

MUM trustees pitch in
on all areas of campus life

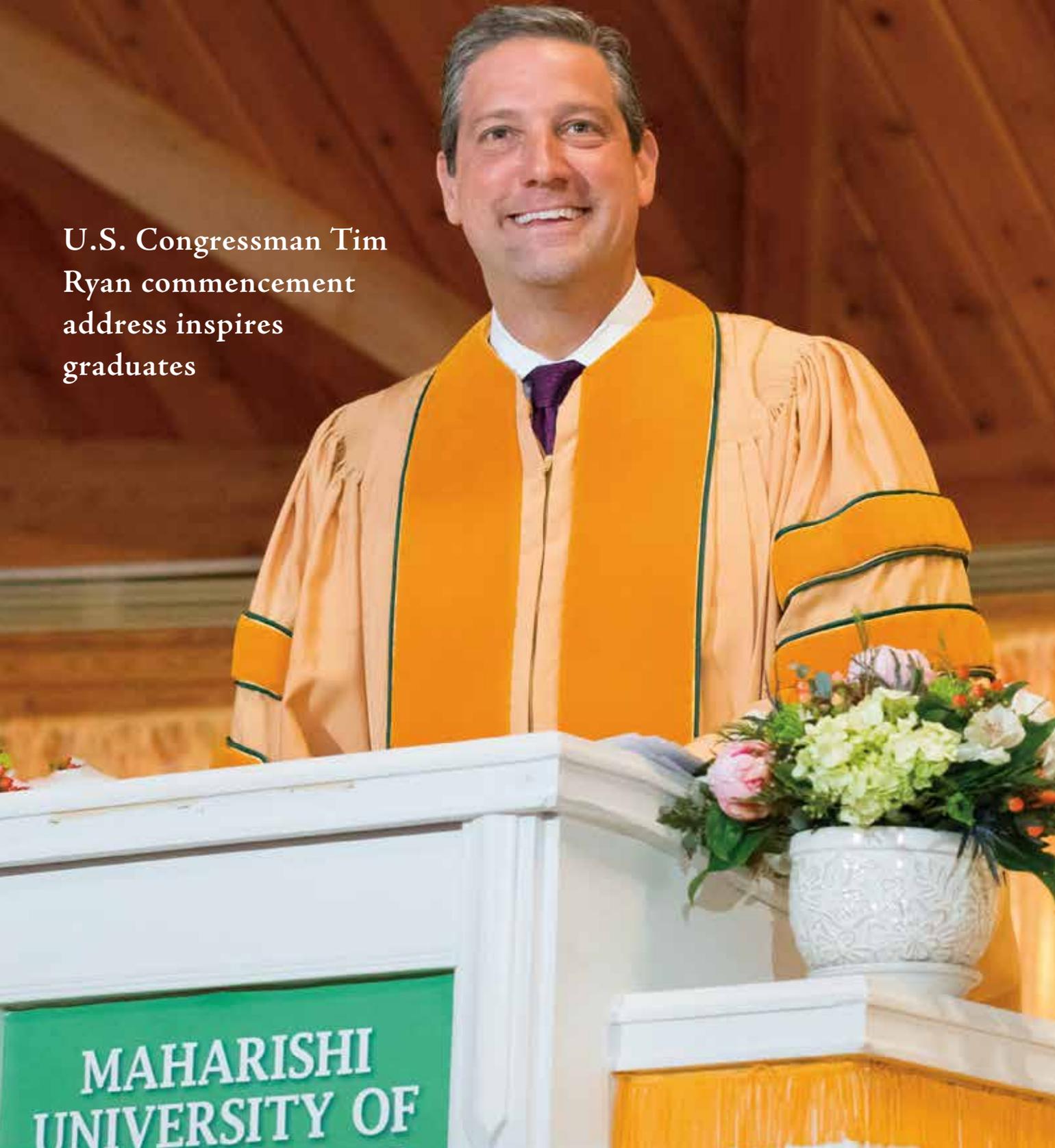
Alumna Anna Bruen helps clean
up Iowa's abandoned coal mines

Enrollment surges in online
master's degree programs

MAHARISHI UNIVERSITY OF MANAGEMENT UNIVERSITY REPORT

2016 -2017

U.S. Congressman Tim
Ryan commencement
address inspires
graduates





“**T**he process of education takes place in the field of consciousness. The prerequisite for gaining complete education, complete knowledge – the prerequisite for knowing everything, experiencing everything, and doing everything – is to bring the awareness to the level of pure intelligence, pure knowledge, self-referral intelligence, self-referral consciousness, Transcendental Consciousness.”

– Maharishi Mahesh Yogi

In this past year, our University has made tremendous progress across an impressive range of new initiatives – even as many more tantalizing opportunities are quickly unfolding before us. This 2016 – 2017 University Report provides a quick overview of these latest inspiring achievements and emerging opportunities.

As you will see, our University’s core mission, deep values, and significance to the world were brilliantly summarized by our 2017 Commencement speaker, Congressman Tim Ryan, who truly gave a speech for the ages. Our University’s most innovative academic programs – our Regenerative Organic Agriculture program, our Masters in Maharishi AyurVeda and Integrative Medicine, and our Hawaii Sustainability courses – have been hugely popular and have won significant acclaim. Our valiant trustees are spearheading crucial initiatives in all areas of University life, and our alumni are winning notable awards and transforming society for the better – both locally and globally. And our brilliant students continue to win top honors against renowned

competitors in science, arts, and athletics, demonstrating the power of Consciousness-Based education in developing the full potential of life.

But all these accomplishments are just the beginning. Even though last year we graduated (and thereby lost) a record number of students, by Fall 2017, we had over 1,700 students enrolled at the University. We are now launching an online B.A. in Liberal Arts aimed at the hundreds of thousands of students nationally who are planning to complete their college degrees. This summer we expect to build a 1+ megawatt solar array with state-of-the-art technology that will provide one-third of our campus’s electrical needs. We are substantially renovating and upgrading our campus, including the Argiro Student Center, the Arts Center, the Library, the Visitors Center, and historic Henn Mansion, as well as key student dormitories to accommodate our rising enrollments.

All these achievements are driven by the extraordinary dedication, hard work, and guiding intelligence of everyone associated with our incredible in-



stitution – and especially our visionary and generous donors. We have so many opportunities for progress and expansion that are ripe for the plucking! We only need to work together as a family, and to commit our collective focus and resources to realizing the potential that lies before us.

I look forward to working with you to accomplish all these inspiring goals in this coming year.

UNIVERSITY REPORT

2016 - 2017

CAMPUS NEWS

- 4 | Program in regenerative organic agriculture launches
- 6 | President Hagelin leads peace summit in Ukraine
- 7 | Students learn sustainability in Hawaii
- 7 | New screenwriting program off to strong start
- 8 | Sustainable Living Center extraordinarily energy efficient
- Campus improvements
- 8 | Outdoor amphitheater constructed
- 9 | Over 175 trees planted
- 9 | Men’s dormitories renovated
- 9 | Affordable townhomes built near campus

ACHIEVEMENTS

- 28 | Faculty achievements
- 32 | Student achievements
- 36 | Maharishi School achievements

INSTITUTIONAL ADVANCEMENT

- 40 | Our supporters
- 56 | Legacy giving opportunities

FEATURES

10 | U.S. Congressman Tim Ryan delivers commencement address

“We need leaders who are established in that underlying unity of life”



14 | Alumna Anna Bruen helps clean up Iowa’s abandoned coal mines

Dedicated to improving lives in southeastern Iowa

18 | MUM trustees pitch in on all areas of campus life

From overseeing renovation to raising funds for the endowment

24 | Enrollment surges in online master’s degree programs

Offering degrees in Maharishi Vedic Science and in Maharishi AyurVeda

REGENERATIVE ORGANIC AGRICULTURE

NEW PROGRAM LAUNCHES

This is agriculture that enriches the soil rather than depleting it, that sequesters carbon from the air rather than contributing to global warming, that ensures the purest and healthiest vegetables, and that is in tune with the laws of nature.



Regenerative organic agriculture farm located north of campus. Harvesting carrots and selling produce at the Fairfield Farmers Market (opposite page)

Professor Appachanda Thimmaiah is passionate about agriculture, but not just any kind. He preaches, and lives, “regenerative organic agriculture.” The aim of Dr. Thimmaiah’s new program is to create self-sufficient farming systems where all the inputs, such as seeds, manures, and bio-pesticides, are produced on the farm itself.



And in his typically charismatic fashion, Dr. Thimmaiah attracts others with his vision, launching a new nine-month certificate program in regenerative organic agriculture in January of 2017 and enrolling a dozen students.

The students begin with a course on culturing the intelligence of nature, which linked Maharishi’s knowledge with agriculture. That’s followed by courses on farming practices, organic agriculture, and soil science. Then they spend six months in the field.

Selling produce at farmers market

The first cohort began their field work by starting seeds in the greenhouses, then planted their crops. By May they had begun selling the fruits of their harvest at the Fairfield Farmers Market and Everybody’s Café. Their produce included salad greens, radishes, kale, chard, peas, zucchini, tomatoes, beans, sweet corn, carrots, and melon.

The farm is located on 24 acres of land immediately north of the grain elevator that borders campus. A 4,800-square-foot building on the site was completely renovated and is used for cleaning and storing vegetables, as well as storing equipment. Other amenities include lockers, a changing area, bathrooms, and showers. A loft area includes a small library of books on agriculture and also serves as a curing area for garlic, onions, and squash. In addition, construction of the new Petra Stanley Regenerative Organic

Agriculture Center that will house a conference room, classrooms, and office space was expected to begin in the latter part of 2017.

The first of its kind in the country, this new program is a collaborative effort among five internationally renowned organizations in the field of organic and biodynamic agriculture. In addition to the certificate program, MUM’s Department of Sustainable Living began offering a bachelor’s degree in regenerative organic agriculture in the fall of 2017.

Learning both farming and business practices

“We learn the practical experience of farming, and then, with the farmers market, the business aspect as well,” said student Mike Dwyer. “It’s a really good program. You don’t get this full experience elsewhere.”

Students have tilled the ground, made rows and raised beds, aerated the soil, and learned to make and apply compost and compost tea, as well as organic garlic-based pest repellent. They also have learned how to irrigate, weed properly, and put up trellises. In addition to the various growing techniques, students also engage in team building and farm management practices. “We’re always working as a team and communicating about what we need to do,” said Theodore Sanler.

The students come from diverse backgrounds and their career plans are just as diverse. They aspire to become

farm managers, establish their own farms, write books, educate veterans about sustainable agriculture, and get into urban gardening.

“The purpose of this course is to create an army of future farmers who can redesign and restructure the current food and agriculture systems,” Dr. Thimmaiah said. “Graduates of this program will have confidence to farm or start their own business in regenerative organic agriculture.”

For more information, see www.mum.edu/roa-certificate.



President Hagelin leads Peace Summit in Ukraine

A major summit in Ukraine in June entitled “Science and Peace: Proven Solutions to Violence and Global Conflict” brought together leaders from 21 countries to hear about science-based approaches to peace. The conference, hosted by the Global Union of Scientists for Peace and attended by 600 people, was led by MUM President John Hagelin, who is also the international president of that organization.

The audience represented the top tier of Ukrainian scientific, academic, military, and governmental leadership. They had been invited primarily by Ukrainian leaders Lt. General Vasyl Krutov, former chief of the Ukraine Anti-Terrorism Center, and Dr. Sergiy Maksymenko, the country’s most renowned research scientist, both of whom are leaders of the Global Union and enthusiastic about bringing the benefits of the Transcendental Meditation technique to Ukraine.

Brain-based approach to peace

Among the solutions discussed, there was widespread support for the “Brain-Based Approach to Peace” offered by Dr. Hagelin, Fred Travis, David Orme-Johnson, Sandy Nidich, and others.

Dr. Travis described how stress shuts down the prefrontal cortex, the

“higher brain,” and overstimulates the amygdala, the “fear center,” causing aggressive, violent, fear-driven behavior.

“If these tensions grow unchecked – if they reach a boiling point – they inevitably erupt in social violence, terrorism, and war,” said Dr. Hagelin. “To prevent such violence, we need to defuse societal stress and restore balanced brain functioning.” Dr. Orme-Johnson presented extensive research showing how the Transcendental Meditation® technique restores balanced functioning in the brain and in society, and Dr. Nidich reported on the positive outcomes of a recent study on TM® and PTSD that was funded by the U.S. Department of Defense.

Implemented in 22 countries in Latin America

This Brain-Based Approach to Peace received strong support among the conference participants, resulting in the unanimous adoption of a resolution calling for its implementation. Heads of state and other top government leaders presented striking examples of how this approach put an end to decades of civil war and brought lasting societal peace and prosperity. In Latin America, 22 countries have implemented this approach within the public educational system and in the training of their armies and militias.

