

DAILY NEXUS

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University of California at Santa Barbara

Friday, October 25, 1974

On The Student Suicide

Student self-destruction: towards interpretation of the psychological state

By James Minow

Some two weeks after the act, the officer of the coroner's division came to cut him down. His ivory body, almost bloodless now, had been hanging from the crude makeshift noose constructed from the torn sheets taken from his bed and knotted together through the ceiling beam at the edge of the living room. Time, and the weight of his despair had burned a lugubrious smile across his throat, almost from ear to ear as if to imply that this was his final answer to all that twentieth-century numbness, to that insentient world.

As a human being, he was forgotten and will be forgotten. He will be shuffled into a massive pile of other sad statistics to be paraded across some psychologist's desk until he eventually is discovered tied and bound on a dusty library shelf; the subject, at least, of some kind of institutional concern.

The act of this individual, and thousands others like him, harshly challenges a supposed reverence for life; a fear, a loathing of death. Superficially, the most characteristic element of the suicidal act is that it is illogical. Paradoxically, many psychologists and suicidologists would argue that, in many cases, suicide was reasoned (by the person who took his own life) to be the only logical culmination to his being in a world he didn't want or ask for. Others would say that he simply didn't care. Either way, it is the only acceptable conclusion.

Student suicides in particular are thought of as being especially

tragic: they are individuals often coming from a higher socio-economic strata, getting the best of an education, and supposedly living in an ideal cultural and social surrounding.

TO WHERE?

But psychologists, no doubt, will fumble through this poor fellow's records and analyze his particular case as best they can.

They will discover any number of reasons as to why he had taken his life. Most of them will be as broad-ranging and indifferent to interpretation as are the actual facts themselves.

Obviously, motivating factors as to the reason students decided to attend college vary. When they arrive on campus, they face a radical change from the circumstances of their previously limited existence; many only have minimal comprehension of the struggles they will encounter in the academic and social world of college.

Still, why a student? Why should suicide be the second

leading cause of death on the college campus, second only to accidents?

NOT FINANCES

Few students today are confronted with the financial difficulties that are often attributed to suicides. Most come from the middle to upper middle class income groups, and indeed, suicide statistics from more exclusive universities such as

Harvard and Stanford point to the fact that many student suicides are committed by individuals from the upper class. On campuses where suicide rates are particularly high (Harvard, Columbia, and Berkeley) the same general trend is borne out: financial instability appears not to be a major factor.

Then what is?

There are, of course, some (Cont. on p. 12)

SUICIDE

On the Inside:

The cry for help: suicide help centers	pp. 2-3
Meditations on suicide	p. 4
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Dr. Edwin Schneidman	
Dr. Herb Gravitz	
Odds and Ends and Facts	

"To the normal person suicide seems too dreadful and senseless to be conceivable." Years ago, Karl Meninger stated this basic fact of life about suicide. This is an unfortunate fact, though. For while suicide may be senseless and dreadful it is very much a real issue. Suicide is the second leading cause of death among college students and among the top ten nation-wide. Suicide is indeed a fact of life and an issue to be reckoned with. With this issue we hope to break some of the ice and (in a limited way) offer some insight into the "dreadful and senseless" matter of suicide.

Death to the suicidal taboo! The only way to prevent and understand self-destruction

By Mike Gold

There I was, all alone in Iowa City and face-to-face with suicide. What do you say? What can you say? I could say nothing; I just gawked.

The old man had a hard time speaking and he couldn't see at all. He had been drinking and apparently been sitting for hours in a nearby park muttering to himself about death, about suicide, before an off-duty nurse had brought him to the church-turned-youth hostel where I was staying the night.

Though the old man was blind and tipsy, he knew I was in the room with him and he somehow felt comforted by this fact. He held out his hand and asked if I would hold it. I did and he firmed his grip about my tiny hand as if trying to fix an eternal handhold. His fatty hand felt unusually warm (I was expecting cold, since, after all, I was holding the hand of death).

The two of us stood there for what seemed to me a very, very long time. Neither of us spoke. But, there was no need to. Just being there, just being close, that was enough.

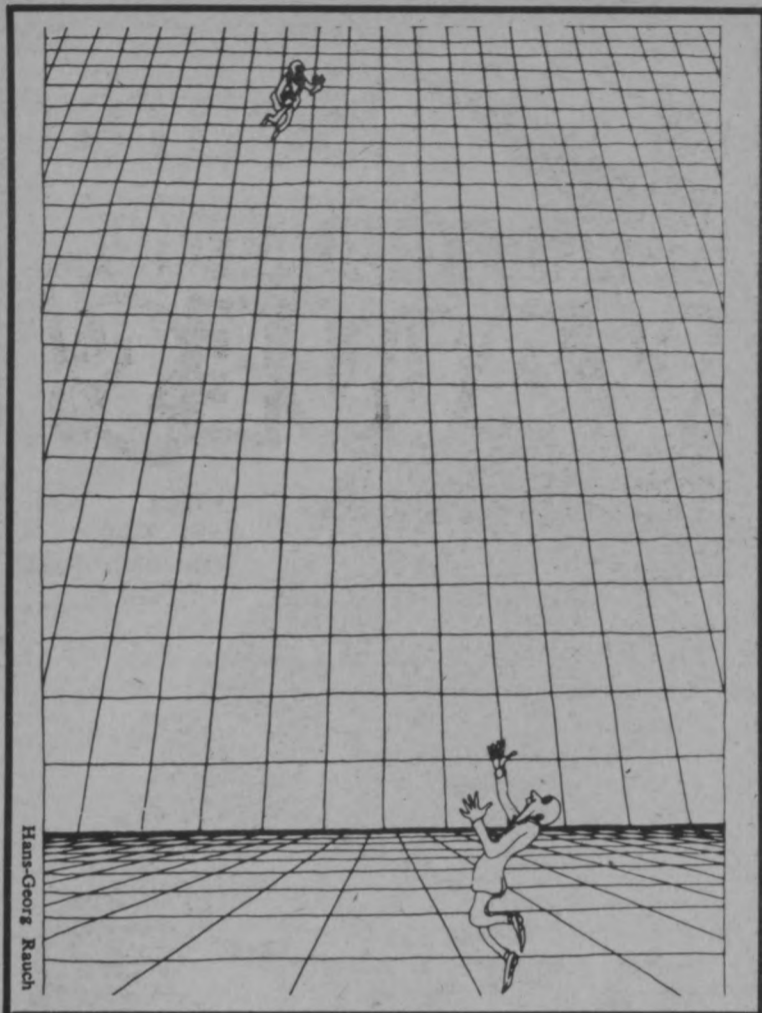
Only later, long after I had left him and the Iowa City borderline did I realize what made him think of suicide whereas, at my worst, I had only contemplated death. There is a difference.

I have thought of death many times, but never really in terms of causing my own. There was (and is) something still

(Cont. on p. 5)



all photos: Rob Sampson



HELP!

