MUM, AmeriCorps Volunteers Plan Green Graduation

All graduation-related activities this year are being assessed to see how they can be made more environmentally friendly.

Heading up the “green graduation” initiative are the five Green Iowa AmeriCorps volunteers who have been making the campus more sustainable the past eight months.

“We've met with organizers for each graduation event — the garden party, commencement, reception, and awards ceremony — to see what more can be done to reduce waste to landfill, support local foods, and save a lot of energy,” said alumna and AmeriCorps volunteer Alexandra Pomeroy. “The graduation celebration hosts guests from all over the world and is an excellent opportunity to showcase MUM’s sustainability practices.”

For example, this year's commencement programs will be available online, and, for those who want a keepsake, printed on paper from sustainable forests.

In addition, compostable dinnerware will be used at the garden party and sent with the food scraps to be composted industrially. The plan also includes reusable silverware and tablecloths and eliminating plastic water bottles.

Volunteers are invited to help. Duties include picking up dropped commencement programs from the Dome after the ceremony; busing silverware before and after the garden party; changing the trash bags, recycling bins, and compost bags as they fill up; and assisting guests to ensure items are placed in appropriate bins.

Anyone willing to volunteer please email greeniowaMUM@gmail.com.

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Dr. Suzanne Steinbaum will give a free presentation on women's health and wellness — and the unique nature of prevention, diagnosis, and treatment for women.

Dr. Suzanne Steinbaum, Noted Cardiologist and TV Commentator, to Present on Women’s Heart Health

Suzanne Steinbaum, MD, DO, who regularly appears on network news health segments for ABC, NBC, CBS, CNN, WPIX, and FOX as a consultant on the topics heart health and lifestyle management, will give a presentation on Monday, May 25, at 7:45 p.m. in Dalby Hall as part of MUM’s Distinguished Lecture Series.

In her presentation, titled “Every Woman’s Guide to a Heart Healthy Life,” she will elaborate on women’s heart health, heart disease, risk factors, and the surprising ways to create a vital healthy life.

“We’re happy that Dr. Steinbaum has consented to visit MUM and Maharishi Vedic City despite her intense schedule,” said organizer Janet.
Hoffman, executive director of the TM Program for Women Professionals. “She learned the Transcendental Meditation technique when she realized its effectiveness in reducing stress and has become an enthusiastic spokesperson.”

Dr. Steinbaum recently appeared at a fundraiser for the David Lynch Foundation that featured women in the media who meditate and recommends the Transcendental Meditation® technique to patients.

In a promotional video last year, she said, “I very clearly say to my patients: ‘Let’s treat blood pressure. Let’s treat your cholesterol. Let’s treat your stress. And the way we’re going to treat these is with Transcendental Meditation practice.”

She is a current national spokesperson for the Go Red for Women campaign. In addition, she is an attending cardiologist and director of Women’s Heart Health of Lenox Hill Hospital in New York City. She has done fellowship training in both preventive cardiology and cardiology.

She recently released her book *Dr. Suzanne Steinbaum’s Heart Book: Every Woman’s Guide to a Heart Healthy Life*. She is the host of Focus on Health, a weekly magazine news show on WLNK TV.

Dr. Steinbaum is a fellow of the American College of Cardiology, and past medical director for the Young Professionals division of the American Heart Association. She is the 2010 recipient of the American Heart Association: Young Heart Award for Achievement in Cardiovascular Science and Medicine.

Dr. Steinbaum has devoted her career to the treatment of heart disease through early detection, education, and prevention. She has lectured nationally on topics of coronary artery disease, women and heart disease, natural and alternative ways of treating heart disease, and the prevention of heart disease.

She has written about cardiac prevention and nutrition and been quoted in many publications including *Self*, *Glamour*, *More, Fitness*, the *Wall Street Journal*, and *Family Circle*.

Her campus presentation is being cosponsored by MUM Women’s Institute and Transcendental Meditation for Women organization (GMDO).

