



Yoga Ranch, cont.

"Yogocharya" which means yoga teacher. He is also the owner of 25 patents, the oldest living disciple of Paramahansa Yogananda, and founder of Song of the Morning Ranch. At age 31, Black began his intense study of Yoga from his master, Paramahansa Yogananda and was then bestowed his title. He defined Yoga as, "a yoking together of the individual consciousness or a merging with the universal consciousness."

During a recent six-hour visit to the ranch, which is nestled in the midst of 800 acres of the Pigeon River State Forest, and frequented by area wildlife, I became more aware of the lifestyle of a Yogi, Carol Siroskey, Black's Personnel Director, gave me a tour of the grounds and ten buildings. She informed me that the staff, who take a vow of celibacy, receive no salary, only an allowance and room and board. These dedicated workers have an 8:30-5:00 day, during which they pursue vocational training. Siroskey commented on their choice of vocations saying, "The men and women are absolute equals. The work they choose depends on their abilities or talents, not on their sex." The training is designed to aid the personal growth of those residing on the ranch. The construction of buildings, maintenance of buildings, the gardening for the vegetarian staff, the Song of the Morning fire department—Ostego No. 6, and a new bridge-building

project are all endeavors which could help develop the total person.

The Song of the Morning Yoga Retreat is operated by the Golden Lotus Inc., a non-profit organization which develops and markets highly inventive patents created by Yogacharya.

While sharing fellowship during a meal, Yogacharya stressed the importance of balance in a person's life between the mental, physical and spiritual planes. Various types of courses are taught at the retreat to help one achieve this balance: For example, there is Raja, the yoga of meditation; and Bhakti, yoga of devotion to a personal God or a great teacher, such as Christ; or Karma yoga, for those inclined toward work and action; Jnana, yoga of the intellect; or Hatha yoga for bodily perfection through postures.

The 20th century has seen many cults; sometimes leaving behind catastrophic trails as in the Jonestown, Guyanna tragedy. Consequently, an individual is often leary of isolated communities that have strong leaders and lifestyles which separate them from the broad spectrum of society. When asked if the Yoga Retreat could be considered a cult movement or if he ever feared this negative comparison being applied to the ranch, Black replied steadily.

Rush, cont.

recently-held Very Special Arts Festival.

When Rush is not woodworking or performing civic duties, he enjoys cycling and Tiger baseball.

When asked if he has any pet peeves about sighted persons, he turned wistfully toward Corrine and said, "No but I do wish my family would remember that I am blind sometimes." His daughter, Sharyn, laughed and related a recent family experience. While Arthur, Rush's son, was installing a roof antenna, he asked his father to hand him a tool. When he realized that Rush didn't know where it was, he asked, "What's the matter, Dad, are you blind?"

fastly, "Truth is the only thing that will fly against the wind, while everything else just blows with the wind."

Upon leaving, Yogacharya gave me a book for further study entitled *The Autobiography of a Yogi*, by Paramahansa Yogananda. I am finding this book enlightening. His writings attempt to reveal the harmony and basic oneness of original Christianity as taught by Jesus, and original Yoga as taught by Bhagavan Krishana. Paramahansa Yogananda believes this to be the ideal of the Self-Realization Fellowship: to show that truths are the common scientific foundations of all true religions.

The aims and ideals of the Self-Realization Fellowship are being taught at the Song of the Morning Ranch or the Golden Lotus University. Beginning July 15 and running through August 30, one college credit for each course, can be earned through its affiliation with ACC. Classes to be offered during that time will be: Applied Kinesiology, Physiology of Nutrition, Philosophy of Healing, Energy Conservation for Your Home and Car, Vegetarian Nutrition, Hatha Training, Dimensions of Learning, Katha Unpanished, Singing Fundamentals, and Dynamic Expression. Accomodations are available in dome structures featuring complete kitchen facilities and utensils, carpeting and star-shaped leaded skylights—which were designed by Black; or in tents or lodge facilities. For further information, write Song of the Morning Ranch, East Sturgeon Valley Road, Vanderbilt, MI, 49795, or call (517) 983-4107.

ACC Women nab three out of four

The women's Lumberjack softball team was as hot as the weather this past weekend. After dropping a Friday doubleheader, Alpena bounced back to take three of the remaining four games in closing out their regular season at 9-13. The regionals will begin May 10.

In their final weekend:

St. Clair 5, Alpena 0

The ACC offense was stifled in the opening contest despite Jan Kaiser's two singles. Kaiser was also the losing Alpena pitcher.

St. Clair 7, Alpena 5

Things were closer in the nightcap as the Lumberjacks finally managed to get on the scoreboard. Kim Schwiesow's triple was the longest hit for Alpena, while Eva Brokenbrough was the pitcher charged with the loss.

Alpena 12, St. Clair 2

The Jacks finally overtook the Skip-pers with a balanced hitting attack. Kaiser, Brokenbrough, and Beth Buchner had three hits apiece to pace

Alpena's 13 hit total. Kaiser received the win for ACC.

Alpena 6, St. Clair 4

Alpena completed the twin-killing in the second game by going to the long ball. Cheryl Middleditch powered a home run and a triple for the Lumberjacks while Buchner knocked out a triple and a single. Again, Kaiser was the winning Alpena pitcher.

Alpena 10, Monroe 5

The ACC winning streak reached three as the Jacks cruised past Monroe in the first game. Buchner collected three hits to lead Alpena while Kaiser and Tammy Eller each had two. Kaiser recorded her third straight win on the mound for the Jacks.

Monroe 12, Alpena 7

Monroe snapped Alpena's string in the nightcap by pounding out 11 hits. Middleditch drove out a home run for ACC in the losing effort as Kaiser was tagged with the defeat.

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