

They'll glide thru the air

by Allen Young

Ballooning conjures up peaceful images of heavily dressed adventurers drifting across clear blue skies. A group of U of A students plan to do much more than that this summer. They plan to ascend a balloon 35,000 feet and have the balloonist drift down via hang glider.

The students are members of the U of A Intermediate Altitude Ballooning Club, made up of a number of ballooning enthusiasts and Mechanical Engineering students. The club is new, certified by the Students' Union September 14.

"The total descent should take about 40 minutes," said Club spokesman and glider pilot for the project John Bird. "This will be the first time a hang glider will be flown at such a low pressure."

"It will involve high velocity and will allow us to study glide characteristics under such conditions.

Filled with helium, Mr.

Bird told the Gateway, the balloon will displace some 5,300 cubic feet, and as it rises should expand to about 1,500 cu. ft.

The total payload of about three hundred pounds will include, in addition to the pilot and glider, a number of technical instruments for testing the atmospheric conditions and the status of the craft.

There will be oxygen equipment, balast, an altimeter, a rate of climb indicator, a thermometer a transponder, which will allow civil aviation officials to track the progress of the balloon from the airport, a barograph which records the altitude the pilot and balloon reach, and a parachute.

"At the moment," said Bird, "a lot of testing is being done to integrate all the systems.

"For example, we are testing to see that the oxygen system is compatible with the glider."

The balloon will be

manufactured by Polyrama Plastics of Edmonton. It will be made of two mil polyethylene heat sealed sections grappled together at the top and bottom by a device made by the Physics department and the Department of Technical Services.

Presently the club is using testing mode made by the same company.

The club works close to the Department of Mechanical Engineering and most of the work is being done in the Mechanical Engineering shop. Funding for the project, said Mr. Bird, comes from contributions from companies and interested persons, and the total cost is estimated at under \$1000. He said the club will also apply for a Students' Union grant.

The glider has been manufactured by Birdman Enterprises of Edmonton. It is a standard training glider, said Bird. High performance gliders are more difficult to fly.

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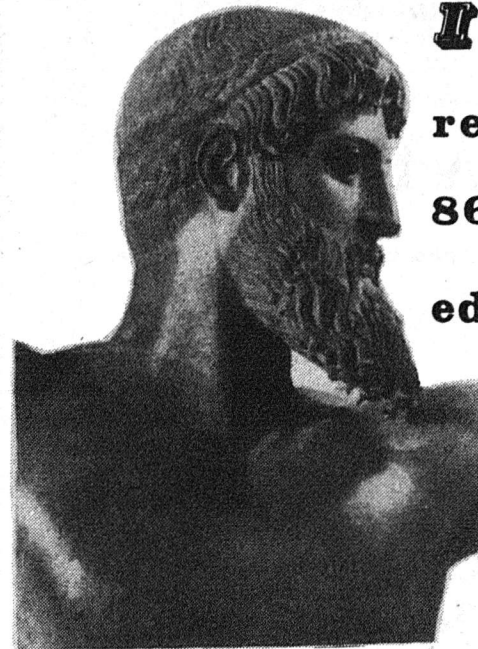
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TM — Simple and natural

by Don Jackson

For twenty minutes, twice a day, they sit down, close their eyes and begin a simple mental technique. Their minds ease into a quiet, alert state.

These individuals, a number of whom are U of A students and staff, are practising Transcendental Meditation (TM). It is a self-development technique that has captivated the interest of people in over eighty countries. The practise is said to be simple and natural, involving no concentration, control, belief, or change in life-style.

The purpose of the TM programme is "to develop one's full potential by tapping inner reserves of energy and intelligence," and the International Meditation Society can produce studies indicating that this brings many improvements to its practitioners.

Increased intelligence, learning ability, and improved memory and academic performance are a few of the results cited in over two thousand studies of the programme. These findings may be of interest to students, but the medical profession is looking at meditation for other reasons.

Many TM beginners find stress-related health problems such as high blood pressure, anxiety, and insomnia begin to subside. Researchers claim the level of physical relaxation during meditation is significantly deeper than that gained during sleep.

This explains why meditation is capable of removing the fatigue and stress that can be detrimental to one's health. Removing fatigue and stress, say meditators, acts as a basis for improved social and mental behaviour.

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