

# Frankel Forms TM Group

by Kathy Johnson

A growing interest in meditation on the part of many students is leading to the formation of a new club at Highacres. Dr. Frankel, who has a personal interest in transcendental meditation, is adviser to this group.

Transcendental meditation is not based upon philosophical attitude, religious belief, or mood. It is a technique in which the body experiences deep physical relaxation but the mind remains awake and alert. Students in particular are susceptible to tension and stress; meditators have proven that it is possible to relieve this anxiety through TM. Dr. Frankel feels that learning TM could possibly improve a student's grade point average.

The idea of forming a TM club evolved last year, when many students from Highacres turned up at a meeting of the International Meditation Society in Hazleton. The idea to bring meditation speakers directly to campus was instituted, but since the IMS charges course fees beyond their free introductory lectures, the administration would not allow them on campus. According to Ev Binns, Assistant to the Dean of Student Affairs, the administration felt that this was soliciting students. By forming a club, guest speakers may be invited to make presentations on campus.

Dr. Frankel emphasizes that the club will not be closed to meditators. It is open to anyone interested in learning more about TM. The club plans to invite speakers from not only the International Meditation Society, but from different religious organizations and yoga groups as well. Also in the planning stage is the possibility of a weekend retreat.

Students or faculty interested in the phenomenon of transcendental meditation should watch the bulletin boards for the Student Meditation Society meetings, or see Dr. Frankel (C-107) for further information.

# Note To Town Students

The Residence Hall is a private dormitory for resident students only. Town students may visit the dorm if they are a guest of a resident and are signed in. Upon entering the Residence Hall, visitors should go to the room of those students they are visiting and not loiter elsewhere in the building.

It is the responsibility of the resident to explain the rules and regulations of the Residence Hall to his or her guest. Any violators of these rules and regulations are subject to University disciplinary procedures.

### PSU-vs-TEMPLE

This year's Penn State- Temple football game was the first in a six-game series that concludes in 1980.

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The Clines feel that learning is based on experience, so they teach a laboratory type class where students communicate one-to-one with others. While there is some formal speech, a great deal of work is done informally. The end result of the course is the development of the ability to talk comfortably with people and have a general awareness of the processes of communication.

Both instructors are very satisfied with Highacres, pointing out that everyone here is extremely friendly, which helps a great deal when you are new to a place. "If only there was one more filing cabinet in the office," says Ms. Cline.

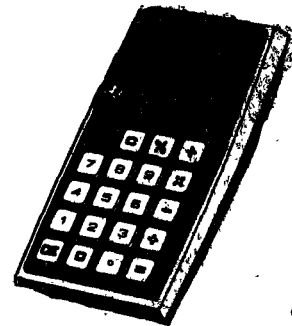
### GYMNASIUM COMPLETION

The new Physical Education Building at Highacres is scheduled for completion in June of 1976.

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