

# Plainsman Press

1401 S. College Ave. • Levelland, Texas

Vol. 56 • Issue 7 • February 3, 2014



Lacy Jo Davis, assistant professor of English at South Plains College, has released her first EP.

see page 2



Donna Ham, associate instructor of Fine Arts in piano, shares love of music to influence students.

see page 9



Zach Haynie, a member of the Baptist Student Ministry at SPC, shares his life-changing experiences at mission trips.

see page 10

8

## Feature

February 3, 2014

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# 'Hippie' author pens unique memoir

by RANDI ADAMS  
staff writer

If you have been on the Internet lately, you may have noticed nostalgia is trending again in the form of "Wayback Wednesday" and "Throwback Thursday" posts on social media sites.

Canadian author and self-professed hippie Beverley Golden is practically a nostalgia and pop culture expert, and she has released a memoir about her life titled, "Confessions of a Middle-Aged Hippie."

"I don't see an age barrier for the message in my book," Golden told The Plainsman Press in a recent interview. "In the industry, they want to know: Who is your target market? How about people who really live the hippie values in their life? Who stands for world peace, and love and art and music and creativity and community? My message is the hippie values."

Golden believes that she is the true definition of a hippie, not what other people, as well as the media, think what the hippie lifestyle is like.

"What do you think of when you think of hippie?" Golden asked. "You think of long hair and drugs, and sex and heavy rock and roll. When I think of hippie, it's the value system they lived by. It's about consciousness and organic living and community."

Golden believes that hippie values are at "the core of who we

are as human beings," and that most people can relate to the hippie state of mind.

"I think right now, honestly, most people would say, 'Wow, I'm a hippie!'" Golden said. "Who doesn't want world peace? Who doesn't see the value of art and music? We're pretty much all hippies. Those values that were the seeds of all of those things were planted during the hippie era in the '60s, but it's the root of who we all are. It's really about being human, and being vulnerable."

In her memoir, Golden uses a rather unique approach by using an interview format with

back. Whether they were editors or writers, I categorically got the same reaction. "You cannot write your book this way! It doesn't make any sense! I stuck with this format that came to me."

Despite early resistance, Golden believes that her format has served her well, due to the feedback she has received since the release of "Confessions."

"Most people who read the book really enjoy it, because they feel like they're in a conversation, which is exactly what I want," Golden said. "It is a conversation."

Golden states in "Confessions" that she wrote her entire memoir in eight days at a writing retreat she attended.

"I actually wrote the whole thing in three and a half days," Golden said. "And I wrote it longhand. Obviously, I embellished after, but I think when I left that writing retreat I had probably 35,000 words written."

Golden had heard about the writing retreat from a random conversation with a woman she happened to meet at a swimming pool in Sedona, Arizona.

"I like a quick fix, the short route," Golden said. "I'm

not necessarily a woman who loves process. So when I heard that she had been a writer for a lot of years, and that she had just gone to this writing retreat and that everyone who went wrote a book in eight days, I went,

'Oh, my gosh. This sounds like something I want to try.' It was just one of those life moments where you're talking to a person at the right time and they say something, and you're like,

'Wow. I'm supposed to hear that and act on it.'

Golden believes that the experience changed her life.

"We were writing like mad!" Golden said. "We wrote on these huge unlined pads, and you just write. You don't worry at all about editing, mistakes, or research. You're just writing in a stream of consciousness. And we really didn't change much. I feel I made the right choice by going to that retreat to write the book. It was really life-changing for me."

Golden always felt that she was meant to be a writer, even though she had not done so professionally until later in life.

"I really think I came here in this lifetime as a writer," Golden said. "From a very, very early age, I was reading, and I love words and I love books. And I've always been the person who expressed themselves very well with words. For most of my professional ca-

reer, even if I wasn't writing, I was always the person who would write the promotional material or the public relations things."

However, Golden says that she did not plan to ever write a

book, let alone write about her own life story.

"I didn't think, honestly, that I would ever write a book," Golden said. "I felt like that wasn't my thing. I really like to write short pieces, do some research, and get it out in the world. Back in the '80s I wrote for a video magazine back when I was in the video industry."

Golden is also a writer for the website The Huffington Post. She had the opportunity to attend a book marketing event

in San Diego after she attended the writing retreat.

"Every 10 minutes, there was a new speaker," Golden said. "Arianna Huffington was one of the speakers, and afterwards she invited everyone in the room to submit a post. She gave us her email address and said everyone was welcome to submit something. So I sat on that for three long months and thought, 'What am I going to write for The Huffington Post?' And then one night I had this idea of what to write. I sat down and wrote it and sent it to her, and I got an email back from her saying, 'We're delighted to have your voice on The Huffington Post.' That's where I started. I am able to write about any single topic I want to write about, and that's really amazing too."

Golden has pursued a variety of careers during the course of her lifetime, including being a singer, and has earned degrees in business and marketing, as well as in liberal studies, sociology, and fine arts.

"That's what happens when you're a curious person who wants to learn!" Golden said. "Life is so fascinating. You just don't know. You couldn't even plan for some of

these things to happen. When life shows up, you say, 'Yes.' That's one of my mottos. Always say yes to life. And just be welcoming to what comes toward you and explore it."

Golden also has this advice to pass on to college students:

"I think a lot of people do things because they think, 'It's the right thing to do,' says Golden. "I can only encourage people to really be quiet and listen to what their own inner voice is telling them. Be true to yourself."