Santa Barbara has it, pick up your phone

By Ann Haley

Suicide. About half of the people you know will think about it at one time or another. Some will throw out the idea to reach out to another person, some really have a plan. Others act and swallow pills, or grab a razor blade and slit their wrists. Some succeed.

Santa Barbara County Mental Health Association logged 52 suicides in the county in 1973. Thirty people have committed suicide in the county since January. Helpline, a telephone counseling and referral service for the Isla Vista, campus, and South Coast area, reports that approximately 5 per cent of their calls are suicide-related (calls ranging from someone who talks about suicide in order to reach out to an emergency drug overdose). Helpline averages 160 calls per week.

YOUNGER

Suicide is getting younger. In the past, says Helpline coordinator Jean Robbins, suicides mostly occurred among isolated and lonely senior citizens. However, with senior citizens groups more numerous now, senior citizens are less prone to taking their life. The result is a statistical increase in suicide in younger age groups. Pat Ederer, a psychiatric social worker for County Mental Health, defined the two peak age groups for

suicides as 21 to 30 years and 61 to 70 years. Suicides in the age range that includes UCSB students (20 to 26) have quadrupled in the last ten years and are especially high now among young black men and women.

With suicide a relatively high risk in the student age range,

- establish a relationship with the person;

- gauge the seriousness of their threat. According to Robbins, Helpline suicide-related calls include those who talk about suicide to emphasize the seriousness of their problem, depressed persons with suicidal thoughts, persons with a definite

Suicide is getting younger ... Suicides in the age range that include UCSB students (20 to 26) have quadrupled in the last ten years, and are especially high now among young black men and women.

what aid is available in Isla Vista and on campus?

"We're the most prepared group in the area," said Helpline Coordinator Robbins. Helpline operates from 10 a.m. to 1 a.m. and will soon expand to 24 hours each day. The group, made up of volunteers trained in empathy counseling, runs an extensive telephone information, counseling, and referrals hotline. Robbins feels that "most people really want to be anonymous. Through phone counseling services they're assured of anonymity."

If someone is really ready to commit suicide, "very rarely will someone come in face to face," says Robbins. "If someone just has suicidal thoughts, then they'll be likely to talk to someone." She offered three steps for dealing with a potential suicide:

plan to kill themselves but who are ambivalent about it, those with a definite plan and method, and finally emergency drug overdoses;

- find out what the person's plan of action is. Ask the potential suicide to "tell us about it" instead of asking "why," advises Robbins, explaining that if asked why, a suicidal person may start to analyze himself.

CONSULTATION

Pat Ederer, psychiatric social worker with County Mental Health, holds two counseling groups Thursday and Fridays at the Isla Vista Human Relations Center (HRC). She does consultation work with Helpline, the HRC, and the Isla Vista Open Door Medical Clinic, and gives lectures on suicide and depression for the counseling training sessions for Helpline and the HRC. Ederer also holds consult meetings for the HRC and Medical Clinic counselors Friday mornings and afternoons. A psychiatric nurse, Marge Hill, consults with the I.V. Youth Project on suicidal children.

"I think that all three of those

ATTENTION PRE-LAW STUDENTS

There are several important dates coming up for students who are interested in attending law school.

OCT. 28 HARVARD LAW SCHOOL will be interviewing between 10-11:30 a.m. UCen 2292

NOV. 6 MC GEORGE SCHOOL OF LAW will be interviewing between 10 a.m. and 2 p.m. Check with Placement Center for details re: appointments and room.

NOV. 11 LAST DAY TO REGISTER FOR DEC. 7 LSAT (Law School Admission Test)

NOV. 12 BEVERLY LAW SCHOOL will be interviewing between 10 a.m. and 3 p.m. Check with Placement Center for details.

NOV. 13 PACIFIC PRE-LAW CONFERENCE begins at USC Law Center. 10:30 a.m. - 4:30 p.m. Forty law school representatives will be available to speak with students. Check College of Letters & Science bulletin board for details.

NOV. 14 PACIFIC PRE-LAW CONFERENCE continues at Stanford. 10:00 a.m. - 4:30 p.m.

NOV. 15 PACIFIC PRE-LAW CONFERENCE continues at UC Berkeley. 9:30 a.m. - 4:30 p.m.

NOV. 18 BOSTON COLLEGE SCHOOL OF LAW will be interviewing between 10 a.m. and 2 p.m. Check with Placement Center for details.

FINAL DAY FOR LATE REGISTRATION FOR DEC. 7 LSAT (with late fee).

NOTE: The Law School Admission Bulletin (registration form for LSAT & LSDAS) is available in College of Letters and Science, Admin 2119 and Political Science Department, EH 3834.

—Graduate and Professional School Financial Aid Service (GAPSFAS) applications also available in L&S Office.

—Questions re: law school interviews should be directed to Placement Office.

—Other questions may be directed to Shirley Onodera, Pre-Law Advisor, L&S, Admin. 2119. (Extension 2948)

THE CHRISTIAN SCIENCE
INFORMAL GROUP IN ISLA VISTA
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University Methodist Church 892 Camino del Sur, Isla Vista

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Marriage Preparation Course - 7:30 p.m.

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Saturday: 4:00 - 5:00 P.M.

SUNDAY Sat. Eve. 5:10 P.M.
8:00 A.M. 9:15 A.M.
MASSES: 10:45 A.M. (Folk)
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Suicide prevention is becoming a singular psychological study

agencies (Helpline, the HRC, and the Clinic) have a significant effect in deterring suicides," stated Ederer.

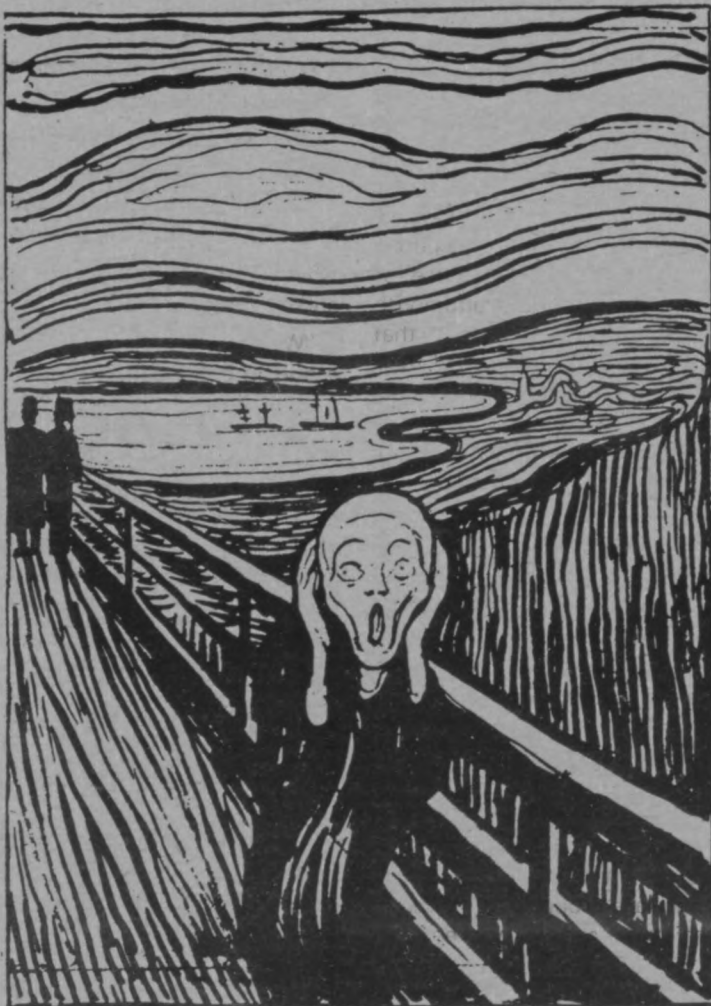
The Open Door Clinic has a volunteer psychoanalyst available Tuesday evenings by appointment from 5 to 7 p.m. at half-hour intervals.

