MAHARISHI UNIVERSITY OF MANAGEMENT

The Review

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Award-winning filmmaker Greg Reitman helps plant a cherry tree for peace as legendary singer/songwriter Donovan and students look on. The event will be part of Mr. Reitman's forthcoming documentary *Rooted in Peace*. See story at right. *Photo by Jim Davis*

Health Fair Kicks Off Wellness Initiative for Faculty, Staff

A health fair last month in the Argiro Student Center lobby that drew about 300 attendees was the first step in an initiative by the Total Wellness Committee to create greater health among faculty and staff, with followup assessment now under way and a variety of programs to increase health and fitness planned for the new year.

The health fair offered the opportunity for a range of assessments, from blood pressure to cholesterol to posture. It also included a presentation by Raul Calderon, director of evaluation, on a recent survey of the state of health and wellness in the University community.

The good news was that, overall, University faculty and staff are doing better when compared to Jefferson County and Iowa. But the not-so-good news, delivered by Ken Daley, head of the Department of Exercise and Sport Science, was that there's a lot of room for improvement.

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Students Plant Tree, Will Appear in Peace Documentary

A group of students gathered last month during the David Lynch Weekend to help plant a tree for *Rooted in Peace*, a film by L.A. filmmaker Greg Reitman who produced the 2008 documentary *Fuel* that won the Audience Award at the 2008 Sundance Film Festival.

A special feature of the new film shows people from around the world, famous and not so famous, planting trees for peace. Mr. Reitman, students, and legendary singer/songwriter Donovan planted a cherry tree on the south side of the MUM Library building.

While he was here, Mr. Reitman interviewed David Lynch, Donovan, and Bob Roth, vice-president of the David Lynch Foundation. He also interviewed students in MUM's Sustainable Living Program.

The tree-planting ceremony included a performance by Donovan.

Student Brian Robbins said the tree was mulched and that the group also planted some support plants such as comfrey beside the tree to ecologically assist its growth.

"The mulch will serve to keep grass at bay, encourage earthworm activity, and build the soil as well," he said.

An interesting sidelight to this event was that a press release sent out announcing that it would happen eventually ended up in the hands of an aide to former President Bill Clinton, who subsequently agreed to be interviewed for the film.

Over 90 prospective students and parents attended the David Lynch Visitors Weekend. ■

CONTINUED FROM PAGE 1

"Use it or lose it," he said, referring to the need of the body for activity.

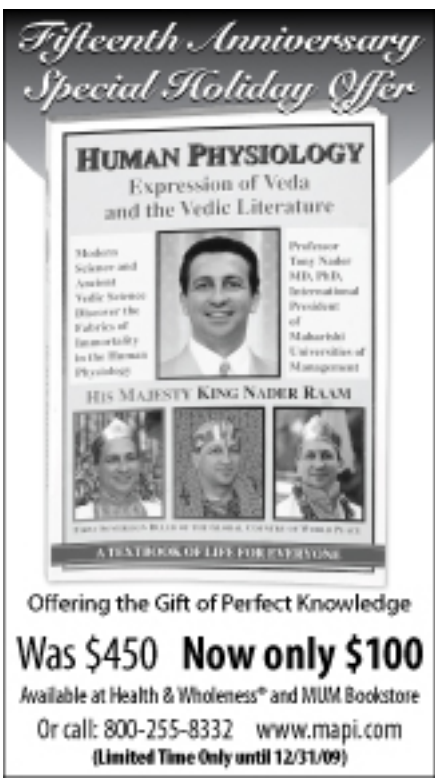
Mr. Daley gave many examples of how people could integrate kitchen calisthenics into daily activity: Picking up a jug of water? Pump it a few times. Waiting in line? Inconspicuously stand on one leg.

The second step toward greater health and wellness is now under way: an aerobic fitness assessment for faculty and staff to determine the condition of heart and lungs. The next assessment will be Tuesday, December 15, at 9:30 a.m. at the Recreation Center. E-mail kbrooks@mum.edu to reserve a spot.

Step three, in early 2010, will include educating people so that they know exactly what to do to begin increasing their level of health and wellness.

