Students Build Charging Station for Electric Cars

Eleven students currently in a course on energy and sustainability are building a charging station for electric cars.

The station is attached to the Sustainable Living Center grid and will use some of the excess energy from the wind turbine and solar panels that power the building.

Expected to be completed by the end of the course this month, the station, at 40 amps, will charge cars at about the same rate as the station already available. Both stations are located in front of the Sustainable Living Center and are free for anyone to use.

“We generate so much energy that we have a lot to share,” said Heather Walden, Sustainable Living departmental administrator.

In the course, taught by electrical engineer Dan Fyske, students are learning all about volts, amps, joules, watts, and ohms – and the mathematics needed to compute usage requirements.

“The students are really enjoying it and are having a great time,” Ms. Walden said. “They really want something practical.”

The knowledge they’re learning will enable them to calculate the energy requirements of a solar installation so they can determine how many kilowatts or megawatts the solar panels will need to generate.

In addition to the practical applications, the course is exploring the role energy plays in sustainability and in the development of complexity and order in nature, and in the human economy.

Study Wellness in a 10-Day Course on a Greek Island Next Spring

Students and community members yearning for an exotic adventure while also improving their health will have the opportunity next spring to take a 10-day course titled “A Journey to Wellness and Anti-Aging in the Greek Isles.”

Running April 27 through May 7, the course will be based on the Greek Island of Lefkada and will focus on learning and practicing the secrets of wellness and prevention from aging according to Maharishi AyurVeda™. Taught by Robert Schneider, MD, FACC, the course will preview his forthcoming book Super Aging.

Dr. Schneider will also compare the approach of AyurVeda with the ancient system of Greek medicine exemplified by Hippocrates, who is considered to be the father of modern medicine. Both systems feature a holistic mind-body approach with an emphasis on lifestyle.

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Students will also learn how modern science validates these ancient approaches.

“This course will provide a unique immersion in the experience and knowledge of anti-aging and wellness – based on the timeless principles of Maharishi AyurVeda correlated with modern science and the ancient medicine of Greece,” said Dr. Schneider, dean of MUM’s College of Integrative Medicine. “It will be held in a delightfully beautiful setting on the Mediterranean Sea.”

Participants will study the important roles of mind-body type, nutrition, a healthy mind, sleep, digestion, Ayurvedic exercise, environment, and social interaction in health and longevity. They’ll also receive personalized advice on diet, nutrition, and daily routine, as well as behaviors that promote health and happiness – all based on their “Aging IQ.”

The course will include opportunities for hiking, walking by the sea, and swimming in the private pools at the residence villas, as well as healthy meals from locally sourced fresh produce. There will also be excursions to local sites of ancient Greek culture.

Co-taught by Dorothy Rompalske, director of the David Lynch MFA Program in Screenwriting, the course will include keeping a journal of experiences and exploration of the links between creative self-expression and wellness. Also teaching will be instructor Amine Kouider.

The fees for this Rotating University course for those who aren’t current students are $3,995 single occupancy and $3,495 double occupancy, inclusive of all costs except airfare to Greece. Current MUM students pay $900 less: $3,095 for single or $2,595 for double.

The two-unit course will span the weekend break between blocks 4 and 5, through the first Monday of the second week of block 5. Full-time students returning from the course who live on campus will need to make arrangements if they plan to stay on campus for the remaining weeks of block 5.

For information, email superaging@mum.edu.

FROM THE FOUNDER

“I n this quiet state both the mind and the nervous system are alertly poised like the arrow drawn fully back upon the bow; they are without activity, but the entire system is alert in stillness. At the same time all the mechanisms of the body are acutely balanced and steady. It is this restful alertness of the nervous system which represents its most healthy state and is the basis of all energy and action.”

— Maharishi Mahesh Yogi, *Science of Being*

Interest in Pickleball Explodes, Tourney Coming in January

**Pickleball** – a sport sometimes described as a cross between tennis and table tennis – has exploded in popularity on campus in the past year, with the Recreation Center now hosting eight courts.