The Clinic also has a drug detoxification program and an ongoing counseling program. "Our program has been developed to work in conjunction with the clinic's medical aspects in a supportive way," said Lynda Roach, counseling coordinator for the Clinic.

According to Roach, suicides counseled at the Clinic are usually related to the Clinic medical services. The counselors provide assistance to people who have come in after a suicide attempt. Ten Clinic counselors have established hours and are available for appointments. A counselor is on call on Saturdays. The counselors, says Roach, come from different training backgrounds, generally with group counseling experience and a couple of years in individual work. They are trained in-service by Ederer and Dr. James Mott, the Clinic volunteer psychoanalyst.

The Human Relations Center has a peer counseling program with counselors available from 1 to 5 p.m. at the HRC, according to peer counselor Pam Meeker. They are trained in empathy counseling and crisis intervention work. In addition to the peer program, three professional counselors are on the staff and may be seen by appointment. Potential suicides are counseled by the peers, explained Meeker, and followup counseling can be done by the peer counselors or one of the other area counseling agencies.

The campus Counseling Center is available during the day for walk-in and appointment counseling. There are psychiatrists at the Student Health Center, although to be seen by one of the psychiatrists it is necessary to first be seen by one of the Health Center general practitioners.



Some place to turn

HELPLINE	968-2556
(Open line from 10 a.m. until 1 a.m.)	
ISLA VISTA HUMAN RELATIONS CENTER	961-3922
(Peer counseling from 1 p.m. until 5 p.m. - Mon.-Fri.)	
I.V. OPEN DOOR MEDICAL CLINIC	986-1511
(Psychoanalyst Tuesdays by appointment - 5-7 p.m.)	
Counselors Monday thru Friday; on call Saturday)	
COMMUNITY MENTAL HEALTH	964-6713

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flesh would melt,
Thaw and resolve itself into a
dew;
Or that the Everlasting had
not fix'd
His canon 'gainst
self-slaughter! O God! O
God!
How weary, stale, flat, and
unprofitable
Seem to me all the uses of
this world.
William Shakespeare, Hamlet

We cannot tear out a single
page from our life, but we
can throw the whole book in
to the fire.
George Sand, Mauprat

[Suicide] troubles and
appalls us because it so
intransigently rejects our
deeply held conviction that
life must be worth living.
Richard Seiden

The thought of suicide is a
great consolation: by means
of it one gets successfully
through many a bad night.
Friedrich Nietzsche

The man who, in a fit of
melancholy, kills himself
today, would have wished to
live had he waited a week.
Voltaire

Dying
Is an art, like everything else.
I do it exceptionally well.
I do it so it feels like hell.
I do it so it feels real.
I guess you could say I've a
call.
Sylvia Plath



Midnight: I can't begin to
explain what goes on in my
mind - it's as though there's
a tension pulling in all
directions. I've gotten so I
despise myself for the
existence I've made for
myself. I've every reason for,
but I can't seem to content
myself with anything...It was
futile, for I never quite
understood myself. I love you
all very much.
Mary, 21-years old

No one ever lacks a good
reason for suicide.
Cesare Pavese

I do not believe that, except
in rare cases, a person who
takes his own life is insane,
and I think that probably
everyone has his suicidal
breaking point.
Edwin Schneidman

As soon as one does not kill
oneself, one must keep silent
about life.
Albert Camus

Razors pain you;/ Rivers are
damp;/ Acids stain you;/ And
drugs cause cramp;/
Guns aren't lawful;/ Nooses
give;/ Gas smells awful;/ You
might as well live.
Don't Pull the Rope



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An old man, Alice Cooper, and suicide

(Cont. from page 1)

worth living for, even if life itself is absurd. Death is just as absurd, if not more so, and this knowledge was fulfilling. But, even more than this, in my worst seiges of depression I always had someone close to turn to, to share with, to understand.

The haggard, rundown old man had nothing and was utterly alone. He told me so. He had no one. No one. This is the crux. This is the difference.

This midsummer sojourn with suicide has stuck with me to this day and is what I have been trying (unsuccessfully) to relate for the last several hours.

This topic of suicide is so very important to me. And that's why I never ever want to be utterly alone, unable to tell a friend how sick I am. I'm sick, and this you should really be able to tell to anyone without that person immediately placing a call to the local psych ward.

My friend needed someone, anyone, and still does though I fear his once red hot hand has turned stone cold.

Alice Cooper is doing for suicide what Linda Lovelace is doing for sex. Not only are both exploiting their particular fetishes to make millions, but each is forcing millions of Americans to look afresh and look close at two subjects stamped VERBOTEN for all too long.

Alice does his thing by simulating his own hanging on stage while Linda Lovelace, well...we know what she does. But it's all right today, at least in most places, and that's okay.

It used to be that one was punished for suicide by driving a stake through the heart of the victim (ex post facto, of course). No more. Just as pornography is making sex an "okay thing," so the open talk of death is making us face suicide as a "real" issue (not just something that happens to the crazy down the block) and making us believe that talking about how sick you are is a step toward recovery.

Much of Alice Cooper and Linda Lovelace's hullabaloo is just for show, however. Although Alice has, in fact, seriously contemplated suicide, he so far has only played possum on tour.

Others do not just pretend. They act.

Take the case of David D. He would have turned 21 this year, only he never made it. While not of legal age to gamble or guzzle at 20, David was old enough to live away from his parent's home, old enough to work and support himself, and old enough to die.

Die. His parents, not even his girlfriend, would ever have expected or suspected it. Yet, when David's parents jarred open the door to his Isla Vista residence, after repeatedly knocking to no avail, they found their son limply hanging from an awning of his apartment roof, a white cloth noose strung about his neck.