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**FROM THE FOUNDER**

“*The mind is the instrument for that. It is capable of settling down to itself. This settling down to itself will be at the source of thought. Whatever fluctuation is created by the mind on its own level spreads throughout creation. It is a frictionless flow. It is a slippery ground of total natural law, a frictionless flow, completely frictionless flow in all directions simultaneously.*”

— Maharishi Mahesh Yogi, July 20, 2005 press conference

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**Dr. Schneider to Present New Model of Vedic Psychiatry**

Having recently introduced a new paradigm of Total Mental Health based on Vedic psychiatry to international audiences at the World Ayurveda Congress in India and the International Ayurveda Congress in the Netherlands, Robert Schneider, MD, FACC, will unveil this model to the community at 8:00 p.m. on Sunday, June 7, in Dalby Hall.

“One’s state of mental health is as important a risk factor for heart disease as high blood pressure, cholesterol, and diabetes,” said Dr. Schneider, dean of the Maharishi College of Perfect Health.

He said that in traditional Ayurveda, the mind is found within the heart. In order to heal the physical heart, one needs to heal his or her emotional heart.

Dr. Schneider presents a total approach to mental health based on ancient principles of Maharishi AyurVedaSM that takes into account the four domains of mind, body, environment, and consciousness.

Dr. Schneider says that Vedic psychiatry includes dealing with physiological influences on mental health through Maharishi AyurVeda and environmental influences on mental health through Maharishi Vastu®, Maharishi JyotishSM, and Maharishi Yagya® performances.

Vedic psychiatry simultaneously elaborates on the mind approach in unique ways. There are three levels of direct mental health intervention, going from relative to absolute. These are: 1) supportive and behavioral therapy that operate on the emotional, psychological, cognitive, and behavioral level; 2) deeper spiritual knowledge (gyan and vijnan) that fulfill more profound needs for understanding the meaning of life; and 3) transcending and memory (samadhi and smriti).

Then Vedic psychiatry also provides deeper, spiritual knowledge to the individual, broaching topics such as how the world works and the meaning of life, with examples from the counseling sessions reported in the Bhagavad Gita and Ramayana.

Finally Vedic psychiatry restores memory of one’s perfectly healthy self through transcending via the Transcendental Meditation technique.

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**The Review**

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Doctoral Student
Wins Scholarship to
OBTC Conference
BY SYLVIA RICHARDS

Doctoral student Leigh Lester-Holmes recently won a full scholarship to the 2015 Doctoral Institute and the Organizational Behavior Teaching Conference (OBTC) June 16–20 at the University of La Verne in La Verne, California.

The scholarship was sponsored by the Organizational Behavior Teaching Society (OBTS) whose mission is to improve the quality and highlight the importance of teaching and learning about managing organizations.

The Doctoral Institute “focuses on developing participants as exceptional teachers” and preparing them for a “balanced academic career.” During the Doctoral Institute doctoral students will have an opportunity to work as a team to prepare a presentation for the conference.

Mrs. Lester-Holmes’s specific teaching interest is in entrepreneurial education for nonprofit leaders. She said she is looking forward to networking with other business educators at the OBTC conference and making connections toward her long-term goal of teaching at a community college.

“I am forever grateful to Dr. Dennis Heaton for his recommendation and Dr. Jane Schmidt-Wilk, who introduced me to the OBTC,” Ms. Lester-Holmes said. “I plan to make them proud.”

A full scholarship includes registration, room, and board for the Doctoral Institute and the OBTC conference, as well as a year’s subscription to the Journal of Management Education. To win the scholarship, applicants had to provide a curriculum vitae, an essay in which they design their perfect faculty position, and a letter of reference from someone in their doctoral program. The OBTS received 37 applications from 24 schools in four countries, and awarded 20 full scholarships.

Student Knowledge Fair Coming May 21

The 2015 Knowledge Fair will feature the top student presentation from each academic discipline — with the top presentations overall earning cash awards of $300, $200, and $100.

Starting last year, all graduating undergraduate students now take a two-block culminating capstone course that entails doing a project or research relevant to their major.

At the end of their capstone course, students present their work to their departments, including an outside evaluator, and the student with the best project is chosen to represent the department at the Knowledge Fair.

All undergraduate students attend the Knowledge Fair, and senior projects are judged by outside evaluators. The students’ presentations are digital, most commonly using PowerPoint. Student Government will also be giving awards that will be in addition to the cash awards.

The Knowledge Fair will be held in Dalby Hall on Thursday, May 21, 1:00–3:00. Graduating students are encouraged to invite family and friends.

