

OBU legacy newsletter

Legacy Newsletter offered by Oklahoma Baptist University

May 2010

Dum Tempus Habemus, Operemur Bonum

(While we have the time, let us do good)

Seven Ways To Assure There's Always Something There To Remind Me ...

For those of us who remember the “old” rock music, could any of us forget this classic statement of melody and lyrics which spoke of the sadness of a lost sweetheart? For you “rock fans” of the 1960s, Dionne Warwick recorded *Always Something There To Remind Me*, written by Burt Bacharach and Hal David, as the “B” side of a single in 1968. (The “A” side was *Who is going to love me.*) That same year she released *Do You Know the Way to San Jose*. In the same way that those tunes have become signature songs for her, a Charitable Gift Annuity will produce that same effect on you – and in the future, for students at OBU – because it will produce events

which are “always there to remind” you about what you have done. Let me list the ways that “there’s always something there to remind us ...”

1. The annuity payments come to you each month (quarterly, semi-annually or yearly – your choice) unaffected by the ups and downs of the economy. Each time it’s due – it comes faithfully, there to remind you.
2. The payment rates are attractive – especially for donors who were too old to enjoy Dionne Warwick – and the rate will remind you.
3. The payments last a lifetime, no matter how long you live, no matter where you live – and each day, month, year they will remind you.
4. For many years a significant part of the payments you receive are tax free (the tax-free part will be that way until you reach the life expectancy you had when you “signed up” (and for you who appreciate finances, because of the improved rate of return a tax deduction will give, it will remind you).
5. You receive an income tax deduction at the time you acquire the annuity. If your estate is large enough to have estate tax issues, this annuity will be removed from your estate for tax purposes – and it will remind your family.
6. Your gift annuity will provide you with the immense satisfaction of knowing that when you no longer need it, it will also remind Christian students that they are receiving a Christian-based education until Jesus comes back because of you and those like you.
7. Your gift annuity will be a witness to your family, friends and the world about what you believe is important. It will remind them.

To learn how you can have these seven reasons to be reminded of the work of God’s Kingdom which is going on at OBU, contact John Little. He can be reached by telephone at 405.878.2718 or 405.760.8455; by e-mail at john.little@okbu.edu; or by “snail mail” at Oklahoma Baptist University, Attention: John Little, 500 West University, Shawnee, OK 74804.

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The Face of the Century

Preventive Maintenance

by Gina Kraft

Physical inactivity is associated with several disease conditions such as diabetes, hypertension, coronary artery disease, and even some types of cancer.¹ Being physically active not only reduces risk of developing these conditions; activity also can help maintain body weight as we age.² As we get older, the body burns less energy at rest.³ Most of us do not compensate by balancing our decreasing energy expenditure with a decreasing energy intake. If we eat the same amount (or more) while burning less, we gain weight. Here are some practical tips to increase energy expenditure in order to help slow weight gain with age. The added benefit may be reduced risk of various diseases!

Before you begin an exercise program or work to increase your physical activity levels, you should check with your physician to ensure that you are healthy enough for an exercise program. There is a small risk of a cardiovascular event with physical activity. The benefits of such activity far outweigh the risks.³ However, to further minimize your personal risk, please check with a medical professional before beginning.

Find ways to increase the amount of time you spend on daily activities. This can be as simple as avoiding the temptation to find the closest parking spot at the grocery store and walking a little further to get inside. Try taking the stairs rather than riding an elevator. If you need to use the elevator because of bad joints, try walking in place or rising up on your toes during the ride. Housework and yard work also count here. Avoid being in a huge rush to get done. For example, move small bits of laundry from the washing machine to the dryer rather than moving the whole load at one time. This will take more time and increase your overall activity level.

Incorporate activity into your TV time. If you have a favorite television show, use the commercials to be active. Watch through the segment of the show. Then, when the commercials come on, do an exercise. For example, you could alternate extending your legs during the first commercial. During the second commercial, raise your arms out to your sides as far as you can, bring

them down, and repeat. Next, stand and bend one knee at a time so your leg makes an “L” shape. Finally, do a slow march in place. Make up your own exercises and sequence for the next commercial break to avoid boredom. Any movement increases your overall activity level, so be creative and find exercises you like.