David's case is not uncommon. Far from it. When David was officially placed into the Santa Barbara Sheriff-Coroner's tally book, he became just one of 52 suicides in the county last year, one of 4,000 in the state, and one of 50,000 in the nation.

So far this year, many more people like David have committed suicide, or so report the over 3000 suicide prevention centers around the nation. Strangely enough, in Santa Barbara County suicides seem to have tapered off this year, despite the national trend.

As the other articles in this issue partially explain, there is no one explanation as to why people commit suicide, and no real way to predict what a given area's suicide rate will be.

However, one thing that is certain is that suicide is becoming a part of our language. It is

(Cont. on p. 12, col. 5)

MAGIC LANTERN THEATRE
Upper left hand corner of Isla Vista 960 Embarcadero Del Norte

<p style="text-align: center;">LANTERN 1 Andy Warhols Frankenstein "The ultimate 3-D movie. The ultimate stomach turner." PLUS Tales that Witness Madness</p>	<p style="text-align: center;">LANTERN 2 BUSTER and BILLIE AN ALAN J. PAKULA PRODUCTION WARREN BEATTY THE PARALLAX VIEW As American as apple pie.</p>
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ANGIE DICKINSON
BIG BAD MAMA
SANTA BARBARA DRIVE-IN #2
Memorial Hwy at Kelllogg Goleta (SOUTH)

Wollam quits Leg Council post; attacks reps as 'disappointing'

By Katy Sears

Administrative Vice-President Karl Wollam announced his resignation at last Wednesday's Leg Council, to be effective next week.

"I've had enough of your bullshit, and I've got more important things to do," Wollam said. "This is really a disappointing body," he continued, "You spend so much of your time just dicking around letting others do your work."

Kathy Tuttle, external president, questioned Wollam's

motives for his resignation. She brought up the case of UC Irvine's student body president, who resigned recently, citing disillusionment with student government as the reason. Tuttle stated that she later found out that it was for academic reasons that the resignation took place.

MARTYR

"I just wish you wouldn't leave as a martyr; I think you're leaving for other reasons," she said.

Wollam retorted, "I don't care what you think about why I'm

leaving, I could have met the requirements easily. I made my decision quite a few months ago."

Tony Zimmer, executive vice-president and co-chairman of the elections committee, said a special election will have to be held within three weeks of acceptance of the resignation and will cost "upwards of \$800."

In other business, Zimmer reminded Council of an AS by-law which provides grants for Leg Council member. AS Rep. Howard Robinson stated that, "if Reps are paid, they will do a better job."

Internal President, Mikie



Administrative Vice President Karl Wollam.

photo: D. Wilkerson

Chavez, on her last night as Chair of Leg Council, stated, "I hope to God that money doesn't mean the difference in quality."

Council voted to set aside

\$6000 from the general fund for the possibility of such grants. However, the whole issue of grants remains to be determined by the Finance Board.

Discussion arose over a proposed budget transfer by the Black Students Union (BSU). Robert Haggins presented the request to transfer \$65 from BSU's field trip category to the transportation category. Robinson pointed out that the BSU received an initial \$1,000 for transportation, and since then has been allowed a \$330 transfer in early September and later an \$804 transfer. Including the \$65 requested Wednesday, Robinson pointed out that the total of \$2,200 then allowed for transportation would comprise "over 20% of the total BSU budget." Referring to instances when cars have been checked out for local use and returned four or five days later with 400-500 miles on them, Robinson said, "It seems excessive to me." However, Council approved the transfer.

APPOINTMENTS OKAYED

In other business, Council approved nine appointments to various AS Committees and heard five new nominations to be voted on next week. A resolution was passed to show Leg Council support of the United Farm Workers in various ways.

Bernie Goldfine, RHA Rep, explained his idea for a Curriculum Counseling Service planned mainly for dorm residents. He hopes it will aid underclassmen to plan their courses of study.

Representative Abby Haman explained the possible expansion of the UCen Information Booth. Possibilities include an enlargement of the current booth with the addition of a Xerox copy service and ticket service. Council approved an underwrite for \$9,787, which means the money will be repaid by proceeds made through the venture.

"The UCen Governing Board has hired an interior decorator and this will probably fit into their plans," Chavez said.

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Supervisors to review Foot Patrol feasibility

By Ken Matsuura

The advisability of re-establishing a special police unit, the Isla Vista Foot Patrol, will be discussed October 28 in a Board of Supervisors meeting.

The Foot Patrol, a popular innovation designed for better communication with the people, was established after the 1970 riots. It was dissolved this past June, according to Sheriff John Carpenter, due to budget cuts. County Administrator Raymond Johnson cut 18 deputies, indicating the level of service provided was no longer needed.

In a memo to the supervisors dated July 1, 1974, David Smith, assistant administrative officer, outlined the reasons for the cuts. Reasons included a downward crime rate, a favorable number of deputies comparable to other counties, relatively generous county funding and the difficulty of using a fixed officer to population ratio for budget purposes. (1 to 1200).

Presently the Foot Patrol is composed of equal units of University Police and Sheriff's deputies. Primary jurisdiction for patrolling Isla Vista belongs to the Sheriff's department. The University Police have jurisdiction over the campus and a 1 mile area surrounding the campus, including Isla Vista.

Currently, officers patrol in cars, responding to calls outside

Isla Vista. According to Larry Padway, IVCC councilman, this situation is "psychologically harmful" because it reduces the accessibility to the officers made possible by the Foot Patrol. He also explained that this motorized patrol is the reason for the seemingly large number of patrol cars seen in Isla Vista. Shift changes and back-up units multiply the number of cars.

Funding for the Foot Patrol is provided by the Board of Supervisors with University Police units being funded by the Regents. Sam Dias, Isla Vista Foot Patrol commander, believes that it is very possible the Foot Patrol will be reinstated. He stated that the Sheriff's department has "statistical proof that the 18 positions are needed." However, John Stahl, assistant to Supervisor Slater, emphasized that everything is contingent on Administrative Officer Dave Smith's financial analysis which the supervisor will receive Friday. His findings along with Sheriff Carpenter's presentation will guide the supervisors' decision.

OFFICER HELP

A grant to establish a paraprofessional program to aid officers, similar to CSO on campus, is still in the drafting stages. Paraprofessionals, if approved, would take minor crime reports, assist victims and

function in administrative capacities. The main problem in inaugurating such a program would be the question of responsibility. Paraprofessionals would have to answer to a responsible body such as the Sheriff's department of the University Police and that has yet to be worked out.

Peace Corp reps here for recruiting

Peace Corp and Vista representatives will be on campus this week recruiting graduating seniors for positions in the two volunteer organizations.

Applications and information geared to December and June graduating seniors will be available from 9 a.m. until 3 p.m. at the placement office and two booths located in front of the UCen and library during the five day campaign for 150 applicants.

Hart supporting Demo ticket in Assembly bid

By John L. McDonald

Gary Hart, Democratic candidate for State Assembly, recently gave the Nexus an interview at a fund-raising benefit for Mervyn Dymally, Democratic candidate for Lt. Governor.

