket and hang them on the line. My laundry was so white and so clean and I was so proud of it. It smelled wonderful even though the underwear and towels were pretty stiff when they dried.  
Continued on page 4—Writing Workshop

# ASP PICS

PICTURES BY EDITH SONNEVIK PAYNE



Marjorie Brown



Wes & Modelle Harmon



Maureen Dickerson

## Academy Members and Guests



Paul & Lavonne Gray



Pat Stocket Johnston

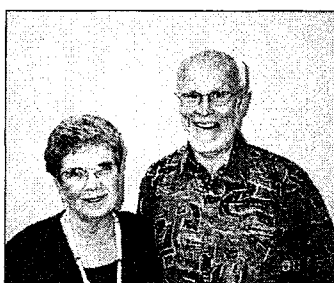


Dudley & Joan Powers  
[Dr. Powers was the ASP  
guest speaker]

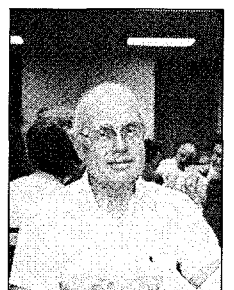
## May Luncheon Meeting



Evelyn Downs



R.T. & Pat Bolerjack



Marvin Peterson

## A Design for Christian Living

By James R. (Bob) Emmel, Ph.D.

While traveling on a small Norwegian freight boat from Panama to Los Angeles, Noel Coward conceived the pattern for his play, "Design for Living." Of his characters in the play Coward explains:

These glib, over-articulate, and amoral creatures force their lives into fantastic shapes and problems because they cannot help themselves. Impelled chiefly by the impact of their personalities, they are like moths in a pool of light, unable to tolerate the lonely outer darkness, and equally unable to share the light without colliding constantly and bruising one another's wings.

Coward's play is a secular play, which describes situations in a secular world. Jesus' "design for living," however, is not a pattern that shows worldly living; it is a "Sermon on the Mount," which shows how Christians ought to live in the world. This short collection of 111 verses has done more than any other ethical pattern to stimulate people to think religiously, though people sometimes have not been quite sure how to use it. Rabbi Joseph Klausner in his book, JESUS OF NAZARETH, says of it and the other ethical teachings of Jesus: "If ever the day should come and this ethical code be stripped of its wrappings of miracles and mysticism, the Book of the Ethics of Jesus will be one of the choicest treasures in the literature of Israel for all time." Freidrich Nietzsche swore against it, proclaiming it a slave morality for weak persons. Mahatma Gandhi viewed it as the world's finest collection of ethical teachings. No serious person in the last 2000 years has been able to ignore the Sermon on the Mount.

For many years in my young Christian life there was great struggle as to building a code of ethics for my own life. After much theological searching and the study of many Christian doctrines, suddenly while reading the Sermon on the Mount with serious intent, it dawned upon me: Here it is in one brief sermon. My discovery revealed the Sermon on the Mount as a design for living was not an easy mold for people imbued with the everyday secular world. It is an ideal system of ethics meant for the disciples of Jesus, who share his belief about God and

His hopes for the kingdom of God to become a reality in the world. It is a religious system of living, which portrays how transformed Christians ought to live in the world. It is not so much a collection of rules for the "new law" as a set of guides, which describe the kind of inner spirit Christians should show among people. It is an ideal, which Christians should be reaching. Yet its teachings compose a pattern that is a judgment on me when I wander from its precepts. My pondering of the central ideas in the "Sermon on the Mount" brought a satisfying and rewarding way of life that cumbersome theology and doctrines failed to satisfy. Simply put, the sermon admonishes: "Be perfect like God! Never hate! Refrain from worry! Never lust! Love your enemies! Do not store up earthly wealth! Never judge others!" what a rugged demand He placed on His followers. It brings daily conviction to those of us who choose to follow Him, and tells me personally not to get bogged down by human guessing games of theology and doctrine—important though these may be. In my professional judgment Christ's Sermon on the Mount strips away façade and is the paramount starting place for the new Christian and should remain foundational and challenging as a design for living throughout life.

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Continued from page 2—Writing Workshop

When I progressed to the coin-operated laundry with washers and dryers, I just knew my clothes would not be as white as when I used the old wringer washer—I was right, they weren't. Finally the day came when I had my very own automatic washer (no dryer yet).

Then when we moved to Walla Walla, Washington, the parsonage was equipped with both laundry appliances. I had always said that even if I owned a dryer, I would always hang my sheets on the line because they smelled so fresh when I put them on the bed. The dryer in the parsonage played a tune when the clothes were dry. It played "How Dry I Am"; all the little old ladies of the church thought it was playing "Oh, Happy Day!"

