

# THE CAROLINA JOURNAL

michael mcculley/editor  
EDITORIAL

(The below statement was read before the General Faculty meeting on Wednesday, May 5, at 12:30 a.m., --The Editor)

One year ago yesterday, on May fourth, 1970, 61 shots were fired by 28 National Guardsmen into a crowd of student demonstrators at Kent State University, Ohio.

Four students were killed and nine wounded in the aftermath. As a result of Grand Jury findings, 25 students and faculty at Kent State were indicted as responsible for the events which led to the barrage of shots, in self defense.

As a result of the Scranton Commission Report on Campus Unrest, as gathered from FBI findings and interviews, the National Guard was repeatedly cited as firing unnecessarily in order to protect themselves.

In Ohio, the trials drag on and across the nation today there is still grave doubt and confusion as to who caused what to happen at Kent State.

At all-black Jackson State College, Mississippi, in the early dawn of May fifteenth, 1970, a 20-second barrage of gunfire ripped into a college dormitory, fired by police who reportedly thought there was a sniper inside.

Phillip Gibbs, age 22, and James Green, 17, were fatally injured. Nine others were wounded, one critically, including two women co-eds who were reportedly visiting the dorms at the time.

Reports after the incident by students and witnesses asserted there was no sniper fire from the building. Police spokesmen's statements claimed in the wake of the incident that they had received "substantial sniper fire" before they returned it, in self-defense.

Today, like Kent State, this matter is still not fully explained or understandable.

May 5th has been designated across the nation as the Student Mobilization Day for the national student groups, as a Moratorium Day for the killed at Kent and Jackson.

May 5th is a day when the Moratorium Day Movement have asked that college campuses — the students, the faculty, remember the events of last May. We are asking you to join in seeing that such actions, like the case of the sniper fire, are not repeated.

Here at UNCC, the slaying of Jackson State students is not forgotten. The memories of the slain students have died a painful death.

In the wake of the Spring Movement in Washington, nothing was done or done even privately — at UNCC to further the cause of peace in Vietnam. We, remember the slain students, to re-dedicate ourselves to the principles for which we once stood together. It was the only one year ago, yesterday.

Faculty members at UNCC acted first last year — before the Student Legislature — in passing a resolution which reflected the moral and social consciousness prevalent at that time. That action is highly commendable.

I come today, as a student only, asking only that you not forget — as many students have not forgotten — the events of last May. I ask that you remember your actions and feelings at that time. I ask that you remember your actions and feelings at that time. I ask you to note how far we have progressed (or have we?) since those tragic events, at UNCC and across the nation. I ask that if indeed any of you remember, if indeed any of you care about the dead (in Vietnam, in America) — that you also remember the passage of time will dim the most profound emotion, if we let it.

Silently or vocally, individually or as a body, those of you who remember are not alone. Any action or participation in the Moratorium will have to be decided between yourself and your conscience, and those of you who remember are not alone.

## the journal

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# Meditation: 'It's Simple, Natural, And Anybody Can Do It'

It's over 5,000 years old and a form of Vedic philosophy was part of its origin. NASA is interested in it for their astronauts; the Pentagon reportedly is considering it for stress reduction for their top generals; a heart specialist in Boston recommends it for his heart patients.

It's called transcendental meditation (TM) and, according to scientific research, test results "seems to distinguish the state produced by transcendental meditation from commonly encountered states of consciousness and suggest that it may have practical applications."

Ralph Grosswald, owner of Pants East and himself a practitioner of TM, talked about it this week at UNCC. "It's not spiritual but physiological. The thing about TM," he said, "is that it is entirely technique-oriented—it's simple, natural, and anybody can do it."

"TM requires no special diet, no positions like yoga, and there's no ritualistic requirements that many people think of with weird cult activities." Ralph holds a B.A. from Chapel Hill in Psychology and graduated Phi Beta Kappa. He's at work now on a M.A. "that will also produce credit towards my doctorate in psychology."

"Your philosophy in life, whatever it is, doesn't have to accept any Indian philosophy or beliefs of any kind to practice TM. India happens to be the place and gurus happen to be those that are bringing TM to the world now."

