

TM method teaches mental timeouts

By RON HINGST

the Southfield Athletic Club on Wednesday April 23. The visit was part of a Midwest tour to introduce TM to the public.

EARLIER this spring, Leopold conducted TM sessions for 17 Detroit Tigers during spring training in Florida. According to the 35-year-old TM instructor, the Detroiters became one of many professional and amateur athletes to learn the technique.

"The athlete must always be at his or her best," Leopold said. "TM allows the body twice as much rest

than during the deepest moment of sleep."

The IFAE, a non-profit organization, was founded in the this country by Maharishi Mahesh Yogi, an Indian monk.

The group currently operates 200 offices in the U.S. including a facility in Birmingham.

LEOPOLD, A GRADUATE of Harvard University, admitted he was skeptical of TM when the subject was first introduced by a college roommate. That, he added, changed.

"I found myself to be much more relaxed where before I was the type to hurry-up-and-wait," Leopold said. The native of Philadelphia emphasized during the lecture that TM was not a religion, philosophy, diet or way of life. It is simply a mental technique which provides a state of rest to both mind or body.

Last spring, Leopold visited the training camp of the Pittsburgh Pirates baseball team to explain TM and that action brought invitations to other major league camps, including the Tigers.

"Basically we wanted to establish ourselves first in professional sports," Leopold said and offering written endorsements from a number of professional stars including football quarterback Joe Namath and Philadelphia Phillie. All Star baseball shortstop Larry Bowa.

THE PROGRAM includes introductory sessions and four 1 1/2 hour, one-to-one sessions with a TM instructor for four consecutive days.

"TM allows the athlete to develop

his full potential over a period of time," Leopold said. "The most consistent problem facing the modern professional athlete is fatigue. TM allows the athlete to improve concentration, to be sharp. From our research we have learned that through TM an individual can improve his physical capabilities."

Although the average age of TM participants is 34, Leopold said the program offers young athletes "tremendous promise to grow up without pressures."

"There is a TM level for youngsters four-12 years old," he said.

THE IFAE DIRECTOR said his



DON LEOPOLD

group plans to make and distribute a TM film in the near future to help spread the word. Athletics, he said, is a logical place for Transcendental Meditation.

"Athletes are not interested in theoretical constructs. It's a practical world in sports. TM allows the individual to become more dynamic."

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Mixed double pairings set

Rudy Hernandez of Dearborn Racquet Club and Bloomfield Hills resident and former Detroit Love Tish Paulsen have been named top seed in the Michigan Open Indoor Mixed Doubles Championship which will be held Saturday and Sunday, April 26-27 at the Grosse Pointe Hunt Club.

Jon Hainline of the Court House Racquet Club and Southfield's Jean Blevensicht have been established as the Number Two seed. They are the current holders of the Michigan Outdoor Mixed title.

Other area participants will include Birmingham's Don and Mary Jane Young; Mervyn Rosenbaum and Jape Greenawald of the Square Lake Racquet Club and Mark Rath, of the Beverly Hills Racquet Club.

Play in the final 16-team draw is open to the public. The action on Saturday is scheduled from 1:00 p.m. to 10:00 p.m. and on Sunday from 10:00 a.m. until 5:00 p.m.

Quick start

Birmingham resident Virginia Lyness wasted little time in initiating the golf season.

She scored her first hole-in-one on the No. 6 par three hole at Birmingham's Springdale Golf Course with a three wood last Tuesday afternoon.

Take a bow

Birmingham resident William Hutchinson Jr. will receive a citation from the Fort Lauderdale, Fla. Annual Fishing Festival for his efforts in landing a 16-inch, 40 pound sailfin during a recent outing.

Strong point

Birmingham Brother Rice graduate Tim Zimcosky is among a trio of returning defensive backs who started last year for Ferris State College. The Bulldogs are currently engaged in spring drills and Ferris coach Nick Coso called the defensive backfield "our strength."

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