

TM Presentation on 21st

An introductory lecture, leading to lessons in Transcendental Meditation will be delivered Monday night at 8 p.m. in the Leak Room. Joseph Clark, east coast coordinator of the Student International Meditation Society (SIMS), will deliver the lecture.

The introductory lecture is the first part of a seven stage course in Transcendental Meditation offered by SIMS. An extended course on meditation, entitled "Science of Creative Intelligence," is currently offered for credit at several schools including Goddard College, the University of Virginia, and the University of California. Groundwork for a credit course at UNC-CH and UNC-G is being undertaken by SIMS.

Transcendental Meditation, referred to as "TM" by meditators, is a process designed to give the body and mind the type of rest found in deep sleep. Unlike true yoga, TM does not depend on an ascetic life-style or time consuming preparation. SIMS states that four one hour lessons are enough to give the student the essential elements of TM. It depends not on concentration or contemplation, but on a casting aside of thought in an effort to reach "pure intelligence," according to meditators.

TM has been given quite a boost by publication in this month's *Scientific American* of a study indicating many beneficial effects, both mental and physical. The study, by Dr.'s R. Keith Wallace and Herbert Benson of Harvard Medical School, states that TM is an effective relaxing process, of



Maharishi Mahesh Yogi, popularizer of T.M.

value in treating alcoholism, drug addiction, and hypertension. Meditators claim that TM allows them to "do less but accomplish more."

The Journal of the American Medical Association recently reported that of drug users turning to TM, 80% lost their desire and/or need for drugs. Studies of TM have also appeared in *Science* magazine and the *American Journal of Physiology*.

Fees for the complete lessons

will be \$35.00. The fee covers personal instruction, and group discussions.

TM is not a religious technique, and is affiliated with no religious group, although meditators claim that an individual's religion may be enhanced by the practice of TM.

An estimated 1000 people are currently practicing meditation in North Carolina, several hundred of those in the Greensboro-Winston-Salem area.

Comprehensives Are Examined

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As to the effectiveness of these meetings, I can't give a personal comment due to the fact I've been unable to attend the meetings last semester. I will be in attendance this semester. Although I didn't attend last semester's meetings I understand from students who were present that the meetings are more along the lines of a tea party than a genuine attempt to prepare us for the comps, graduate school, term paper research, etc. Interested students for Challenging the History Comprehensives can contact James T. Davis after 6:00 p.m. — Phone 272-8373. After the protest meeting last year one professor came up to me and said "what's the problem — you should have no problem passing the comp?" Obviously he was oblivious to the whole nature of our displeasure with the comp. Even though the battle is monumental as long as there's a little flicker in the fire there's hope...

Contrary to the notice in last week's GUILFORDIAN, the PIPER, literary magazine of Guilford College, does need poetry, short stories, essays and art for a Spring issue. An unfortunate typographical error, stating the PIPER doesn't need material was all wrong. All works should be submitted by next Wednesday, February 23 to Daniel Rumpfelt, English 16 or Cox 224. Preferably manuscripts should be typed.

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Preyer's School Plan Considered

A plan for school desegregation formulated by Greensboro Congressman Richard Preyer and Alexander Bickel is under consideration by President Nixon and his staff.

The President's press secretary, Ron Ziegler said that the previous problem has been discussed with Bickel, a Yale professor, in conjunction with the top level conference on busing being held at the White House.

The Bickel-Preyer plan calls for racial balance in school districts. If, however, a district is not deliberately remaining all black or white and makes attempts to end racial isolation, it can have a predominance of one race.

Nominee

A buffet dinner honoring Pat Taylor, candidate for Democratic nomination for Governor, will be held Monday, February 21st 7 p.m. at the Barn Dinner Theatre.

The local committee supporting Pat Taylor is sponsoring the dinner for students. Forty tickets at \$1.00 each have been allotted to Guilford College. Students may purchase these tickets from William Carroll in Archdale 215.

A similar amendment, sponsored by Preyer with Sen. Spong, D-Va., died in committee. Liberals charge it was to create neighborhood schools, and conservatives said too much integration would be the result.

Telephone Penalties

Recent changes in the North Carolina Telephone Fraud Laws have raised the penalty for fraud to a maximum \$500 fine and/or 6 month jail sentence for each incident of telephone misuse.

The new laws replace previous ones which considered several incidents as one violation.

An investigator for Southern Bell Telephone Company pointed out the new penalties while visiting Guilford recently. Six cases of fraud are currently under investigation here.

Telephone fraud covers tampering with the telephone system as well as fraudulent use of telephone credit cards. Persons who receive fraudulent calls and refuse to cooperate with investigators are now subject to subpoena.

Pirate Cove 114 N. Davie St.

Happy Hour 5:00-7:30 Beverage 15¢

Free Chicken or Cheese

OPEN 6 NIGHTS MONDAY THRU SATURDAY
LIVE ENTERTAINMENT EVERY NIGHT
NO COVER CHARGE MONDAY THRU
THURSDAY (EXCEPT SPECIAL GUESTS)

PARKING FACILITIES AFTER 6:00 P.M. IN
CITY MUNICIPAL GARAGE FREE WITH
PARKING STUB.