Take a walk. Start small and simply walk around the block. If that is too much, start by walking to the end of the driveway. In inclement weather, walk up and down the hall of your house or do laps in your garage. Walking in place is also a good way to be active. The scenery may not be as inspiring as you could experience outside, but you could walk in place while watching television. Malls or shopping centers also provide good places to walk during inclement weather.

Resistance train. Resistance training does not mean you must lift heavy weights at a gym. Neither does it mean you have to purchase expensive weight lifting equipment. To add resistance training without joining a gym or buying equipment, use items you have on hand as weights. A can of green beans makes a great “dumbbell” for resistance training activities. You can use them for shoulder raises, bicep curls, tricep extensions, and all sorts of “weight lifting” exercises. If one can feels too light, place a couple of cans in a bag with a handle. (Just be careful if the cans swing in the bag.)

Find an exercise partner. It is easier to be active and stick to a plan when you know a friend or family member is counting on you. You can attend a fitness class together at a local gym. You can take walks together. Talking will make the time more enjoyable and give you a common activity. If the weather is inclement, get together and watch TV as suggested previously. If you cannot meet your partner, try a training session over the phone. Use your phone’s headset to walk and talk to your training partner.

Schedule your physical activity. Putting activity dates on the calendar helps you find time to be active. Without a schedule for activity, you might find it easy

to procrastinate or not be active at all. Write your planned activity on your calendar at a specific time; this will increase the likelihood of completing the activity.



Kraft, who trains OBU students in physical therapy and other kinesiology fields, is a fitness enthusiast.

Try to find an exercise to **work every major muscle group** in the body. Find an exercise you like for your arms, shoulders, back and/or stomach, hips, thigh, and calf. Working all parts of the body will help you maintain overall body strength and muscle balance. Muscle balance is important for reducing the risk of injury.

Stretch regularly. Stretching can improve flexibility, which aids in the ability to perform daily activities. Good shoulder flexibility makes reaching that object on a high shelf easier. Good flexibility may also reduce the risk of injury to joints and muscles. Stretch to the point of mild tension – not pain. Hold each stretch for 10 to

30 seconds. Stretch all of the major muscles or joints like your calves, hamstrings, quadriceps, and shoulders.

Keep track of your activity.

Writing down

what you do each day can be helpful in several ways. First, it helps you remember what you did the last time. Second, it will help you track progress. Looking back at previous entries can help you see how far you have come. Third, it can provide motivation. Seeing your progress encourages you to continue being active.

Physical activity provides numerous health benefits. Being healthy allows us to have the endurance and stamina to attain the full potential we have in Christ. We are to be the hands of Christ in the world. Healthy bodies provide us opportunities and the ability to effectively be His hands. Get out there and be active!

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About the Writer

Gina Leigh Kraft is an assistant professor of kinesiology and leisure studies at OBU. Born in Duncan, Gina graduated from OBU in 1998 with a degree in sports medicine. She earned a master's degree in health and human performance from the University of Oklahoma, and worked for a year as a physical therapy technician and exercise physiologist at Saint Anthony North in Oklahoma City before returning to OBU to teach in 2001. She completed her doctoral degree from Oklahoma State University in July 2009.

Gina and her husband, Nathan, served as a youth ministry team at Trinity Baptist Church in Wellston from 1998-2003. They developed discipleship programs and provided ministry opportunities for students in the community. A favorite activity was planning and implementing 30-Hour Famine activities for the youth.

Gina enjoys helping other people become healthy and fit, both through the classes she teaches and through programs outside of OBU. Gina is a firm believer in "practicing what she preaches." She is a marathon runner, and part of the Exfuze Women's Racing bicycle team.

