



PERSPECTIVE

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October 11 luncheon to feature "First Man" of Southern Nazarene University

By James (Bob) Emmel



The name "Gresham" is synonymous with Nazarene higher education. Loren Gresham's lineage comes from a very notable heritage of educational personalities. His parents were educators in Nazarene institutions and it seems he was unknowingly groomed from his earliest years for higher education and administration.

No person in the Church of the Nazarene is more thoroughly equipped and esteemed as an educator and administrator than Dr. Gresham. His early education was at Christian schools. His higher educational training includes: an A.B. degree in history from Pasadena College; an M.A. degree in International Relations from the University of Southern California; and a Ph.D. degree in history from the University of Oklahoma.

Some of the many honors bestowed upon Dr. Gresham are the following: included in Who's Who Among American Universities and Colleges; a Fulbright Scholarship at Victoria University in New Zealand; recognized for outstanding sports achievements, e.g., as UPI All-American in Small College Basketball; selected while a student for overseas international sports competition — Venture for Victory/Sports Ambassador; and led, as coach, the SNU basketball team to an NAIA National Championship in 1981.

For many years Dr. Gresham has served Southern Nazarene University

as a member of the faculty and Provost. In 1989 he was elected President of the University. Currently, he serves on the General Board of the Church of the Nazarene and as a member of the Board of Directors of the Council for Christian Colleges and Universities.

SNU is most fortunate to have Dr. Gresham, along with his charming wife Linda, to give leadership to our University. It is with pleasure that we welcome him as our ASP October speaker to inform us on SNU as we are about to enter the new millennium.

Council establishes ad hoc Editorial Board

By Elbert Overholt, Director

The Academy Council established an ad hoc Editorial Board in a special meeting on August 21. This meeting was called to consider the letter of resignation of the The Academy Perspective (TAP) editor, Jack Arnold. In addition to publishing and distributing TAP for this 1999-2000 year, this ad hoc board will be developing procedures and policies for a permanent Editorial Board for the Academy. The details for this Board will be voted on by the Assembly at or before the annual meeting next spring.

In his letter of resignation, Jack said, "Commitments to my ministry, speaking engagements, consulting service, volunteer work, research projects, travel plans, and personal business make this resignation necessary and desirable." The Council regretfully accepted his resignation as editor with sincere thanks for his outstanding work on TAP during the past year. It is anticipated that Jack will be able to continue his contributions to TAP through

regular contributions to the TAP and consultation.

Don Beaver has consented to chair this new ad hoc board and will be joined by the other editors of TAP, as well as other members who will be added to the board as the need arises. This new board will be making a significant contribution to the Academy by taking over this responsibility at this time and no doubt will establish improved publication policies. In his reply to the Council's action, Jack commented, "This action will (1) set an important precedent and structure for the organization, especially incoming officers, (2) utilize more of the talents of our membership and local resources, and (3) relieve me of the responsibility of publishing a monthly newsletter."

President and Mrs. Gresham invite ASPers to open house following October 11 meeting

"Dear ASPers:

Our thoughts still return to last October and our reception for you at our home. As we indicated then, we would like to invite you to once again accept our open door for a time of fellowship after the October 11th ASP meeting. We will consider the time flexible, depending on how long the presenter of the day drones on (that would be me). Our home is still at 5000 NW 59th St., and maps will be available at the luncheon. Our suggestion is that as much carpooling be done as possible, as the area for parking is limited. Save a small place in your appetite for dessert and coffee/tea. We anticipate a good time of fellowship and interaction."

Loren and Linda Gresham



Your president's point of view:

By Jack David Arnold

Moving Forward, Ever Onward

While leaning on my garden hoe, I saw an ant stop right in front of me, and look quizzically at me; I decided to be friendly and enter into some dialogue with him, "Mr. ant, what are you thinking about on this beautiful morning?"

Mr. Ant hesitated, then replied, "I am not thinking about love or death or war or hunger. It is about the power of the moment. I live for the NOW. Time is too short for me to understand what it is."

"I envy man," he continued, "and how he sees the bigger things and knows that if the world is not remade, life is without meaning. He builds too much the horizon filled with a hugeness of shapes fusing into endless distance. I build large tunnels, just to survive each winter beneath the snow. I know our minds are the same, neither of us accomplishing magnificence, but still free to discover or burn out depending on how we accept this space."

Making his final point, Mr. Ant concluded, "I can wait for man to tire, wait in the rain or snow. God has given me a keen sense of smell and an instinct for possibilities. Soon God will call me out of the earth to claim the sweet flesh he has left me. I can wait."

For us, time can get no shorter. All of us are pilgrims as if we were born on highways. Our true longing is for the range, the hills beyond, the Celestial City, where only by moving forward, ever onward, does the wilderness of this world really become a place where we can live.

