A Carnegie Hall concert on November 4 will raise funds for the David Lynch Foundation. The lineup of stars will include Katy Perry, Sting, Jerry Seinfeld, and more. David Lynch and George Stephanopoulos will host.

Katy Perry, Sting, Jerry Seinfeld Headline DLF Fundraiser Nov. 4

Carnegie Hall will be the venue for the November 4 David Lynch Foundation fundraiser featuring performances by Katy Perry, Sting, Jerry Seinfeld, Jim James, Angélique Kidjo, and Sharon Isbin, with musical direction from Rob Mathes.

The benefit concert, Change Begins Within, is being presented by Citi, and the evening will be hosted by George Stephanopoulos and David Lynch. Naomi Watts and Liev Schreiber are serving on the benefit committee.

“We’re delighted these well-known entertainers clearly see the value of their practice of the Transcendental Meditation® technique, and are willing to donate their time toward raising funds to make this technique available to those who most need it,” said Bob Roth, executive director of the David Lynch Foundation.

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the David Lynch Foundation.

The concert will celebrate the 10th anniversary of the foundation. Proceeds will benefit the David Lynch Foundation's Meditate New York initiative to provide Transcendental Meditation training to 10,000 at-risk New Yorkers, including youth in underserved schools, veterans with post-traumatic stress, and victims of domestic violence.

Research shows the Transcendental Meditation technique reduces symptoms of post-traumatic stress among veterans by 50 percent; decreases hypertension, anxiety and depression; helps individuals overcome drug and alcohol addictions; and improves brain functioning, creativity, and memory.

In support of its work, DLF recently received a $125,000 grant from the Wounded Warrior Project to help teach the technique to veterans, a $225,000 grant from the Peter Dodge Foundation to study the effects of the Transcendental Meditation technique on preventing relapse among alcoholics, and a $300,000 grant from the University of Chicago Crime Lab in partnership with the MacArthur Foundation and the Pritzker Traubert Family Foundation to study the effects of Transcendental Meditation on reducing youth violence.

The first Change Begins Within benefit was held in Carnegie Hall in 2009 and featured a reunion of famed Beatles Paul McCartney and Ringo Starr.

Surya Gied Exhibits in Washington, DC

Faculty artist Surya Gied is currently exhibiting a series of abstract paintings at Hillyer Art Space in Washington, DC.

Titled “Looking into the Distance Becomes Difficult,” the paintings in this solo exhibition address the push and pull the artist feels when looking to the future — feelings of wide open possibilities mixed with the fear of being swept away or left behind.

The exhibit runs through October 31.

Ms. Gied is the recipient of the 2015 Bosch Foundation Exhibition Grant.

FROM THE FOUNDER

“Thinking from the transcendental level is like thinking from the very basis of thought. Thinking from the very basis of thought will be like watering the root and supplying nourishment to all aspects of the tree; otherwise, you keep on supplying water to the leaf, to the branch, to here, there — all the surface values — and it won’t be from the basic value of the tree.”

— Maharishi Mahesh Yogi, July 12, 2006 press conference

MUM Launches Project to Improve Education Quality

As part of an initiative to continue to improve the quality of education, a number of MUM officers and faculty are attending workshops in Chicago offered by the University’s accrediting body that are focused on effectively assessing what students are learning.

The initiative came about when the Higher Learning Commission (HLC) invited MUM to be among the “mature” institutions participating in a new accreditation track called Open Pathway that aims to take quality to an even higher level.

In this track, which is by invitation only, universities choose a quality-improvement project that they plan, implement, and assess as the central focus of their 10-year accreditation cycle. The HLC then reviews the results as part of the accreditation process.

Institutions are encouraged to choose a quality-improvement process that will significantly improve the quality of students’ experience.

MUM has chosen to focus on assessment. And to that end, the University has enrolled in the HLC’s Assessment Academy, a four-year program created to help colleges and universities strengthen their academic assessment processes.

Craig Pearson, executive vice-president, Jane Schmidt-Wilk, dean of teaching and learning, and Chris Jones, dean of academic programs, participated in the Academy’s information and planning workshop in Chicago in September.

Those three along with five additional faculty members are participating in a three-day workshop this month.

“AllLC expects a commitment to continuously improving student learning, reflected in processes and policies that pervade the curriculum at every level,” Dr. Pearson said.

The basic components of the process are determining the knowledge and skills MUM wants students to gain, determining the objective measures used to assess this, designing a curriculum and taking students through it, and measuring the extent to which students have mastered the learning outcomes.

Based on the findings, the curriculum is improved and the process repeated.

“While this seems straightforward, there are many challenges in doing it well,” Dr. Pearson said. “Our participation in the Assessment Academy will help us learn to do it well.”

The Review

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Professor Nolle Awarded Third Software Patent

Computer science faculty member Steve Nolle was recently awarded his third patent related to optimizing performance for broadband cable data, voice, and video networks.

The patent allows Internet cable providers to balance traffic generated by their customers' cable modems based on the load generated by customer downloads and by loads generated by customer uploads.

Professor Nolle worked with a team to patent this invention when he was a senior software developer responsible for the load balancing software subsystem developed and deployed worldwide on the Arris C4 Cable Modem Termination System.

The patent is number 9,094,229, Load Balancing in a DOCSIS System Based on Weighting Upstream and Downstream Channel Loading Conditions.

Professor Nolle teaches modern programming practices, software engineering, enterprise architecture, and computer networks.

Data Analytics Book by Dr. Maheshwari #2 on Amazon

“Data Analytics Made Accessible,” by Professor Anil Maheshwari, recently ranked no. 2 on Amazon.com among all books in the Data Mining category.