A Christian Perspective on Cults

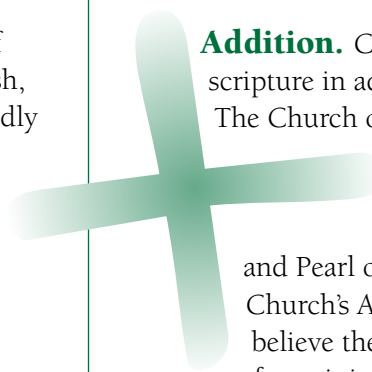
By Preston Condra

“Cult” is an explosive term. In fact, it is something of a four-letter word, so to speak, in religious circles. Cult instantly conjures up images of abuse, control, manipulation and even death at the hands of authoritarian leaders like Rev. Jim Jones, David Koresh, Marshall Applewhite or Warren Jeffs. While these wildly destructive groups are certainly cults, most cults are not as flamboyantly destructive. In fact, extreme destructive behavior does not fully define a cult. How then is a cult defined?

Cult originates from the Latin word *cultus*, which meant “to worship a deity.” Dictionaries define a cult as a group embracing a form of liturgy or worship. Sociologists generally define a cult as a small, new religion not accepted by the mainstream. Psychologists basically define a cult as a group that uses methods resulting in psychological harm. Theologically, a cult claims to be compatible with a religion, yet its doctrine deviates from the historic essential teachings of the religion. A discussion on cults can have various emphases, but the intent of this essay is to offer a Christian perspective on cults. From a Christian viewpoint then, a cult is a group which claims to be Christian, yet its teachings depart from the essential teachings of historic biblical Christianity. In short, Christians consider cults to be counterfeits. What then are the characteristics of cults?

The four functions of math provide a good illustration to concisely explain why cults are categorized as cults by Christianity and why they are not considered Christian groups. Cults add to God’s Word, subtract

from Jesus Christ, multiply the requirements for salvation and divide their followers’ loyalty.



Addition. Cults add to God’s Word by accepting scripture in addition to the Bible. For example, The Church of Jesus Christ of Latter-day Saints (the Mormons) add to God’s Word by supplementing the Bible with the Book of Mormon and Pearl of Great Price. The Mormon Church’s Articles of Faith, article 8, says, “We believe the Bible to be the word of God as far as it is translated correctly; we also believe the Book of Mormon to be the word of God.” Jehovah’s Witnesses have the New World Translation of the Holy Scriptures, in which they have made

hundreds of changes to the Bible that dramatically alter its teachings. Interestingly, Jehovah’s Witnesses also say their organization (the Watchtower Bible and Tract Society) is needed to correctly understand the Bible. Mary Baker Eddy’s book, *Science and Health with Key to the Scriptures*, functions as scripture in Christian Science. Rev. Moon’s Unification Church (now known as The Holy Spirit Association for the Unification of World Christianity) says of the Bible, “The Bible, however, is not the truth itself, but

a textbook teaching the truth. Naturally, the quality of teaching and the method and extent of giving the truth must vary according to each age. Therefore, we must not regard the textbook as absolute in every detail” (*Divine Principle*, 9). The false premise in accepting extra-biblical scripture is that the Bible alone is not sufficient to be the authority for faith and practice.

Cults: **ADD** to God’s Word, **SUBTRACT** from Jesus Christ, **MULTIPLY** the requirements for salvation and **DIVIDE** their followers’ loyalty.

Christians, of course, believe the Bible alone is sufficient for faith and practice.

Subtraction. Cults subtract from Jesus Christ by denying that He is fully God and/or

fully man. For instance, John Allegro, author and founder of The Sacred Mushroom and the Cross taught that Jesus was a New Testament code word that Christians used to induce hallucinations and altered states of consciousness. In other words, Jesus did not really exist, but was just a mushroom. Christian Science teaches that Jesus' humanity was an illusion. Jehovah's Witnesses teach that Jesus was Michael the Archangel before coming to earth, He did not rise from the dead bodily, and He is not God in the flesh. The Mormon Church believes Jesus is the spirit brother of Lucifer, He is not God in the flesh, He became "a god," He was born of a physical union between Heavenly Father and Mary, and many Mormon leaders have taught that Jesus was a polygamist. The Way International teaches that Jesus was a sinless man, but not God in the flesh. Rev. Moon teaches that Jesus can in no way be called God Himself. According to Rev. Moon, Jesus was supposed to establish God's Kingdom on earth by marrying a perfect woman and having perfect children. But due to a mistake He was crucified and can only provide partial salvation. All of these teachings on Jesus are deviations from the biblical concept of Jesus who is fully God and fully man (Colossians 1:17-2:9).

