



# Perspective

Vol. 18 — No. 4

January — 2009

“These Are the Best of Times” will be the theme of Shirley Berry’s speech at the January 19 luncheon.  
By Shirley E. M. Mears

INTEGRIS Third Age Life Center is an organization that focuses on offering many services including sessions on: health concerns, vision screening, and book clubs, bone density testing, computer classes and Spanish classes. Shirley Berry will be sharing information on services that lend support for all our adventures in aging as well as her thoughts on “These are the Best of Times”.



Shirley Berry  
Luncheon Speaker

A native Oklahoman, Shirley is a graduate of the University of Central Oklahoma and began her career with INTEGRIS Health in 1999. Her current position is Community Health Improvement Specialist at INTEGRIS Third Age Life Center,

the senior information referral and assistance center for INTEGRIS Health. Her primary responsibility is the development and implementation of programs and services for metro area seniors. Prior to joining INTEGRIS Health, Shirley’s career included several years in the manufacturing industry and subsequently as an

entrepreneur. Her favorite pastime is spending time with her family, particularly her 4-year old granddaughter, Ashlynn, in addition to tennis, *Scrabble* and reading.

All members and guests are urged to make their plans to hear Shirley Berry, Monday, January 19, 2009. The buffet luncheon in the Heritage Room of the Webster Commons on the Southern Nazarene University campus begins promptly at 11:15 a.m. The luncheon program starts at noon and ends at 1:00 p.m.

Important luncheon reservation information:

Members: If you have not been contacted by one of our telephone callers by Thursday, January 15th, then please call Mrs. Aleen Drumeller, ASP Telephone Committee Chairperson, at 405.265-0302

Guests: Please call the SNU Office of Alumni Relations at 491-6312 or email [ASP@snu.edu](mailto:ASP@snu.edu)

All: The cost of the luncheon is \$5.00. Kindly make your reservation(s) by Thursday, January 15th.

## JANUARY LUNCHEON SPONSOR

*Concordia Life Care Community*  
*Our Thanks to Lisa Vallenkamp*





### Your President's Point of View by Jack David Arnold

**In 2009 the optimists will say that we live in the best of all possible worlds; the cynics will fear this is true**

It is simpler for me to be an optimist than to be a cynic. It is a sensible defense against the uncertainties and calamities which otherwise confront me prematurely. I can die a dozen deaths and then usually find that the outcome is not one that I had predicted, not so "bad" nor so "good," but one I had not taken into consideration.

What seems to be a great loss or punishment for me often turns out to be a blessing. I know, through my own experience, that God never closes one door without opening another.

"A *cynic* is someone who complains about the noise when opportunity knocks," wrote Michael Levine, New York University law professor. *Cynicism*, on the one hand, has its roots in an ancient Greek school of philosophers who believed that virtue to be the only good and is found only in self-control and independence. In our time, we have come to learn the importance of freedom of thought, of self-knowledge and trust of feelings, of cultivating our creative and intuitive abilities, of the joy and wonder of spontaneity, and of the vital richness of being open and trusting of each other in relationships. All of life is interconnected and interdependent.

In both the ancient and modern forms of cynicism, there is a lack of awareness of the universe's natural order, harmony, and infinite goodness. The cynic sits in a dark room on a sunny day and says, "I see no light; there is only darkness." Unaware of the good, the cynic naturally fears misfortune, and therefore, attracts it. From that standpoint it makes sense to be on the lookout for everything wrong. Misguided fear, not wisdom, is the guiding force here; illusion is apparent, not reality. Anxiety, not security, is the result.

*Optimism*, on the other hand, has its roots in the abiding reality of life's basic goodness. An *optimist* is a person who starts a crossword puzzle with a fountain pen. He or she interprets life in the most favorable way possible and confidently trusts that whatever is best will happen. I have noticed that things often work out well for the people who expect good things to happen. As Ralph Waldo Emerson wisely said, "They know that their welfare is dear to the heart of being, and that the universe is a hospitable place." We should be like children who are sure of

*Arnold page 6*



*"Sharing a  
Continuous  
Flight"*

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To make contributions to the Academy of Senior Professionals:

Mail to: Roy Dorris, Treasurer

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## Luncheon Sponsors for 2008-2009

**October:** *Autumn Life Center, Kathy Holman*

**November:** *Mercer/Adams Funeral Home, Ron and Yvonne Mercer*

**December:** *Southern Plaza, John Stoddart*

**January:** *Concordia Life Care Community  
Lisa Vallenkamp*



# From the December Scrapbook



*Arlita Harris shares a gift idea from the library, a history of SNU by Paul and Loren Gresham.*

*We share in another sumptuous luncheon buffet from the kitchen of SNU*

*Greetings from this month's luncheon sponsor were presented by Diane Paquette of Southern Plaza*



*We take the shuttle bus to Loren Gresham's home for our annual Christmas reception*



*Enjoying the dessert buffet in the home of SNU President and wife, Loren and Linda Gresham*



*Darlene Overholt presents a Christmas gift to the Greshams, another Crystal Angel!*



*Elbert Overholt took this photo of Emmalyn and Dale German enjoying their dessert.*



*The Greshams let us tour their very interesting guest house.*



*Is Jack Arnold beginning to look a lot like . . . Santa Clause!?!?*





**RIG What's New**  
By Paul Scheie

It seems that we humans often are in conflict with ourselves regarding what is old, traditional and comfortable with what is new, exciting and maybe even a bit risky. An old pair of shoes, comfortable, well broken in, though showing heavy wear in places, may be replaced reluctantly with a shiny new pair even if at first the new shoes are rather stiff, and not as comfortable.