Nexus: Do you support a straight Democratic ticket?

Hart: This year I do because this year they (Democrats) are superior candidates.

Nexus: Are there any particular propositions that you support?

Hart: Yes. Proposition 17. I think that the Stanislaus River should be preserved. I also support Proposition 15. I think that low cost housing should be facilitated for all citizens.

Nexus: How do you feel about the Nixon pardon?

Hart: I was opposed to it.

Nexus: How do you feel about Vice President-designate Nelson

Rockefeller?

Hart: He is probably the best candidate.

Nexus: Do you think that the latest revelations concerning the \$90,000 he reportedly owes in back taxes will affect his confirmation?

Hart: I would think that it would have some impact. I would still predict that he will be confirmed.

Nexus: If elected, who will you represent?

Hart: I hope that I would represent all of the people, and at the same time I would vote my own conscience.

Nexus: It has been reported that minority programs at UCSB are being phased out. What are your views on this matter?

Hart: I really haven't heard all sides. However, I think that the Reagan administration has defaulted on minority programs.

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Edwin Shneidman: trying to clear up the misconceptions of suicide

Former LA Suicide Prevention Center Director says that suicide-prone people provide 'clues'

World renown expert on the study of suicide, Schneidman argues that "we cannot afford not to respond to these prodromal clues." Currently Director of the UCLA Laboratory for the Study of Life Threatening Behavior, he says that students have tensions like any other age group, but that there is a "pre-adult" stress as well.

By Skip Rimer

He was the founder of the first suicide prevention center in the United States (based in Los Angeles).

He was the first Harvard professor to introduce a class of suicide at that institution. Expecting an enrollment of somewhere around 25, the class overflowed with some 200 students.

He was the first person to introduce the word "suicidology", the study of suicide.

He has been quoted more times in his field than Shakespeare in his.

He is world renown as an expert in the study of suicide.

His name is Edwin Schneidman, and he is currently a Professor of Medical Psychology at UCLA working in the Neuropsychiatric Institute. And he is very busy.

Contacted at his UCLA office earlier this week, Shneidman answered the phone. "You interrupted me during a meeting," he said. After being assured that no apology was necessary, he was asked if he had an hour to spare for an interview.

"I definitely don't have an hour," he replied. "How about later today? No, I can't then. Just a minute." After checking his schedule, it was decided that a 15-minute telephone interview that night could be arranged.

Shneidman was reached at home that evening. He said hello and "let's begin." Feeling that time was of the essence, he was asked for a quick sketch of his career, and then the questions began.

MANY MISCONCEPTIONS

"One of the problems with the field of suicide is that it is filled with misconceptions," he said. "Some of them are quite dangerous."

Schneidman then discussed the two conventional ways of studying suicide. One is to analyze suicide data after death, and the other is to study those who "talk about suicide."

Using the first method, "clues can be generated about suicide," he said. "You'll find that 80 percent of those that have committed suicide left some type of clue, such as saying to a roommate, 'Well, I won't be seeing you anymore.' To use the non-medical term, this person is clinically depressed. He or she is disturbed."

What about the second

category; those people who talk about suicide?

"Not all of these people, of course, commit suicide," replied Shneidman, who received his Ph.D. at USC. "You cannot afford not to respond to these prodromal clues. These are the clues before a suicide. These people must be treated." When asked what the time reference was, the former Stanford fellow stated that these clues begin about one week before the suicide is attempted.

OBVIOUS CLUES

Are these "clues" obvious?

"The signs are not mysterious," Shneidman said, his words coming faster. As an example he cited someone giving his surfboard away to his roommate saying something like, "Go ahead and keep it. I don't need it anymore," or, "You can have it. I'm not into it any more."

When asked if these signs are

Artwork by Willie Baum, from Shneidman's book, "On the Nature of Suicide."

"There are special crises at many separate points in life, but these signs are ubiquitous for all ages. For those people, ages 18-21, there are conflicts, tasks, etcetera, just as there are for someone age 52. These conflicts are just different at various stages of one's life."

E. Shneidman

usually given, the 56-year-old Shneidman replied that they were. "I don't want to sound like I'm trivializing the situation, but to make an analogy, before you check out of a hotel, you pack your bags."

What are the feelings of a person contemplating suicide?

"The suicide-prone person shows signs of perturbation and lethality," Shneidman responded, "along with feelings of hopelessness and helplessness. This person develops a kind of tunnel vision, so all he or she sees is that gun or those pills."

At this point," he added, "only others can help bring this person out of it. Often the person doesn't even realize he or she is on a self-destructive course. Their thinking process has been truncated."

One misconception that the former Chief of the Suicide Prevention Center at the National Institute of Mental Health in Maryland has been trying to clear up for years is the idea that those

who commit suicide are crazy.

"Most people who kill themselves are not psychotic," he said. "Most of them are in an aberrant state of mind."

The UCLA professor, who is also the Director of the Laboratory for the Study of Life Threatening Behavior there, stated, "The problems of college students are things like having to go to work and adjusting to the working society. I don't want to sound supercilious, because I love college students, but college is really a sort of pre-adult life for most. Commencement represents a nodal point in many students' lives."

"College is a place of great tension," he continued. "It's a place of stimulation, but it is also a place of social pressures, sexual pressures, etcetera. There's always a threat of failure."

Is failure the real impetus behind suicide?

"Not really," came his reply. "A person who commits suicide is trying to move away from an

intolerable situation. It is an attempt to escape."

It was mentioned that most everyone thinks about suicide at least once in his or her lifetime, so ...

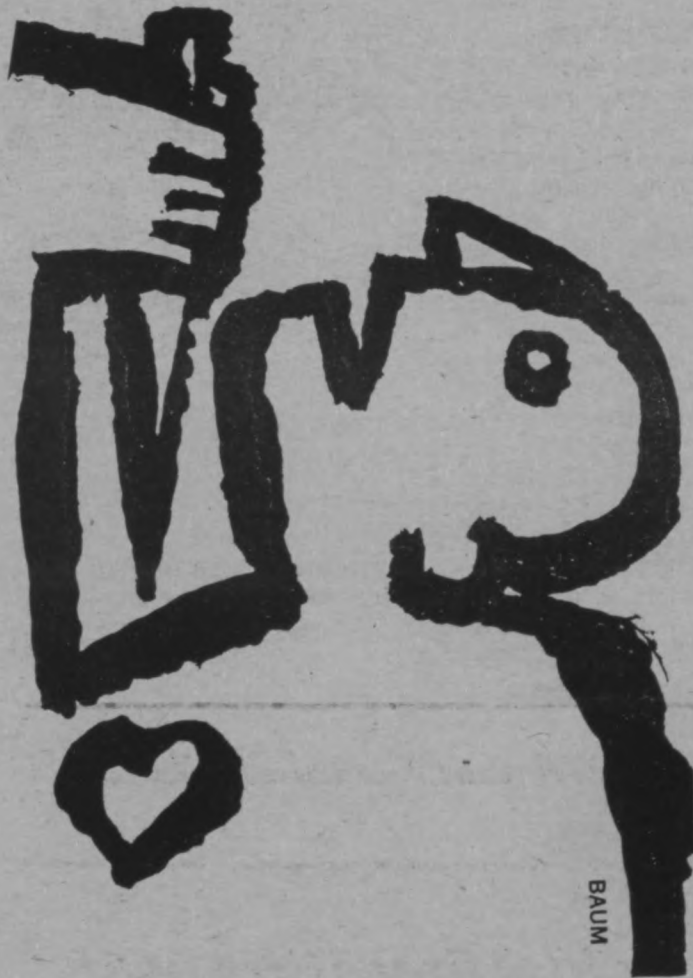
Shneidman anticipated the rest of the question, so he jumped right in, asking, "How many men think about raping a woman? 90 percent? Well, just thinking about it is far different from the actual attempt. It is a matter of degree, but at one point, it becomes a dichotomous situation."