Multiplication. For example, the Mormon Church believes that men can ultimately become gods. Lorenzo Snow, fifth president of the Mormon Church, stated, "As man now is, God once was; as God now is, man may be" (Ensign, February 1982, 39-40). Salvation and ultimately divinity in Mormonism is achieved by "obedience to all laws

and ordinances of the gospel." Jehovah's Witnesses believe their eternal destiny is determined by taking in knowledge, obeying God's laws, associating with God's organization and distributing Watchtower materials. Ellen G. White, a founder of the Seventh Day Adventist

Church, believed that in order for a person to be saved they must be baptized and that worship on the correct Sabbath day is what will distinguish true believers from unbelievers. Famous new age guru Shirley MacLaine, who claimed she grew up in a devout Baptist family, proclaimed in TIME Magazine, "The New Age is man being divine, man can become God. Man does not need a savior; he can save himself through cyclic rebirth and reincarnation."

Division. Cults divide their followers' loyalty by claiming to be the only true church. The group's authoritarian leadership regularly proclaims that members cannot be loyal to God without loyalty to the organization.

Thus the loyalty of the group member is divided between God and the organization. Too, the frightening implication to the cult member is that if he ever leaves the group he brings upon himself eternal damnation. A clear example comes from The Mormon Church which says, "If it had not been for Joseph Smith and the restoration, there would have been no salvation. There is no salvation outside The Church of Jesus Christ of Latter-day Saints" (Doctrines of Salvation, 1:350). Kip McKean of the Boston Church of Christ (now known as the International Church of Christ) said that the Boston church is, "the only true Christian religion" (Watchman Fellowship, Boston Church of Christ Profile). Jehovah's Witnesses say it is "essential" that people become Jehovah's Witnesses in order to be saved (Our Kingdom Ministry, November, 1990, p. 1). Biblically, however, one is in Christ and therefore a member of the church (the body of Christ) by simply believing on Christ alone for salvation (Ephesians 2:8-10 and I Corinthians 15:1-4).

In conclusion, Christianity is composed of fundamental beliefs. We believe: A) that the Bible alone is authoritative and solely sufficient for faith and practice; B) in the triune God of the Bible and that He is unchangeable, all-knowing, all-powerful, the eternally divine creator and is the only God; C) that Jesus Christ

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is the Old Testament prophesied Messiah, He was virgin born, He is fully God and fully man and is the second person of the Trinity, He performed miracles, He died on the cross for the sin of humanity and rose bodily from the dead on the third day, and He is the only way of salvation; D) that salvation is by grace through faith in Christ alone apart from works (this entails accepting

the fact that man is naturally sinful and in need of a savior).

If a group deviates from these essential Christian beliefs the group is outside of the Christian faith. So, then, from a Christian perspective cults are classified as such because they claim to be Christian yet deviate from the essential beliefs of biblical Christianity.

About the Writer

Preston Condra serves on the Oklahoma Baptist University advancement team as director of development for Texas. He joined the university staff in November 2008.

Condra accepted Christ as savior at the age of 16 after hearing the gospel at Elmdale Baptist Church in Springdale, Ark. Motivated by a sincere desire to serve the Lord in Christian ministry, Condra earned a bachelor's degree in religion from OBU in 1992.

"OBU is like home to me," Condra said. "I am forever grateful to my professors who worked hard to not only provide top-notch classroom instruction and a great learning environment but also went out of their way to encourage me to grow in my faith as a believer.

"It was at OBU where I learned a great deal about our beliefs as Christians and through that developed a great love for the Bible and Christian theology. In fact, it was at OBU where I also developed a great interest in studying and understanding other religions from a Christian perspective. And I learned of and developed a great love for a branch of Christian theology known as apologetics.

"I learned that apologetics is not a program for offering apologies, but is a field within Christian theology that seeks to defend and articulate the Christian faith.

"My education at OBU prepared me well to understand and to teach Christian apologetics and theology. OBU played a vital role not only in my ministry and career, but most importantly in my

personal growth as a believer. I am now privileged to get to encourage people to invest in OBU."