At other times the conflict between old and new may take place between members of a small group. What happens when some members of a family prefer a very traditional Christmas while other members wish to try a very non-traditional Christmas, or when some members wish to vacation in the same place year after year while other members plead for a new and different destination? Is compromise a possible answer, or is there a residue of hard feelings after a decision is made?

Then, there is the matter of how we wish to worship our God. What role should tradition play, and how should we treat new ideas?



As it happens, graduate degrees are offered in Worship Arts, and our next presenter has such a degree. He is Pastor Harlan Moore, Minister of Worship Arts, at Bethany First Church of the Nazarene, and he will be addressing new trends in worship and worship music. Perhaps

he will address the above questions. Please join us and participate in what is sure to be an interesting session.



**LIBRARY NEWS**  
By Arlita Harris

**Meditations for a New Year.**

Tom Barnard, one of our ASP members, has written a new book titled e-couragement: meditations for leaders. Autographed copies are available for only \$15 at the SNU Library circulation desk.

Many of you have enjoyed Tom's weekly e-mails of encouragement. They are compiled here to provide advice and direction for busy professionals and ministry leaders. You may want an autographed copy for yourself and for that busy leader on your Christmas list. Proceeds go to the A.M. Hills Library Development Fund, to be used for scholarships and library improvements

If you are interested in making a year-end tax-deductible contribution to the A. M. Hills Library Development Fund, please send your check payable to Southern Nazarene University (with A. M. Hills Library Fund on the subject line) to Dr. Arlita Harris, R. T. Williams Learning Resource Center, 4115 North College, Bethany, OK 73008. The fund will be awarding its first scholarships in 2009 to SNU students, faculty, staff, or alumni who want to obtain a master's degree in library/information science.

The library will be closed from December 24 at 5:00 p.m. through Monday, January 5 at 8 a.m. Normal hours are M-Th 8 a.m. - 11 p.m.; Fri. 8 a.m. - 5 p.m.; Sat. 11 a.m. - 5 p.m.; closed on Sunday.

Have a Merry Christmas and a Blessed New Year!

Arlita



**NEWS TO USE**

by Shirley Mears

**The Toler Brothers**

The Oklahoma Nazarene community might well be familiar with the Toler Brothers. Terry Toler is a platinum-selling songwriter, speaker, and vice president of Southern Nazarene University. Mark is a humorist, speaker, and pastor of First Church of the Nazarene in Edmond and Stan is a best-selling author, speaker, and pastor of Trinity Church of the Nazarene in Oklahoma City.

Their lives began with many struggles in one of the poorest counties of America. Growing up in West Virginia they didn't have running water, an indoor bathroom or even a radio. However, they learned the sweet harmony of southern gospel music around the old upright piano.

The Toler Brothers Trio recorded a southern gospel CD called "*He Still Speaks*". It has a companion book that journal the stories of each song. The brothers will be featured on **The Gospel Station Network Spotlight Show** hosted by Big Jim Miller, member of singing group, Southern Sonlight and the big voice of the new OKC Thunders Basketball team. That website is [www.thegospelstation.com](http://www.thegospelstation.com).

Stan Toler, whose brothers say he doesn't have an unpublished thought, released a new book that describes a new way to retrain your mind. "Rethink Your Life" shows how your thoughts affect your attitudes and your attitudes effect your behavior.

We will be giving away two copies of "Rethink Your Life" at the January 19<sup>th</sup> meeting of The Academy of Senior Professionals. You can learn more about the Tolers by going to the website [www.tolerbrotherstrio.com](http://www.tolerbrotherstrio.com) and [www.stantoler.com](http://www.stantoler.com).



**SNU Spring Semester**

by Brenda Styers, ASP Director

One of the goals of the Academy of Senior Professionals is to foster an atmosphere of life-long learning. Through our connection with Southern Nazarene University and its service to senior adults, many of our members can continue to challenge themselves in an academic setting. Members 65 and older may audit classes for \$30 per credit hours, plus fees when applicable. Classes through this program are open for enrollment the first day of the semester, which is January 12 for the spring 2009 semester. For more information including class schedule, go to [www.snu.edu/asp](http://www.snu.edu/asp). Below is a list of recommended classes for the spring semester.