"Thoughts of suicide are cheap," he added. "Thinking about it is a whole lot different from actually collecting the pills."

He said he had to go, and mentioned that he had enjoyed the interview. Before the receiver hit the hook, however, one more question was sneaked in. Why are his classes on suicide so popular?

"The inimical aspect of man interests people," he replied. He was thanked for his time and he replied, "My pleasure. Let me know how the article turns out."

He hung up and the clock showed only 20 minutes having gone by. That was surprising, because it had seemed like hours.



SUIC

Once every minute, or even more kills himself or tries to kill himself seventy times every day these attempt

50,000 Americans per year commit s 500,000 per year try but fail

Suicide is the 10th largest killer in the California and Santa Barbara County death among college students.

Three times as many men as women many women attempt it.

There is more suicide in urban areas Nevada, and in April; lowest suicide during wars and in Rhode Island: as

Dentists lead all professions in killing psychiatrists.

Hungary, not Sweden has the highest 100,000 people per year).

In 1972 there were 40 suicides in San were 52 acts of self-destruction. San County residents have committed sui

San Francisco has the highest suicide people have leaped to their end from

There has been one suicide from the 1972. None off Storke Tower.

Twice as many whites as blacks com most prevalent among young black m

The average person who commits sui The person whose essential needs — fr most likely to commit suicides.

Shooting and drug overdose are the suicide. Shooting is more common, common to female suicides.



SUIC

IDE

Talking and commitment can cure Hopelessness is common in most forms of suicide, but talking brings out new alternatives and hope that a person is likely to overlook on his own

ten, someone in the U.S. either with conscious intent. Sixty or succeed. — Karl Menninger

side

U.S. It is the 7th leading killer in and it is the 2nd leading cause of

commit suicide, but three times as

han rural, on the west coast, in rates are found amongst Jews, reported by Harpers Bazaar, 1972

themselves followed closely by

national suicide rate (over 30 per

a Barbara County. In 1973 there far this year, 30 Santa Barbara e.

rate — by far. More than 500 a Golden Gate bridge.

top of San Miguel Dorm — in

it suicide. But, today, suicide is and women.

de is close to the average person. d and shelter — have been met is

two most common modes of ong males, drug overdose more

Nexus staffwriter Cary English shares an evening's experience and offers an interview with Dr. Herb Gravitz of the Counseling Center.

By Cary English

Loss of hope is the common factor in most suicides, Herb Gravitz told me. Gravitz has talked to a lot of people contemplating suicide. He is assistant director of the counseling center here.

There are different kinds of suicides, he said. Some people with terminal illnesses may be living with pain and don't want to be burdens on their families. They are different from people who are "really bummed out at the present moment." But in either case, "they've given up, and suicide's the only option they see that's left.

"Generally, people feel like committing suicide because they

are denying other feelings, their own ability to be potent or have an impact. It's part of the giving

up. Life just doesn't make sense. Whatever they do, they can't break out of the way they are. They want to kill a part of themselves, the part that isn't potent, but not all of them.

People who are reluctant to talk have an internal dialogue, and because it never gets out of their head they never get objective feedback." Unless other people talk back to you and you hear what you're saying from them, he said, "it's like being in a vacuum."

"You can always kill yourself, if you really want to. Put it off for a while. Look around and

"You can always kill yourself, if you really want to. Put it off for a while."

Suicidal literature as it flows through the ages

Since 1957 more than 1200 books have been written on the subject of suicide. Of these most are technical, widely unread, prepared by (and for) sociologists, psychologists, and suicidologists. But, that does not mean that all books on self-annihilation are uninteresting, statistical, and dull. Not by any means.

There are such gems as the ancient Egyptian "The Dialogue of a Misanthrope with His Own Soul", or more simply put, "Dispute over Suicide", the very first known document dealing with suicide. And then there is also the original four-volume study of suicide by perhaps the first suicidologist, Emile Durkheim. The first volume of his anthology was published over half-a-century ago.

Numerous philosophers, mystics, and literary artists, especially those of the existential mold, have been concerned with suicide and have reflected the topic in their works. Camus, Nietzsche, Hesse, Dostoevsky, Kafka, Kierkegaard, and Sartre are just a few such figures.

Of particular note is a recent book authored by A. Alvarez. Entitled "The Savage God: A Study of Suicide", the author presents a moving, incisive study of the suicide and poetry of Sylvia Plath. Alvarez talks not only of her death in the early 1960's and his association with her, but also traces the history of suicide in literature and philosophy and even relates the story of his own attempt at suicide.