"People want to know why TM isn't practiced more if it is really so beneficial. Today, with mass communications and the shrunk globe, it's really getting out like never before in history. The current person bringing this to the world is Maharishi Mahesh Yogi, who incidentally graduated from M.I.T. in physics, and he uses jet planes, telegrams, long-distance

### Coming Up...

The Journal prints its last issue of the semester next week. We'll be featuring an exclusive 1,000-word excerpt from Timothy Leary's book, *Jail Notes*, written during his imprisonment in California before his escape.

Also scheduled for the final edition: A *Journal Interview* with former Attorney General Ramsey Clark; Part II of Doug Munroe's look at the Crowder's Creek Pollution; and, a Review of Eleven Charlotte Poets.

There's more comin' up from the Journal...keep watchin'...and tell your friends what you see...

--The Editor

## Editorial policy

Opinions of the Carolina Journal are expressed on its editorial page. All editorials are the opinions of the Editorial Board. Letters and columns represent only the opinions of the individual contributors

### the editor's report

phones, and all modern methods to link his teachers with him all over the world."

We were interrupted by Ralph's sister, Candy, a UNCC student who practices TM, and she told us that SIMS (Students' International Meditation Society) has been trying to get a chapter started at UNCC for some time. Apparently, the "redtape of your student government," Ralph said, "hasn't approved the constitution and Candy can't find out what the delay is."

Why TM at all seemed like a good question and Ralph responded eagerly. "The pace of life today is unreal. The traumatic strain of living is such that ordinary sleep is not enough to reduce the level of tension in the body. This 'residue of tension' is specifically effected by TM; it is relieved because in TM you experience a state deeper than profound sleep. You can 'purify' the nervous system."

"Over 90% of those who try TM feel results immediately. Personally, my body felt better, and I had calmer, more relaxed sleep after the first time. Whatever your life involves, TM enhances it. It requires no change in your life at all, except the few minutes each morning and each evening to practice TM."

We naturally fell into what TM requires, and how you go about adopting the technique. "The Maharishi is a purist. He's in Spain now teaching some 2,000 teachers from all over the United States and other countries his technique. He won't let anyone teach his method unless he's taught them himself."

"SIMS starts in an area with a lecture by a teacher who studied under the Maharishi. Then there's a second lecture where more explanation about the technique is given."

"Then, for a one-time fee of

\$35 (which is necessary to cover publicity costs of posters, plane fares of the teachers, and minor operating expenses), you join SIMS and receive your 'personal instruction.'

"Next, there's the initiation which takes about an hour. You're helped to learn 'right meditation' and for about three evenings in the first week you are 'checked' by a 'checker.'

"A lot of people try to concentrate very hard or do other things which actually impede TM. We try to help the technique work because it is so simple people often overdo it. After you learn the technique, you just practice it to 'clean out your system' and 'checkers' are available in the area to help you in any way."

"TM came into the States on the West Coast and then spread up North and into all the major cities. They're initiating thousands every week into TM right now. It's at Chapel Hill now with several hundred starting each week. Here in Charlotte we've got about eight students at UNCC and about the same number at Central Piedmont."

"As I said, the results are mainly physiological, but the mental effects are dramatic, too. One of the best research studies into TM was done by Robert Keith Wallace, for his Ph.D., at the Department of Physiology, School of Medicine, in Los Angeles. His study showed significant changes between the control period and the meditation period in all measurements."

"During meditation, oxygen consumption and heart rate decreased, skin resistance increased, and the EEG showed specific changes in certain frequencies," his report reads.

We had to break off talking but Ralph advised that a lecture on TM was scheduled at UNCC on Thursday, May 6, at 8:00 p.m., in UC-231. Judging from the literature on it, Ralph's enthusiasm, TM seems to be something different from hocus-pocus or magical rituals. Those interested in learning more about TM should check out the lecture. It just might be the very thing you've been looking for.

## LITTLE MAN ON CAMPUS



"WELL, I'D HATE TO HAVE TO GO OUT AND MAKE A LIVING WITH THE COURSES I'M TEACHING."