

# Transcendental meditation loses flower child image

By Sharon Dargay  
Staff writer

**T**WICE DAILY 7-year-old Jesse Pitt tunes out the stress of family, toys and school. The five-minute sessions in transcendental meditation — a kind of daily mental vacation — are conducted in seclusion or during play. They're as natural to the Birmingham youngster as piano practice might be to some children.

It's also a family affair in the Pitt

household. Joanna, his 4-year-old sister, is a novice in the technique. His father, Barry, the owner of a Redford hardware store, calls quitting time a half-hour early for employees who meditate.

"Many of us who started when we were students now have families. We're job holders and house owners. We're bringing our families into it," said Jesse's mother, Elaine.

"It's become a natural part of our lives. When Jesse was 6 he started meditating. I notice an immediate dif-

ference in him after he meditates. He's nice, he feels good and he's calm."

The Pitts aren't alone in their assessment. According to Robert Roth, a teacher at the Transcendental Meditation Center, Lathrup Village, about 20,000 Detroit area residents practice TM, the relaxation method exported from India 25 years ago by Maharishi Mahesh Yogi.

IT MAY SEEM surprising that TM, like other fads of the 1960s and 70s, hasn't gone the way of the flower child.

Like its practitioners of the past two decades, TM has grown up, gone establishment and become a part of the "mainstream."

At least one insurance company, Blue Cross-Blue Shield, offers discounts for TM adherents. Health-conscious businesses promote TM rather than coffee breaks. Medical researchers claim the technique may help turn back the biological clock.

A Massachusetts prison study found that inmates who practiced TM were less likely to end up behind bars after

being released.

"Often people have a pre-conceived notion about what meditation is. It's not concentration or contemplation," said Tom Kote, teacher. "It's not a philosophy or a religion."

The major contribution of Maharishi was removing the clouds of mysticism that shrouded meditation techniques for centuries. He distilled the ancient traditions of knowledge into one system.

Kote claims that everyone has the capability of triggering the mental switch that induces a "restful state of alertness" as intense as "the deepest state of sleep." The center offers classes for children as young as 4 years old. Even the skeptical are capable of mastering the technique.

BUT ROTH cautions that other relaxation and self-improvement classes, found on adult education rosters and recreation department schedules, may masquerade as TM. He's also doubtful about group sessions or teach-it-yourself manuals.

The center, at 27305 Southfield,

teaches Maharishi's method. But the path to mental bliss doesn't come cheaply.

The non-profit organization charges adults \$400 for 10 hours instruction. Full-time students pay \$300; 10-year-olds through high school students pay \$150; and youngsters under 10, a two-weeks worth of allowance.

A scholarship program is available and families may pay a flat rate of \$600.

The program includes two free introductory lectures, two hours of individual instruction and three group discussions about the technique. Students also may return for monthly "checks" to ensure they have correctly mastered TM.

Dr. Robert Schneider, a researcher in hypertension and psychosomatic medicine at the University of Michigan Medical Center, will talk about the effect of TM on stress and aging at 8 p.m. Wednesday, May 9, at the center in Lathrup Village. A second session will be at 8 p.m. Thursday, May 10, at the Birmingham Community House, 380 South Bates.

## Plans for police station studied

By Joanne Maliszewski  
Staff writer

Farmington Hills officials have set May 12 as a tentative date for area professionals to play devil's advocate with preliminary architectural plans for a proposed new police building.

Council agreed in March to ask local architects, builders and engineers for opinions on designs for the proposed police facility developed by Birmingham architects Luckenbach & Zieglerman.

Councilwoman Joan Dudley suggested holding "kaffee klatches" to ensure that concerns raised by Councilman

Joe Alkateb, who has objected to some parts of the preliminary design for the \$2.5-million building, were considered.

WILLIAM COSTICK, assistant city manager, said he was still checking last week to make sure area professionals and architect Robert Zieglerman of the designing firm can attend the May 12 meeting, expected to be the first in a series of Saturday morning sessions to go over the plans.

Letters to local professionals are expected to be mailed sometime this week, Costick added.

"The idea was that they are residents and taxpayers," Dudley said, referring

to a list of builders, engineers and architects to be invited to the Saturday morning gatherings.

When Dudley first suggested the meetings with other local professionals, some council members were voiced fears that Luckenbach & Zieglerman might consider it an affront, but Dudley said the firm is agreeable to the idea.

In March, Dudley told council that she was not implying a lack of confidence in the Birmingham architectural firm by suggesting other professionals take a look at the design plans.

INSTEAD, asking for other opinions

might assure the council that the best minds in Farmington Hills are being put to work for a "cost-effective project," Dudley said.

When council in mid-February approved the preliminary design and agreed to pay another \$30,000 for the next phase of plans, Alkateb said he had a "bad feeling about this building."

Alkateb called the architect's estimated cost of \$78.13 a square foot "too expensive." He also didn't like the building's suggested triangular shape and the way the roof would be built.

## Math competition planned for LIT

Methods for solving mathematics problems in competitions will be the topic of the May 3 Detroit Metropolitan High School Mathematics and Computer Club (DMHSMCC) meeting at Lawrence Institute of Technology's School of Arts and Science.

This meeting is designed especially for students who are planning to partic-

ipate in the 15th Annual Competition in Mathematics May 6, sponsored by LIT's mathematics and computer science department in conjunction with DMHSMCC.

James Nanny, assistant professor in LIT's department of mathematics and computer science, will make the presentation at 7 p.m. in room 3321 of the

Science Building on LIT's campus, 21000 West Ten Mile Road in Southfield. The lecture is open to high school students, faculty and parents free of charge.

The competition will be held in LIT's Science Building auditorium from 1-3 p.m. Sunday, May 6. It is open to all Detroit area high school students free

of charge and without advanced registration. Students compete for prizes of U.S. Savings Bonds and cash.