The first regional tournament in southeast Iowa will be held on Saturday, January 13, an event that will also include an exhibition match involving professional pickleball players.

In addition, Mark Renneson, who competes at the top level nationally, will offer clinics on January 14 & 15.

“The Recreation Center has been busier than ever this past year, and a major factor is the increased interest in pickleball,” said Ken Daley, head of the Department of Exercise and Sport Science.

The pickleball courts are used every day, especially in the morning and evening, as well as all day on Sunday.

The sport is easy to learn, and beginners are invited to come on Monday and Thursday evenings, said Ron Bessette of the Fairfield Pickleball Club. “In about a half hour a beginner can learn enough to play the game and enjoy competing with others.”

The tournament in January is open to anyone, with space for 80 participants. Registration is at fairfieldpickleball.com. The cost is $20 before December 17, and $25 after. The tournament will include gender doubles and mixed doubles, but not singles. For more information, email director@fairfieldpickleball.com or call (641) 919-0939.

The tournament director will be Steve Stone, a top Iowa player and the state director for the U.S. Pickleball Association. Mr. Stone will also participate in the exhibition match on January 13.

A pickleball court is about the size of a badminton court, and uses a net that’s two inches lower than on a tennis court. The game is played with paddles and a plastic ball with holes that’s similar to a Wiffle ball. It’s fast-paced, but the ball doesn’t travel nearly as fast as in tennis.

Mr. Bessette said that it’s not as hard on one’s body as tennis, and for that reason often appeals to former tennis players who are no longer able to play the game.

He said it’s also popular because there’s more of a social aspect, with doubles play being more common than singles.

Although the sport originated in the 1960s, its growth has surged in recent years. There are 36 pro tournaments annually in the U.S., as well as national championships. Pro tournaments are even now broadcast on TV.

**The Review**

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Published biweekly during the academic year.

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Student Government Now Offering Monthly Video Reports

Beginning in November, Student Government has replaced the monthly Student Congress meetings in Dalby Hall with a monthly video report.

“We decided to do these videos in order to inform students about what is going on around campus for the month and to increase the communication on campus,” said Haley Spitzfaden, World Congress President.

The videos, each about five minutes long and hosted by various persons, are posted on the Student Government Facebook page at www.facebook.com/mumstudentgovernment.

New MA in Art Prepares Students for MFA Programs

Artists eager to be accepted to an MFA program at a U.S. university will be able to enroll in a new MA at MUM that will focus on preparing them for graduate school.

Beginning in February, the two-semester MA will help students develop their work, assemble a portfolio, create an artist’s statement, and more.

The studio-based curriculum will include seminars, supportive critiques from expert faculty, and feedback by visiting guest artists from universities such as Penn State University, University of Iowa, Brandies University, SUNY, University of Manitoba, and Maine College of Art during this academic year.

A key feature is learning a “sustainable studio practice,” said Professor Jim Shrosbree, art department chair. “Having a good routine at MUM is a part of the success of the students.”

He also says that the Transcendental Meditation technique is important to fostering the creative process.

“My experience as an artist on campus is that I can go into a deep stream and stay there, and students also have this experience,” he said. “There’s a liveliness of creativity on campus that supports and enhances the creative process.”

Each student will have a semi-private studio in the lower level of the MUM Art Center.

Interested students need to have a BA or BFA in art. Federal financial aid will be available for the MA.

While many of the students enrolling will be focusing on preparation for the MFA, Professor Shrosbree said that some may enroll simply to have a year-long opportunity to develop their art. In addition, secondary education teachers may enroll to upgrade their academic credentials.

MUM Quest Video Available

A two-minute video with scenes from September’s MUM Quest is now available online at goo.gl/N5xdEe.

