Donation of Classic Movies Expands Library’s Large DVD Collection

The DVD collection available for check-out in the MUM library has grown significantly in the past year, thanks in part to donations by Jim Turner of about 150 classic movies and TV shows.

The donation consists mostly of movies of the 1930s and 1940s.

“The films are warmhearted, inspiring and have excellent actors – the golden age of Hollywood stars like Jimmy Stewart, Cary Grant, Katherine Hepburn, Ginger Rogers, and many more,” Mr. Turner said.

“They are fun to discover – always interesting and suitable for a variety of tastes.”

The movies include *Stage Door, The Ten Commandments, The Difficult Years, Where the Boys Are, Casablanca, 42nd Street,* and *Tom, Dick, and Harry.* Also available are many Disney classics.

“They are mostly light-hearted classics, with some rather obscure finds featuring actresses such as Jean Arthur and Barbara Stanwyck,” Mr. Turner said.

The classic TV shows include the complete collection of *The Fugitive and Gidget,* and partial collections of *Father Knows Best, Leave It to Beaver, The Donna Reed Show,* and *King of the Hill.*

About 1,300 DVDs are available, including 1,240 feature films. To view the collection, go to goo.gl/JfWe9j and search on “DVD.”

“Visit the library’s DVD collection if you haven’t been there recently – you might find a really nice surprise,” Mr. Turner said.

Faculty Present in India, Rwanda, South Korea, and Bali

Faculty have been making an impact worldwide in recent months, giving presentations in a number of countries around the world, including India, Rwanda, South Korea, and Bali.

The largest audience was in India, where 3,000 people heard a presentation in November from Bill Goldstein, dean of global development, about MUM’s program in regenerative organic agriculture. His talk immediately preceded a talk by Microsoft Founder Bill Gates.

The event was a three-day conference and trade fair related to agriculture. Sustainable living professor A. Thimmaiah had been invited by the chief minister of Andhra Pradesh to participate but was unable to attend, so he requested that Mr. Goldstein fill in for him, since Mr. Goldstein was already traveling internationally.

CONTINUED ON PAGE 3
Faculty Publish Paper on Improving Internet Performance

Network congestion can significantly slow performance of the internet and other networks, but a new control mechanism developed by Professors Renuka Mohanraj and Steve Nolle aims to fix that.

The congestion arises when too much data is flowing over the network, resulting in data packet collisions. These collisions require that the server resend the data packets, such as a web page or streaming video, slowing down the delivery.

In a paper published late last fall in the *International Journal of Wireless Communications, Networking and Mobile Computing*, they presented a software algorithm that analyzes data packet traffic. If that traffic is too heavy, their assessment control mechanism identifies the optimal communication path for reducing data collisions, thereby increasing the ratio of packets successfully transmitted – and ultimately improving performance.

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New Study: Veterans Find Quick Relief from Post-Traumatic Stress

Veterans of the wars in Vietnam, Persian Gulf, Somalia, Iraq, and Afghanistan suffering from post-traumatic stress disorder (PTSD) found significant relief from their symptoms as a result of practicing the Transcendental Meditation technique, according to a new study led by alumnus Robert Herron and published recently in *Military Medicine*.

The 41 veterans and 5 active-duty soldiers in the study had been diagnosed with clinical levels of PTSD, as measured by the PTSD Checklist—Civilian (PCL-5). After one month, 87% had a clinically significant decrease of more than 10 points. The reduction was so great that 37 participants (80%) had their symptoms reduced to below the clinical level, meaning that they were no longer considered to have a disorder.

“It’s remarkable that after just one month we would see such a pronounced decrease in symptoms, with four out of five veterans no longer considered to have a serious problem with PTSD,” Dr. Herron said.

By way of comparison, the standard treatment, which entails veterans attending counseling and re-experiencing their trauma as part of the therapy, is typically only partially successful, with approximately two-thirds still suffering from PTSD after being treated.

“Transcendental Meditation is very easy to do and results come quickly,” said James Grant, director of programs for TM for Veterans, which provided partial funding for this study. “Transcendental Meditation promotes self sufficiency – it’s a tool that the veteran can use for life, on his or her own.”

In addition, research has shown that Transcendental Meditation has a positive benefit for many of the conditions associated with PTSD, such as high anxiety, insomnia, depression, and high blood pressure.

“Because it works on the neurophysiological level to reduce stress, it has broader impact than cognitively based therapies,” he said.

The current study follows four previous studies on veterans that suggested a benefit for PTSD. Because of these promising findings, the U.S. Department of Defense has supported a randomized controlled trial involving 210 veterans that is now nearing completion.

“The evidence is mounting that Transcendental Meditation is an effective treatment for PTSD,” said Colonel Brian Rees, MD, coauthor of the current study.

From the Founder

“In our modern scientific age material comforts are certainly increasing, yet the individual life seems to grow more tense. This is only because individuals do not know the way to improve their ability and efficiency through contact with the greater energy and intelligence which every man has within himself. It is only necessary to contact consciously that field of inner life to benefit from it.”

— Maharishi Mahesh Yogi, *Science of Being*
CONTINUED FROM PAGE 1

Mr. Goldstein gave a 20-minute presentation on MUM’s regenerative agriculture program, which is a method that goes a step beyond organic by using only natural resources that are renewed during the farming process to grow healthy food at no cost to the planet. He also spoke about Professor John Fagan’s Health Research Institute.

Dr. Thimmaiah in Bali

In addition, last November Dr. Thimmaiah presented a two-week workshop in Bali for the purpose of creating a curriculum that combines principles of modern regenerative organic farming with the traditional Balinese knowledge of food and agriculture.