Student Film Shown at International Film Festival

Undergraduate student Marina McKay recently had a film shown at the international Haikurts Microfilm Festival in Barcelona, Spain.

Her film was one of 100 selected. The Haikurts format is modeled after haiku, which are short poems with three lines of 5, 7, and 5 syllables, thereby totaling 17 syllables. The Haikurts film submissions were required to have three shots, lasting 5, 7, and 5 seconds, for a total of 17 seconds. The challenge for the filmmaker was to tell a story within those 17 seconds.

Ms. McKay’s film is entitled “A Game of Chess” and stars fellow Media & Communications student John Persolus, who plays both characters in the film. The action is centered around a chess move and a counter move that perplexes one of the competitors.

The film can be viewed on YouTube at tinyurl.com/oycwz2l.

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Student Wins Second Place in Mediation Tourney

MBA student Dileep Krishnamurthy earned second place in the Client Advocate category in a recent invitational mediation tournament hosted by the University of Wisconsin — Platteville.

Twelve teams from six schools competed in the one-day event. MUM participants in the tourney were students in Vicki Alexander Herriott’s mediation and negotiation course.

Her students also had the opportunity to test their skills in intercollegiate competition last October when MUM hosted its own mediation tournament attended by seven schools with 14 teams.

Also participating in the recent tournament were Janet Ho, Saraswathy Subramaniam, Mengyuan Wang, Abdul Sheikh, Bibiana Lamprea, Pakiso Litau, and Tholoana Mbande.

Class member Rouzanna Vardanyan, a lawyer from Armenia and an experienced international negotiator, joined Ms. Herriott as a judge in the tournament.
Deep Green Business Symposium Planned for June 26 & 27

The MUM Business Department will host the Third International Deep Green Business Symposium on June 26 & 27.

The theme for this year’s symposium is “Global Green Opportunities and Technologies.” Noted speakers from MUM and from around the world will share their perspectives on how to promote an economically sustainable lifestyle.

Gary Guler, the first person with one arm to have summited Mt. Everest, will give the keynote address on the topic “Anything is possible.” A widely respected motivational speaker, he uses his extraordinary experiences to share with his audiences the importance of equality, determination, team-work, and integrity, and how these traits lead to personal and professional success. He also shows how acceptance of diversity and diversity of thought will serve a globally integrated world economy in a positive way.

The presentations will include:
- Smart Cities and Big Data — Anil Maheshwari
- Sustainable Community Development — Ayako Hwang
- Identifying Business Opportunities through Product Life Cycle Assessment — Dennis Heaton
- Philosophies of Sustainability — Scott Herriott
- Organic Food: The Local Marketplace — A Thimmaiah
- A Critical Analysis of Technology and the Sustainability Revolution — Lonnie Gamble
- Resilience and Sustainability: A Socio-Ecological Approach — David Goodman
- Communion, Communication and Community — Stuart Valentine
- Personal Nutrition: A Whole Systems View Towards World Sustainability — Giuseppe La Manna
- Ethics the 4th Bottom-Line of Sustainability — Ram Raghavan
- Global Climate Management Landscape — Rob Stowe
- Other speakers will include Vickie Herriott and Sunita Sengupta.

Film Program
Creates Music Video For Lynch Tribute

Students, alumni, and faculty created a music video that was aired at the “Music of David Lynch” tribute concert in Los Angeles in early April, a fundraiser for the David Lynch Foundation.

The video, titled “Mysteries of Love,” is a remake of the song of the same name that was first played in Mr. Lynch’s movie Blue Velvet. The remake by Angelo Badalamenti includes a full orchestra and the ethereal vocals of Kid Moxie (otherwise known as Elena Charbila).

“Mysteries of Love” was filmed on campus at the Spayde Theatre and in a nearby forest during the first weekend in March. The video was produced by MUM alumnus and adjunct faculty Michael Sternfeld and co-produced by Donald Revolinski, director of development for the David Lynch MA in Film.

The filming was directed by alumnus and faculty member Amine Kouider and by DLF.tv creative director Sam Lieb.

Students, faculty, staff, and alumni from the David Lynch MA, as well as undergraduate students in Media and Communications, were involved in every aspect of the production.

“It was a huge honor for David Lynch to select our music video to play at his tribute concert in LA and underscores the talent coming out of MUM’s film and media programs,” Mr. Sternfeld said.

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