Incidentally, I haven't hung a sheet on the line 'til this day.

Bye for now.

Trudy Cargill

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### "A Bad Day at Stonewall"

The afternoon sun was shining in the west window that day at Stonewall. Not Stonewall High, just Stonewall.



### "If you ask me"

By Vada Lee Barkley

"Study to shew thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth" (II Tim. 2:15)

I have listened to some 10,000 sermons, attended about 4,160 Sunday school classes—some of which I have taught. After studying the Bible consistently, reading religious literature, taking several courses in religion, and walking with the Lord for more than seventy years, I should know all the answers.

Quite the contrary. As in any other field of education, the more I learn, the more I realize I've only begun to scratch the surface. No finite being can fathom the mind of our infinite God. Thus, rightly dividing the word of truth remains my greatest challenge.

"What is truth?" Pilate's question resounds down to the 21st century. Jesus' answer, "I am the truth," forces us to study his life and teachings if we would know the truth. Before accepting pat answers or pet theories, we do well to scrutinize them, applying both Scripture and common sense.

Do I believe everything the Bible says? Of course.

Do I believe everything in the Bible? No. For example, "When a man's ways please the Lord, he maketh even his enemies to be at peace with him" (Prov. 16:7). If that statement were true, we would have no persecution, no martyrdom, and no crucifixion.

What the bible says is that King Solomon said that. A lot of what Solomon said is true. Some of it is not.



### RIG Begins a New Year

By Bea Flinger

The first RIG (Research Interest Group) meeting of 2000-2001 will convene on Monday, October 9, in Room 135 of Royce Brown from 9:00-10:20 a.m. A number of agenda items were tabled until the October meeting, including topics which need to be evaluated for research.

What is Research? While there are various definitions and explanations given for this word, the one idea that is simple and yet clear suggests careful or diligent searching after hidden treasure! I like that thought! Conducting and instructing research procedures have been major factors in my life for almost thirty years, and will continue to be so.

Why take time to do research? Because extensive and valuable information is available, but it is not always easy to find. Consequently, there will be numerous questions that will not be answered in any other way except through research.

The RIG Committee is small, and will welcome and appreciate new members—or even those who are interested but do not wish to conduct research. Perhaps there is no technology immediately available for use, but there are always the printed materials—including many excellent ones in the LRC (Learning Resources Center) on the SNU campus.



### A look at a book

By Wini Howard

**Lightposts for Living:** The Art of choosing a Joyful Life  
by Thomas Kinkade

After the suggestion made by our esteemed leader, Dr. Jack Arnold, I hurried to the local library and was able to check out "the book." Reading it has been a meaningful journey. Kinkade, the author, is an outstanding artist as well as a gifted writer. When people visit a Christian bookstore, they should see many of his paintings in a variety of formats. Interspersed throughout the book are many reproductions of his paintings. Most of them are quite small, but they give the reader or viewer an idea of his amazing talent as an artist.

"Lightposts for Living" is an exceptional book in many ways. It is beautifully written. Kinkade is a master of our language. His writing flows. His eye for beauty comes through in the way he expresses himself. His message is certainly universal, it speaks to us all.

Each chapter is a "lightpost for living." Kinkade believes in any life-affirming values that he also expresses in his paintings. He is concerned with the various fundamental life choices that we all have to make. His concern and love for his family comes through in many of his chapters. They are really his top priority. He reveals what he has learned on his own journey as well as where he is now. Practical suggestions abound as to how we as readers can evaluate and shape our own lives. This is not a how-to book by any standard, but it is full of challenges to the spirit of each one who reads.

Kinkade's deep faith in God also shines in much of what he writes. This book is a challenge to the reader to re-think his priorities—are they really valid?

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Continued from page 4—Writing Workshop

In fact, it was my cousin Mary Sue, two or three years older than I, who caused my downfall. It came about like this. Our teacher was a man named Alex Weisinger. That particular afternoon Mr. Weisinger had a visitor and as was customary when a visitor would come by he would go outside to talk to him. That afternoon, as also was the custom, before he left the room he designated one of the older students to "take names." I even remember her name; Dean Jordan.