“This Brain-Based Approach to Peace offers a field-tested solution to global conflict and a practical technology to create peace on earth.”

Dr. Hagelin

Army generals in Ecuador and Brazil gave reports about how peace was achieved in their countries after protracted civil war.

Among the presenters was Joachim Chissano, former president of Mozambique, who spoke via prerecorded video. He described how he applied Maharishi’s Brain-Based Approach and credited it with ending his nation’s 20 years of civil war and bringing peace and prosperity.

Father Gabriel Mejia of Colombia spoke via Skype about how teaching the Transcendental Meditation and TM-Sidhi® programs to tens of thousands of orphaned children in Bogota created a “wave of peace” in Colombia that helped end 52 years of civil war.

Thirty-eight separate news organizations covered the conference, including eight national Ukrainian television stations, 19 social-political news agencies, and numerous international news agencies.



Dr. John Hagelin



Students study sustainability in Hawaii

Students now have the option of spending a semester studying sustainable living in Hawaii, and the first groups to do so in the 2016–17 academic year found their experience to be immensely rewarding.

Why Hawaii? The Big Island is home to many sustainable farmers and homesteaders, intentional communities, and craftsmen, as well as native Hawaiians who are maintaining their ancient culture. Thanks to the many connections Professor Lonnie Gamble has made on the Big Island, the students spend much of their time learning from these local specialists and doing service work in their enterprises.

Student Danny Flynn, for example, spent a week at the Hawaii Institute of Pacific Agriculture, a sustainable farming operation that focuses on living off the land and growing food that’s nutritious, safe, and good for the environment. He helped with composting, mulching, planting, and transplanting, as well as with their beehive, dairy, and agro-forestry operations.

Hawaii is also an ideal setting for studying sustainability because the islands are geographically

remote. Issues residents face include soil fertility, energy, transportation, urban planning, employment, inequality, and access to fresh water.

This new program, which is hosted at the Kohala Institute, is designed as a semester abroad, during which MUM students and students from other universities engage in an intensive exploration of sustainability, transformative leadership, and consciousness. The 2016-17 modules included sustainability and the dilemmas of the 21st century; sustainability and Hawaiian studies; technology and design for sustainable living; and team projects. (See current offerings at www.mum.edu/hawaii.)

The Kohala Institute is located on 2,500 acres on the largely rural Big Island, which has just 150,000 residents.

LOW-RESIDENCY

MFA in screenwriting begins

Students in the two-year program do their coursework online and come to campus at the beginning of each semester for a 10-day residency.

Film director Peter Farrelly was on hand to give guest presentations during the students’ inaugural residen-

cy, filmmaker David Lynch connected via Skype for 45 minutes to answer questions from each student, and international script consultant Dara Marks gave lectures on transformational narrative.

The students learned the Transcendental Meditation technique early in their residency, and heard from Professor Fred Travis how it changes the brain and fosters greater creativity.

Mr. Farrelly spoke about his films and about how learning

the Transcendental Meditation technique in recent years has affected his work. Along with his brother Bobby Farrelly, he is best known as the creator of such films as “There’s Something About Mary,” “Dumb & Dumber,” “Shallow Hal,” “Hall Pass,” “Stuck on You,” and “Me, Myself & Irene,” among other successes.

In addition to the online lectures and residencies, the students also connect weekly with a mentor, as well as meeting online as a group once a week. Workshops, in which they read and comment on each other’s work, are also an important component.

For more information, email drompalske@mum.edu.



Film director Peter Farrelly with students

MUM Sustainable Living Center outperforms expectations

Because of its outstanding energy-saving performance, MUM's Sustainable Living Center caught the attention of an organization called Getting to Net Zero, which keeps track of ultra-efficient buildings and their energy usage.

According to their calculations, the building's net Energy Use Intensity was -0.5 in 2015, indicating that the building produced 5 percent more energy than it used. Net EUI is a measure of energy use per square foot per year minus renewable energy production. They said that the Sustainable Living Center is among the highest-perform-



ing buildings they had encountered, especially given Iowa's harsh climate.

The year 2015 was the only one for which consistent data tracking was available, but according to estimates, the building was even more efficient in previous years, producing as much as 30 percent more energy than it used.

The building's electricity comes from two sources: solar photovoltaic panels and a wind turbine. The heating is provided by solar hot water heaters.

Heating and cooling are supplemented by geothermal tubing. The building feeds its excess electricity back into the MUM grid for use by other buildings.

The Schwartz-Guich Sustainable Living Center, completed in 2012, includes classrooms, offices, labs, and a workshop. Other features include earth block walls for thermal mass, daylighting, and an exterior south wall that's a greenhouse for passive solar heating.

NEW CAMPUS CONSTRUCTION



Younger Park - Olson Family Amphitheater

Construction of Younger Park begins

The next step in the transformation of campus began in the summer of 2017 with the construction of an amphitheater on the sloping land east of the Argiro Student Center that seats over 100 people.

The Olson Family Amphitheater, funded by Peggy Olson and her late husband Marty, includes tiered seating made of brick, and a stage. Both fiber optic cable and cable TV were also installed. The amphitheater is the first phase of the development of Younger Park, which will eventually expand to include additional features.

Over 175 trees planted

Thanks to grants of \$5,000 and \$10,000, and the efforts of volunteers, over 175 trees were planted during the 2016-17 academic year. Locations included the sloping land west of the Women's Dome, areas around Crow Creek and the Punj Tennis Center, and along two of the main roads leading into campus: Badgett Drive and Zimmerman Boulevard.

The planting was guided by representatives from Trees Forever and organized by the Green Iowa AmeriCorps volunteers being hosted on campus. The varieties of trees planted included oak, linden, locust, catalpa, birch, lilacs, tulip trees, redbud, white pines, London planetrees (a sycamore hybrid), and disease-resistant elms.

In addition, MUM trustee Toby Lieb has spearheaded a major initiative to improve the arched bridge area as well as the immediate environment surrounding the walkway that crosses Crow Creek on central campus. Extensive brush was removed, the creek was cleared of wood debris, trees were planted, and landscaping was done alongside the arched bridge, including perennials and bushes. The Japanese footbridge was also restored.



Low-cost townhomes built in North Campus Village

Low-cost options for those interested in moving to Fairfield increased in the past year, with the addition of over 20 Maharishi Vastu® townhomes in North Campus Village and over 30 planned units that are in the process of being constructed.

Because of government grants and tax incentives, the price has typically been in the range of \$100,000 for a 1-bedroom, 1-bathroom home that's part of a duplex, to \$127,500 for a 2-bedroom, 1.5-bathroom, two-story townhome in a triplex.

All of the 56 units in this new phase of development have been sold, with the remaining units expected to be finished in the next year and a half. Because of the strong demand, the developers now have tentative plans



to begin another development of low-cost homes. Those interested can be put on a waiting list. Email mbrett@vastupartners.com.

Other new housing opportunities in the community include the renovated campus in Maharishi Vedic City that once housed over 1,100 Vedic pandits and now provides affordable accommodations for those who want to be a part of the Invincible America Assembly. The two-bedroom cottages range from \$250 to \$600 per month, plus utilities, while two-room suites with private bath and shared kitchen/laundry facilities are \$360 per month, including utilities and free Internet. The price for couples is \$420 per month. See <https://sites.google.com/view/idealifeassembly>.

Renovation of buildings continues

On the heels of major renovation in Hildenbrand Hall, the main residence hall for women, and Verrill Hall, which houses classrooms and offices, work was done this past academic year on the five "highrise" dormitories that accommodate men students, thanks to nearly \$100,000 from donors.

The renovations included painting the exterior trim, repairing entryways to three of the buildings, and sandblast cleaning of the brick exterior on all five buildings. Renovation of the lobbies included painting, new carpet, remodeling, and new furniture. The heating and air conditioning systems were also upgraded.

These renovations have helped transform the appearance and feeling of these residence halls, while improving their energy efficiency and overall utility. The next phase will involve renovation of student rooms.

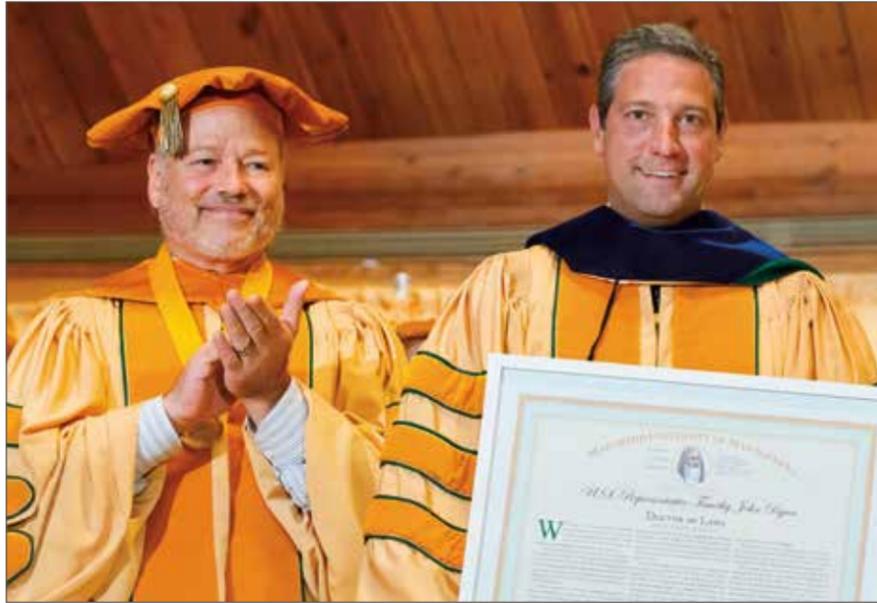


U.S. CONGRESSMAN TIM RYAN'S COMMENCEMENT ADDRESS DELIGHTS RECORD GRADUATING CLASS

Congressman Tim Ryan (D-Ohio) is a man of courage. Courage to be open about his practice of meditation. Courage to invite his colleagues on Capitol Hill to participate in his twice-weekly "Quiet Time Caucus." Courage to travel to Iowa to an unusual university and deliver the commencement address. And courage to unstintingly praise that university's unique approach to education.

Not surprisingly, a main theme of his address was courage. And it was an address that delighted and inspired the record 579 graduating students at the 2017 Maharishi University of Management commencement.





“We need leaders who are established in that underlying unity of life.”

Congressman Tim Ryan

Congressman Ryan receives honorary doctorate degree

Deep appreciation for mission of MUM

Congressman Ryan began his talk by expressing his deep appreciation for the mission of Maharishi University of Management.

“Everywhere I travel I see the outreach of this great university: Transcendental Meditation – the meditation you practice, the meditation you research, the meditation you teach – is now being offered in big companies and small family-owned businesses, hospitals and clinics, tough inner-city schools and military bases, in prisons and homeless shelters.

“It’s clear from the research that Transcendental Meditation is helping to unlock the limitless potential of the human mind. It is an essential tool that can immeasurably enrich our lives and help us take on intractable ills like prejudice, violence and addiction.

“Your university is working to identify, implement, and bring to scale innovative knowledge and technologies that promise to completely restructure the way we educate our young, heal our sick, grow our food, and safeguard our borders.

“And that’s why I’m here today – to put out the call to you. As students

dedicated to developing the full value of human consciousness, you are all desperately needed in the global challenge to find a new path forward.”

The answer is within ourselves

Throughout his address Congressman Ryan showed an understanding of the principle of transcending, and how important that experience is in the world today.

He spoke about the divisiveness in politics and was clear that we need to go deep within ourselves to find the solution. Quoting Jim Wallis, the theologian and political activist, he said, “Don’t go further left, don’t go further right: we all need to go deeper.”

And he was clear that “in this depth we experience the underlying unity of life.” He went on to say how important it is to be established in that unity: “We are living in a moment that calls out for leaders who are wiser, smarter, and bigger than our problems. We need leaders who are established in that underlying unity of life, so that they can see that our differences and diversity – whether in language, cultural inflections, or political beliefs – are our greatest strength. And this diversity provides opportunity for competition – the competition of ideas, of how

we can best govern ourselves and our world.”

Noting some of the challenges we face on this planet, he addressed physicist Stephen Hawking’s contention that establishing a colony on the moon will allow life to thrive. Congressman Ryan disagreed, saying the answer lies within ourselves:

“We don’t need powerful rocket engines to make life better, we need powerful tools to unlock our own human potential. And how do we advance all of humanity? The answer is not on the moon, it’s in ourselves.”