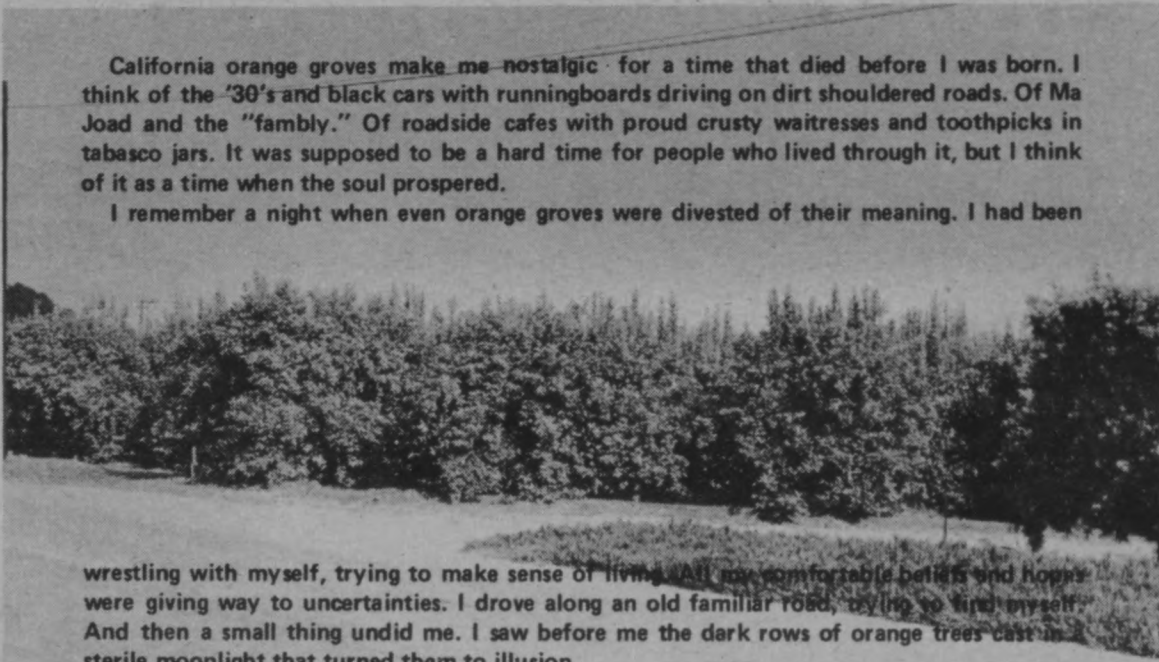
"The only truly serious philosophical question is suicide," wrote Albert Camus. The answer is simply 'yes' or 'no.' If it is 'no' the matter is settled. But if it is 'yes' the problem has only begun.

Hope is the way most people go on. Hope in an afterlife, or some better future time. But hope, says Camus, is eluding the problem. If you follow reason to its logical limits you find no reason for hope. You must concede, based solely on the evidence, there is no afterlife, no hope, no meaning to existence.

Camus' philosophy is expressed in the "Myth of Sisyphus," a work entitled after the Greek myth of a man condemned for eternity to roll a rock up a mountain. Once he makes it to the top, the rock is always pushed back down, and Sisyphus begins again his incessant meaningless effort. His victory is in the passion of his effort, and he senses his triumph as he descends the mountain to resume his place behind the rock.

California orange groves make me nostalgic for a time that died before I was born. I think of the '30's and black cars with runningboards driving on dirt shouldered roads. Of Ma Joad and the "famby." Of roadside cafes with proud crusty waitresses and toothpicks in tabasco jars. It was supposed to be a hard time for people who lived through it, but I think of it as a time when the soul prospered.

I remember a night when even orange groves were divested of their meaning. I had been



wrestling with myself, trying to make sense of living. All my comfortable beliefs and hopes were giving way to uncertainties. I drove along an old familiar road, trying to find myself. And then a small thing undid me. I saw before me the dark rows of orange trees cast in sterile moonlight that turned them to illusion.

I stopped and laid my head on the steering wheel as streams of salty tears found their way to my lips. There was no reason to keep going; life wasn't worth the trouble. And if I had the means and the courage I might have ended there.



Dr. Herb Gravitz

"When you verbalize with someone, you tend to bring out more things. Someone can ask, 'Hey, what does this mean?' If your thoughts are not vocalized you tend to follow the same circle."

Sometimes thinking about suicide is not so dangerous as it is natural. "Most people who come off with vague feelings of meaninglessness are not truly suicidal," Gravitz said, "because all of us, including me, are susceptible to those feelings."

Such feelings can be reduced by getting "more in tune to the present, not hanging on to the past or the future, getting into

"We often tremendously underestimate how adaptable and resilient a person's mind really is."

make an assessment."

"Talking about it helps," said the counselor. "Almost always, people who think about suicide are fortunately ambivalent." Talking with someone is a way of learning about yourself, and another person can often suggest ways out of your situation that hadn't occurred to you, ways you've overlooked.

"One of the important things about talking is that you get feedback on what you're saying,

what's happening. A commitment is a tremendous antidote. People need something to believe in. So many things are spinning, collapsing. A commitment to something like work or people, being involved, is important.

"Some people's life situations are so objectively miserable it makes you wonder how they get by. But they do. We often tremendously underestimate how adaptable and resilient a person's mind really is."



IDE

Letters

Affirmative Action, Press Council complaints



Editor, Daily Nexus:

I have been especially interested in reading the stories in the Nexus this week concerning the Chicanos suing UCSB. Affirmative Action is a major goal of UCSB, according to Mr. Huerta, and an important part of the University of California, according to President Hitch.

But Dick Baldizan, assistant baseball coach and physical activities teacher of Chicano and Indian background, is on a terminal contract. The physical activities department is firing him!

When will UCSB stop firing minority members? What is Affirmative Action? Fire one Chicano, and then hire another one for a few years. There are no minority members on the P.A. Department's tenured staff. Why no Dick Baldizan?

On October 24, Huerta stated, "UCSB as an institution is pursuing vigorously a viable Affirmative Action program." Is he kidding! What about Coach Baldizan?

Name withheld upon request

Editor, Daily Nexus:

In a recent letter published in the Daily Nexus (October 15, 1974), Professor Glen Wade expressed "surprise" at my statement on the UCen lawn that the UCSB Press Council is under the control of the administration. Dr. Wade, himself invited by Chancellor Cheadle last Monday to represent the faculty on the newly formed Press Council, contends that quite the contrary is true. He argues rather that the governing body of the Nexus is actually student dominated. However, I am equally dismayed by Dr. Wade's inability to cut through this fantasy to the real meaning underlying the formation of Press Council; i.e. an attempt by the Chancellor to extend greater authority than ever before over the daily operations of the Nexus, while generating the illusion of a "hands-off policy".

Dr. Wade tries to substantiate his position by pointing out that Press Council is comprised of five voting members; three students, one faculty member, and a non-University professional journalist; as well as a non-voting Administration representative. As a further illustration, he presents the process by which the three student members are nominated by a screening committee, and passed on to the Chancellor's office upon approval of both Leg Council and the Nexus editorial board.

However, what Dr. Wade fails to make clear is the Chancellor's ultimate and final control of the composition of Press Council by exercising the power of invitation over all six positions. The only indication by Dr. Wade that the Chancellor may actually exercise what amounts to veto power over any or all members of Press Council comes when he writes that the three student members nominated by the screening

committee were "automatically invited by the Chancellor to serve." This is presented as if the Chancellor were a rubber stamp for A.S. Leg Council. The image conjured up by such a possibility is ludicrous. Imagine, for a moment, if those nominated clearly on record against the policies of the Chancellor, concerning the Nexus, and staunchly exposed to the very existence of a Press Council in favor of a student controlled press. Would the invitations by the Chancellor have been so "automatic"? Obviously not.