“Their traditional approach is based on the ancient perennial philosophy of Bali ‘tri hita karana,’ meaning all human actions should nurture nature, spirit, and human beings,” Dr. Thimmaiah said. “Farmers there are very respectful of their natural resources and their traditional farming practices are attuned to the rhythms of nature.”

He also led field workshops that taught simple, low-cost methods of organic farming to 35 teachers from five vocational or high schools. Dr. Thimmaiah explained the importance of the Transcendental Meditation technique in helping farmers to connect to the earth, soil, and plants. All of the students at these schools will be learning Transcendental Meditation.

His workshops came at the invitation of Bali’s Ministry of Education and by the Bali Schools Project.

Dr. Leslee Goldstein in Rwanda

Also presenting internationally was PhD alumna Leslee Goldstein, who traveled to Rwanda in November to speak about her dissertation research on 81 women in Uganda whose quality of life significantly improved after learning the Transcendental Meditation technique.

Speaking at a national conference on psychology, Ms. Goldstein shared her findings on decreased stress, increased self-efficacy, and improved mental and physical health. She also presented a two-hour workshop that covered 40 studies on how Transcendental Meditation helps in areas such as blood pressure, drug addiction, PTSD, and anxiety.

“I received a great response to my presentations,” Dr. Goldstein said. “It was attended by professors, students, and professionals in the field of psychology from Eastern Africa, as well as Westerners involved in non-governmental organizations and foundations. I made a lot of contacts, some of whom expressed interest in partnering with me on Transcendental Meditation projects and learning the technique themselves.”

While in Rwanda Ms. Goldstein was also involved in teaching the Transcendental Meditation technique to 50 women in a rural village in partnership with African Healing Exchange. This is an organization devoted to restoring resiliency to Rwandan women impacted by poverty and by the tragic genocide in the 1990s by offering them the Transcendental Meditation technique.

Dr. Maheshwari in South Korea

Anil Maheshwari was invited to South Korea to present at the International Conference of Information Systems, the most prestigious conference in the field of data analytics.

Dr. Maheshwari presented a paper titled “Teaching data analytics from natural law.” He explained that teaching the multidisciplinary field of data analytics requires comfort with multiple domains of knowledge, each with its own assumptions, concepts, and skills. He explained the need for an overarching framework that transcends and subsumes all the referenced fields.

His main point was that natural law provides an unchanging framework and a stress-free and sustainable path to continued learning. And he said that teaching from natural law helps enhance the student’s capacity for comprehension and integration of diverse knowledge and skills.

He presented seven key natural law principles, along with examples of their applications in teaching data analytics.

Alumna Accepted by Musicians Institute in Los Angeles

Tara De Santis, who finished her course work in December, has been accepted into a three-month program at the Musician’s Institute in Los Angeles.

She is enrolled in a program called the Musicians Institute Select Performance Vocal, which focuses on songwriting and singing techniques as well as performance. The application required that Ms. De Santis sing a song and send a recorded vocal exercise.

“Because I have access to the recording studio on campus, I was able to record those things in a professional studio and send them to the school in a heartbeat,” Ms. De Santis said.

She discovered her passion for songwriting and singing while taking the digital music production class with Cody Olivas. After the course ended, she purchased the software program the students were using in class and began spending time writing songs and recording.

Subsequently, Mr. Olivas created a professional recording studio on campus and gave access to students who had taken at least one of his music engineering classes. Ms. De Santis then began recording vocals weekly in the studio.

As a final project for her major in media and communications, she created an album together with student Anthony Guarino, who did the instruments. Their goal is to have an album that will eventually be available on all streaming platforms, including Spotify, iTunes, Pandora, and Soundcloud.

“My overarching goal is to create music that is elevating for individuals and communities,” she said. She hopes to work with the David Lynch Foundation, organizing concerts with them and perform at their events.
Former Literature Professor to Offer Free Talks on Rilke

Following a talk on Blake attended by over 90 people, former MUM literature professor Bryan Aubrey, PhD, will be offering a series of three free talks on the poet Rilke at the Fairfield Public Library in February and March.

His presentation, titled “Endless Transformation: The Poetry of Rainer Maria Rilke,” will be in three parts: part 1, “Inner-World-Space”; part 2, “Earth, My Darling”; and part 3, “The Rilke Circle: Open Reading.”

“Rilke is a poet of spiritual transformation,” Dr. Aubrey says. “When we read Rilke, we experience ourselves and the world in a new, deeper way. He connects us to infinity and to the larger self. I am delighted to be able to share his poetry with the entire Fairfield community.”

The presentations will be held on Sunday afternoons: February 11 (part 1), February 25 (part 2), and March 11 (part 3), from 2:30–4:00 p.m. in the library meeting room. There is no charge for the event.

Retired Librarian Authors Humorous Book

Retired MUM librarian Lyle Nelson has recently published a humorous book of riddles related to the current U.S. President. Titled Off the Wall! 169 Tremendous Donald Riddles That Will Trump Your Ego, the book highlights the country’s colorful president’s ego in a collection of original riddles, such as “Who was the young Trump’s role model?” and “Why isn’t Trump the wealthiest man in the world?”

“Whether we are on the right or left side of the political spectrum, we can agree politics today needs an injection of humor,” Mr. Nelson says. “And while on the subject of politics, let’s wish our President the best of success during his time in the White House.”

The paperback book is available on Amazon for $10.25.

Annapurna Menu

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

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