Dr. Calderon said in his presentation that while the University community didn't have as much of a problem with being overweight or obese as Jefferson County and Iowa, there is still a significant percentage, 25–30%, who could have a health risk due to weight.

And while the level of physical activity is also comparatively better, the community needs to step it up in order to enjoy greater health, he said. ■



FROM THE FOUNDER

"Who is driving the physiology? The self-referral Unified Field with an infinite potentiality of perfection. Every individual by birth has been projected on Earth in the Light of God. Every religion has been telling its followers, 'Be in the Light of God.' Rise to the Light of God, which is really silent and abstractly is the driver of your life. Know it. Know that you are born in the Light of God. Know it — you are the product of the Constitution of the Universe, the eternal Constitution of the Universe."

— Maharishi Mahesh Yogi, April 18, 2007 Address

Final Weekend for Comedy *The Nerd* in Spayde Theatre

Audiences have been enjoying *The Nerd*, a delightful comedy that has been playing in Spayde Theatre in the Library building since late last month.

Presented by Speer Entertainment in association with The Midwest Repertory Company and written by Milwaukee Repertory Theater actor Larry Shue, *The Nerd* debuted in Milwaukee in 1981 and then went to London and became the highest-grossing American comedy in the history of the West End. It transferred to Broadway in 1987 and has since become a comedy standard staged all over the world.

"Larry Shue is my favorite contemporary comedy writer," said director Elaine Speer, who has also directed and performed in Shue's other classic comedy, *The Foreigner*. She said *The Foreigner*'s Betty Meek remains one of her favorite roles as an actress.

This production of *The Nerd* features actors from the newly formed Midwest Repertory Theater Company. The cast includes George Kelley, MWT's artistic director, Darius Todar, Emily Schweitz, Matt Speer, Jesse Bailey, Elizabeth Estey, and young Philip Winer.

Most of the actors had lead roles in Speer Entertainment's production of *Room Service*, which was produced in Spayde Theatre last spring, and have enjoyed professional careers in theatre, film, and television in New York, Los Angeles, and other locations.

The show will be held Friday and Saturday, December 11 and 12, at 8:00 p.m. Tickets are $10 for the general public, $8 for MUM/MSAE faculty, staff, Invincible America, and non-MUM students, and $5 for MUM students.

Tickets are available at Somebody Cares, or at the box office.

Parking for Spayde Theatre is now located south of the MUM Library in the Verrill Hall parking lot. Theater patrons may enter the MUM Library/Sustainability building through the east-facing door just west of the sustainability gardens. Limited parking is also available on the north side of the building just below the north entrance. ■

The Review

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Running Club Members Win in Turkey Trot

Four members of the MUM running club ran in the annual Fairfield Parks and Recreation Center Turkey Trot last month, with three of them winning certificates for a 10-pound turkey at HyVee.

Student Oliver Huntley was second overall in the 5-kilometer (3.1-mile) competition, with a time of 19:33 — which was the top time in the 15–25 age division, winning a turkey.

Student Bruce Preston won the turkey in the 26–39 division, with a time of 21:30. And student Krystle Liggins, running in her first ever distance race, ran a 26:12, coming in second in the women's 15–25 division, just four seconds behind the winner. Club coach Pete Mannisi was the third overall finisher, with a time of 19:39, bringing home a turkey in the 60-and-over division.

The event took place on the trails at Waterworks Park in moderate weather but muddy conditions. "The club members all ran well," coach Mannisi said.

The club plans to participate in the 100th annual Drake Relays in April and the Komen Race for the Cure in May, and may sponsor a fitness festival in conjunction with National Runners Day on June 3. Also coming up are the movies *Chariots of Fire* and *Endurance* in Dalby Hall.

The club is open to all levels of abilities. For information, contact coach Mannisi at petermannisi@yahoo.com. ■

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MUM Featured in Sustainability Report

Maharishi University of Management was recently one of 160 colleges and universities recognized for their sustainability efforts in a report released by the National Wildlife Federation.

The report, titled "Generation E: Students Leading for a Sustainable, Clean Energy Future," recognized MUM's organic vegetarian food service, locally grown organic vegetables in campus greenhouses, and composting efforts.