As the Quest teams continue to accumulate points and compete for the year-end MUM Cup trophy, an unveiling of the Quest insignia and shields for each of the teams was recently held, along with a naming ceremony for the teams to choose a new name. Initially the teams had simply been given the names of colors.

Additional Quest adventures are being planned for this academic year.

Winners in the recent chess tournament were Vu Le (third place), Malibu Love (second), and Ramy Badawy (champion).

Students Dominate Community Chess Tournament

MUM students took home the three trophies in the community chess tournament hosted last month by the MUM Chess Club.

With 16 chess enthusiasts competing, Ramy Badawy, a Computer Professionals student from Egypt, captured first place and the big trophy with an undefeated score of 4.5 out of 5 rounds total. Each win counts as one point and a draw counts as a half a point.

Malibu Love, a U.S. undergraduate student, secured second place with 4 out of 5, and a Computer Professionals student from Vietnam, Vu Le, won third place on a tie break.

“This is the second community tournament in a row this past year that Ramy has won decisively,” said tournament director John Salerno. “His tactical prowess, deep understanding of positional play, and endgame technique are impressive.”

The MUM Chess Club meets every Sunday evening at 7:30 p.m. in the Argeo student lounge. Beginners are welcome.
Journal of Math and Consciousness Publishes 2nd Issue

Two years after the inaugural issue of the *International Journal of Mathematics and Consciousness*, a second issue has been published this fall, featuring a 200-page paper titled “The Magical Origin of Natural Numbers” by MUM Professor Paul Corazza.

Dr. Corazza begins the article with the bold claim that the very largest mathematical infinities are not well understood in modern mathematics because the intuition underlying the modern-day concept of mathematical infinity is not sufficiently developed.

“The basic infinite set that everyone knows about is the collection of natural numbers 1, 2, 3, .... But what if we take the viewpoint that these numbers are like particles in space and ask, what is the underlying field that gives rise to this sequence of numbers?” he asked.

The article develops this idea, which is inspired by the way the ancient sages in many traditions viewed the emergence of numbers, and also by the way quantum field theory explains the appearance of particles in the universe.

The paper begins with a brief history of the study of the mathematical infinite. In the mid-20th century, the study of the different sizes of infinite sets eventually led to the discovery of notions of infinite that are so strong they can’t be proven to exist at all; these infinities are known as large cardinals.

“A question that has puzzled researchers for decades is how to account for the presence of large cardinals in the universe,” Dr. Corazza said. “Some new axiom seems to be needed.”

The key to understanding large cardinals, he said, is to understand how the natural numbers arise through self-interacting dynamics of a special kind of transformation. “Studying these dynamics, we can observe how each natural number 1, 2, 3, ... pops out, one at a time.”

In the paper Dr. Corazza goes on to explain how a study of this same kind of special transformation applied to the universe itself can solve the problem of large cardinals. He proposes a new axiom, called the Wholeness Axiom, which postulates a very strong form of this kind of transformation.

“The Wholeness Axiom states that there is a fundamental transformation from the universe to itself, and in its first move, all these extraordinary large cardinals are seen to emerge,” he said.

The new issue is available online for free at ijmac.com, or a print version can be purchased in the University Store in the Argiro Student Center.

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To be added to the mailing list, send an email to domenews@mum.edu.

Information about Fairfield

*fairfieldinfocenter.org*

Arts & entertainment, businesses, celebrations, clubs, events, food, housing & lodging, jobs, health services, parks, shopping, tours, and more.

MUM Online

**The Essence of Buddhism**

**Course Starts January 5**

The Essence of Buddhism in Light of Maharishi’s Science of Consciousness is a revitalizing look at the teaching of Buddhism. This course is taught by Dr. Evan Finkelstein, renowned for his eloquent lectures on religion and philosophy.

The first lesson can be viewed for free. See www.mum.edu/mum-online/noncredit-courses. Questions? Please contact de@mum.edu.

Annapurna Menu

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