The courage to lead society to a new Renaissance

Congressman Ryan compared society today to the Dark Ages and spoke about a book by Edwin Friedman titled *A Failure of Nerve*, in which Friedman describes characteristics of Dark Ages and argues that it was the courage of the great navigators that helped the Middle Ages break free. Their adventures led to new discoveries that changed the worldview and inspired people to “question the realities, the orthodoxies, and the set ways of the world,” Ryan said – ultimately leading to the Renaissance.

Who are the modern-day explorers?

Congressman Tim Ryan

Congressman Ryan has been the U.S. Representative for Ohio’s 13th congressional district since 2003, having been reelected seven times. He previously served in the Ohio Senate.

He is a leading voice for promoting college affordability, expanding renewable energy, and enhancing access to healthcare. His focus on health includes being an active proponent of the benefits of meditation. He has organized twice-weekly meditation sessions for staff and members of Congress, which he calls the “Quiet Time Caucus.”

In addition, he is working to make integrative health techniques, including Transcendental Meditation, more accessible to all veterans through funding from the Veterans Administration.

Congressman Ryan’s published books include *The Real Food Revolution: Healthy Eating, Green Groceries, and the Return of the American Family*. He strongly promotes healthy food and agricultural practices.

Those who transcend and grow in appreciation of the underlying unity of existence. Congressman Ryan was clear about the special mission of MUM graduates:

“You are the modern day explorers. Your meditation practice will assist you in navigating the turbulent waters of modern society.

“Your Consciousness-Based education has prepared you to take your place among those leaders who are redefining the rules and changing the way we all see things – and our nation and the world desperately need you now.

“We have gathered here today to honor and celebrate something both modern and ancient – something as old as human life on earth: the ability to access the silence, the unity, that lies deep within. And that silence, as you well know, is a reservoir of unlimited creativity, intelligence, energy, and happiness. That’s your adventure, to live your life from the deepest and best part of you – the quiet part.

“I challenge you: Do something with it.”

A call to action

Congressman Ryan concluded with a stirring call to action for the graduates, again recognizing their special advan-

tages and urging them to make a difference.

“Many of the answers to the challenges we confront as a people run right through this great university in the magnificent cornfields of Iowa.

“Please don’t keep your talents to yourself.

“This country – and our world – need you to be an army of wisdom, compassion, and connectedness showing the world how to be awake, to be connected, and to be energized by the tremendous power that lies within.

“When John F. Kennedy wrote *Profiles in Courage*, he celebrated stories of great political courage. But he knew the difference between studying something and doing something.

“The stories of past courage,’ Kennedy wrote, ‘can teach, they can offer hope, they can provide inspiration. But they cannot supply courage itself. For this, each man must look into his own soul.’

“Graduates, look into your own souls and find the courage to believe you can make a difference, the courage to imagine the world as it should be, and the courage to take us forward where we need to go.

“Graduates of Maharishi University of Management, answer the call and

lead us to the next Renaissance, for our country and for the world.

“Graduates, lead – and take us on an adventure.”

A reflection of how times have changed

Congressman Ryan’s address was not only inspiring, it marked a sea change in a leading official’s openness about meditation. In the past there were occasional rumors that some members of Congress were “closet meditators”: they practiced the Transcendental Meditation technique but didn’t tell anyone about it because they were afraid of being too far out of the mainstream.

Times have changed. Today a member of Congress not only openly practices meditation, but actively promotes it, and deeply appreciates the value. We thank Congressman Ryan for his courage and vision and for leading the way toward a better world.

“We don’t need powerful rocket engines to make life better, we need powerful tools to unlock our own human potential.”

Cleaning up waterways,
abandoned coal mines, and more...

Alumna Anna Bruen

is making a difference in southeast Iowa

An abandoned coal mine is a toxic mess, dangerous for both animals and humans. Iowa has 300 abandoned strip mines, and alumna Anna Bruen is playing an important role in reclaiming that land and restoring it to a natural state. That's just one of the many projects she's focusing on as executive director of Pathfinders Resource Conservation & Development, a Fairfield-based nonprofit organization that serves counties throughout southeast Iowa.



A Dream job

It is, she says, her dream job: helping communities thrive economically while at the same time improving their relationship with the environment. And she says her degree in sustainable living gave her an important foundation for this job through its emphasis on the connectivity between people and the planet.

Her dream began at a young age when, as a child, she read Rachel Carson's classic book *Silent Spring*, which told the story of how pesticides were killing birds. As an undergraduate student at Maharishi University of Management, she pursued her dream by majoring in sustainable living, where she learned how to work with nature while also helping communities to develop.

After graduating in 2008, she focused on helping Fairfield become more sustainable. As part of a grant from Alliant Energy and the Iowa State University extension office, she was project coordinator on an energy efficiency campaign that resulted in an 8.5% reduction in energy use in Fairfield. Her many other activities included helping to oversee the planting of a community orchard, incorporating energy efficiency into a new house being built by Habitat for Humanity, weatherizing homes, installing solar panels, and more.

But she wanted to be able to contribute in even more ways, and decided to go for a dual master's degree at Iowa State University, graduating with an MS in sustainable agriculture and in community and regional planning.

Helping Fairfield with watershed management

Toward the end of her degree program, she took a course on watershed management. The issues are many. If cities and farmers are not careful, they can dump pollutants into wherever runoff water ends up, whether streams, ponds, or lakes. Management also entails en-

suring that the water cycle – the movement of water through land and air – can function in a healthy way.

During the course, her professor required her to explore a watershed issue related to her thesis, and her hometown of Fairfield presented her with a perfect opportunity. For years the city's sewage system hadn't been able to accommodate heavy rainfall, resulting in overflows of raw sewage into Crow Creek, which runs through campus and borders the east side of Fairfield.

Because of her growing reputation in Fairfield, and her solid academic background, Anna was hired to facilitate the Crow Creek Watershed Assessment. She wrote a final plan that would help the city map out future improvement projects. "It was very fulfilling," she says, having the opportunity to apply what she had been learning while at the same time helping her hometown deal with a serious problem.

She worked on the city's application for a competitive loan program from the USDA, which awarded the city a nearly \$25 million low-interest loan to put in a new wastewater treatment plant – a project that's now underway.

Named executive director of Pathfinders

When Anna graduated in 2014 with her master's degrees, she was immediately hired by Pathfinders RC&D to, unsurprisingly, be their watershed coordinator and environmental planner. Due to her experience, education, passion, and accomplishments, the Pathfinders' board of directors named her executive director in 2016.

Cleaning up abandoned coal mines

So what does Anna do to clean up an abandoned strip mine? She works with local soil and water conservation districts and the State of Iowa to write grant proposals for the cleanup. Once the grant is funded, Pathfinders administers the grant, and works with the state and contractors to complete the restoration. So far 100 of 300 abandoned strip coal mines in the state have been returned to a more natural state, with Pathfinders partnering on 40 of those.

Reclaiming the land entails grading the large hills of waste rock and the deep gullies that result from digging into the earth to extract coal. The soil and water on the entire site are highly acidic due to the exposure to coal dust, so reclamation also entails adding lime to the soil to reduce the acidity. After the project is done, the land can be used for wildlife habitat or light animal grazing.

Anna explains that the mines they're working to reclaim were active before 1977 – before there were rules and regulations that require mining companies to restore the landscape to the condition it was in before it was mined.

"The sites we reclaim are barren," she said. "The topsoil – that rich, biologically abundant, layer of soil that is good for planting seeds in – is gone." She says it takes 100 to 500 years to rebuild one inch of topsoil.

"Reclaiming a surface coal mine is like putting a Band-Aid on a scrape," Anna says. "Except instead of the heal-

Southeast Iowa abandoned coal mine land restored to a natural state



ing time being a couple of days or a week, the recovery period is decades.”

After reclamation, sites are best left untouched as much as possible. They are great areas for wildlife and pollinator habitat or lightly grazing cattle, which can help add organic matter.

The State of Iowa works with landowners to help determine what seed mix to plant, based on what they envision for their land. “I get most excited when sites are planted to a native prairie/pollinator mix,” Anna says. “There’s a site right now in Southeast Iowa that’s being reclaimed with a natural stream design and the landowner is going to be harvesting prairie seed and planting it at the site.”

Watershed management

The reclamation of an abandoned strip mine also includes watershed management, since runoff either creates lifeless pools of acidic water, or drains highly toxic water into area streams.

Watershed management projects, as Anna has worked on in Fairfield and in conjunction with abandoned coal mines, is a major offering of Pathfinders. Iowa’s streams are some of the most polluted in the country, and communities are increasingly concerned – as is the United States Environmental Protection Agency. Anna and her staff will work with a community and state agencies to determine where the water is draining to, such as a stream, then assess the quality of the water running

into the stream, then identify opportunities to improve the situation, and then specify the necessary steps for that improvement.

Creating vibrant communities

Pathfinders’ portfolio is actually much broader than cleanup, however. Their mission is to “create vibrant communities by strengthening local economies and encouraging natural resource conservation.” Community development is an important part of their mission. They envision helping to “create thriving hubs of economic activity,” which will “provide a high quality of life for the residents.”

As an example, Anna talks about another of her favorite projects: the Iowa Scenic Byways. Iowa has many scenic areas, and has designated certain highways that traverse these areas as “scenic byways.” That helps drive tourism to these locales, fostering local economies.

But the communities along the scenic byways may not be prepared to take advantage of the greater attention. Pathfinders partners with the Iowa Department of Transportation and with these communities to “build capacity.” They work with them to seize opportunities such as holding events that further draw tourists. And they provide support to businesses, organizations, museums, recreation centers, and other attractions so they can bring in more visitors. This collaboration with the community even gets into details

such as what sorts of directional signs are needed and where they should be placed. The overall goal is to improve the quality of life for the residents.

“I get excited and feel good when I see people enjoying the communities where they live, regardless of how much direct involvement Pathfinders or myself had,” Anna says. “We’re really here to support what people living in Iowa want for their communities and more often than not, it’s about increasing people’s quality of life and access to resources. So when business owners can expand a product line because of a loan from Pathfinders, or when people feel empowered to ask questions about water quality because of a press release we wrote, or when people learn something new about the region – like the fact that there was coal mining or that the Mormon Trail was through this area – that’s exciting to me. It’s also exciting when we organize something, like the Solar Energy Fairs we hosted last year, and people come from miles around to see and learn.”

She also gives an example of writing a watershed management plan for a county park, a plan that’s now being used to receive state and federal funding to follow up on the strategies in the plan. “That’s fulfilling,” she says, eyes twinkling.

An emphasis on collaboration

But don’t use the word “help” when describing the role of Pathfinders in

“We focus on what the people living in the community want. We partner on what they want, and accomplish projects together.”

– Anna Bruen



these communities. Anna explains that Pathfinders does NOT tell communities what they should be doing. Rather, she emphasizes that it’s a collaboration, with Pathfinders staff participating in the community and working with local individuals, businesses, community groups, and government agencies.

“We focus on what the people living in the community want,” she says. “We partner on what they want, and accomplish projects together. I appreciate that each community and organization has a distinct identity. I try to enhance that by focusing on their priorities and their economic activity, landscape, and ecology.”

From event planning to project development

So what is Pathfinders RC&D? Resource Conservation & Development Councils were established nationwide by the U.S. Department of Agriculture in 1962, with each serving 5–8 counties. Each operated as an incorporated nonprofit. Fairfield launched their RC&D in 1978. Early on the USDA supported these nonprofits financially, but that ended in 2011. That means, Fairfield’s Pathfinders RC&D must maintain a stream of income to support their activities and pay the staff of four that works with Anna.

Most of their funding comes from grants, donations, and financial support from their six member counties. But they also offer a variety of fee-

based services throughout Southeast Iowa, such as grant writing, project development, strategic planning, event planning, and more. Their fees are low, however, and their services mesh well with their broader interest in nurturing communities.

Rotary Club award

Anna’s passion for nurturing Fairfield was recognized in early 2017 when the Rotary Club awarded her a \$6,000 scholarship to help pay back her student loans. The club had announced a scholarship to be awarded to a recent college graduate who planned to make Fairfield his or her home. Anna qualified, having finished her master’s degrees in 2014, so she applied.

In awarding the scholarship to Anna, Pat Hurley, the scholarship committee chairman, said, “One of the applicants really stood out as embodying all the qualities and values of Rotary, and that was Anna Bruen. It was very clear from Anna’s essay that she is completely dedicating her life to serving her community. Her primary goals are to help the Fairfield community grow, to bring people of different backgrounds together, and to help others to live happy, healthy, and prosperous lives.”

A dedication to improving lives

That certainly describes Anna, whose dedication to improving the lives of everyone in Fairfield goes far beyond

her career at Pathfinders. She teaches yoga classes, serves on the board of two non-profit organizations, and in the past has volunteered with a range of groups, such as Carry On Bags, Girls on the Run, The Lord’s Cupboard, Fairfield’s Go-Green Commission, and the Young Professionals of Fairfield.

