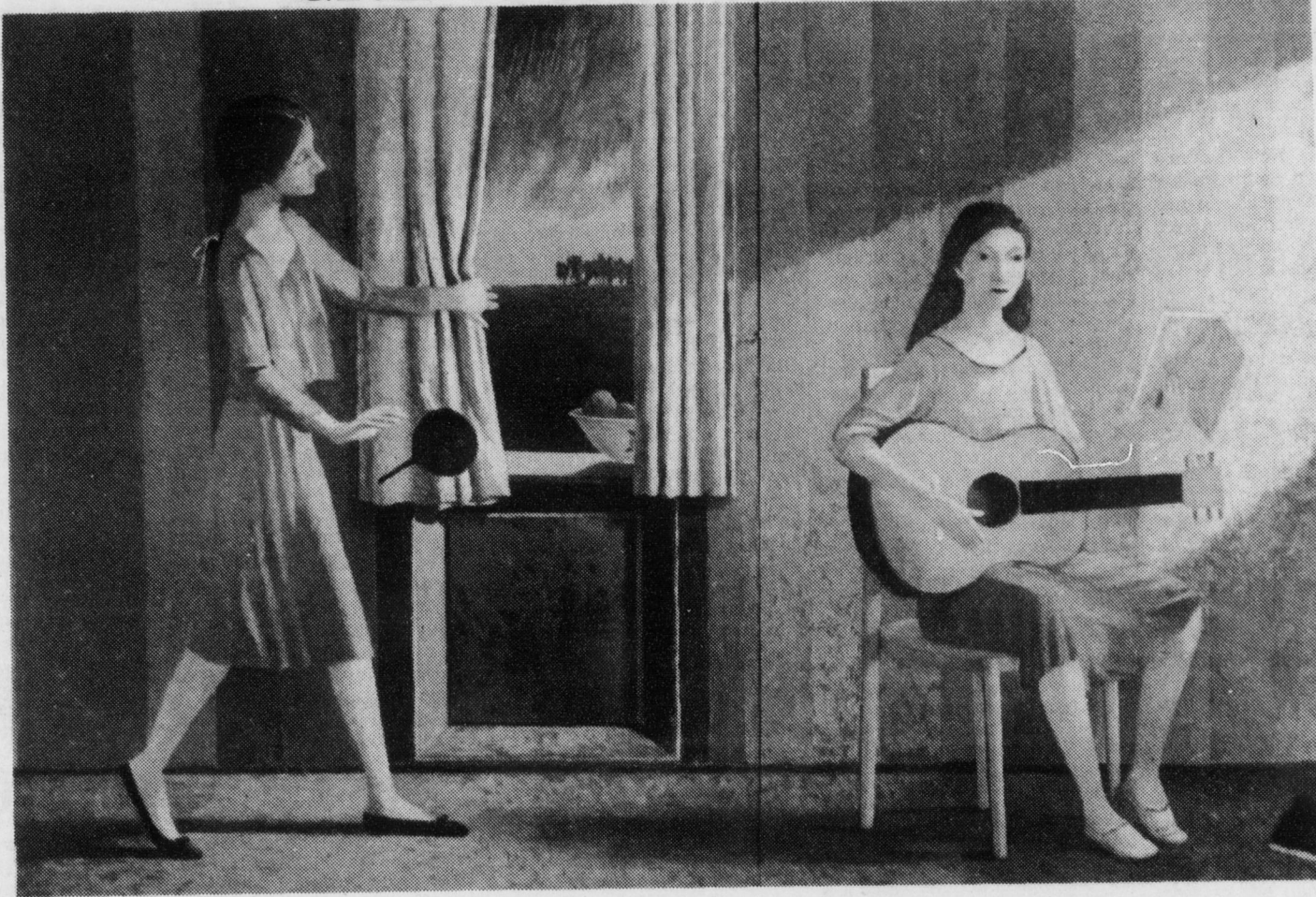


CREATIVE CORNER



Andrew Young, an art professor at Guilford has the opening of his show on Friday, March 15 from 7-9 p.m. The show, all painting and drawings will be hanging in the Gallery until April 15.

Biofeedback Services Ignored

by Tracy Clark

The good people at the Biofeedback Clinic are becoming concerned that a valuable service is not being used as it should. The concern is justified. Most people on campus go about their daily strife oblivious to Biofeedback and its therapeutic qualities.

The Biofeedback Clinic is a service free to Guilford students and faculty offered upstairs in King Hall by the Psychology Department. The Clinic has hours every day except Fridays and Saturdays. One of five student trainers, attending to the Clinic as an independent study, will gladly assist anyone seeking an appointment for a Biofeedback session.

Biofeedback arises in response to a Western high-paced, stress-filled lifestyle as a way for people to learn effective, personalized relaxation techniques.

Audio indicators let people monitor their own flow of blood, brain waves and muscle activity. Different mental exercises, like daydreaming or academic expository or sleeping, yield varied results, audially differentiated, which allow people to control bodily functions which are primarily thought of as involuntary. In this way people learn what they have to do mentally, to make themselves relax.

Guilford's Biofeedback Clinic is equipped with three machines, a temperature monitoring device, an electroencephalogram (EEG) and elec-

tromyogram (EMG), each of which delivers feedback.

The temperature monitoring device measures blood flow in the extremities of the body. A temperature probe is connected to one's hand or foot and the temperature of blood flowing into that area is monitored by meters and also by sound. One's baseline temperature doesn't register any noise but temperature increases sound a low-pitched beeping and temperature decreases sound a high-pitched beeping. When persons suffer anxiety or stress blood flows to the heart or the brain and less to the extremities. A continuing series of high beeps followed by silence and then by low beeps means a person is relaxed.

Similarly the EEG records brain waves emitted by the brain. The brain emits different types of waves during different activities. When a person is relaxed his or her brain sends out alpha waves (8 to 13 Hz). By electrodes attached to the forehead, behind the ear and at the base of the head, the EEG can be set to monitor only alpha waves, meaning that the machine will sound static only when alpha waves are picked up. Static signals a state of relaxation.

The EMG works on the same principal as the temperature monitoring device and the EEG. Three electrodes are attached to the forehead to monitor electrical impulses sent forth through the muscles by neurons contained therein. Electrical impulses are

sent out all the time but when a person suffers from anxiety or stress or excitement the frequency and amplitude of the impulses increase. The EMG grows louder and more rapid as impulses increase. Impulses emitted in a relaxed state create a pleasant rhythmical series of tones. The rhythm of quiet tones indicate when a person is relaxed.

Each of the three machines can be used to discover what works for people trying to relax or what it is which causes an unhealthy amount of stress. Biofeedback is a valuable clinical tool in this way. Whatever mental gymnastics make the temperature monitoring device beep at a low-pitch, the EEG to sound 'white noise', or the EMG to send forth undulating sounds constitute a highly personalized relaxation technique/program one can incorporate to stave off stress.

Contrary to popular belief Biofeedback monitors what comes out of, and doesn't feed things into, the body. Students and faculty alike are urged to make use of the Clinic to discover ways to circumvent anxiety and become more effective in their endeavours.

Whose Job Is It?

by Phil Polo

This is a story about four people named Everybody, Somebody, Anybody, and Nobody. There as an important job to be done and Everybody was asked to do it. Everybody was sure Somebody would do it. Anybody could have done it, but Nobody did it. Somebody got

angry about that, because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.

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