For further information contact Dean Zaven Margosian at 356-0200, ext. 61 or 104 between 8:30 a.m. and 4:30 p.m.

### NOTICE OF REGISTRATION OF THE QUALIFIED ELECTORS OF THE CLARENCEVILLE SCHOOL DISTRICT OF OAKLAND AND WAYNE COUNTIES, MICHIGAN

#### TO THE QUALIFIED ELECTORS:

PLEASE TAKE NOTICE, that the Annual Election of Clarenceville School District of Oakland and Wayne Counties, Michigan, will be held in said School District on Monday, June 11, 1984.

TAKE NOTICE, THEREFORE, that any qualified elector of said School District who is not already a registered elector of the aforesaid School District may register at the following place on the days and hours indicated:

PLACE: For those persons living within the School District and living within the City of Livonia:

Livonia City Hall  
33001 Five Mile Road  
Livonia, Michigan 48152

For those persons living within the School District and within the Township of Redford:

Redford Township Hall  
15145 Beech Road  
Redford Township, Wayne County  
Detroit, Michigan 48220

For those persons living within the School District and within the City of Farmington Hills:

Farmington Hills City Hall  
3155 Eleven Mile Road  
Farmington Hills, Michigan 48024

#### DAYS AND HOURS:

Each day during the office hours until Monday, May 14, 1984, at 5:00 o'clock P.M. Persons planning to register should determine when the several municipal offices will be open for registration.

#### LAST DAY OF REGISTRATION:

May 14, 1984, but not after 5:00 o'clock P.M. Local Time, on said date. Persons registering after that time and date will not be eligible to vote at said Annual Election.

TAKE NOTICE, that those qualified electors who have not heretofore registered with the Clerk of the City or Township in which such elector resides must do so to be eligible to vote in the forthcoming election. Those persons who are duly registered to vote in this School District at said Annual Election need not re-register.

TAKE NOTICE FURTHER, that there will be elected one (1) member of the Board of Education for a term of one (1) year. The candidates are:

Linda M. Ahnert

There will be elected two (2) members of the Board of Education for a term of four (4) years. The candidates are:

Michael T. Manore  
Richard J. Wood  
Daniel S. Bibik  
George T. Roberts

By Order of the Board of Education

LORENE F. ERICKSON, Secretary of  
Clarenceville School District of  
Oakland and Wayne Counties, Michigan  
Board of Education

Published May 3 and 10, 1984

shop *à la mode*  
**Early Spring Sale**  
**30%-50% OFF**  
ALL SPRING APPAREL  
For Pre-Teens & Jrs.  
6527 Telegraph at Maple • 644-4225

**Spring Specials**  
**Blades & Irons**  
Custom Designed Perms  
Save 25% with Coupon.  
Short Hair \$20 Medium Length \$25 Long Hair \$30  
Tinted, Bleached, or extra-long hair extra  
Family Hair Care  
30550 Grand River (between Middlebelt & Orchard Lake)  
Farmington Hills 478-8565

Joseph S. Gantz, D.D.S.  
and  
Easton E. Brodsky, D.D.S.

Announce the opening  
of their new offices  
located at  
18400 W. 12 Mile • Southfield  
Just W. of Southfield Rd.  
557-0813

**kitchens by jensen**  
Form the kitchen you have into the kitchen you love

### OPEN HOUSE

SUNDAY, MAY 6, 2 PM - 4 PM

Children learn year round,  
so why waste their summer?

**Bloomfield - Maples**  
**MONTESSORI**

**Summer Program**  
(June 18-August 10)

8201 W. Maple, West Bloomfield,  
1 Mi. E. of Henry Ford Hospital

- Hours: 9:30-3:00 pm, extra hours available
- Ages: 2½-7 Year olds
- Half & Full Day Sessions
- Full Montessori Academic Program
- Also, summer activities & field trips

661-0910 or 477-3621

## On every street



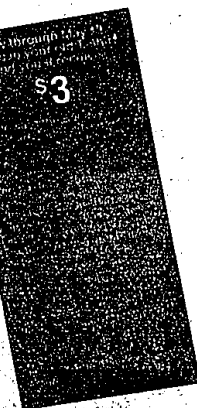
Homes are breaking up because of breakdowns — communication breakdowns, emotional breakdowns — ones that often end in isolation, separation, violence and divorce. At the CENTRAL CHURCH OF CHRIST in Farmington Hills we believe in God's plan for families. We sincerely invite you to participate in a vital series of BIBLE-CENTERED LECTURES and to experience healing in your marriage.

MAY 3-6, 1984  
Thurs.-Sat. EACH NIGHT AT 7:30 P.M.  
SUNDAY AT 10:00 A.M., 11:00 A.M.  
and 8:00 P.M.

#### THEME:

- THE CHRISTIAN HOME
- May 3 - "Where Have All the Flowers Gone?"
- May 4 - "I Just Want to Be Happy"
- May 5 - "Let's Have a Good Fight"
- May 6 - 10 A.M. "No More Life After Death"
- 11 A.M. "What About Me?"
- 8 P.M. "How to Live in an Institution"
- CENTRAL CHURCH OF CHRIST  
20025 W. 11 MILE ROAD  
FARMINGTON HILLS, MI 48334  
DETROIT (OAKLAND) (MAYFIELD) (MAYFIELD) (MAYFIELD)  
477-6023

## LADIES T-SHIRT SWAP



**mays of michigan**  
TWELVE OAKS MALL  
NOVI 484-4144

UPPER LEVEL BETWEEN LORD & TAYLOR AND DEARD  
ALSO, GRAND RAPIDS • LANSING • BOCA RATON, FLA.