A current concern she has is senior citizen housing. The baby boom generation moved to Fairfield en masse when in 1979 Maharishi invited practitioners of the Transcendental Meditation and TM-Sidhi programs to join a large group doing their practice together to help foster peace in the world. This has created a demographic bulge, so Anna worked with a community member to distribute and collect a survey and found that there will be an imminent need for more facilities for senior citizens – a situation she hopes to help address.

So what does the future hold? Anna looks forward to continuing to respond to the needs of communities and organizations in the region – natural resource conservation, agriculture, housing, community development, and quality of life.

“When I was in school I definitely had in mind that I wanted to lead projects that would benefit the environment and our human communities, and here I am,” she says.

A NEW ERA...

MUM TRUSTEES

PITCH IN ON ALL FACETS OF CAMPUS LIFE

You might think of a board of trustees as men and women in business dress gathering in a boardroom several times a year to review budgets and policies and give general direction.

But that doesn't describe MUM's current board. They do so much more. They oversee renovation and construction, travel the country to meet wealthy donors, provide funds for specialized faculty training and new buildings, develop fresh ideas to promote the university, and hatch plans to power the campus with solar energy.



MUM trustees meet with senior administrators

Visionary new chair and vice-chair spur change

Much of the credit goes to Jeffrey Abramson and Tom Stanley, the board's chair and vice-chair for the past nine years.

Mr. Abramson, a partner in The Tower Companies, an award-winning real estate development firm in the Washington, DC area, simply had an expanded vision for the board. "Being a trustee of MUM means you are responsible for raising the donations to support growth, research, and scholarships; for assuring that our students are getting the best education; for providing financial oversight; for renovating the campus and erecting new facilities and public spaces; and for preserving the university for generations."

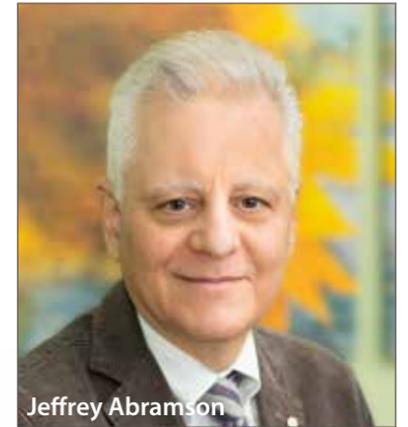
His vision for MUM is to reach an enrollment of 1,500 on-campus students by 2022. Beyond that, he wants those students to be a "brilliant reflection of the benefits of Consciousness-BasedSM

education." He envisions a student who develops a "vast interest in learning, a special inner alertness and deep confidence that inspires a world of fresh ideas, and a humane and socially conscious leader capable of building a safe and prosperous world."

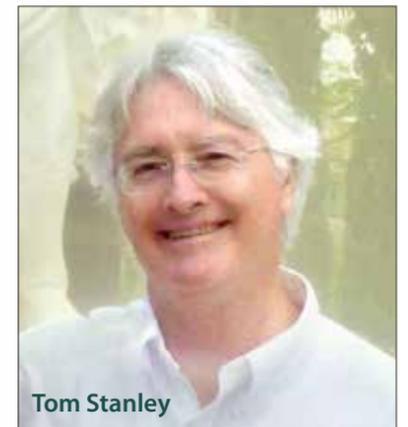
The keys to making things happen

It's a compelling vision, one that has motivated him to get the trustees deeply involved. And he and Mr. Stanley knew the two central keys to making things happen: organization and accountability.

They believed the trustees could best apply their impressive talents and experience by working in committees related to their areas of expertise. Currently the 34 trustees are organized into 10 committees actively involved in every area of the university, with most serving on multiple committees. Mr. Stanley helps oversee these committees and coordinates how they interact with the administration and faculty.



Jeffrey Abramson



Tom Stanley



Toby Lieb



Doug Greenfield



Ed Malloy



Tom Factor



Laura Wege

“A number of the trustees have become inspired to take responsibility for certain aspects of our university, and work closely in supporting administrative and academic initiatives to improve the campus and student satisfaction,” Mr. Stanley said. “They work with their administrative counterparts to identify where the trustees can be most helpful in their support. Our goal is continuous improvement.”

Mr. Abramson and Mr. Stanley have also focused on accountability, to ensure each committee is adding value. Mr. Stanley regularly phones committee chairs, and he and Mr. Abramson speak at least twice a month to assess progress.

“Tom is an incredible administrator, deeply dedicated to MUM and the Fairfield community and to the growth of our programs worldwide,” Mr. Abramson said. “We have a very

special partnership.”

Let’s take a look at some of the trustees’ recent activities.

Toby Lieb – Creating pleasing public spaces

The trustees’ most visible activity for the past several years has been renovation and construction, thanks in large part to the members of the Student Life and Sustainable Campus Development committees.

Toby Lieb, who co-chairs the Student Life committee, has most recently overseen extensive landscaping around Crow Creek, transforming tangles of dead trees, vines, and brush into a lovely park. The work, funded through her family foundation, included renovating the arched Japanese footbridge that was slated to be torn down.

This was the latest of many previous projects. Toby’s family foundation,

in memory of the late trustee Charley Lieb, funded the Argiro Student Center garden and fountain and its ongoing maintenance. She has also been responsible for landscaping around residence halls and other areas and for upgrading the MUM community garden, providing new planting boxes, topsoil, gardening tools, and landscaping. The benches and picnic tables around campus are also thanks to her.

Public spaces like these are an important part of “the new master plan to integrate new buildings within new public spaces that connect students and visitors to the richness of a vibrant campus life,” Mr. Abramson says.

Doug Greenfield – Renovating residence halls

One of the most active trustees in transforming the campus has been developer Doug Greenfield. He’s built

“Being a trustee of MUM means you are responsible for raising the donations to support growth, research, and scholarships; for assuring that our students are getting the best education; for providing financial oversight; for renovating the campus and erecting new facilities and public spaces; and for preserving the university for generations.” – Board of Trustees Chairman Jeffrey Abramson

some two dozen Maharishi Vastu homes and condominiums on campus, plus office buildings and apartments. He also designed, funded, and oversaw the construction of MUM’s Golden Dome Market & Café, a successful enterprise for the university community.

More recently he has been a major force behind renovating the student dormitories. The women’s dorm, Hildenbrand Hall, has been completely renovated, with funding provided by Mr. Abramson. With Doug’s continued effort to improve student life, work has now been completed on the five men’s dorms. This has entailed deep cleaning brick exteriors and repairing and painting the porches, trim details, and entryways. Interior lobbies were renovated, adding new lighting, carpet, and furniture. Upgrading of the heating and air conditioning systems was a major accomplishment for greater student comfort.

“Doug is totally hands-on,” said Craig Pearson, vice president of academic affairs. “He’s very experienced in construction and oversees the staff and contractors’ work.”

“Doug is bold – a dynamic force in fundraising for renovations, as well as for every area of the university,” Mr. Abramson said. “He’s awesome – there’s nothing he won’t do.”

The trustees’ campus work has gone beyond renovation. Working with MUM leaders they have created a new master plan that maps a path toward a further transformation.

Ed Malloy – Meeting wealthy donors

A major board responsibility is raising donations to support university growth, and perhaps no trustee has taken that more to heart than Fairfield Mayor Ed Malloy.

As head of the Institutional Advancement committee, he has spearheaded the university’s endowment campaign, bringing in over \$9 million in donations and pledges. This effort has entailed many trips around the country and over 100 meetings and solicitations.

“Ed has really been a driving force behind the endowment campaign,” says Nick Rosania, co-executive director of Institutional Advancement. “He’s an ideal representative of the university, committed to attracting the financial support necessary for our continuing growth. When he meets with donors, he presents his vision of the university’s bright future. His business success, professionalism, organizational skills, eloquence, and enthusiasm gives donors confidence to increase their support and leave a legacy. As mayor

of Fairfield since 2001, Ed has shown extraordinary leadership skills, and the Board of Trustees has benefited as well.”

Tom Factor – Planning a solar array

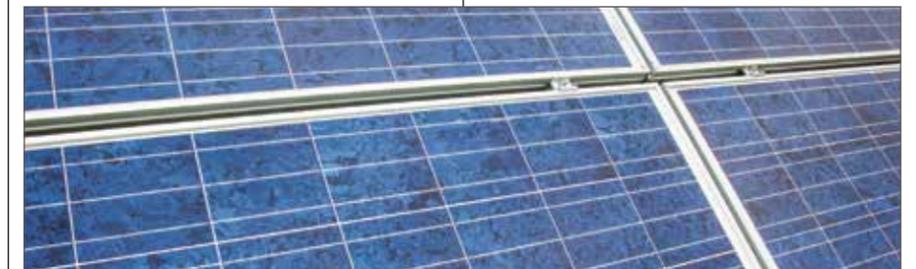
The trustees are also focused on saving money. And what better way to save money while creating an environmentally friendly campus than installing a large solar array to provide 40% of the campus’s electricity needs?

University President John Hagelein, during the 2017 commencement ceremony, signed the Paris Climate Initiative, pledging MUM would do its part to become carbon neutral. To this end, plans are underway to build a 1.5-megawatt solar array with an integrated 1-megawatt Tesla battery storage system capable of providing energy day and night. The project is headed by trustee Tom Factor working with alumni Troy and Amy Van Beek’s Ideal Energy company and in coordination the MUM administration.

Fortunately, the university has just the place for solar arrays. Several years



Creating pleasing public spaces: renovated arched Japanese footbridge.



ago, former trustee Ramani Ayer and Louise Ayer donated the funds for MUM to purchase 99 acres of land immediately west of campus. About half of that is unbuildable – but perfectly situated for solar arrays. Each array will require about 5 acres, so there’s room to add more arrays over time.

Although the project is still in planning, Mr. Factor is just the person to make it happen. A pioneer in wind energy research and implementation, he has developed over 40 utility-scale wind farms in the U.S. for NextEra Energy.

A local utility has expressed interest in owning and operating a 1.5-MW project on MUM land. In addition, Mr. Factor is structuring an investment group to build a 1.5-MW project, whose ownership would transfer to the university once the investment is recovered. The federal tax credits and depreciation allowance for solar, provided to qualified investors, would allow investors to recover their investment in just one to two years. An investor-funded solar field will significantly lower the university’s utility bills. For information contact Tom Factor at tfactor@lisco.com.

Laura Wege – Upgrading faculty expertise

Trustees also support academics, helping ensure high quality of instruction. Trustee Laura Wege, along with her husband Chris, have helped faculty stay on the leading edge of their disciplines by dedicating \$120,000 from the Wege Foundation to support faculty attending academic conferences and professional development workshops. As a former MUM student, Laura deeply appreciates the faculty’s efforts and their endless devotion to their disciplines.

Dozens of faculty have taken advantage of this new opportunity. They have attended conferences and workshops on such topics as data analytics, computer graphics, virtual reality,

team-based learning, renewable energy, presentation media, academic advising, and instructional design. Wege Foundation grants have also supported faculty research on the Maharishi Effect, lean management, Maharishi Vedic ScienceSM, sustainability curricula, and the effects of Maharishi Vastu architecture on a building’s inhabitants. Plus, grants have also supported faculty giving presentations at national conferences and workshops on such topics as “The axiom of infinity, QFT, and large cardinals,” “The effects of Ayurveda medicines on cardiovascular risk factors,” and “Maharishi Vedic Science and agriculture.”

In recent years, the Wege Foundation has also donated over \$100,000 to support interpersonal communications and leadership skills training for students, staff, and faculty, as well as \$17,000 to support training in incorporating learning communities into the curriculum.

The benevolence of the Wege Foundation, inspired by Laura Wege, has even extended to the purchase of Maharishi Vedic OrganicTM produce for

the campus dining hall – showing that she and Chris are intent on nurturing the body as well as the mind. Plus, the foundation, along with Mr. Abramson, donated \$112,000 to build the 37.8-kilowatt solar array by the Men’s Dome. And the foundation has contributed \$300,000 to MUM’s endowment fund over the past three years.

Spreading the word about MUM

Recruiting new students has also been a major focus, with the trustees’ committee on Marketing, Admissions, and Public Relations headed by Rashi Glazer, former professor of marketing at the University of California – Berkeley. Committee members work with the faculty to learn about their programs and identify marketing strategies. Eric Schwartz (founder of Cambridge Investment Research) and Mr. Abramson worked with the Computer Professionals program to help increase enrollment by over a third, primarily by taking advantage of Facebook ads. The marketing committee is now broadening their focus to include online learn-



Rashi Glazer gives a presentation on marketing while trustee Fred Gratzon looks on.