While a student, Condra served in staff roles at the First Baptist Church of Moore, and at the First Baptist Church of Meeker. Upon graduation from OBU, Condra went on to serve on the ministerial



staff of Immanuel Baptist Church in Duncan. He then earned a master of divinity degree from Southwestern Baptist Theological Seminary.

Prior to working at OBU, Condra was associate director for Watchman Fellowship (www.watchman.org) and an adjunct professor for Arlington Baptist College. Watchman Fellowship is a Christian apologetics ministry with expertise in cults and new religious movements. While serving on the staff of Watchman Fellowship he spoke regularly at churches, colleges, seminaries and conferences across the nation. He was interviewed on national and local radio broadcasts such as Point of View with Kerby Anderson, The Scott Wilder Show, American Family Radio's Today's Issues with Tim Wildmon, and Salem Network's The Source with Paul Anderson. He also has been quoted in print media such as The Daily Oklahoman and The Dallas Morning News as an expert on cults and new religious movements.

Preston resides in Bedford, Texas, with his wife, Kelly, their cat and two dogs.

Taking A Circuitous Path

Just after the Great Depression ravaged Oklahoma, a young sharecropper's son determined he needed to escape the Sooner State. So 14-year-old Bill Mitchell saved \$3 and ran away. He spent a day walking from rural Chandler to Bethany, and then hitched rides to Phoenix, Ariz. He purchased a loaf of bread in the morning and divided it into thirds – and that made his three meals for the day.

Arriving in Arizona, he got a job at a grocery store. But soon he determined it was time to go home. He saved



William Mitchell started teaching at OBU in 1958, after two people unknowingly recommended him at the same time.

up \$3, and he hitched rides back to central Oklahoma. However, his journeys across the country and around the world were far from over.

Mitchell completed school and earned a bachelor's degree at Oklahoma City University. An avid reader, he read everything he could get his hands on. Meanwhile, the United

States was embroiled in the Korean War. Mitchell knew if he was enrolled in a university full time and making progress toward a degree, he would not be drafted.

"I thought I needed to go somewhere that had an active culture and history," he recalled. So he and his wife,

Dorothy, packed everything they had into their '46 Ford and went to Boston, not knowing the city or anyone there. Mitchell enrolled at Boston University to pursue his master's degree with the intention of paying while he studied and finishing his degree in one year "because I knew the draft was nipping at my heels," he said. He did fairly well in his coursework but could not finish the final exam in the allotted time.

"I did not pass the master's degree exam in 1953, so I went home with my tail between my legs," he said. "I figured I had reached my full potential."

Mitchell was drafted into military service, and he served two years in Korea and Japan, taking a trunk-load of books with him to the Orient.

After completing his assignment, he returned to Oklahoma once again and taught for two years at U.S. Grant High School in Oklahoma City. He began teaching in 1955, and taught the first senior class at the school – the entire senior class – teaching three sections of senior English and two sections of sophomore English.

"I enjoyed teaching – and it surprised me," he said. "I didn't want to be an English teacher. I knew a few, and they were dull."

Following his second year of teaching, he said he "starved out," earning an annual salary of only \$2,700, with a wife, a child, and another child on the way. He returned to Boston to re-take his master's degree exam before his eligibility expired. His wife's sister moved into their home to help, during his absence, with his wife's pregnancy. The day before he took the exam, he received a telegram which read, "Your wife and son are doing fine." He had missed the baby's birth.

"This upset me, and I was very distracted," Mitchell said. "I took a long walk and came to a chapel. I sat

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down and talked to the Lord. I told Him if I passed the exam, I would use my degree to further His kingdom.”

Mitchell passed the exam.

To provide for his family between teaching and re-taking the exam, he began selling books and encyclopedias. He said he was making good money for the first time in his life. He became a manager and trainer for the company, resulting in more income. He asked Boston University to send his transcript to the University of Oklahoma, which approached him about a job – but the sales company said he needed to fulfill his commitment to them.

“I was very good, and I became hardened,” he said. “I could sell to anyone. I learned how to lie without really lying.”

