

TM Lecture Wednesday

by Pat Townsend

There will be another introductory lecture on the subject of Transcendental Meditation on Wednesday, at 8:00 p.m., in the Founders. In a discussion with TM teacher Cliff Smith and Guilford student Alan Lott, I was introduced to the subject of TM. We all found it interesting that such diverse characters as Doris Day, Joe Namath and former Army War College Commandant General Franklin M. Davis all share something in common - each practices TM.

The technique of this practice requires no special postures or other requirements. The person merely sits comfortably in a chair, and spends 15 to 20 minutes twice daily, generally morning and evening, in Transcendental Meditation. Although the practice originated in India, and the movement is being revived by Maharishi Mahesh Yogi, Mr. Smith stressed that TM is neither religiously oriented, nor of Eastern hemisphere restrictions. TM is considered as the practical aspect of the Science of

Beach Music Dance

On the "Beach"

by Edith Kurie

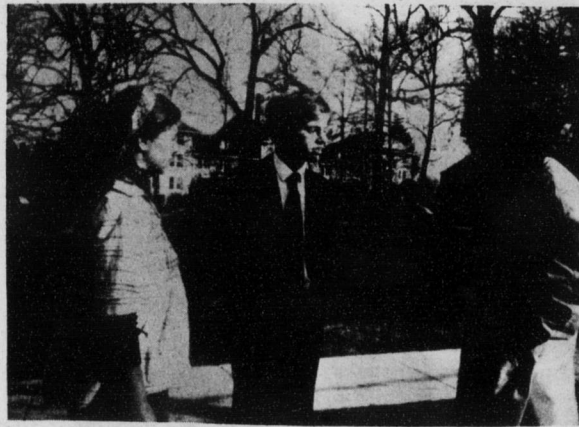
This Friday, March 26th, Binford Hall invites everyone on campus to a blast-off beach-music dance. The fun begins at 9:00 p.m. Friday evening, going strong 'till 1:00. With the weather on our side, the dance will be outside, appropriately on the "Binford Beach", and that part of the parking lot which is closest. If the weather chooses to be disagreeable, the dance will bounce into the gym, same time.

The band is "Fantasia". Once called "The Villagers," they were very popular in this area a few years ago. They split up and Chuck Martin re-organized a few more people into the group "Fantasia". They are soon to acquire a new "old" member who was with them previously as "The Villagers". With this acquisition, they will once again call themselves "The Villagers".

Chuck Martin, formerly of Virginia, has frequently played with Ray Stevens in the past. He has had "Fantasia" do some recording, and soon will release.

For a sampling of what they will play: Beatles, Eagles, Eric Clapton, Rolling Stones, The Band, Chuck Berry, Little Richard, Loggins and Messina, etc., etc. (no Beach Boys?-ed.) They are definitely versatile and have played at many places in Greensboro, such as "Speak Easy", and various places in High Point.

So come shag with us on the Binford Beach, Friday, March 26, 9-1.



T.M. teacher Cliff Smith discusses a controversial topic with students Bec Enos and John Bell. Photo by Townsend.

Creative Intelligence. TM is claimed to produce in its practicers a "state of restful, alertness." With the data of various studies and surveys, in areas where TM is practiced by at least 1% of the population, the crime rate has dropped, and the incidents of accidents and sickness have also lessened. TM has been used in US prisons to help cut down on the incidence of drug usage.

On January 12th, 1975, the Maharishi proclaimed the official "Dawn of the Age of Enlightenment". His goal is for at least 1% of the world population to be practicing TM. At present, over 400 cities worldwide have reached this percentage. The Maharishi's philosophy is summed up as "A healthy individual indicates a healthy society. World peace begins with the individual. With stress in the system released through TM, the individual gains an orderly state of mind, and thus individual peace." Alan Lott commented that "there are

approximately 15 to 20 practicers of TM on campus."

Mr. Smith, who himself is an accredited teacher of TM, defended the financial aspect of the TM course. SIMS, the organization's name, is an educational and non-profit business. Course fees go to the basic maintenance of the organization.

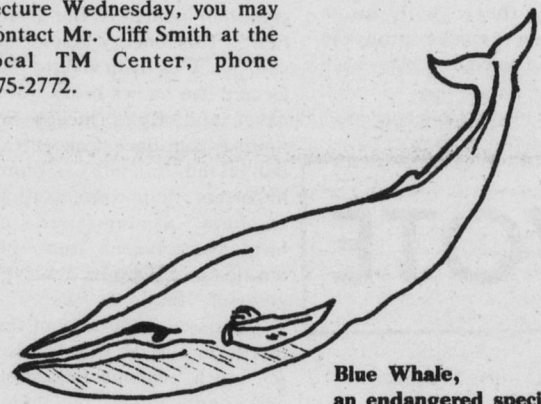
If you are interested in learning more about TM, but are unable to attend the lecture Wednesday, you may contact Mr. Cliff Smith at the local TM Center, phone 275-2772.

History Lecture

The 1976 Rembert W. Patrick History Lecture... will be given on Thursday, March 25, at 8:15 p.m., in the Moon Room. The speaker will be Samuel Proctor, Julien C. Yonge Professor of Florida History at the University of Florida. His topic is, "The Eagle Soareth: The South Observes the Centennial" (1876).

Biophile Film - "Say Goodbye"

Biophile meeting Tuesday night at 6:30 we will be showing the film Say Goodbye, a look at the extinction of animal species. This film talks about the 140 species of animals that have become extinct in recent history because of mans actions. Also calendar layout will be discussed at this meeting. The film is fairly short and well worth seeing. It will be shown in the Founders Gallery.



Blue Whale, an endangered species

Can You Take the Grand Canyon?

We Can Take You There!

A back-packing trip is being organized to the Grand Canyon and you can be a part of it! This is a totally non-academic trip (as opposed to Seminars West, scheduled for the second semester of summer school, and going to the Grand Tetons and Yellowstone Park). This trip is just for the fun of it and is being arranged for us by Rocky Mountain Expeditions, the organization which set up the Canyon segment of last year's Seminars West.

The trip, to be conducted between May 24 and May 31, is planned to re-cover a small part of last year's route and then strike out into new territory. There will be at least two lay-over days, in addition to the days of hiking, and a


total of something like 40 miles will be covered. One week earlier than last year, this trip will again start off at the North Rim, descend the 5,000 feet to the Colorado River, and come out again on the North Rim. We will go to two of the tributaries of the Colorado, Deer Creek and Kanab Creek, examples of the amazing rivers that spring full-blown out of the walls of the canyon. These short creeks are literal "gardens in the desert", surrounded closely by cottonwoods, cane, many birds and small animals. The contrasts have to be seen...and felt...to be believed. This is truly a magnificent hike, one which will let you know you've really accomplished something...in both

physical and spiritual senses.

The trip will cost \$180 for the entire time in the Canyon. You should supply your own boots, pack frame, sleeping bag, and personal gear, though many items are available for rent from Rocky Mountain Expeditions. If you are thinking seriously of coming along, talk to Don Gibbon, in the Geology Department, as soon as possible...and get those boots broken in!



TRANSCENDENTAL MEDITATION PROGRAM™
as taught by Maharishi Mahesh Yogi



FREE PUBLIC LECTURES
Thurs. March 25
8PM, Rm. 205
Founders