The MUM Board of Trustees

- Jeffrey Abramson – board chair
- Rogers Badgett
- Larry Chroman – chair, Executive Committee
- Bruce Currivan
- Diane Davis
- Jim Davis
- Martin Davy
- Michael Dillbeck – co-chair, Academic Committee
- Susie Dillbeck – co-chair, Academic Committee
- Michael Dimick – chair, Finance Committee
- Barbara Dreier
- Tom Factor
- Josie Fauerso – chair, Compensation and Evaluation Committee
- Paul Gelderloos
- Rashi Glazer – Marketing, Admissions and Public Relations Committee
- Fred Gratzon
- Doug Greenfield – chair, Sustainable Campus Development Committee

- John Hagelin
- Carolyn King
- Keith Levi
- Toby Lieb – co-chair, Student Life Committee
- Ed Malloy – chair, Institutional Advancement Committee
- Ted McLaughlin
- Bevan Morris – chairman emeritus
- Ravi Patel
- Neil Paterson
- Eric Schwartz
- Ram Shrivastava – chair, Expansion and Global Affairs Committee
- Tom Stanley – board vice-chair, chair, Governance Committee
- Keith Wallace – co-chair, Student Life Committee
- Laura Wege
- Maureen Wynne
- Robert Wynne

ing, such as the program in integrative medicine.

Providing background support

While many of the trustees are contributing in obvious and visible ways, Mr. Stanley says, others are less visible but no less important. He cites how closely trustee Michael Dimick and other members of the Finance committee – Eric Schwartz, Ted McLaughlin, Ed Malloy, and Robert Wynne – work with MUM treasurer Michael Spivak. Trustees Susie and Michael Dillbeck work with the faculty to develop their expertise in Consciousness-Based education. The Student Life committee works with Amellia Hesse, dean of Student Life, and meets regularly with students, faculty, and residence assistants to ensure the students have high quality of life and experience.

The trustees’ purview extends beyond the university. They are actively engaging the community of meditators and sidhas in Fairfield and Maharishi Vedic City to strengthen relationships

and engagement. This includes open forums in which they gather the ideas and concerns of community members.

Past record of support

Trustees and former trustees have long been exceptionally generous in supporting the university. The late trustee Dr. Keene Dimick, a founding board member, and his wife originally lent the money for the Fairfield campus. Trustee Barbara Dreier and trustee Toby Lieb and her late husband Charley helped fund the university’s first Maharishi Vastu building, the Dreier Building, named in honor of Ted and Bobbi Dreier. Former trustee Vincent Argiro and alumna Maggie Argiro donated \$2 million toward the Argiro Student Center. Former trustee Joni Kimberlin funded Dalby Hall in that building and generously supported the university’s endowment fund. Trustee Ted McLaughlin and Barb McLaughlin funded the computer science building.

In addition, current trustee Eric Schwartz helped fund the Schwartz-

Guich Sustainable Living Center, as well as renovation of student dorms and Verrill Hall. Former trustee Stuart Zimmerman and the Zimmerman family donated Utopia Park, which houses many faculty, staff, and students. Mr. Zimmerman also funded numerous projects on campus, including the Recreation Center and campus roads. Trustee Bruce Currivan funded the 2015 repair of Golden Dome Way that runs past the Men’s Dome. And current trustee Fred Gratzon funded the paving of Granville Avenue.

And more...

There is more, of course – extensive committee meetings, meetings with students, faculty, administration, and the community at large, classroom visits and lectures to students, walking the campus, and advising specific academic departments.

Maharishi University of Management is grateful to have dedicated trustees devoted to creating the best educational experience for our students.

Enrollment surges in online master's programs in Maharishi AyurVeda and Maharishi Vedic Science

MUM ONLINE

Non-credit online courses also popular

If you're a regular world traveler like Cathrine McIntosh, someone inclined to walk across the Pyrenees as she did recently, you might think you wouldn't be able to enroll in a master's program, even though the idea appeals to you. Cathrine, however, opted for the online MA in Maharishi Vedic Science, and it fit well into her travels and busy professional life as head of legal in the dispute resolution department at a major bank in New Zealand.

She was the online program's first graduate in June 2017.

"It's a wonderful program and a fantastic way to learn," she says. "I found it entirely suited my lifestyle. It provided the flexibility for me to focus on learning during the week when the time was right for me, while at the same time allowed me to continue to meet the demands of a busy career."

Plus, it accommodated her travel to Europe, India, the U.S., and Australia while she was a student. "Like for my career, during the time I was studying, the flexibility of the online program meant that I was able to travel, live, or work in any country in the world while still being able to participate in the online program."



Cathrine McIntosh is shown here on her walk to Cape Finisterre in Spain. She continued her studies while traveling the world.



Dr. Paul Morehead makes a video for online students.

Over 100 enrolled

Many others are saying the same thing, and enrollment has surged in the online master's programs, especially the MS in Maharishi AyurVedaSM and Integrative Medicine. In the fall of 2017, that program enrolled 50 new students, and 11 new students enrolled in Maharishi Vedic Science, bringing the total enrollment to over 100 in these two programs, which both take three years to complete.

"We're pleased to see interest picking up in our online offerings," said Rod Eason, vice president of enrollment management and marketing. "Integrative medicine is becoming an important component in medical treatment, and we expect to eventually have hundreds enrolled in this program."

These two master's programs launched in 2014 in response to demand. People around the world wanted the education that Maharishi University of Management offers, but often weren't able to move to Fairfield to study.

"We want to satisfy all aspects of our market," says Vanessa Haskins, the department administrator for MUM Online.

A program for aspiring health practitioners

Count Roxanna Medeiros one who is satisfied. She's been interested in Ayurveda for some 20 years and had recently been practicing it at a spa in Boulder, Colorado.



Roxanna Medeiros

But then two Ayurvedic doctors (called vaidyas) who she had consulted and who had travelled with Maharishi in earlier years suggested she get more formal training – and recommended the online MS through Maharishi University of Management.

That sounded perfect to her, since she could continue her work at the spa while also deepening her knowledge of Maharishi AyurVeda and integrative medicine. She began the Transcendental Meditation technique about six months before beginning the program and had such amazing experiences that it helped convince her to enroll.

Two years on, she decided that the

Transcendental Meditation technique had benefitted her so much that she knew it was something she wanted her two children to have. So prior to her third and final year in the program, the family moved to Fairfield, and her children, ages 5 and 12, enrolled in Maharishi School.

Recorded lectures, live webinars, online forums

Clearly, the MUM Online master's degrees are meeting a need. And the format for delivering the instruction is proving to work well, though is constantly being modified according to student feedback, Vanessa says.

Lectures are recorded, and students can view them at their convenience. MUM Online, which has a small team of videographers, strives to make the lessons visually interesting and highly professional rather than simply presenting a talking head.

In addition, both the Maharishi Vedic Science and integrative medicine programs offer live webinars: using state-of-the-art internet technology, the teacher appears live via internet streaming, and students have the opportunity to interact with the teacher, ask questions, and interact with each

other. Both programs also offer online forums in which the students can post questions and messages and interact among themselves and with the teacher.

Since the integrative medicine program teaches the students to offer health consultations that include Maharishi AyurVeda pulse assessment, the curriculum requires they come to campus for five days each year for an intensive clinical session in which they give consultations to members of the community and receive feedback on their consultations from the program's clinical faculty.

Detecting imbalances in the physiology

While the integrative medicine program exposes students to a broad spectrum of natural healing modalities, the focus is on Maharishi AyurVeda.

"We learned how to look at the broad spectrum of influences within and outside of an individual – every aspect of life that impacts our health, consciousness, physiology: our own nature, the laws of nature, our actions, emotions, thoughts, and the near and far environment," says alumna Shellie Lackman.



Alumna Shellie Lackman with Michael Lackman

"The program teaches students how to determine a person's constitution in order to prescribe highly personalized wellness modalities. We're exposed to a multitude of case studies, which also shows us a wide variety of individual makeup and imbalances."

This curriculum is just what Vince Glasser, a Transcendental Medita-



Vince Glasser

tion teacher on Long Island, was looking for. He was eager to learn more ways to help people, and for years he researched various Ayurveda training programs. When he learned about MUM's online offering, he decided to go for it. The other programs, he says, weren't as complete because they were missing the crucial element of consciousness as the most important aspect of Ayurveda.

"It's been a major fulfillment of a lifelong desire to help people in every way that I can think of," he says.

Health consultants

Vince is now in his third and final year in the Maharishi AyurVeda and Integrative Medicine program and looks forward to becoming a certified Maharishi AyurVeda consultant along with his master's degree when he graduates, giving educational talks and consultations at Transcendental Meditation centers, spas, and health centers, as well as via Skype. Some states, referred to as "health freedom states," allow Ayurveda practitioners to give consultations on their own, while other states require practitioners to work in conjunction with a licensed physician.

As a graduate, Shellie is now a certified Maharishi AyurVeda practitioner, and because she lives in Iowa she can only practice under a licensed medical professional. She sees clients in Fairfield, at the MUM Campus Clinic, under Dr. Jim Davis and with a vaidya.

A consultation entails asking clients questions and discussing their health concerns and goals, as well as using Maharishi AyurVeda pulse assessment to determine their body type and current state of balance in their physiology.

She then explains what the symptoms suggest and the approaches the person might like to try, such as particular Ayurveda formulas. She then reminds clients that this is a natural, integrative health care program that restores balance from a fundamental level. If they are concerned about a disease, they should always get the advice of their licensed health care practitioner.

Other students may not have specific plans to become practitioners, but are simply eager to apply the knowledge in their own lives. And still other students come into the program already being credentialed medical professionals who want to expand their practice to include integrative medicine. Vince says his cohort includes doctors, massage therapists, yoga instructors, certified herbalists, and health coaches.

Non-credit courses open to everyone

While the MS in Maharishi AyurVeda and Integrative Medicine is open only to degree-seeking students, individual courses in the online MA in Maharishi Vedic Science are available to anyone interested in being immersed in Maharishi's knowledge.

Courses such as the Bhagavad Gita, Sanskrit, and Maharishi Self-Pulse assessment have been quite popular among those who simply want knowledge for fulfillment. Often there are 10–15 enrolled in a course in addition to those who are enrolled as degree-seeking students. Those not taking the course for credit follow the same structure as the other students: streaming the online presentations and participating in webinars and online forums. They do, however, have a longer period to finish the course. And should they enjoy the courses so much that they decide to go for the master's degree, they can apply up to two courses toward the degree.

All the courses offered in the MA in Maharishi Vedic Science are open to everyone, except the capstone project,

"It's a wonderful program and a fantastic way to learn. I found it entirely suited my lifestyle. It provided the flexibility for me to focus on learning during the week when the time was right for me, while at the same time allowed me to continue to meet the demands of a busy career."

– Cathrine McIntosh, first graduate of the online MA in Maharishi Vedic Science

which entails writing a thesis. Other courses offered include Enlightenment; Modern Science and Maharishi Vedic Science; Maharishi Vedic Science and Physics; Physiology, Consciousness, and Veda; Principles of Maharishi Vedic Science; and Engaging Nature's Government.

Short online courses for personal enrichment

In addition to the Maharishi Vedic Science courses, MUM Online also offers more than 15 courses for personal enrichment. Unlike the master's courses, which have specific start dates and a cohort of students, these courses can be taken at any time.

The price ranges from \$49 to \$300, with between 8 and 48 lessons per course. Topics range from Ayurvedic cooking and organic gardening to the essence of Buddhism and the inner state of yoga. In every case the first lesson is free. Plus, the nine-lesson course titled "Crafting a Life and Career with Purpose" is completely free.

There are no assignments or tests, and those who register have up to a year to view the course.

One of the more popular courses has been Professor Evan Finkelstein's course on Maharishi Vedic Science and world religions that explores the universal principles expressed in Maharishi Vedic Science, Judaism, Christianity, and Islam.

"Dr. Finkelstein not only clarifies our understanding of the very deepest level of Maharishi's knowledge but also reveals its universal expression in the three major Western religions," said Susi Haley. "It opens up a wholly new

understanding of the scriptures that's personally inspiring and meaningful."

And student Angela Ungurianu views the course as being especially relevant given the religious conflicts in the world today, saying that the course "creates a basis for peace among religions. I think this aspect is very important for humankind in our time."

Creating a seamless learning experience

MUM Online began offering enrichment courses in 2012, and then in 2014 expanded to offer the master's programs. "We want to give our audience the best of Maharishi's knowledge and deliver it in the best way possible," Vanessa says. "For many years MUM offerings weren't online, but people around the world wanted this knowledge – and they wanted it online. Our online students are a very diverse group of people."