The report said that sustainability has become the major cause among the young generation today — the first time in many years that the country has witnessed this sort of youth movement. This generation is being called Generation E, the letter "e" standing for ecology, sustainable economics, and social equality. ■

Lawrence Eyre Named to Iowa Hall of Pride

Maharishi School boys tennis coach Lawrence Eyre was recently selected to be featured in the Iowa Hall of Pride. Located in Des Moines, the Hall of Pride showcases the achievements of all Iowans, from student athletes to sports legends and movie stars to scientists.

Mr. Eyre is featured in an interview in the interactive multimedia exhibit on tennis. His inclusion stems from recently being named National High School Coach of the Year by the United States Professional Tennis Association. Mr. Eyre began the Maharishi School tennis program in 1988 and soon built it into a perennial power.

The boys tennis team has reached the Class 1A state tennis final-four team competition 12 times. And altogether they have 16 state titles in singles, doubles, and team play.

In addition, a large photo of one of the championship boys teams is one of the most prominent photos in the Hall of Pride tennis exhibit.

Also featured is a video interview with Tyler Cleveland, who won three state championships as a Maharishi School student and then went on to play for the University of Iowa, where he won the conference championship. Later he competed professionally for a short time, winning a tournament and doing well in a number others. ■

Menu

Find the dining hall menu online at mum.edu/food

Current Job Openings

- **Communications and Media Program Development Director** — Ideal for IA course participant. Locating & hiring new faculty, public relations, program development.
- **Department for the Development of Consciousness (DEVCO)** — Looking for a Governor for six afternoons per week for office administration and work with Excel.
- **Recreation Center** — Operations manager, train and supervise work-study students, friendly, outgoing, customer-service oriented, able to take initiative, contribute to growing health and wellness in the Fairfield community.
- **Information Technology (IT) Department** — Computer/Network support technician or administrator needed.
- ***Maharishi Rejuvenation*SM Program Technicians** — Trained in offering Maharishi Rejuvenation program treatments for new MUM staff clinic.
- **Career Facilitator in Compro** — Team player doing student job search and placement, developing business relationships, training and coaching.

Chamber Singers to Present "Songs of the Spirit"

The Chamber Singers of Southeast Iowa will present "Songs of the Spirit," their annual December concert, on Saturday and Sunday, December 12 and 13, at 8:00 p.m. at the First Presbyterian Church at 200 S. Main in Fairfield.

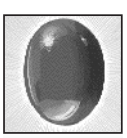
The choral works in this year's program express the deep spiritual values that uplift lives and give rise to joy, love, and praise. The songs extend from the Renaissance to the present day, representing seven countries and a wide range of musical styles and inspiration, including gospel, Hebrew, and African pieces. The concert explores spirit in individual life, in seasonal traditions, in different cultures, and in community.

"This year our program explores how spirit affects and shapes our lives in the world," said Elaine Reding, director of the Chamber Singers. "Throughout history and around the world, people have always gathered together in song to celebrate and enliven the deep spiritual bonds of love that connect us to each other, to our community, and to the divine, and this year's choral program expresses these more lasting spiritual connections between us all. We hope everyone will join us at this year's concerts for music that beautifully captures this spirit of the season."

For more information, please call (641) 472-1539. ■

Ruby
Surya / Sun

Pearl
Chandra / Moon


Coral
Mangal / Mars

Emerald
Budha / Mercury

Yellow Sapphire
Guru / Jupiter

Diamond
Sukra / Venus

Blue Sapphire
Sani / Saturn

Hessonite Garnet
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Maxwell Rainforth
December 14
Mousumi Dey
Wade Kernohan
Ankit Khanal
December 15
Dara Llewellyn
Debbie Thompson
Ian Walsh
Cheng Yuan
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Kenneth Ault
Ronald Pleasant
Sylvia Richards
Fisseha Tesfamichael
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Julee Mason
Angela Miller
Jennifer Vollenweider
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Janga Kowo
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Demeke Mersea
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Jim Gilmore
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Melissa Pearson
Sonia Vera
December 22
Andhal Krishna