

Guilfordian

Volume LXVIII, No. 1

Guilford College, Greensboro, N.C. 27410

September 25, 1985

90.9 FM

WQFS - New and Improved

By KELLY CLARK

WQFS, Guilford College's only alternative radio station, is on the airways better than ever. Massive upheavals have taken place at WQFS since last year (even since you last tuned in.) With Reb Blanchard, station manager, at the helm, the entire station is being rewired, a petition for a power boost is in the works, and technically, the sound has been improved. A new music format has been installed, giving the station, says Reb, "a consistency in the program." This does not mean however, that the music will be "programmed." WQFS has kept the variety but added more familiar music to attract a wider range of listeners. Specialty shows still abound, such as reggae during lunch hours and jazz dinner from 6-8.

These changes mean that WQFS is run more like a real radio station. "Organization is the key," said Reb. "It gives the students the experience of working in a professional atmosphere." These students, an almost completely new staff of D.J.'s, have had mixed reactions to the new system, most however, have settled into it. "The changes were needed," emphasized John Ballance, program director. "Before (the change) no one knew what was going on."

Other than the technical changes, the station is striving for greater underwriting to promote local businesses. Stressed will be a greater interaction with students and more give aways of tickets and albums to locals and bands. News will be aired on a regular basis and during the winter months, ski reports.



"There are limitations," John breaks in, "the station can only go so far - it's a small school. We can't be KZL." WQFS wants to be competitive while still retaining that alternative sound. Kicking back, Reb added, "WQFS offers something for everyone, variety, if people are interested - it's fun."

City Stage

By KERRY MCKAY

City Stage Celebration time is here in the heart of Downtown Greensboro. There will be over fifty groups performing continuously throughout the weekend on six stages. Included among the fifty groups are several nationally renowned artists, such as Louise Mandrell, a Nashville country music star, Stanley Turrentine a Jazz/blues tenor saxophonist, Nicolette Larson, with country music, The Producers, a rock band, Stanley Jordan, jazz guitarist, and The Embers with beach music.

The festivities, sponsored by United Arts Council of Greensboro and Miller Brewing Company, will kick off with a 10K run, sponsored by Northwestern Bank. Prizes will be given to all participants. There will be twenty craftspersons demonstrating regional folk arts such as candlemaking, woodcrafting,

and ornamental painting also during the weekend. There will be three special exhibits, two hot air balloons from Miller and 7-Up, a sculpture of the Governmental Plaza and a fabric art installation at the Myers Building. T-shirts and balloons will be sold throughout the park. Forty vendors will sell all types of delicious foods and three beer gardens will sell ice-cold Miller Beer.

Before the main events begin on Saturday, there will be a City Stage Block Party on Thursday, Oct. 3, 8 a.m. to 12 p.m. Cut class, playing beach music and Split Decision will perform. I.H. Coffey Distribution Co. and Mr. Dunderbak's will provide the refreshments. Admission is \$3 per person.

City Stage will run Saturday from 10 a.m. to 7 p.m. and Sunday 1-7 p.m.



WQFS D.J. Julie Crooke, trains Doug Cooper up in the station.

photo by Holly Hobbs

Biofeedback Deals With Stress

BY JOYCE DON

Wellness. Ideally it's a healthy balance between body, mind and spirit. Virtually everyone can enjoy this state but in today's stressful society, the opportunity to experience total wellness is often lost. Health problems such as migraine headaches, stiff necks, insomnia, compulsive eating and teeth grinding are a few manifestations that may be attributed to stress.

Guilford's Psychology Department is again offering the Biofeedback Clinic, this year as a free, professionally-oriented alternative to coping with stress. The clinic, staffed by seven independent students, does not provide a magic cure for stress relief but provides a process that allows the participant to "hear" his or her body talk. Through the auditory feedback, provided by one of the three sensing devices, the biofeedback client hears "beeps," "honks" and tones which may eventually lead them to an understanding of the effect of stress on his or her body.

The equipment used in conjunction with biofeedback in the REST (restricted environmental stimulation therapy) chamber, is similar to devices that may be found in biofeedback clinics around the country. The elec-

troencephlogram (EEG), skin temperature sensor and electromyogram (EMG) are capable of monitoring alpha wave patterns, skin temperature and muscle tension respectively. The alpha waves produced by the brain, are the waves which indicate restfulness. Skin temperature is also often a good indicator of relaxation or stress. By learning to consciously warm your hands, you will be directing the blood flow to your body. For instance, forehead muscle tension is a good indicator of stress, so next time you feel stressed, consciously become aware of the tension in your forehead.

the clients' body. A series of sounds quickly ensue and correlate with your tension and hopefully release of tension, in your body.

The Biofeedback staff is under the direction of Guilford Psychology professors, Jacqueline Ludel, and Claire Morse. Strict confidentiality is extended to all clients of the clinic and all interested students, staff, faculty and community members are encouraged to call 292-5511 ext. 208 or 210 or stop by the clinic located in King Hall, Room 224.

The biofeedback method involves attaching one of three monitors, a painless process, to

The clinic will be staffed according to the schedule below.

BIOFEEDBACK CLINIC-----ROOM 224 KING HALL
PHONE 292-5511 EXT 208 or 210

Monday---9 a.m. to noon and 2-9 p.m.
Tuesday---9:30 a.m. to 12:30 p.m. and 4:15-9 p.m.
Wednesday-9:30 a.m. to 3:30 p.m. and 6-9 p.m.
Thursday-9:15 a.m. to 3 p.m. and 4:15-9 p.m.
Sunday---3-7:30 p.m.

Staff Members: Susan Bagley, Heather Bernath, Annabelle Crawford, Joyce Don, Eva Houston, Liane Jacobs and Phil Polo.

Advisors: Jackie Ludel, Claire Morse.