He started selling vending machines for \$80 each in 1958. He told people the company would stock the machines with hot nuts; his customers would provide the stock.

“I couldn’t believe it – everybody bought,” he said.

He was making more money than ever. One day, whipping down a north Texas highway in a ’47 Ford with 90 horsepower, he hit a jackrabbit which went right through his grill and pushed the fan into the radiator. While the car was repaired, he waited in a café where he saw a small tabletop vending machine stocked with nuts. It was the first time he had seen the contraption he had been selling.

“I thought, ‘I’m a con artist, and I’m a very good con artist,’” he recalled.

He called the principal at U.S. Grant and asked if he could possibly use a second-hand English teacher. Living in Del City, late August 1958, he wondered how to feed his family: his wife and his two children,

with another one on the way. On a Sunday night, he received a phone call from Dr. James Ralph Scales, a vice president at OBU, who said, “I’d like to talk to you about a teaching position at OBU.”

Following a Monday morning meeting on Bison Hill with Scales, Mitchell went next door and shook hands with OBU President John Wesley Raley. By the end of the week, he was in faculty meetings, and the next week he was teaching material new to him. (“But I was a quick learner,” he added.)

Mitchell said he was impressed with the campus, and impressed with the fellow faculty. But it was the students who most impressed the young professor. In a classroom in Shawnee Hall, filled with 70 students, he said when he began class, everyone hushed their chatting, pulled out a notebook and listened.

“I realized I needed to be prepared to deserve such attention,” he said.

It was years before Mitchell discovered what led to the Sunday night phone call from Scales. Mitchell was a member of the First Baptist Church of Midwest City. The pastor’s wife was the sister of Eunice Short. Mitchell had given a devotional in Sunday School while Eunice was visiting, and she suggested Scales consider him for a teaching position.

That coincided with another endorsement.

Lena Washacheck Camel had been entertaining her sister, Josie Washacheck, who was an English professor at OBU. Josie had differences with the University, so she took a position late in the summer at another college. She told Lena, “The only thing I regret is leaving OBU in a lurch this late in August. Tell them about my former student, Bill Mitchell.”

The very same day Eunice Short recommended to Scales that he hire Bill Mitchell, Lena Washacheck Camel gave him the same suggestion. Years later, in

retrospect, Mitchell told Scales, “Wasn’t I lucky?” to which Scales replied, “I would have called it providential.”

“That was the first time I understood what had happened to me,” Mitchell said. “I wanted to teach here the rest of my life. There was something going on here I wanted to be a part of. I think I know now what it means: all the coincidences that happen create a pattern, and you realize it was never coincidence at all.”



LINDSAY HALL

Today, Mitchell and his wife, Mae, actively minister in the Shawnee community.

Mitchell taught at OBU for the remainder of his career. His three children completed degrees at OBU: Michael earned a degree in history and political science in 1978; Daniel earned a degree in music composition in 1979; and Janet earned a degree in voice in 1980. They all went on to earn master’s degrees.

For 20 years, Mitchell moonlighted at OBU, taking on whatever extra “chores” he could find to add a small financial cushion. Once he got a bit of a margin, he began to give a little back to OBU, about \$1,000 a year until he retired in 1996. By that time, he was working on the Mitchell English Scholarship to encourage creative writing. At his retirement dinner, attendees also contributed to the scholarship, giving it a boost.

After his wife, Dorothy, died, and Mitchell was ordained to the ministry, he felt like he should give a little more to OBU. He and his second wife, Mae, his brother, Tom, and sister-in-law Kathleen each gave

\$2,500 toward the Thomas W. and Elizabeth Mitchell Memorial Endowment Scholarship, in memory of his parents. The scholarship helps any upperclassman “of greatest need,” in honor of his parents’ strong work ethic.

The Mitchells also established charitable gift annuities, which allow them to contribute to the University from rental properties while receiving a little bit in return each year.

“I really did mean what I said to the Lord at Boston University,” Mitchell said. “I was profoundly impressed, almost from the day I got here, with what was happening at OBU. My roots are so deep in this place, if I left, I would have to leave half of me here.

“If you just keep open and watch what comes, things will eventually come to you,” he said. “That’s what happened at OBU. It was a gift, a blessing.”