Vanessa says the goal of MUM Online is for students to be happy and fulfilled. "We want them to be happy with their purchase, and with the technology used to access the courses. We want to make it a seamless experience."

Information about the master's programs and personal enrichment courses offered by MUM Online can be found at www.mum.edu/mum-online.

Other programs migrating online

While the offerings from MUM Online have been a major focus, five other MUM programs also have an online component. Plus, even the courses offered locally by Continuing Education are often made available for viewing

online for two months after the courses conclude.

The version of the MBA that's offered on campus in the evening and on weekends – for those who are unable to be full-time students – is also available as an online degree. The classroom lectures are live-streamed, and students in time zones who can't conveniently tune in at that time can view them later. So far, a small number of students have taken advantage of this offering, and the first three graduated in 2016.

In addition, the low-residency MFA in screenwriting is mostly taught online, with students coming to campus for 10 days at the beginning of each semester for lectures and workshops.

The two professional programs at the master's level also have an online component: the accounting MBA and the Computer Professionals Program (which enrolls 300–400 new students each year). In both of these programs, the students come to campus for the first two semesters, and then are placed in paid practicum positions around the country. During this two-year practicum period they take their remaining courses online.

Finally, students at Maharishi Invincibility Institute in South Africa enrolled in MUM's undergraduate program in business also receive their instruction via live streaming.

In the days before electronic media, students convened in schools because that's where the teachers and the books were. But now knowledge can be made available worldwide. And Maharishi University of Management is making great strides toward reaching that wide audience.

Presentations

Dr. Schneider gives addresses at Harvard Medical School and in Milan, London, and New Delhi



The unique offering of Maharishi AyurVeda is meriting increasing national and international attention, including presentations by Robert Schneider at events at Harvard University, the European Society of Hypertension in Milan, the International Ayurveda Congress in London, and the World Association of Vedic Studies in New Delhi, India.

Dr. Schneider, dean of MUM's College of Integrative Medicine, was invited to give a keynote address at Harvard alongside India's Minister of Ayurveda and Yoga at a conference on integrating Yoga and Ayurveda into mainstream medicine. In his address, he explained that there's a healing intelligence within everyone that can be

enlivened through Yoga and Ayurveda. He also led the first-ever session on the use of meditation to treat and prevent hypertension at the annual meeting of the European Society for Hypertension in Milan, Italy. At the Second International Congress in London he spoke about Consciousness-Based approaches to contemporary health problems.

In addition, Dr. Schneider was invited to deliver the keynote address at the annual meeting of the World Association of Vedic Studies in New Delhi and to teach two public seminars. During his 10-day tour in India, he also met with India's Minister of Science and Technology, Harsh Vardhan, and the Minister of Ayurveda and Yoga. The meetings focused on a possible research collaboration between Maharishi University of Management and medical centers in India and the U.S.



Professor Khan gives plenary address on natural language computing

Teaching computers to understand natural language was the topic of a plenary address by Professor Emdad Khan at the 17th International Conference on Artificial Intelligence,

Knowledge Engineering and Data Bases at the University of Cambridge, UK. Since the 1990s Dr. Khan has been researching how to program computers to understand natural

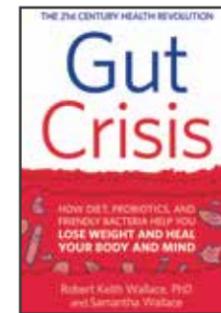
language – not just voice recognition, as a smartphone can do, but to correctly understand and answer any request spoken in normal language, such as, "Send me the last set of vacation pictures." His key development, and the topic of his presentation, is a "semantic engine" that uses a brain-like approach. This semantic engine understands words in terms of their function.

Faculty, alum present at world Ramayana conference

Professor David Scharf and alumnus Michael Sternfeld were invited to address the World Ramayana Conference in Jabalpur, India. The invitation came as a result of their presentations at the biennial meeting of the World Association for Vedic Studies that MUM hosted two years ago.

Mr. Sternfeld spoke on "Ram's Dharma: Leadership Secrets of the Ultimate Warrior~Sage~Prince." Dr. Scharf, a physicist and philosopher of physics, gave a talk entitled "Insights into the Nature of Time as Expressed in and Through the Ramayana." He discussed the story of The Ramayana as both a temporal sequence – a story that unfolds through time – and an eternal archetype that can be accessed in its totality by any seer whose awareness is sufficiently refined.

Keith and Samantha Wallace publish book on gut health



Founding MUM president Keith Wallace and Samantha Wallace have published a new book that's the ultimate guide to digestive health: *Gut Crisis: How Diet, Probiotics, and Friendly Bacteria Help You Lose Weight and Heal Your Body and Mind*. It explains that poor food choices and the overuse of antibiotics are the main factors that cause imbalance in one's gut, eventually

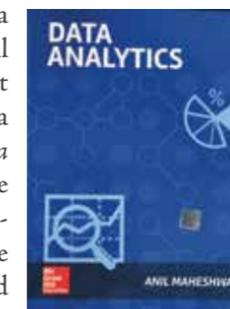
leading to a chronic state of inflammation. The result is in an epidemic of obesity, diabetes, autoimmune disease, heart disease, and degenerative brain disorders.

The authors present the most recent and effective treatment programs, including practical advice based on what the ancients have known for centuries: by healing one's gut through diet, lifestyle, and simple procedures, one can heal both body and mind. The book gives simple steps one can take to begin to rest and repair one's gut.

Dr. Maheshwari publishes books with McGraw-Hill on big data

After noticing that two ebooks by Professor Anil Maheshwari were top-sellers in the big data category on Amazon, McGraw-Hill contacted him about publishing print editions as part of their series on data science. Dr. Maheshwari's book *Data Analytics Made Accessible* is a concise and accessible overview of data analytics and provides a tool set of the major data mining techniques and platforms. It has also now been published in a Chinese edition by a top tech publisher in Taiwan.

His book *Big Data Essentials* covers big data tools such as Hadoop, MapReduce, Spark Streaming, and NoSql. Because his books have become prominent in the field of big data, he has been invited to give presentations at universities such as James Madison University in Virginia, and his videos for promoting the books have earned thousands of likes on Facebook.



Books and Journals

Dina El Chammas-Gass details student project in education journal

Professor Dina El Chammas-Gass published an article in the *Journal of Sustainability Education* that showed educators how project-based learning can not only help students learn, but also can be of practical benefit to the community. Students in a sustainable living class assessed storm water management along Crow Creek in order to provide data for the city and make recommendations for solutions.

The students addressed a serious situation: storms that lead to raw sewage being discharged into Crow Creek. They used a GPS unit and a standard assessment that entailed gathering information such as water clarity, flow, channel pattern, sediment deposits, and bank erosion. After analyzing the data, they came to some conclusions and then conducted a survey of Fairfield locations to rate each according to how it was contributing to the problem. "The solutions the students recommended will continue to serve as a long-range watershed plan," said Fairfield Mayor Ed Malloy.

Dr. Heaton publishes book chapters

Dennis Heaton published two book chapters that explore the role of development of consciousness in management education and sustainability. His chapter "Consciousness-Development for Responsible Management Education," coauthored by student Emanuel Schachinger, discussed the role of development of consciousness in areas of management such as human rights, labor, the environment, and anti-corruption. The chapter appears in *Educating for Responsible Management: Putting Theory into Practice*, published by Greenleaf Publishing.

In addition, Dr. Heaton authored a chapter in the book *Spirituality and Sustainability: New Horizons and Exemplary Approaches*, published by Springer. Titled "Higher Consciousness for Sustainability-as-Flourishing," his chapter explains that to solve the problems that are affecting the planet, it's necessary to develop higher states of consciousness, states that lead to an optimal quality of life individually and collectively.



Research

Studies show IA Assembly reduced homicides, violent crime, and more



Dr. Michael Dillbeck Dr. Ken Cavanaugh

Three additional published studies by Trustee Michael Dillbeck and Emeritus Professor Ken Cavanaugh found great benefits from group practice of the Transcendental Meditation and TM-Sidhi programs in the Domes. These studies are on the effects of the Invincible America Assembly during the period 2007–2010 when it had reached the Super Radiance number for the U.S. The first study, published in the spring of 2016, found a 21.2% reduction in homicide and 18.5% reduction in violent crime

during this period.

A second study, published in early 2017, found that during this period there was a reduction of 20.6% in the rate of US motor vehicle fatalities and a 13.5%

reduction in the rate of all other accidental fatalities during the same experimental period.

The third study in the series, published in March, found that drug-related deaths fell by 30.4%.

The fourth study, also published in March, found a 28.4% reduction in the murder rate in 206 large U.S. urban areas.



Two studies find Transcendental Meditation helps prisoners

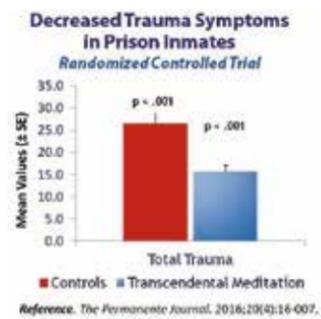


Dr. Sanford Nidich

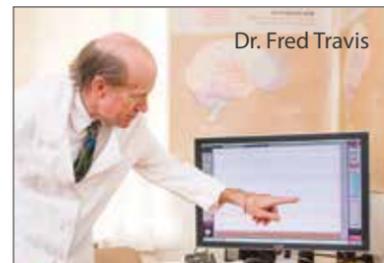
Two studies led by Professor Sanford Nidich, director of MUM's Center for Social and Emotional Health, and published in *The Permanente Journal* found that the Transcendental Meditation technique helps prisoners deal with stress. A 2016 study on male inmates at two Oregon prisons found 47% reduction in trauma symptoms

after four months of practicing Transcendental Meditation. Trauma is associated with higher rates of recidivism (return-

ing to prison) and a range of mental and physical health maladies, including cardiovascular disease. And a 2017 study on female inmates in Oregon again found a significant reduction in trauma symptoms. The latter study is the first to be focused specifically on female inmates with high levels of trauma symptoms.



Dr. Travis publishes studies on effects of meditation and Vedic recitation on the brain



Dr. Fred Travis

Professor Fred Travis continued to explore the effects of the Transcendental Meditation technique and Vedic recitation on the brain, publishing three studies that give greater insight into the nature of transcendence. A study on MUM students published in *Brain and Cognition* showed EEG patterns of the Transcendental Meditation technique that distinguish it from other approaches to meditation and that validate the assertion that it's an effortless practice. The study was titled "Default mode network activation and Transcendental

Meditation practice: Focused attention or automatic self-transcending?"

Dr. Travis was a coauthor on a second study, published in *Cognitive Processing*, that found that certain EEG patterns were lower in Transcendental Meditation and higher during mind wandering, effectively distinguishing the practice from the common subjective experience of mind wandering, which is more caught up in internal experience than during transcending.

In addition, a study led by Dr. Travis and published in *Consciousness and Cognition* found that listening to live Vedic recitation by pandits is not only typically associated with experiences of deep inner silence, but also is associated with coherent brain wave patterns.

Recognition

Andy Bargerstock and Ye Shi win national accounting awards



Professor Andy Bargerstock and PhD student Ye Shi both received national recognition twice this past year. The Institute of Management Accountants gave them an award in June for having the best article in the peer-reviewed journal *Strategic Finance*. The article examined U.S. manufacturers that continue to use standard costing even though they have adopted Toyota-style process-improvement techniques.

In August 2016 Dr. Bargerstock received the Excellence in Lean Accounting Professor of the Year for 2016 award, which is his second such recognition by the Lean Enterprise Institute, with the first coming in 2009. And in August Ye Shi also received her second award as Lean Accounting Student of the Year, with the first coming in 2013. These national awards recognize excellence in developing and researching the field of lean accounting.

In addition, Dr. Bargerstock published a book with Business Expert Press that explains how to connect planning and implementation. Coauthored with Jahn Ballard and entitled *Mastering Leadership Alignment: Linking Value Creation with Cash Flow*, his book describes how to use value chain analysis, employee engagement, and well-chosen financial metrics to connect business planning with implementation.

Professor Gyan Shrosbree exhibits widely

Art faculty member Gyan Shrosbree is cementing her reputation as an artist with a half-dozen individual and group shows around the country.



Her work, which is rooted in painting but uses a wide variety of materials, was exhibited at the Yellow Door Gallery in Des Moines. The exhibit included work by her father, Jim Shrosbree, and highlights their relationship as artists, colleagues, and family members. She also exhibited at Grapefruits in Portland, Oregon, ArtStart in Rhinelander, Wisconsin, Western Exhibitions in Chicago, Haus Collective in San Antonio, Texas, and Ripon College in Ripon, Wisconsin. Ms. Shrosbree was also a resident artist at the prestigious Two Coats of Paint in New York. Her residency was supported by a grant from the Wege Foundation.



