

Tips for the frisky but smart

BY AMANDA BECOM
Staff Writer

How many times has it happened?

You're hugging, kissing, and maybe more...you come to that crucial point where you either go for the plunge, or wrap it up for the night and head home to your crusty-sheet-



Rubby the Wonder-Condom wants you to be safe!

ARTWORK BY ALICIA GROGAN-BROWN

covered bed.

If you do decide to have sex, it always seems as if neither of the two of you has a condom. Here are a few places in Greensboro that can hook you up with the inconvenient little buggers for free.

*First-Year Center of Guilford College, x2425

(They have a little tin full of 'em just sitting on a table for casual, no hassles pocketing)

*Guilford County Family Planning, 373-7564

*Planned Parenthood, 373-0678

*Greensboro Health Department, 373-3245

Talking blues with Ralph Speas

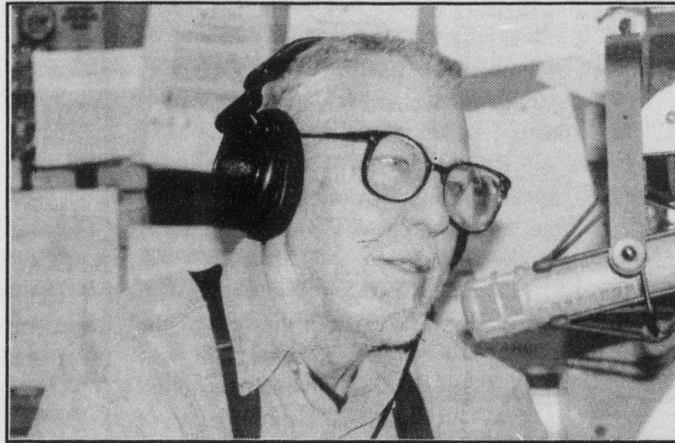
BY MORGAN REFFELL
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"It just moves me," says Scratching the Blues DJ Ralph Speas when talking about his music. Even as a child, his favorite kind of music was the blues, and much of the music he plays on his show every Tuesday night from 6-9 p.m. is the same music that he grew up listening to.

Scratching the Blues got its start in 1996 when Speas was recruited by Roy Moore, another DJ at WQFS, at a music festival called Merlefest. When asked how he came up with the name for his show, he said that the old records he plays sounded scratchy. Most of the music he plays was recorded before 1950, and is often found only on vinyl. His favorite music to play is jug and washboard, or hokum bands.

Speas does eight hours of prepara-

tion for every one hour of his show. He reads up on every single group that he plays on the radio so he can talk about each one. Since most of the music he plays is extremely rare, it is often diffi-



Not only can Speas scratch blues, but he makes great quiche.
PHOTO BY BECCA LEE

cult to find information about the performers. A good many of his listeners appreciate the gargantuan effort he puts forth each week for his show. Speas says he doesn't know how many people listen

to the show, but that he does have quite a few dedicated fans, who often call the station to speak with him.

Even when he is not playing the blues on the radio, Speas has a busy life.

He volunteers as a mediator at the District Court. He has retired from a teaching career as a social psychologist, but still teaches one course, "Learnin' the Blues," at Guilford Technical Community College. He is a Humanist counselor for the Humanist Society of friends, and is also the editor of the multi-state journal, *The Southeastern Humanist*.

As a member of the Piedmont Blues Preservation Society, Speas asks people, "Please preserve these vintage recordings. Don't throw them away.

Take them out of your attics and basements where they will become moldy or warped and give your children the chance to enjoy and learn from these historically important musical documents."

Ten ways to kick the stick

BY KELTON COFER
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I love to smoke. There are few things in the world I love more than sticking a coffin nail between my lips, whipping out my zippo and sparking up. It's probably the James Dean/Humphrey Bogart coolness I've always aspired to that appeals to me.

Unfortunately for us addicts, we all know there are few things in the world quite as harmful to your health as breathing smoke. I mean, in a burning building, what's the last thing you want to do? Breathe in a bunch of smoke, right?

So what do you do? You've been smoking cigarettes since high school (or before that for real health nuts), and you want to quit but can't. I have a few suggestions that hold some value in the effort to kick the stick. I admit, I have yet to do it myself, but take a chance! Step into the world of the wannabe quitter.

1. Stop hanging out with all your friends who smoke for at least a week. Just like your mom always told you, nobody likes a quitter. People who still smoke love to torture us would-be quitters by lighting up and asking if we mind. No, I don't mind, but could I chew on the butt when you're done?

2. Avoid all places where you have the ability to "bum" a cigarette. Personally, the

steps to any building on campus are a haven for my own falls off the wagon.

3. An obvious one: Don't go out drinking!

4. When in the grocery/convenience store try to avoid eye contact with the cigarette section. It's there like some foul temptress causing your nicotine gears to work overtime and "draw" you in.

5. If you have any cigarettes left in a pack when you decide to quit, you must immediately ritualistically break every last one into as many pieces as possible, then flush them down the toilet. It's a very empowering ritual. Mind over matter.

6. Exercise until you cry, collapse or feel the oncoming of a stroke. Unfortunately for me, these are the times I want one the most. It's a workout, like sex, and I feel I deserve a smoke to cherish the moment. Maybe it's not right for all of us.

7. Maniacally do your schoolwork. Read four and five chapters in advance. If you finish this semester's work, start on next semester's material. Sure, you may bum out, but you might actually graduate in four years.

8. Watch the Discovery Channel closely, looking for documentaries on smoking's detrimental effects to the lungs. These programs are usually very graphic, showing blackened lungs that look like charcoal briquettes. It'll make you want to start doing aerobics on the spot.

9. Look up all the ingredients that go into a cigarette. I know of two that always scare the hell out of me: rocket fuel and paraffin wax. That sounds sort of hazardous to your health, doesn't it?

10. After you've been off the sticks for a week or more, kiss someone that still smokes. It's really gross! It makes me imagine french-kissing some 90-year-old woman.

So, in conclusion, I hope those who want to quit will

find some comfort in these suggestions. You can't quit unless you really want to, and it's a bitch to do, but maybe you can make the transition a little easier.

One last thought, "The patch is for wusses!"



ART BY ALICIA GROGAN-BROWN