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Campus to Reduce Use of Plastic

Just 9% of plastic gets recycled, and with microplastics polluting the environment, the oceans in particular, MUM is now joining the many organizations focusing on reducing single-use plastics.

“Using containers, bottles, and bags that can be used over and over again is a much more sustainable approach than sending tons of plastic to the landfill,” said Tom Brooks, MUM vice president of operations. “We’re eager to make changes that will be smarter for campus and smarter for the global environment.”

Even the biodegradable plastic bags now being used in the Golden Dome Market and University Store will not continue, said Donna Schechtman, University Store manager.

The store currently offers canvas and other reusable bags for sale. In addition, they plan to only offer reusable bags in the near future. They are also phasing out products in soft plastic bottles in favor of those in glass, and also plan to eventually phase out hard plastics.

Golden Dome Market is also now selling reusable sustainable bags for produce. For those who opt not to use a plastic bag for purchases, the store gives a 5¢ credit as a small incentive. Otherwise, they charge 5¢ for each plastic bag.

The plastic bags they currently use are made of corn and are biodegradable.

Food service is also reducing single-use plastics by having the servers only use plastic gloves when required by sanitary guidelines. They’ve also decreased use of bottled water by staff by installing a water purifier in the kitchen and providing reusable bottles.

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event in June via Skype, will serve as a mentor for students and give feedback on the concept statements they write in the Creative Entrepreneur Program.

In addition, if a student agrees to make his or her concept available, the agreement with Mr. Harrington gives him the right of first refusal, meaning that if it’s a product with big potential, the student will give Mr. Harrington the first opportunity to explore further development of the concept into a real product or business.

“I surveyed some of the business students, asking them if they’d be interested in working with Mr. Harrington. I might possibly give him right of first refusal for their product,” Mr. Rose said. “Their response was, ‘Are you kidding? Of course we’d love to work with him.’”

In addition to being one of the original venture capitalists on “Shark Tank,” Mr. Harrington is CEO of the company TV Goods, a direct-response marketing company that identifies, develops, markets, and distributes consumer products. He is also founder, senior executive officer, and chairman of the board of directors for the company As Seen On TV. He pioneered the use of infomercials on TV.

Mr. Harrington is actively involved in promoting MUM’s Creative Entrepreneur Program and Concept to Market Institute, which is open to all MUM students. He has made a two-minute video about the educational opportunities at MUM for the MUM website. The video will also be shown at 44 community colleges statewide during a tour that will include Professor Rose, admissions officers, and faculty. Those who attend will be invited to join a Visitors Weekend.

Professor Rose has known and worked with Mr. Harrington for decades, beginning when they were both promoting products on TV’s Home Shopping Network. Mr. Harrington was extremely impressed with MUM students when he served as a judge in the June Shark Tank event at MUM, and Professor Rose got the idea to involve him further.

For more information, contact Professor Rose at crose@mum.edu or David Weisman at dweisman@mum.edu.

FROM THE FOUNDER

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When a glass of water is placed in the sun, the sun is reflected in it. The sun is always there, but it shows no reflection unless a proper medium is found through which it can be reflected. Similarly, being is always here, there, and everywhere, but it has no opportunity to radiate itself directly in the relative existence unless a suitable state in the nervous system is created for it.”

— Maharishi Mahesh Yogi, Science of Being

MUM Faculty Educate Doctors at University of Iowa Hospital

Doctors at the University of Iowa Carver College of Medicine and UI Hospitals and Clinics are learning about integrative medicine in a series of seminars (called grand rounds) organized by MUM Professors Robert Schneider, MD, and Abe Bornstein, MD.

“This is a real breakthrough because it’s a year-long series,” Dr. Schneider said. “In the past I’ve given individual presentations, but in this case medical faculty, staff, and students are being introduced to a broad range of integrative and preventive medicine topics. We were invited to organize and chair this monthly series of events because of our long track record at MUM in this field.”

In the first monthly seminar in September, Dr. Schneider, dean of MUM’s College of Integrative Medicine, presented an overview of the clinical evidence for the effectiveness of various areas of integrative medicine, as well as guidelines that have been released by major medical bodies, such as the scientific statement on meditation in cardiovascular health published by the American Heart Association.

In the October seminar, Dr. Schneider and Dr. Bornstein reviewed advances in mind-body medicine, including the Transcendental Meditation® technique, in prevention of heart disease. Experts from University of Iowa are also contributing, and the November topic was presented by a UI professor on “Exercise is Medicine.”

Over the next several months, the series will cover nutritional psychiatry, non-drug treatment for chronic pain, brain health and the prevention of dementia, and other topics in lifestyle health.

“In most of the main areas of medicine there are now practice guidelines for incorporating integrative and mind/body therapies,” Dr. Schneider said. “A number of these have recommendations that include the Transcendental Meditation technique. My colleagues and I have been researching, teaching, and practicing this emerging field of medicine for 35 years. Now we’re being asked to share what we’ve learned.”

The series is sponsored by the Division of Cardiology in the Department of Internal Medicine at UICCM.

Also in October, Dr. Schneider taught at the annual conference of the American Meditation Institute. He introduced the 65 physicians to epigenetics, the new science of how to influence one’s DNA expression. Then he spoke about the role of Maharishi AyurVedaSM in optimizing one’s epigenetics. Participants received continuing medical education credit.
Students in the Global Solutions track of the first-year program have restored a greenhouse and invite the community to an open house on Saturday, Dec. 21, 3:30–8:00 p.m.

Students Restore Greenhouse, Plan Open House

First-year students in the Global Solutions track have made extensive progress on restoring a greenhouse in Fairfield and are planning an open house on Saturday, December 21, 3:30–8:00 p.m.