Professor Jim Shrosbree receives prestigious art fellowship

In November and December art professor Jim Shrosbree enjoyed a residency fellowship at MacDowell Colony in Peterborough, NH – the oldest artist residency in the U.S. Mr. Shrosbree's stay was fully supported and afforded him the opportunity to spend five weeks creating art without interruptions. Artists from various disciplines – writers, visual artists, dancers, filmmakers, poets, and playwrights – are awarded a fellowship to attend, the sole criterion being artistic excellence. This is the third residency of its kind that Mr. Shrosbree has been awarded in the last four years. His previous two were at Yaddo Artists Colony in Saratoga Springs, NY.

Cinematic Arts

Student films win major awards



Award-winning students Johnny Coffeen, Monica Demes, and Gregor Kresal

Films by students in the David Lynch Graduate School of Cinematic Arts won a number of major awards this past year. Johnny Coffeen, a 2015 graduate, won a 2016 Student Academy Award for his thesis film “The Swan Girl.” His 15-minute film was one of 17 selected for the competition out of 1,749 films submitted from 381 colleges and universities around the world. It can be viewed at <http://welcometotwinpeaks.com/movies/the-swan-girl-johnny-coffeen/>

Because of this success, he was invited to assist at the 2017 Academy Awards ceremony, bringing Oscars onto the stage and handing them to the presenters, and escorting award recipients off the stage. Those he escorted included Jason Bateman, Leonardo DiCaprio, Kate McKinnon, Salma Hayek, Meryl Streep, Ben Affleck, Matt Damon, and many more.

In addition, a short film about a mountain climber by student Gregor Kresal won four awards at the 2017 Annual Iowa Motion Picture Awards, including the top award for cinematography and three Awards of Achievement for editing, soundtrack, and long-form live-action entertainment. Mr. Kresal’s film has also won a host of other awards at international film festivals.

Monica Demes, who graduated in 2015, has been winning awards and gaining attention at international festivals for her student film “Lilith’s Awakening.” Having first won awards in the Iowa Motion Picture Association for best director, best actress, and best cinematography, her modern-day vampire film was selected for the prestigious Ourense International Film Festival in Spain. Other awards include best director from the Optical Theatre Festival

in Rome, and best film and best director from Boca do Inferno at a festival in São Paulo, Brazil.

In addition, 2016 graduate Agnes

Baginska screened her 30-minute movie “Last Tree Standing” at the 2017 Cannes Film Festival in France. Her film was part of the Short Film Corner, which features short films with artistic values. “Last Tree Standing” is a fairy tale set against a dystopian backdrop that follows the story of a young girl named Lexie who befriends a magical creature who is half-man, half-tree.



Agnes Baginska

Teaching, Business, Computer Science

Student accepted by “Teach for America” in Hawaii



Student Chas Zachar was among the 10% of applicants accepted into Teach for America for 2017, a national program that recruits teachers to work in underserved areas. Starting the fall of 2017 he is co-teaching high school classes in science, math, and English on the Big Island of Hawaii, with a special focus on supporting students with mild to moderate learning disabilities. He is also enrolled in a part-

nering graduate program and will earn a master’s degree in education. He said that it’s also competitive to get placed in Hawaii.

“Having MUM on my resume makes me stand out,” he said. “There’s been a movement toward different ways of educating. The core principles of Consciousness-Based education are becoming more mainstream and accepted.”

MBA students finish in top 1% in worldwide business simulation

In February 2017 a team of MBA accounting students finished in the 99th percentile in the CAPSIM online business simulation that included over 1,100 master’s-degree-level teams worldwide, including teams from Indiana University, Kansas State, Temple University, University of Georgia, and California State.

The teams act as executives who plan strategies and implement tactics across eight years of business activities. Also, in July 2017 an MUM team finished in the 92nd percentile. Since 2011, MBA accounting students have consistently finished in the top 10th percentile, including three first-place finishes.



Rahul Kedia, Sushil Aryal, and Ankhbayar Sukhmaa

Computer student intern wins Amazon award

MUM intern student Amarsanaa (Amar) Amarsanaa, who has been working for Amazon as part of his curricular practical training in the Computer Professionals program, was named “Associate of the Month” in recognition of his contribution to, and impact on, one of the software development engineer teams he was supporting. He is part of the Amazon Fulfillment Technologies DevOps (development operations) team and also earned a significant promotion. The recognition comes as a result of his reducing his team’s operating issues by 86%.



Management, Mediation, Athletics

Student presents on “Lean Process” at Chicago conference

MBA student Latha Lakshmanan presented a paper at the 2017 MBAA International conference in Chicago on her experience applying techniques of business process improvement to the work-study program in the MUM financial aid office. She and classmate Eric Salisbury applied principles of lean management to create greater efficiency. This entailed a multi-step approach of observation, mapping process flow, identifying waste, determining ways to measure the efficiency of the process, and creating a new map of the process that focuses on the value to the customers – who in this case are the students receiving financial aid.



Students place in national mediation tourney

After a second-place finish in a regional mediation tournament on campus, a team of MUM students traveled to a national tournament in Arlington, Texas, where they were one of only four teams to qualify for the semi-finals in both the mediator category and the advocate/client category. The team of Tal Ron (from Israel), Mirah Dumasia (from New Zealand), and Almar Meijles (from the Netherlands) took seventh place in both categories at the National Undergraduate Mock Mediation tournament sponsored by the International Academy of Dispute Resolution. MUM was by far the smallest school in the tournament, competing in the semi-finals against much larger universities, such as the University of Texas.



Tal Ron, Mirah Dumasia, and Almar Meijles

MUM running club wins Ottumwa race

For the seventh time, members of the MUM running club won the timed-team competition at Ottumwa’s annual 5-kilometer Komen Race for the Cure. The overall timed-team competition consists of the cumulative time of a team’s top five runners, with the MUM team finishing with a time of 1:55 – over 25 minutes faster than second-place Ottumwa Community Schools, which had a time of 2:21. In addition, the club also won seven first-place age-group awards, one second-place age-group award, and six third-place age-group awards. Those who helped the team win the timed team award were Vinodthan Nayagar, Peter Mannisi, Mahmood Al-Shameri, Nahom Abegaze, and Vanan Nayagar.



Knowledge Fair

Student research on value of exercise presented at Knowledge Fair

Benefits of aerobic activity and meditation

Jordan Wallace was curious. She knew that the Transcendental Meditation technique was associated with coherent Alpha1 brain waves, but she wondered whether exercise might somehow enhance that effect. So during her course on EEG with Professor Fred Travis she did a two-week study – and won second place and \$200 when she presented her research at MUM’s annual Knowledge Fair.



Jordan Wallace

Her study was small, but intriguing. She had six subjects, three of whom participated in regular aerobic physical activity and three who didn’t. The results showed a visible increase in coherence in the athletic group. The study also suggested that the athletes simply had more neurons participating in the Alpha1 coherence.

All of the subjects practiced both the Transcendental Meditation and TM-Sidhi programs. Jordan concluded that the combination of aerobic activity and practice of the Transcendental Meditation and TM-Sidhi program increases the potential of coherence and holistic brain functioning during activity.

Each year, graduating students have the opportunity to present a final project and win a cash prize in the Knowledge Fair competition, which celebrates the knowledge, creativity, and reasoning skills students have

gained. They demonstrate this knowledge through a PowerPoint presentation and a discussion during which the student responds to questions from an external panel of judges. The quality of presentations has been extremely high in recent years.

Insights from art and music

Winning first place this year, and \$300, was art student Lennen Sanchez. His presentation reflected the relationship between himself, his artistic process, and being a practitioner of the TM-Sidhi program. He described the alignment of his understanding and exploration of the absolute/transcendental field and how that has an effect on his creativity. And he described how it illuminates the two necessary questions that pull him forward: What else needs to be explored? And, what happens next?

Sharing third place were Sarah Dreben and Almar Meijles, who each re-

ceived \$100. Sarah discussed the role that music plays in the universe and in her life. She told about singing as an infant even before she was able to talk and then went deeply into Maharishi’s comments on music and Vedic melodies. And she played an audio of a song she had recently recorded.

Affordable Vastu homes

Almar, a business student, presented his business plan related to developing small, affordable Maharishi Vastu homes that are “net-zero,” meaning that they use renewable energy sources to produce as much energy as they consume. He gave extensive detail on the housing market and the need for more housing in Fairfield, showing how his proposed development would meet that need. During the discussion, one of Fairfield’s most prominent developers indicated an interest in working with Almar, as did Fairfield Mayor Ed Malloy.



Almar Meijles concludes his presentation while Lennen Sanchez, Sarah Dreben, and Jordan Wallace applaud.

Pranav Chhalliyil

WINS TOP AWARD

at International BioGENEius Challenge

Charismatic. That's how the president of Johnson & Johnson and the president of the Biotechnology Institute described Maharishi School sophomore Pranav Chhalliyil.

It's fair to say they were impressed with this young scientist who is doing original research on oral hygiene.

What was the occasion? It was the 2017 BioGENEius Challenge in San Diego, an international competition that included the top 15 students from the U.S., Canada, and Germany. Pranav qualified for the competition (all expenses paid) by winning the BioGENEius Challenge earlier in the year at the State Science and Technology Fair of Iowa.

Explains oral hygiene research in 60 seconds

At the international level, the BioGENEius Challenge included the Gene Pool competition, their version of the hit TV show "Shark Tank." It's a "fast pitch" format during which these next-generation scientists have just 60 seconds to explain to the judges and audience who they are, the problem their research solves, and why the rest of the world should care.

Pranav's pitch was judged to be one of the top three, qualifying him for the final round of judging. This time the format was a two-minute presentation along with a question-and-answer session. It was during this round that Pranav's charisma impressed the judges. "I



answered all their questions and was able to connect to the common man, to take my project to an entrepreneurial level, and to convince them that my product is equal to the top oral cleaning brands, like Colgate and Pepsodent."

The judges described him as charismatic and presented him with the top award in Gene Pool.

Gene Pool encourages students to seize opportunities for getting their research story in front of audiences – from peers to parents, strategic partners to investors – and using their communication skills to highlight the true value of their research. It requires business

savvy and the ability to effectively communicate research value, both of which are crucial in the biotechnology industry.

Pranav also did well in the other part of the competition: the Global Health Care Challenge, a poster presentation. He was the national winner and an international finalist.

"The BioGENEius Challenge was an amazing experience for me," Pranav said. "I enjoyed sharing my project and also making good friends and contacts." The BioGENEius Challenge is a part of the Bio Convention, which brings together 16,000 biotechnology leaders.

"I was honored to present to them and meet them. I was able to get a lot of internship opportunities and help for my business. I also stood on stage in front of these 16,000 leaders for the keynote address."

Alternative methods to avoid dental plaque

Pranav's oral hygiene research found that the simple Ayurvedic method of rubbing one's teeth and gums with a finger and swishing water after every meal, drink, or snacks is a practical way to prevent formation of the dental biofilm that later matures as plaque and causes inflammation and disease. He used next-generation DNA sequencing technology to see the entire oral microbiome in saliva, plaque, and tongue scrapes of 75 subjects.

His study also found that brushing with nano charcoal is effective for dental hygiene because the nano pores adsorb many molecules that are needed to form biofilm. He found that commercial toothpaste is less effective in this regard and that his nano charcoal toothpaste doesn't cause dental abrasion like some hard toothbrushes and toothpastes on the market.

Pranav's success at the state science fair also qualified him for an all-expenses-paid trip to Los Angeles in May for the 2017 Intel International Science and Engineering Fair, which drew 1,880 students from 87 countries. Competing against 90 other projects, Pranav was awarded third place in the Microbiology category.

Pranav's continuing success has been extraordinary. He was grand champion of the junior division at the state science fair as an 8th grader, grand champion of the senior division as a 9th grader, and honorable mention grand champion this year as a 10th grader.

A promotional video for the BioGENEius Challenge that includes photos of Pranav can be found online at goo.gl/D4ZRd5.

School team earns first place at World Creativity Competition

A team of Maharishi School students showed their extraordinary creativity by winning a first-place award at the Destination Imagination Global Finals in Knoxville, Tennessee. Competing against 80 other teams, all of whom had qualified by winning at the state level, the team of Philip Winer, Drew Schoenfeld, Caleb Mullenneaux, Loreena Hansen, and Alista Wikle performed a musical they wrote that won not only first place but also a coveted Da Vinci Award for exceptional creativity.