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Facebook: The Face of the Century

By Misty Hamilton

People of all ages have become part of social networking sites such as Facebook, MySpace and Twitter. Back in October 2003, Mark Zuckerberg created Facebook in his dorm room while a sophomore at Harvard. The giant networking site now has more than 350 million active users. As students, young families and grandparents look for ways to stay connected with friends, family and co-workers, Facebook continues to be the medium of choice.

Zuckerberg started Facebook only for college students. High school students were granted accounts in September 2005, but high school networks required an invitation to join. Facebook expanded membership eligibility to employees of several major corporations before it opened the gates to everyone 13 and older in September 2006.

“Facebook is useful because it is fast and semi-personal,” said Lane Sparkman, mother of an OBU graduate, and a frequent user of the networking site.

Facebook offers more than a way to stay connected. It provides numerous applications and features that users can add to their profiles. Users can upload an unlimited number of photos, play games, create and take quizzes, send virtual gifts,

send messages to contacts, post notes, or simply comment on the status of a friend. The site offers a glimpse into the lives of users, leading some employers to use the network to monitor current or prospective employees.

Facebook users also can opt to send and receive updates via their mobile phone. Research shows 50% of users log on to Facebook in any given day and more than 35 million update their status – sharing a brief description of what they are doing – daily.

The site has been a means for expression since its inception. When users add personal information, become fans of pages, join groups or add other applications, they are showing who they are. Users also can upload music and videos.

In addition, advertisers find Facebook useful. Each time a user switches from page to page, advertisements are on the side bar targeting the user’s interests. Some may consider Facebook a privacy concern, but users have the opportunity to set their own privacy levels. Available features include limiting who can view certain

information on profile pages as well as the opportunity to share specific information on the newsfeed, a place where friends’





recent activity can be viewed. Users also can decide who they want to befriend.

Facebook has more than 22 million games available. One of the most popular is Farmville, which allows users to cultivate crops and raise farm animals. Points are rewarded when a farm is prospering.

“I most often use Facebook to play Farmville,” said Patty McWilliams, retired OBU bookstore manager and wife of Dr. Warren McWilliams, OBU’s Augue Henry professor of Bible. “Also, I joined Facebook because I thought it would be fun to see how many former students who worked for me at the bookstore I could locate.”

Signing up for Facebook is quick, easy and, best of all, free. Simply go to www.facebook.com and enter your full name and a valid e-mail address. After the information is quickly processed, a profile page is created. The new user can personalize the page by adding a profile picture, basic interests, favorite movies, television shows, books, quotes and other information.

Joining a social networking site helps users get the latest updates from friends and family with just the click of the mouse. You can even get the most recent news from Bison Hill by becoming a Facebook fan of Oklahoma Baptist University.

About the Writer

Misty Lynn Hamilton graduated from OBU in May 2010 with a bachelor’s degree in strategic communication. She came to OBU from Noel, Mo., to pursue a Christian liberal arts education and to learn to engage a diverse world. She has been involved in academic, student life, and missions programs throughout her OBU career.



During her first three years on Bison Hill, Misty was a part of the University Concert Series, helping bring entertainment to the student body. She currently works at Sonic Drive-In as well as in OBU’s University Communications Office as a student writer.

Misty has been on the Dean’s or President’s Honor Roll each semester, and is a member of Phi Eta Sigma. Over the past few years, she has been involved in several mission trips. She has served with three different teams in Nicaragua, helped with hurricane relief in Galveston, Texas, and worked with inner city kids in New York City.

She also enjoys helping with the children’s and youth ministries at her home church, Elk River Baptist Church in Grove, Okla. For the past three summers, Misty has been a sponsor for both children’s and youth camp at Grand Lake Baptist Assembly.

Misty’s hobbies include playing softball, watching movies and spending time with friends and family. She is pursuing a career in event planning or public relations.

Contact Information

John Little may be reached by mail at:

Oklahoma Baptist University | Attention: John Little | 500 West University | Shawnee, OK 74804

E-mail: john.little@okbu.edu • **Telephone:** 405.878.2718 • **Fax:** 405.878.2710

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