- |   |   |
|---|---|
| Fine Arts   | Beginning Guitar Class<br>Intro to Fine Arts<br>Live Recording Techniques<br>Harmony I<br>Aural Theory I  |
| Theology & Ministry                                   | Intro to Biblical Literature<br>Methods in Biblical Study<br>Introduction to Christian Missions<br>Introduction to Theology<br>Introduction to Christian Thought<br>Introduction to Philosophy  |
| Math & Science  | Introduction to Biological Science<br>General Botany<br>Math Concepts: Discrete Math<br>Math Concepts: Geometry & Topology<br>Math Concepts: Probability & Stat<br>College Algebra<br>Plane Trigonometry<br>Physical Geography  |
| Business  | Ethics & Business Principles<br>Principles of Management<br>Principles of Marketing   |
| English   | Writing Workshop I<br>Composition I<br>Intro to Cultural & Comm Studies<br>Introduction to Literature<br>Foundations for English Studies<br>Literary Field Studies: New York  |
| Speech Comm<br>Foreign Language<br>History and PoliSc | Intro to Speech Communication<br>Elementary Spanish I<br>American Federal Government<br>Physical Geography<br>United States History II<br>World Civ I: Prehistory to 1500<br>World Civ II: 1500 to Present<br>Introduction to Historical Methods<br>Introduction to Political Studies |
| Psychology  | World Regional Geography<br>General Psychology I<br>Self-Concept Development<br>Psychology of Children & Youth  |
| Sociology<br>Physical Ed                              | Introduction to Sociology<br>Lifetime Wellness<br>Water Aerobics I<br>Beginning Swimming/Lap Swimming I<br>Mat Pilates I  |

*Arnold continued*

their dinner, knowing that their needs will be met. One of Emerson's chief legacies is embedded in his affirmation: **"Life is a boundless privilege."**

When optimists face challenges, they know that any situation has the potential of being made better, and therefore, contains the potential for good. The Apostle Paul wrote in Romans 8:28, "We know that all things work together for good to them who love God and are called according to His purpose." When confronted by difficulty, healthy optimists do not pretend that there is no confusion, fear, or pain; they are honest about their feelings and still believe in a good outcome, even if they do not yet see how it will manifest itself.

Evangelist Billy Graham wrote convincingly about his faith and optimism in these words, "If I didn't have spiritual faith, I would be a pessimist. But I'm an optimist. I've read the last page in the Bible. It's all going to turn out all right."

No one wrote more fervently or eloquently about optimism than Emerson. In the years following the ill health and deaths of his first wife, two brothers, and his adored six-year-old son, Waldo, he could have become bitter and cynical. Although Emerson experienced deep grief, his love of life's goodness would not allow him any warping of that high belief.

In the New Year 2009, we too can carry what Emerson called that **"infallible trust . . . and the vision to see that the best is the true. In that attitude, we may dismiss all uncertainties and fears, and trust that time will reveal the answers to any private puzzlement."**

**We do not grow old by living a number of years.**

**We grow old by deserting our ideals.**

**We are as young as our self-confidence,  
as old as our fears;  
as young as our hopes,  
as old as our despairs.**

**When the wires are all down,  
and our hearts are covered  
with the snows of pessimism  
and the ice of cynicism,**

**then, and only then, have we grown old."**

--Anonymous



## ASP Calendar

### Monday: January 19, 2009

- 9:00—11:00 a.m. Shuttle Service operates between the Sawyer parking lot and the Webster Commons
- 9:30—10:45 a.m. Research Interest Group meets in the Student Conference Room, (Webster Commons 1st Floor)
- 11:15-a.m.— 1:00 p.m. Luncheon Meeting (Heritage Room)
- 1:00—1:30p.m. Shuttle service to the Sawyer Center
- 1:15— 2:00 p.m. Ad.Council meets in the Faculty Lounge

## Book Discussion Group

*C. Dale German*



The Shack by William P. Young has been talk of the Church from coast to coast in 2008. Let's talk about it February 9 at our first Book Discussion Group of the New Year.

Some people like "The Shack." Others don't. For some "The Shack" is a masterful theological treatise. For others it blasphemes God.

I first heard about "The Shack" when we had Don Dunnington and Hal Cauthron over for Sunday dinner with their wives last summer. They had both heard about "The Shack" and decided to read it for themselves. So, I went to Mardel's and bought a copy for \$9.99 and could hardly put it down until I finished reading it. Emmalyn took it to Phoenix but her mother got her hands on it first. Finally they both read it.

Like it or not, the story is captivating. A father takes his children camping. His youngest daughter is kidnapped and murdered. The rest of the book is the father's encounter with the triune God whom he meets in "The Shack." But God is not who you think "He" is. The dialogue between the father and God is most of the story. A warm hearted ending brings healing to the father. I won't ruin it by telling the end here, but on February 9 we'll discuss it together.

I have a book review of "The Shack" by Rob Staples that I'll share with you, add my own review, and give those who come opportunity to share their reviews.

Read the book before February 9 so you can contribute to our discussion as well as learn from others. We will meet in Student Conference Room on the lower level (right) in the Webster Commons building at 9:30. At 10:45 we'll dismiss in time for our monthly luncheon meeting in the Heritage Room at 11:15.