The 1,400 teams from 15 countries assembled at Knoxville competed in various age-level categories, and in one of six theme categories, ranging from building a machine to putting on an 8-minute play. The Maharishi School team competed in the senior division in the fine arts category, in which they were challenged to present a story about how the disappearance of a color changes the world. They came up with their own angle on the challenge, creating a play about the disappearance of communism (long associated with the color red).

Part of the play takes place in a communist setting, and part in a social Darwinist setting. They built a set on wheels that could be rotated between a plain communist background and a cityscape capitalist background. The play addressed the excesses of each system in a lighthearted way without making a clear political statement.

The creativity exhibited in the concept and staging took their performance to a high level, but then to also make it into a musical put it over the top. At the substate competition, they simply had a 30-second musical interlude, which the audience really liked. So at the state competition, they did three of their eight minutes via musical performance, and again the audience liked that. In the weeks leading up to the global competition, they made the entire performance a musical – and ended up with a winning performance the audience loved.

Their performance can be view online at goo.gl/MyHrkL.



Kai Vessey earns second place at state tennis tourney



The Maharishi School tennis team enjoyed a successful season, winning the singles, doubles, and team titles in the district competition and sending their top singles player and doubles team to state. Kai Vessey made it to the final of the state singles tournament, defeating the #1 seeded player in his semifinal match. In the final, he lost to a foreign exchange student from the Czech Republic. Competing in doubles at the state tournament were Daniel Zhu and Devan Burke.



Shristi Sharma wins honors at Eastern Iowa Science and Engineering Fair



Middle School student Shristi Sharma won big at the 2017 Eastern Iowa Science and Engineering Fair with her project, How Easily Can Your Password Be Hacked? Her research began with an interest in internet safety and security, and focused on how much a password's length affects the security of online accounts. She hypothesized that with every numerical digit added, the time for a program that was guessing every single possible combination would increase exponentially.

She then wrote a program in Python that used the brute force method to guess numerical passwords of 1–10 digits.

She tested the program with passwords of each length (20 times each) and recorded the time it took for the program to guess the password. As the digits of the password increased, the time for the program to guess it increased as well. She concluded that using passwords with a minimum of eight digits improves cyber safety.

Her project garnered a Class One Award for Junior Physical Science, as well as a Broadcom MASTERS Outstanding Achievement Award.

The Broadcom MASTERS (Math, Applied Science, Technology, Engineering Rising Stars) Program is the premier science and engineering competition for middle school students, and designates her entry as among the top 10% of middle school science fair projects in the U.S.

Rocket team finishes fourth in nation

The Maharishi School rocketry team finished fourth in the nation in this year's Team America Rocketry Challenge, sponsored by Raytheon, Boeing, Lockheed Martin, and others. Over 800 teams entered the competition. Their task was to design, build, and launch a rocket to go exactly 775 feet high and land in 41–43 seconds, with a payload of a raw egg intact.

In spring 2017, the Maharishi School team's two qualifying flight scores earned them an opportunity to enter the national finals with the top 101 teams held in May in The Plains, VA. After a congressional reception on May 12, meeting a former astronaut, and seeing some Washington, DC, sites, the team got down to work. The launch results would determine whether they made the cut of 24 finalists for the afternoon launches. Their rocket came within 12 feet of the target height and their landing time was almost perfect. They were on to the final 24 fly-off round.

Despite choosing to delay their second launch three times, when they finally ignited their rocket, it responded with an even better score than their first launch and was third best



out of the 24 competitors. The combined scores for both flights earned them fourth place overall and \$10,000 in college scholarships, \$1,000 for Maharishi School, and invitations to the 2018 NASA Student Launch at Huntsville, Alabama, where the competition target is 5,280 feet with a scientific payload.

Team members were Bridgit Bianco, Miles Falk, Wayne Li, and Karthik Vempati, led by teacher Rick Rudloff.

LEGACY GIVING

Help the university that helps so many

For over 40 years, Maharishi University of Management has been blessed and sustained by the extraordinary generosity of our supporters – those who understand and appreciate Maharishi’s vision and have committed to nurturing it across the years. As a direct result, our flagship institution has become a proud lighthouse of knowledge and coherence for the world.

Many of us are now in a position to give back even more and play a key role in helping assure a foundational stability that will keep MUM strong and viable for many, many years to come.

Why make a legacy gift?

Legacy gifts are essential to the perpetuity of educational institutions such as MUM. Gifts can be made in several ways – through a bequest in a will, a charitable trust, life insurance, annuities, or retirement plans.

In making your legacy gift, you will be ensuring that scholarships will continue to flow to worthy students. You’ll be helping MUM attract and retain the best faculty while providing the future with dynamic thinkers and leaders who will drive the causes you care most about, all of which depend upon maximizing human potential. Further, your gift will support Consciousness-Based educational principles and methodologies, keep the physical campus vibrant, and preserve the knowledge of enlightenment that MUM’s founder brought to the world.

The time to explore these matters is now

Legacy giving can also offer financial benefits:

- In many cases, heirs receive significant savings in estate taxes
- Your gift costs nothing during your lifetime
- Some “future gifts” can be revocable and can be changed at any time
- There’s no need to release any assets now (as long as it is not an annuity, life insurance, etc.)

Many options for helping

The following sections illustrate the many ways you can plan your gift. In-depth information is available at mum.giftlegacy.com or by contacting the MUM Development Office.

BEQUEST IN A WILL

A gift through a will is the most common source of legacy giving. A bequest can be a dollar amount or a percentage of your estate, or a gift of specific assets such as a residence, other real estate, a vehicle, artwork, or a coin collection. A bequest could also be made from the remains of your estate after all gifts have been made to your heirs.

A FEW TYPES OF LEGACY GIFTS:

- Gifts of stocks and bonds
- Gifts of real estate
- Gifts of retirement assets (e.g., IRA)
- Gifts of cash
- Gifts of insurance

CREATE A LEGACY THAT WILL HELP FURTHER OUR MISSION

When you make a gift to fund a charitable gift annuity or a charitable remainder unitrust, the benefits during your lifetime include lifetime payments and tax savings. After you have received all payments, what remains goes to benefit the students and MUM.

Support the university as a member of the Legacy Society

The Maharishi University of Management Legacy Society was founded in 1994 to recognize and honor individuals who have made a charitable gift to MUM in their will or estate plan. The Society is open to everyone who has named MUM in his or her long-term plans or created an endowment for its benefit.

BENEFITS OF MEMBERSHIP:

- Personalized communications from the university’s president
- Invitation to the annual Legacy Society Recognition event
- Your name listed on the Legacy Society Donor Wall and in the annual University Report (both are optional, per your wish)
- Opportunities to join knowledge events of interest – in-person or online – hosted by MUM
- A personal Legacy Society memento

Organize your plan

ACTION ITEMS – WHAT YOU CAN DO NOW

- The MUM Development Office stands ready to assist you in preparing your legacy gift. Please reach out to us at your convenience and we will be happy to work closely with you. In preparation, consider these helpful resources:
- Visit mum.giftlegacy.com where you’ll find detailed information on legacy giving and a will-planning tool
- Read our free guide, *Planning Your Legacy*, for help in thinking through your legacy goals and organizing the required information an estate planning attorney will need to create your will or trust plan
- Ask us for sample language your attorney can use in drafting your bequest
- Contact us for support on your legacy decisions

If you’ve already included a gift to MUM in your estate plan, please let us know, so that we can include you as a member in the Legacy Society (or respect your wish for anonymity).

We look forward to helping you create a plan that addresses your personal needs and goals. We are honored to help you create your legacy!



This information is not intended as tax, legal, or financial advice. Consult your personal financial advisor for information specific to your situation. Copyright © 2018 Crescendo Interactive, Inc. Used by permission.

Professional Advisory Committee

A professional advisory committee has been created to support MUM's Legacy Giving Campaign. This newly established committee is composed of trust officers, attorneys, accountants, financial planners, life insurance professionals, commercial and residential real estate brokers, and others who specialize in estate planning. They are volunteering their services to guide the Legacy Giving Campaign and will also serve as resources for potential donors and their advisors. PAC members will:

- Strengthen relationships between MUM and estate planners, wealth advisors, attorneys, and other relevant professionals
- Consult with prospective Legacy Society members on issues within their expertise
- Work with MUM Development Officers on strategies to meet donors' goals and objectives
- Educate people about the win-win nature of legacy gifts
- Advise MUM's Development Office about opportunities for soliciting potential donors
- Function as a sounding board for creation and revision of MUM Development policies
- Assist in marketing strategies



The success of Maharishi University of Management will be measured by its direct and indirect effects on the quality of life everywhere. We will count ourselves successful only when the problems of today's world are substantially reduced and eventually eliminated and the educational institutions of every country are capable of producing fully developed citizens. – Maharishi Mahesh Yogi, from the original MIU catalog, 1974/1975

For More Information Contact:

MUM Development Office

Visit: mum.giftlegacy.com (or click GIVING in the upper right at MUM.edu)

Call: 641-472-1180 | email: plannedgiving@mum.edu

Professional Advisory Committee Members



David A. Ponder, PAC Chairman, is a 33-year member of the American Society of Pension Professionals and Actuaries and maintains the professional designation of Qualified Pension Administrator. His experience includes 14 years as a Regional Pension Manager for Transamerica and another 5 years as the Regional Sales Director for New York Life Investment Management LLC. Mr. Ponder founded the Ponder Financial Group in 2001 and has achieved the Top of the Table designation with Million Dollar Round Table, the Premier Association of Financial Professionals, and is a member of the President's Council with New York Life. Mr. Ponder was one of the first to arrive at MIU in 1974 after graduating from the University of Delaware (BA Biology with Math minor). He worked as a research assistant to Dr. Keith Wallace and Dr. David Orme-Johnson. He became a teacher of Transcendental Meditation in 1975 and managed the World Plan Center in Dover, Delaware, where he instructed 247 people. He returned to MIU after completing the Executive Governor program to become a graduate student and co-taught undergraduates until 1978 when he left to start his family and career.



Vicki Alexander Herriott, PAC Vice Chairperson; Wellesley College, BA; Boston University School of Law, J.D.; New York University School of Law, LL.M. Tax Law; founding director of MUM Planned Giving since the 1990s. Professor Herriott has served MUM as Associate Dean of Faculty, Dean of the College of Arts and Sciences, and Chairperson of the Department of Student Life; she currently chairs MUM's Department of Business Administration and coaches award-winning mediation teams. She is on the Board of Directors of the Institute for Bio-Integrity, and the Board of Directors of the International Foundation for Consciousness-Based Education.



Matthew Frank, Maharishi University of Management, BA; College for Financial Planning, CRPC; Mr. Frank has been a private wealth advisor for Ameriprise Financial since 1991, and previously served as Special Assistant to the Commissioner (U.S. Commission on Civil Rights, Washington, D.C.). Before that, Mr. Frank worked for Philip Brothers as a Platinum Futures Commodity Trader and as an Independent Gold, Silver and Copper Trader on COMEX.

He worked for Merrill Lynch as a floor trader on the Coffee, Sugar, and Cocoa Exchange. He was also an Independent Trader on the Minneapolis Grain Exchange trading wheat futures, and traded same as an Exchange Member on the Kansas City Board of Trade.



Charles Fritsch, Maharishi University of Management, BA; Certified Hotel Broker, licensed in New York, Virginia, West Virginia, and Pennsylvania with 22 years of experience in commercial real estate development, management, financing, and brokerage. Mr. Fritsch has served as president and founder of MBA Hotel Brokers since its incorporation in 1997, and president and founder of MBA Capital Funding, Inc., incorporated in 2004. He is the president of Hotel Investor Apps LLC – a software suite for hotel investors and operators, designed to save money and time while providing actionable analysis to drive greater profitability.



Leonard A. Goldman, University of California, Berkeley, BA; London School of Economics and Political Science, International Relations, M.Sc.; New York University School of Law, J.D.; advises on business formation issues, joint ventures, contracts, intellectual property licensing and protection, private equity funding, asset acquisitions, preventative counseling, and entity governance. He focuses primarily on advising private corporations, limited liability companies, entrepreneurs, and non-profit institutions. Member of the New York, California, and Hawaii bars.



Steven Grill, Boston University, BA; New York University, M.S.; currently focuses on asset management as Managing Director and Client Advisor at Alex. Brown, a division of Raymond James. Mr. Grill served as managing director and client advisor at Deutsche Bank and senior vice president at Morgan Stanley. He was managing partner of SCM Capital Advisors LLC, where he consulted with family offices on investment strategies. He also served as CEO and President of Brascan Strategic Asset Management, a subsidiary of New York-based Brookfield Asset Management, Inc., which specializes in investment advisory services. He also served as Chief Investment Officer of Imagine Group Holdings Limited, an insurance subsidiary of Brookfield. Prior to this he was a Senior Vice President at Merrill Lynch, where he worked for 19 years.



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