As a society of mature professionals, we can "move forward and ever onward" by: (1) improving our public relations with the extended community, (2) making our presence better known on and off the SNU campus, (3) upgrading our publications, (4) helping retirement centers provide better services and facilities for senior adults, (5) improving our financial position through dues and contributions to support worthwhile projects, (6) updating the SNU/ASP web site, (7) recruiting new members through a new membership brochure, (8) increasing membership benefits, (9) forming new interest groups, and (10) moving ahead with strategic planning.

Mr. Ant can wait. We cannot.



"Sharing a Continuous Flight"

The Academy Perspective

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Copy Editor Anna Belle Laughbaum, Ph.D.
Managing Editor Elbert Overholt, Ed.D.

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Obituaries Glendena and Gene Adams
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Art's Chuckles

- A person has to work himself to death these days to buy all those labor-saving devices.

- *The best substitute for experience is being 16 years old.*
- *You'll never get eyestrain from looking at the bright side of life.*



"If you ask me"

By Vada Lee Barkley

Imagine me back on staff. I founded and edited *The Academy Perspective* for more than seven years. What can I say that (1) I haven't told you, (2) you don't know already, or (3) you even want to know?

Since Jack offered me this challenge, I'll give it my best. I've thought of a few topics to explore.

Some jokes I saw when looking for "Art's Chuckles" material suggested my first subject for discussion.

Obviously in excruciating pain, a lady in her 70's limped into her doctor's office.

"What seems to be your problem?" asked the young doctor.

"My right leg is killing me," the patient replied.

"Did you ever consider it might be your age?"

"No, that can't be," she said. "My left leg is as old as my right one, and it doesn't give me any trouble."

Another elderly lady was checking into a retirement center. After the word Zip on her application, she wrote: "Normal for my age."

Just what is "normal" for our age? Stay tuned for some answers.

A personal note from Vada Lee

"Dear ASP friends:

You'll never know how much I enjoyed reading the Centennial Book.

Having been associated with our alma mater for 61 of its 100 years, I was thrilled to read its history and look at the pictures.

Thanks a lot for this priceless gift and for this expression of your love.

God bless each of you.

Love,
Vada Lee

"Views on Aging"

Contributed by Vada Lee Barkley

Do you realize that the only time in our lives when we like to get old is when we're kids? If you're less than ten years old, you're so excited about aging that you think in fractions.

"How old are you?"

"I'm four and a half."

You're never 36 and a half—you're four and a half going on five.

You get into your teens; now they can't hold you back. You jump to the next number. "How old are you?" "I'm gonna' be 16." You could be 12, but you're gonna' be sixteen. Eventually.

Then the great day of your life; you become 21. Even the words sound like a ceremony. You BECOME 21...Yes!!

Then you turn 30. What happened there? Makes you sound like bad milk. He TURNED; we had to throw him out. What's wrong?

What changed? You BECOME 21; you TURN 30.

Then you're PUSHING 40. . .stay over there. You REACH 50.

You BECOME 21; you TURN 30; you're PUSHING 40; you REACH 50.

Then you MAKE IT to 60.

By then you've build up so much speed, you HIT 70. After that, it's a day-by-day thing. You HIT Wednesday.

You get into your 80's; you HIT lunch, you HIT 4:30. My grandmother won't even buy green bananas. "Well, it's an investment, you know, and maybe a bad one."

And it doesn't end there—

In the 90's, you start going backwards. "I was just 92."

Then a strange thing happens; if you make it over 100, you become a little kid again. "I'm 100 and a half."

Happy aging!

Note: I don't know who wrote this or where it came from. — V.L.B.



A look at a book

By Wini Howard

At the recommendation of our “esteemed leader,” I have just read *Dying Well* by Kenneth and Sara Vaux.

It is a scholarly and very intense book on how people die, as well as how they should die. The authors claim there are three basic theologies of death and dying: “Death as a Friend,” “Death as an Enemy,” and “Live and Die Generously.”

This is not light reading, but you would not want it to be. The authors quote at length from Dr. David Callahan’s book, *Setting Limits*, dealing with suggestions for a peaceful death. Here are a few of his concepts: “in my dying a physical and spiritual dignity;” “my death to matter to others;” “people to be with me;” “Not....to be an undue burden on others;” “death will be quick, not drawn out.” These are not all of his suggestions, of course.

The authors of the book also share some very meaningful concepts as to how we as church people can and should minister to the elderly and/or dying in our own congregations. We really do need each other!

This book belongs to Dr. Jack and he will be happy to loan it to you.