The book is a concise and accessible overview of the evolving area of data analytics and provides a toolset of the major data mining techniques and platforms. It can be used by executives, managers, analysts, professors, doctors, accountants, and other professionals to learn how to make sense of the data coming their way.

Dr. Maheshwari, director of MUM’s Center for Data Analytics, previously worked at IBM in Austin, Texas. He has also taught at the University of Cincinnati, City University of New York, University of Illinois, and others.

He earned an electrical engineering degree from IIT Delhi, an MBA from IIM Ahmedabad, and a doctorate from Case Western Reserve University.

New Study Shows Reduced Stress Following Japan Tsunami

A new study on 171 residents of two cities in Japan affected by the 2011 tsunami and earthquake found that those who practiced the Transcendental Meditation technique had a reduction in stress compared to a control group.

Published in Psychological Reports: Mental & Physical Health, the study used a checklist of mental and physical symptoms and found a significant drop in total symptom score from pre-test to post-test.

“This was an extremely stressful time in Japan, with nearly 20,000 people losing their lives and 138,000 buildings destroyed,” said Michael Dillbeck, MUM trustee and a coauthor of the study together with six Japanese researchers. “Participants in the study were those living in the two cities closest to the epicenter.”

While other studies have shown reductions in stress, this is the first study to examine the effects of the Transcendental Meditation technique on individuals who are adjusting to life after a natural disaster.

The subjects were instructed between two and eight months after having experienced the earthquake. Their reduction in symptoms was assessed between 6 and 10 days after learning the Transcendental Meditation technique.

Those in the most extreme stress category went from about 40% at pre-test to just 5% at post-test among the disaster-area participants who learned the Transcendental Meditation technique, while the control group went from 9% at pre-test to 10% at post-test.

Professor Gamble’s “Great Courses” Lectures Published

Invited to be part of the prestigious Great Courses series, Professor Lonnie Gamble has completed his 12-lesson course on Fundamentals of Sustainable Living, which is now available on the Great Courses website.

His course is also featured in the Great Courses catalog that goes to 50 million people and that includes courses by 200 professors from top universities.

The topics of the lessons include sustainable energy, sustainable landscapes, gardening, winter gardening, water use, transportation, buildings, sustainable products for the home, and the inner dimension of sustainability.

See tinyurl.com/ncrq9q.

Expanded Edition of Supreme Awakening Now Available

A second, expanded edition of The Supreme Awakening by Executive Vice-President Craig Pearson has recently been published.

The book features descriptions of experiences of higher states of consciousness from well known people throughout history. This edition adds more experiences, including Dag Hammarskjöld (the great Secretary-General of the United Nations), Morihei Ueshiba (the founder of the martial art known as aikido), and Eckhart Tolle (the modern writer and teacher), and more.

It also includes an interview with a person who learned the Transcendental Meditation technique as a young man and who, after years of practice, suddenly began experiencing pure consciousness all the time, along with waking, dreaming, and sleeping — and his consciousness continued developing from there.

The book is available from MUM Press or Amazon.
Director of UN Association to Speak, Lead Career Workshop

On the occasion of International United Nations Day and the UN’s 70th anniversary, Chris Whatley, executive director of the United Nations Association for the U.S., will be on campus October 21–22 to speak at two events as well as lead a workshop on international careers.

Mr. Whatley will be touring the state of Iowa and will be hosted by MUM during his visit to Fairfield.

On October 21 Mr. Whatley will give a presentation in which he addresses issues on the current UN Agenda, including world peace, human rights, sustainability, education, and climate change.

On October 22 Mr. Whatley will lead a Q&A panel discussion on climate change that will include Fairfield Mayor Ed Malloy, Rob Stowe, Scott Herriott, and Miriam Kasia.

Mr. Whatley will also lead an international career workshop for students on October 22 at 3:30 pm in Festival Hall in the Argiro Student Center.

The purpose of these events is to link local sustainability efforts with international activities to create a sustainable future in areas such as world peace, education, and health, said organizer Morad Malekghassemi, president of the Model United Nations student club.

There will be a focus on combating climate change, especially the new sustainable development goals scheduled for adoption by the UN General Assembly this fall, and the upcoming climate summit to be held in Paris in December.

The Paris conference, formally known as the 21st Conference of Parties to the UN Framework Convention on Climate Change, is charged with completing a new universal treaty to curb the emission of greenhouse gases.

“These international efforts will bring benefits to Iowans and all people around the world,” Mr. Malekghassemi said. “Our actions to promote sustainability — whether as residents, public officials, or business and organizational leaders — are part of a worldwide movement that will encourage governments to set ambitious goals at the Paris conference.”

See iowauna.org/upcoming-events-2 for more information.

Another outcome of this visit will be the official inauguration of a permanent UNA office in Fairfield.

The United Nations Association is a program of the UN Foundation. Mr. Whatley leads UNA’s national staff in Washington, D.C. He heads up the Association’s efforts to increase membership, advocate on behalf of the UN and UN causes, and to educate the next generation of UN supporters in the U.S.

The event is co-sponsored by the office of Executive Vice-President, the College of Business Administration, and the office of Mayor Malloy.

Deep Green Videos Now Online

Videos of some of the presentations during this summer’s Fourth Annual International Deep Green Symposium are now available on YouTube at tinyurl.com/o4299n2.

Sixteen invited speakers, including two from Harvard, one from India, and many from MUM and around the country, presented their research and perspectives on sustainability.


For more information about the presentations, see tinyurl.com/naza7x5.