I must have been about five by that time and since there were no rules in those days, in Arkansas, anyway, about when you could start school, and since Daddy had taught me to read when I was four or so, it seemed only logical—to Mother and daddy anyway—that I should to ahead and start. I was making it fine until that fateful afternoon, when Cousin Mary Sue (with a wicked gleam in her eye, I now recollect), pointed to that bench by the window that had the afternoon sun beaming in on it and said, "Mary, sit in that seat." Well, she was older and I was naïve so I obediently got up and moved to that seat. Needless to say, the minute my bare legs below my little cotton dress touched that hot seat, I jumped up. And, realizing I'd been tricked, laughed out loud.

Well, in due course, Mr. Weisinger came back into the room, collected the list of names from Dean, sat down at his desk, read the names, and invited those listed to come forward and sit on the Recitation Bench. To my horror, MY name was on the list. Continued on page 6—Writing Workshop

Profits from new recording by Evelyn Keeton to benefit SNU

Evelyn Keeton, an ASP member and regular performer at the Luncheon Meetings, has recently recorded Sentimental Journey Through the 40's and 50's on the Clavinova.



Musical selections include: "Sentimental Journey," "Ain't Misbehavin'," "Misty," "Twilight Time," "Chattanooga Choo Choo," "I Left My Heart in San Francisco," "Tico Tico," "Tenderly," "Mona Lisa," "Elmer's Tune," "Tennessee Waltz," "When I Fall in Love," "Star Dust," "Tangerine," and "Unforgivable."

A portion of the proceeds from the purchase of this recording will benefit the SNU Alumni Association and the SNU Class of 1950 Centennial Brick Project.

The following costs include shipping/mailling charges:

Audio-cassettes \$10.00

Compact discs (CD's) \$12.00

Checks should be made out to: Evelyn Keeton and purchase orders sent to her at 4100 N. College, Bethany, OK 73008

Audio-cassettes and CD's are also available on campus at the SNU Alumni Office: 6729 N.W. 39th Expwy., Bethany, OK, 73008; (1-800-998-4768)

New and corrected e-mail addresses:

Arnold <jackarnold@aol.com> Flinders <lylebeaflinner@aol.com>

Cornwells <cornwell@ionet.net> Hills <hillde77@aol.com>

Dawsons <mgvd09@msn.com> Overholts <overez1@msn.com>

Continued from page 5—Writing Workshop

And of course, there was nothing to do but join the others on said bench, my heart pounding with fear and trepidation as to what was going to happen next.

What did happen next was that Mr. Weisinger picked up a little paddle, went down the line, and paddled each one of us on our bare legs. I got my first paddling! In fact, I, who had never even had a voice raised to me in anger, much less a hand lifted in anger on my person, got a whipping! As I think back, I don't remember that it hurt, physically, that is. But I was completely devastated. I cried the rest of the afternoon, and all the way home. I don't remember what Mother and Daddy said, and don't even remember if Mary Sue (who richly deserved it), got a paddling.

I do remember a lot of fun things connected with Stonewall. It wasn't all bad. But that day I sat down on that hot seat, burned my legs, laughed out loud and got a paddling for it, will be forever burned (pardon the pun) on my memory. I will always remember that as A Bad Day at Stonewall.

—Mary Smith



Arnold—Continued from Page 2

may not be that the mind fails as we age, but that we fail to keep our minds engaged.

The Academy of Senior Professionals (ASP) at Southern Nazarene University (SNU) is the place to age-proof your mind. It is the place to age-proof your mind. It is the place to live and learn. Unless we give our minds something to do, we slip into a mental lethargy fed by TV until we really do care about "Who Wants To Be A Millionaire?"

I hope you are **not** thinking: (1) "You can't teach an old dog new tricks," and/or (2) "Since I've lived this long, there is not much anyone can teach me." Both of the above are wrong. **You can learn new tricks!**

Do you think you're too busy to be vitally active in learning at the ASP? So what! Busy people always do more and always make time to do the important things in life.

**I always wanted to be somebody,
But I should have been specific.**—Lily Tomlin

Let me be specific about how you can age-proof your mind in the ASP:

- Discover and explore senior topics in the Research Interest Group
- Write and share you memories in the Memoir Writing Workshop
- Research your family history in the Genealogy Workshop
- Interact in small groups or committees as a chair or member
- Volunteer to help others in ways that elevate their spirits
- Share your hobbies and travels
- Suggest topics and speakers for the Luncheon Meetings
- Write articles, poems, letters for the **Academy Perspective (TAP)**
- Suggest topics for and participate in workshops
- Invite guests and share ideas at the Luncheon meetings
- Read publications recommended in **TAP** by our Learning Resources Committee
- Explore cultural opportunities on the SNU campus and in the extended community