The greenhouse is located at the site of Schaus-Vorhies Manufacturing, 1000 W. Stone Ave.

Originally intended to supply fresh vegetables to local schools, the greenhouse, which is heated by waste heat from the manufacturing plant, had fallen into disuse.

The students have cleaned up the interior, have put up the plastic walls, and have sealed the building.

Air tubes warm the soil

They have also fixed the system that circulates air inside the greenhouse through tubes that are buried six feet under the growing area.

Circulating air through the buried tubes allows the warm air to circulate and warm the ground, said student David Ford. Also, by circulating the air on cold days, they are using geothermal principles to warm the air and push it into the greenhouse.

Students use “hugel mounds”

With the structure and heating systems in place, the students turned their attention to creating hugel mounds, which is a horticultural technique that entails constructing a mound from decaying wood debris and other compostable biomass plant materials and then planted as a raised bed.

Mr. Ford said this approach helps to improve soil fertility, water retention, and soil warming. In addition, because of the curve of the mound, the technique increases the surface area, making it possible to plant more in the same amount of space.

With the hugel mounds completed, the students began planting. They are now also focusing on the 3,900-gallon water catchment system as well as getting the ground heating system working.

Open house to present vision

At the open house, the students will talk about their vision, which includes a co-op and community-supported agriculture model whereby people who volunteer to work in the greenhouse will be entitled to a portion of the produce.

A greenhouse for the community

Opportunities will be available to MUM students, high school students, members of Future Farmers for America, and 4H, as well as people in the community.

In order to cover expenses, the students will be reaching out to local businesses such as restaurants to see if they would be interested in purchasing the produce, with some restaurants already expressing interest. The plan also includes selling produce and flowers at the local farmers market.

“Our goal is to introduce regenerative and organic principals to anyone who is interested,” Mr. Ford said. “We want to reintroduce this type of farming, which was a traditional type of farming until about the 1950s or early 60s, to people and give them the opportunity to be more self-sufficient and independent.”

Fostering global change

He said all the students in the course truly believe that change begins in our own backyards.

“There are two ways to look at life: you can be a tugboat and try to pull people along, which will get you nowhere, or you can be a lighthouse. If you’re a lighthouse you’re walking the walk and lighting the way.”

Uganda Student Wins Chess Tourney

Timothy Nuwarinda, a computer science student from Uganda, won first place in the recent 2019 Fairfield Action Open tournament, with 14 players competing.

On a tiebreak, he defeated Colin Hurt who placed second in a special 5-minute blitz game to determine 1st and 2nd place. Both players scored 4.5 out of the 5 one-hour rounds.

John Zuckermann captured 3rd place, and all top three players won MUM bookstore gift certificates and chess medals.

Club president Michael Fitzgerald won the best unrated beginner prize.

“Timothy is one of the fastest-thinking ‘quick’ chess players when performing under time pressure our club has seen in many years,” said tournament director John Salerno.

The MUM chess club meets every Sunday at 7:30 p.m. in the Argiro lobby. All players, from beginners to advanced, are welcome.
New Study Finds Improvement in Major Risk Factor for Heart Failure

A recently published randomized controlled study funded by the National Institutes of Health found that the Transcendental Meditation technique helps to prevent abnormal enlargement of the heart, called left ventricular hypertrophy, which can lead to chronic heart failure and death.

“This is a form of heart disease where nondrug treatments are relatively understudied,” said Professor Robert Schneider, MD, FACC, first author. “Since the physiology of stress contributes to cardiac enlargement, we hypothesized that managing one’s mind-body connection with Transcendental Meditation might prevent the disease process.”

This randomized controlled trial, published in Ethnicity & Disease, included 85 African Americans with high blood pressure who were randomly assigned to Transcendental Meditation or to a health education control group, in addition to usual medical care.

After six months of practice, repeat testing with echocardiography found that the control group progressed on cardiac enlargement while the Transcendental Meditation group showed prevention of enlargement.

“These results suggest that an effective technique for stress reduction may prevent the progression of left ventricular hypertrophy and thereby help to prevent premature heart disease and cardiac mortality,” said Dr. Schneider, dean of the MUM's College of Integrative Medicine.

The research was conducted in conjunction with Martin Luther King Hospital and Charles R. Drew University of Medicine and Science in Los Angeles.

It formed a portion of the PhD thesis of MUM Professor Komal Marwaha, MD, PhD. Other MUM coauthors included Maxwell Rainforth, John Salerno, Carolyn Gaylord-King, Sanford Nidich, and the late Charles Alexander.

Professor Parmasad Publishes Poems, Novella Excerpt

Adjunct creative writing professor Sasha Parmasad recently had two prose poems included in an anthology published by India’s National Academy of Letters, Sahitya Akademi.

Titled Modern English Poetry by Younger Indians, the volume contains nearly 70 poets in their 40s and younger.

She said it’s especially significant to be included because she is a 6th-generation Indian-Trinidadian whose ancestors were forcibly taken from India as indentured laborers by British colonialists to work on sugarcane plantations in the Caribbean.

“The dream of India – a sacred place, a heartland – was passed down from generation to generation, eventually reaching me as a 6th-generation Indian-Trinidadian during my childhood in the 1980s,” she said. “With this history and background, it is truly a momentous and moving thing for my poetry to have been included in this Sahitya Akademi anthology. The publication symbolizes for me a return to the home of my ancestors via The Word.”

Earlier this year Ms. Parmasad had an excerpt of her novella, KAIRI, published in The Arts Journal: Critical Perspectives on Contemporary Literature, History, Art and Culture of Guyana and the Caribbean.

Information about Fairfield

fairedfieldinfocenter.org

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