RIG welcomes a new year of research

By Bea Flinner

The Research Interest Group will soon conduct its first meeting of 1999-2000. An invitation is extended to everyone who is interested in pursuing research, or learning about some of the benefits to be derived from such activity. If an issue has arisen in someone’s life that would bear research, feel free to bring it to the meeting.

Research is exciting and can be extremely rewarding, which will be demonstrated by two of the RIG members who will be presenting the results of their research. Dr. Jack Arnold will be reading a paper entitled *The Antioxidant Revolution*, and Dr. Roy Dorris will be presenting a paper on *Adverse Drug Interaction: An Iatrogenic Potential*.

For the October meeting, the RIG members have been asked to bring “new” topics for consideration, with the ultimate outcome of benefiting our senior citizens. We will look for new faces at the meeting, October 11, in the Royce Brown building, Room 135, at 9:30—10:45 a.m. This will allow time for readers of this article to contemplate the possibilities and thrills of research, as well as possibly becoming part of the Research Interest Group.



The library connection

By Shirley Pelley

The following books have been received and processed by the SNU library as a result of the ASP Project funding. Another order is being prepared and will be reported on in September. Try reading some of these. They are interesting and have vital information for better health. Enjoy!

- QZ 200 .A546f 1993
Anderson, Greg
Fifty Essential Things to Do When the Doctor Says Its Cancer
NAL/Dutton
- WM 172 .C777c 1997
Cooper, Kenneth H.
Can Stress Heal?: Converting a Major Health Hazard into a Surprising Health Benefit
Thomas H. Nelson
- QV 800 .C777d 1997
Cooper, Kenneth H.
Dr. Kenneth Cooper’s Antioxidant Revolution
Thomas Nelson
- QT 255 .C777f 1997
Cooper, Kenneth H.
Faith-Based Fitness Original Title: It’s Better to Believe
Thomas Nelson
- WT 104 .M216L 1998
Mahoney, David; Restak, Richard
Longevity Strategy
Wiley & Sons, Inc.
- WT 104 .R878s 1998
Rowe, John; Kahn, Robert
Successful Aging
Pantheon Books
- QP 86 .S478 1997
Shephard, Roy J.
Ageing, Physical Activity & Health
Human Kinetics Publishers

—more chuckles

- Conscience is that still small voice that makes you feel still smaller.
- The doctor called a patient and told her her check just came back. “So did my arthritis,” she replied and hung up.

Date of birth ----- Date of death

How you live and spend your dash !!!!!

*I read of a man who stood to speak
At the funeral of a friend.
He referred to the dates on her tombstone
From the beginning...to the end.
He noted that first came her date of birth
And spoke and the following date with tears,
But he said what mattered most of all
Was the dash between those years. (1900—1970)*

*For that dash represents all the time
That she spent alive on earth...
And now only those who loved her
Know what that little line is worth.
For it matters not, how much we own;
The cars...the house...the cash,
What matters is how we live and love
And how we spend our dash.*

*So think about this long and hard...
Are there things you'd like to change?
For you never know how much time is left,
That can still be rearranged.
If we could just slow down enough
To consider what's true and real,
And always try to understand
The way other people feel.*

*And be less quick to anger,
And show appreciation more
And love the people in our lives
Like we've never loved before.
If we treat each other with respect,
And more often wear a smile...
Remembering that this special dash
Might only last a little while.*

*So, when your eulogy's being read
With your life's actions to rehash...
Would you be proud of the things they say
About how you spent your DASH?*

—Reese Mailing List

Senior Professionals (ASP) calendar dates:*

October 11

9:30 a.m. Research Interest Group (RIG) Royce Brown 135
11:00 a.m. Shuttle to Commons BFC Parking Lot
11:30 a.m. ASP Luncheon Meeting Heritage Room
1:00 p.m. Shuttle to Gresham's Commons

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

ASP luncheon dates for 1999-2000:

1999

October 11
November 8
December 13

2000

January 10
February 14
March 13
April 10
May 8

**Southern Plaza holds
hard hat party August 21**

Marilyn Olson, top right, Regional Manager, Don Lidia, Executive Director, and Pat Burton, Marketing Director for Southern Plaza look over the construction site for the new Independent Retirement Community. Opening this fall, 117 suites will be available from studios to two bedrooms. The community will be located at 3701 N. College. To reserve a residence please call 440-1100.





ASP Pics

—from the April meeting:



Above: Steve Stearman, speaker, enjoys the luncheon with Bob and Naomi Emmel.

Right: Steve Stearman addresses the Academy on the subject of adult education at Southern Nazarene University



—from the May meeting:



Above: Jack Arnold presents a centennial pictorial history of SNU to former president Vada Lee Barkley.

Left: Marguerite E. Ross presents “The Song In My Heart” concert for the Academy luncheon.

