

# Grossmont grads told 'stay loose and laugh'

**By Del Hood**  
*of The Daily Californian*

Keep limber. Keep loony. Keep loving.

Those bits of advice were passed along to the 1982 graduates of Grossmont College by Dr. Thomas Fryer Jr., chancellor of Foothill-De Anza Community College District in Los Altos, during the 21st annual commencement Tuesday evening.

Fryer, who said he picked up the six-word philosophy of living from an English teacher during his own college days in North Carolina, translated the saying as meaning stay loose, cultivate a sense of humor and make the world a little better place.

Staying loose, or "keeping limber" as they say in North Carolina, is important for withstanding the shock of change that occurs so rapidly in the world, Fryer said.

"Changes we have seen thus far, if we don't blow ourselves up in a nuclear Armageddon, are merely the prologue," Fryer said. But none of those changes in the physical world can compare to the transformations that will occur in the universe inside yourself, he told the graduates.

"Tuesday's turmoil is Wednesday's serenity," Fryer said. "Wednesday's serenity is Thursday's anguish. Thursday's anguish is Friday's reconciliation. Friday's reconciliation is Saturday's bewilderment."

Of all the admirable human characteristics, Fryer continued, none is more

important than learning to laugh — the "keeping loony" part of his advice.

"Accept your own imperfections. Work on them. Get help. Improve yourself. Don't punish yourself and others because you're not perfect."

Fryer, who has been a visiting scholar at Harvard University, said loving implies trying to make a contribution to the world. Like putting down a cleaning deposit on an apartment, people are expected to leave the world at least in as good a shape as they found it, Fryer said.

There were 1,035 eligible graduates, but only about 300 attended the outdoor ceremony on the quad, where proud parents — and in some cases proud children — snapped photographs of their favorite graduates and cheered when their names were announced. The youngest graduate is 19, the oldest 68. Fifty-four percent of the graduates are women.

Nine retiring faculty members, with a total of 150 years of service to the college, were recognized by Dr. Ivan Jones, president. They are Martha Ashworth, business, 21 years; Harry Cousineau, counseling, 16 years; D. Norman Gray, administration of justice, 12 years; Fay Kurtz, family and consumer studies, 10 years; Charlene Lamons, English, 20 years; John Lynch, English, 18 years; Carroll Reed, music, 19 years; Frank Vittor, English, 16 years; and Les Phillips, dean of physical education, recreation and athletics, 18 years.