

In Philadelphia

Students Work On Rabe's Play 'Orphan'

By PRUDENCE MASON
Essay Staff Reporter

Four NCSA students and one graduate have just completed work on a production of "The Orphan" by David Rabe at the Manning Street Theatre in Philadelphia. Joseph Papp, the noted New York producer, helped to finance the production.

Nancy Mette, Cindy Winkler, and Tom Hulce, NCSA senior drama majors and Jon Thompson, a drama school graduate, played the roles of The Girl, The Speaker, Orestes and Apollo and Calcus, respectively. Debe Hale, a design and production student, designed the set and Elizabeth Myers, a senior composition major, composed the music for the Philadelphia production. All were involved in NCSA's production of the play last fall in the same capacities.

Barnett Kellman, a young New York director who staged the play here, repeated his directing assignment.

"The Orphan," a juxtaposition of themes involving the Greek "Orestes"

trilogy, the Sharon Tate murders and the Viet Nam war, was first presented several years ago at the Public Theatre in New York under the sponsorship of Joseph Papp's New York Shakespeare Festival. Most critics termed the concept "interesting" but felt the play needed work.

Rabe Rewrote

Rabe set about improving the play using the NCSA production as a trying ground for his new ideas. He sent rewrites regularly to the NCSA cast during its rehearsal period despite the fact that he was in the midst of constant revision on his recent play "Boom Boom Room" then being produced at New York's Lincoln Center.

After the opening of "Boom Boom Room", Rabe came to Winston-Salem to see the new "Orphan" production. Encouraged by the results, Rabe and Kellman set about finding another theatre in which to produce the play. After negotiating with theatres in several major cities they decided on the Manning Street Theatre, a resident professional theatre in Philadelphia. Joseph Papp was persuaded to finance half the production costs.

The Philadelphia production represents the finalized form of the play. In a telephone interview, Kellman said he expects the Philadelphia version of the script and Ms. Myers music to be published by Samuel French. Kellman and Rabe are now looking for a New York theatre to house a final production of the play.

The students will return to the school to finish work on their degrees when the production closes this month.



Photo by Charles Weeks

Tom Hulce and Nancy Mette in "The Orphan"

SCA Elections

ELECTIONS, From Page 1

The Visual Arts representatives are Suzanne Stevens of Winston-Salem and Sandra Boswell of Durham, both high school juniors, Marguerite Gusdon of Winston-Salem, also a junior, is the alternate.

The new president will preside over both old and new councils at the regular noon meeting on April 9.

Transcendental Meditation Used in New Ways

TM, From Page 1

TM is done by sitting comfortably with your eyes closed for 15 to 20 minutes twice daily and practicing a simple natural technique, said Jeanne Hecker, a teacher of TM at the International Meditation Society Center.

Mahareshi

Chief proponent of the practice is Mahareshi Mahesh Yogi. In an article by Tom Elam in the December 1972 issue of Phi Delta Kappan published by that fraternity, Mahareshi is described as a physics major who graduated from Allahabad University in India. In 1955, according to Elam, Yogi began teaching the principles and practices of TM throughout India and in 1958, he instigated a world movement "to bring TM to everyone." He made friends with Nobel prize winners, such as planner, designer, philosopher Buckminster Fuller, and world authorities in all fields.

The claim of "deep rest and relaxation," has been objectively verified by various tests run by The Scientific American, The Lancet, and other independent organizations and universities.

Metabolic Levels

According to scientists, transcendental meditators find significant improvement in their metabolic levels, natural breath rate change, states of relaxation, changes in cardiac output, biochemical



Mahareshi Mahesh Yogi

changes, reaction time, increased perceptual ability, increased stability and learning ability as well as reduced use of tranquilizers and stimulants.

Jan Elder, a college voice major who has been meditating for about two months, says:

"I like the letting go, the relaxing."

When asked if she had any concrete examples of the benefits of TM, Jan replied, "Oh yes, before my voice jury last term.

"Needless to say, I was just terrified and tense. I had been taking yoga, so I did some yoga, and then I meditated for about 20 minutes. Then I went upstairs.

"Well, I walked into the room and I wasn't even tense; the tension just never came back. It was like, until I meditated, I was nervous, tight, worried. But afterwards the tension never came back. And I did great on my jury. I sang better than I'd ever sung since I've been here."

