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## Mutual attraction draws new instructor to UNC

By Cheryl Williams  
Feature Editor

She once gave an impromptu concert with Stevie Wonder. She performed back up for Johnny Taylor, Joe Tex and Marty Robbins. She has sung with the renowned Fisk Jubilee Singers of Tennessee. But Regina Sherard's chief profession is not singing.

Sherard, an instructor in the School of Journalism, is one of the new faculty members this fall at the University of North Carolina at Chapel Hill. She comes to UNC-CH from the University of Missouri, where she was a part time instructor. She is presently a doctoral student in journalism at the University of Missouri and expects her degree in 1984.

Sherard says that her decision to come to the University was the result of a mutual attraction between her and the school. "UNC has always been a very fine institution," she said. "I had hoped I would have the opportunity to teach here. The dream became a reality when I was asked to come for an interview by Dean Cole."

She says that so far the University

has measured up to her expectations. She adds that she was impressed with the faculty here. "The people I have met through various receptions and meetings have been most cordial," she said. "I'm honored to work with such distinguished colleagues in journalism. There is every effort to ensure that students get the very best."

When Sherard, a Georgia native, is not teaching she is pursuing her goals and hobbies. One of her future goals is to start her own media consulting firm. A more immediate goal is to be the best teacher she possibly can.

"I want to impart a little of my knowledge and experience to students," she says. "There is a great sense of satisfaction when I see the sparkle of inquiry take hold."

"I like seeing students get involved and I like the challenge of taking information that may be dull and presenting it in an interesting way."

"I provoke students. I purposely present controversial material in debate form because I want my students to think."

She loves to sing, and she says music has always been a part of her life. She sang in a church choir when she was growing up and played in her

high school band. While in college, she sang with the Fisk Jubilee Singers.

Sherard got her opportunity to sing with Stevie Wonder while she was a student at Fisk University in Nashville, Tennessee. Wonder had been scheduled to do a concert in Nashville. Sherard met him informally one Sunday while he was visiting the Fisk campus. She says they sang two songs, and he kissed her when they finished. It was one of the greatest moments of her life, she says.

Sherard, a member of Delta Sigma Theta Sorority, says that while in college she was a member of a singing group that sang at sorority and fraternity parties. The exposure from these parties led to the group being recognized by a promoter. They then took jobs as demonstration artists, singing songs that had been written for other artists. They were paid \$30 an hour. She says this was good money, especially since it helped put her through college.

Although she has had much experience in the music business, Sherard is equally as qualified in journalism. She received her undergraduate degree in English from Fisk University in 1968. She earned her master's degree at Michigan State University in 1972. Her previous jobs include working as a research analyst at Leo Burnett Advertising Agency in Chicago, a reporter for the Department of Information at Michigan State University and coordinator of the Black Culture Center at the University of Missouri.

Sherard feels she still has much to accomplish, but not without the help of her "personal friend," God. A confirmed Lutheran since age 14, she says her relationship with God is very important. "What I've accomplished is due directly to Him."

She says her beliefs give her a positive outlook. "I try not to be pessimistic. I try to look for the good in people. I believe things can be worked out." ■

## UNC to study effects of stress

By David Williamson

CHAPEL HILL — Selected male college students at the University of North Carolina at Chapel Hill will be taking more than a semester's knowledge and their writing ability into exams during the next three years.

They'll also be wired for sound.

Beginning in 1984, psychologists at the UNC-CH School of Medicine will attach portable blood pressure and heart rate monitors to the students before exams and before less stressful situations like attending class.

If the heart and blood pressure

readings gathered in both locations agree, information collected in the laboratory should be more credible, the scientists believe.

"Our ultimate goal is to identify psychological and social risk factors that lead to high blood pressure in both white and black populations," said Dr. Paul Obrist, a professor in the Department of Psychiatry at UNC-CH.

"Because hypertension is more common among black adults than among whites, we are particularly interested in how blacks respond physiologically to stress."

Medical scientists want to understand hypertension — its causes and controls — because the condition has been closely linked to heart attacks, strokes and blood vessel disease, he said.

Obrist will conduct the study with Drs. Kathleen C. Light, assistant professor of psychology, and Sherman James, associate professor of epidemiology. The National Heart, Lung and Blood Institute is supporting their work with a \$232,000 grant.

In an interview, Obrist said 80 students would wear the book-sized monitors, which he and his colleagues invented to take quiet readings every 10 minutes, during final examinations. The 80, along with 160 others, later will compete for modest cash prizes while undergoing reaction time tests in the laboratory.

"Along with blood pressure and heart rate, we'll be recording kidney function as shown by how much fluid the students excrete over several hours and how much sodium their urine contains," he said.

"We can increase the stress under controlled conditions by making our

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(Audition will be  
held on  
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