Anyone Can

The technique is presented over a seven-day course; however, teachers assure beginners that anyone can meditate perfectly from the first time. During the two week period prior to initial instruction, beginners are required to abstain from any non-prescription drug use in order to insure a clear first experience. The student is asked to return monthly for free checking throughout the first year, though, in order to insure proper maintenance of the technique.

The building where the checking and the courses as well as all other International Meditation Society business in the Winston-Salem Greensboro area is located at 1027 South Main Street.

600,000 Meditators

There are TM centers in every major country in the world, with over 205 centers in the United States alone, said Loretta Young, a TM instructor here in Winston-Salem. Ms. Young also mentioned that France, West Germany, England, and the Scandinavian countries have a major concentration of these centers. According to IMS figures, there are over 600,000 meditators throughout the world.

The impact of TM on US state government officials has been marked. An article in the June 10, 1973 issue of the San Francisco Examiner tells of two Oakland, California assemblymen, a

state senator, and an Assembly chaplain who are all meditators and who report increased relaxation and emotional stability.

Also, the State of Illinois has adopted House Resolution number 677 recommending TM to be encouraged in both educational and medical drug rehabilitation programs throughout that state.

In New York, the Eastchester Public School system has recently installed TM as a secondary school subject. According to Mr. Francis G. Driscoll, superintendent of Eastchester schools (from a story in Phi Delta Kappan, December 1973.):

"We believe that transcendental meditation has been of direct and positive help to the students in our secondary school who have begun to meditate. Students, parents, and teachers report similar feelings. Scholastic grades improved, relationships with families, teachers, and peers are better, and, very significantly, drug abuse disappears or does not begin."

Al E. Rubottom, a 1969 Yale graduate, cum laude, with a B.A. degree in Sociology and Art and a teacher of TM in California and Connecticut, emphasizes the scientific studies in this paper "Transcendental Meditation and Its Potential Uses for Schools." Rubottom also mentions the sciences of Creative Intelligence, TM's accompanying area of applied study:

"The Science of Creative Intelligence (SCI) may be described as a practical inquiry into the sources and uses of intelligence and creativity."

SCI is also offered as a separate course available at the Main Street facility.

Business

The benefits of TM are being extolled in the world of business as well. In an article entitled "Business Tries Meditating" in the June, 1973 issue of The New Englander, Richard N. Livingstone tells of several corporations sponsoring TM and SCI-oriented business seminars for its executives as a useful tool in personal and corporate relations. In the article Michael Dawson, an executive for Arthur D. Little, Inc. Cambridge, Massachusetts, admits, "It's kinda' slow. You can spend three or four weeks getting into TM with no desirable results. The, suddenly, you

realize that you are getting more done in less time and the pressures do not seem as great. I used to get home exhausted; now if I meditate, I'm good for the evening."

Two dance students at NCSA, Frank Holliday and Andy Rees, commented on their experience with TM:

"My dancing has improved a lot," says Holliday, who has been at it since October, 1973. "I learned how to concentrate. It's funny, I was meditating for awhile and I stopped. I started getting wrapped up in the useless trivia that can go on around here. But then, one day, I started meditating again, and I can feel the results already."

Creativity Boom

"I think that if everyone at NCSA did TM, the creativity around here would boom. The teachers should do it—everyone—'cause it's so easy."

Comments made by Andy Rees show some insight into personal and campus problems. Says Rees, "It's made me understand that I should work for myself. Also, TM has helped me perceive the mass confusion that sometimes occurs at this school and in my surroundings here in Moore dorm and on this campus."

In a 1973 visit with Haile Selassie, ruler of Ethiopia, the Mahareshi discussed an "Alliance for Knowledge." In an article in THE ETHIOPIAN HERALD (September 2, 1973) the seven goals of SCI were described: "To develop the full potential of the individual, to improve governmental achievements, to realize the highest ideal of education, to solve the problems of crime, drug abuse and all behaviour that brings unhappiness to the family of man, to maximize the intelligent use of the environment, to bring fulfillment to the economic aspirations of individuals and society, and to achieve the spiritual goal of mankind in this generation."

Costs

Costs for learning the procedure vary. High school students are charged \$55.00; college students, \$65.00; adults, \$125.00, and adult couples pay \$200.00. According to Jeanne Hecker, these costs reflect both inflation and the costs involved to the IMS and SIMS (Students International Meditation Society) such as publicity and teaching costs. These two organizations are registered non-profit societies.