When the Nexus was under the purview of the Communications Board, the Chancellor had only one avenue of input through a single appointment to a committee of thirteen voting members. If a conflict developed over policy or staffing matters between the office of the Chancellor and the Communications Board, he had the option to either abide by the decision of that board or take direct control of the newspaper, as he did in July of 1972. The formation of Press Council is a way to short-circuit the possibility of such conflict by insuring that the composition of the Council, and ultimately the staff of the Nexus, is to the Chancellor's liking before either goes into operation. Furthermore, with the Chancellor having final authority over the composition of Press Council, we are far more likely to see this body intervene in the future on behalf of the Chancellor, rather than see the Chancellor dirty his own hands.

In conclusion, Dr. Wade's contention that Press Council is student dominated simply does not hold water. It appears to be a position of a man who lives in a world of illusions, or that of a man who manipulates them.

Norm Holsinger

Press Council committee members serious

Editor, Daily Nexus:

In a recent Nexus article, members of last year's Ad Hoc Committee to Review the Communication Board Code were described as not taking the committee's work seriously. As Chairman of the committee, I would like to state categorically that I totally disagree with this appraisal and regard it as unfair.

During the 15 weeks of its existence between July and November of last year, the committee convened more than 20 formal meetings, all but the first and last of which were open to the public. In addition, literally scores of informal conferences were held by various committee members in an effort to determine the thinking of the campus community. Dozens of letters were written and telephone calls made to knowledgeable persons outside UCSB inviting suggestions and comments on this or that aspect of the committee's deliberations. Four publicly announced open hearings were convened to solicit oral statements from as many campus leaders and other interested persons as possible, all of whom were invited to

summarize their assertions in writing.

Over the course of this activity, the committee issued a preliminary, an interim and a final report summarizing its findings to the Chancellor. At its last meeting, the committee concluded its work by formulating an eight page statement of policy and objectives which constituted a letter of transmittal for its recommendations. The entire written output of the committee (30 pages long) was bound together under a single set of covers and a number of copies were made for distribution to various segments of the campus community, including the library. The seriousness with which members of the committee carried out their work can be determined by examining the quality of this document, and I invite all interested persons to read it.

I should emphasize that throughout the activity of the committee, the Chancellor remained completely out of the picture, except on two occasions when he was requested unanimously by the committee

members to consider matters of committee composition (such as the addition of a third student member). I myself did not talk to the Chancellor at all during that summer (the committee requests to the Chancellor were handled through Vice Chancellor Snyder's office). I assume the Chancellor did not wish to influence the committee's deliberations. No committee member presumed to speak for the Chancellor and to my knowledge the committee's recommendations were generated without knowledge of where the Chancellor stood on the various issues.

Dr. Glen Wade
Chairman, Ad Hoc Committee to
Review the Comm. Bd. Code

Come again?

Editor, Daily Nexus:

I heartily endorse the letter from Wednesday's NEXUS concerning the F.U.B.A.R. Tavern's sexist ad.

Tell me F.U.B.A.R., what portion of man's anatomy would you use to advertise "Men's Night"?

Susan van Berckefeldt

Commentary

Terry consultant Palmer is trying to smear Hart

By Becky Morrow

Attempts to smear opponents with unfounded accusations in the hopes of getting last minute votes seems to be a tactic commonly used by politicians behind in the polls.

This is exactly what Tim Terry's media consultant, Ken Palmer tried to do to Democratic State Assembly candidate, Gary Hart in Oct. 17's Nexus.

Palmer accused Hart of "ripping off the taxpayer's money." According to Palmer, Hart was hired as an Administrative Assistant at the rate of \$34,000 a year just to go on a "junket to the Far East" with lameduck Congressman, Allard Lowenstein, in 1970. Palmer should examine the facts and clear the "junk" out of his own statement before making such allegations.

A long time friend, Hart offered to accompany Lowenstein when his Administrative Assistant, who was scheduled to go to Vietnam, took another job shortly before the trip. Although Hart was only paid \$400 to go on a trip costing \$2,000, he decided to incur the loss upon himself and accompany Lowenstein.

While in Vietnam, Hart and Lowenstein visited fire bases. Not only did they talk to generals and diplomats (with all their charts and graphs that do not tell the whole story) but they went on the field and talked to the G.I.'s in hopes of bolstering morale. Hart also took messages the G.I.'s wished to send to loved ones. On arriving home, Hart devoted ten days of his own time with no pay, relaying those messages through phone calls and letters.

It is hard to understand Palmer's perverted view of such an altruistic act. How can this act be classified as a "rip off" when Hart funded most of the trip himself and in addition gave freely of his own time to relay the G.I.'s messages? Rationally, it cannot.

It is interesting to note since the candidates filed their expenditure list for the campaign, Terry has paid Palmer \$2,000—over twice the amount of Hart's consultant who has received \$900. The motivation behind Palmer's accusations seems open to question.

It is not only hard to understand Palmer's distorted views on Hart's

(Cont. on p. 11 col. 3)

Opinion

Daily Nexus

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Opinions expressed are the individual writer's and do not necessarily represent those of the Daily Nexus, UCSB Associated Students or the UC Regents. Editorials represent a consensus viewpoint of the Daily Nexus Editorial Board unless signed by an individual. We welcome contributions from alternate viewpoints.



By Mike Gold

It's a beautiful day for a change, but I'm really in no shape to appreciate it thanks to the goddamn flu that everybody seems to have. My frickin' cold has to end soon; my last handkerchief is already drenched and can't last another day I fear.

But what I want to talk about here has nothing to do with the flu really, except that it is happening to me in Santa Barbara. Maybe that is enough since only here do I get that awful sense that everything is limitless. IVCC meetings are notorious for going well beyond midnight. A.S. Leg Council meetings are at least as bad. And there never seems to be an end to the amount of schoolwork still to be done.

All these thoughts whirred through my head the other day as I sat through yet another meeting on Isla Vista incorporation, which is what is really bothering me

The Incorporation Merry-go-round

...where it stops, nobody knows

today; almost as much as my lousy cold. The incorporation meeting was the first I'd been to in over four months. And to my dismay I found the incorporation situation little different than I left it before summer. I truly felt nauseous and had visions the entire night of the misery that was last Spring quarter.

I had had my fill of everything by the end of last Spring quarter, including Isla Vista incorporation. I just didn't give a fuck; and in this category I believe I was joined by the majority of Isla Vistans. It's not that I didn't think the cause worthwhile. Hardly. Cityhood is one of the best things that could happen to this town, if only because it's what the townspeople want. It's just that the whole damn thing had dragged on too long, had become way too complex, and way too absurd.

You'd think that all a community would have to do to become a city is hold an election and have the townspeople decide whether they wanted to incorporate and take on the responsibilities of such. Uh, uh. This is just not how things work. The matter of cityhood is up to LAFCO, a five-man body with nobody from Isla Vista on the whole board. They get to decide for us. With such a setup almost any small town, especially if that town is Isla Vista (with all its bankburners, drug fiends, and rowdies), is doomed from the first.

But Isla Vistans decided to go through this degrading process in the hope that once they became a city things would be done in a different way. It's been too much, though.

So now the LAFCO hearings have gone on for over a year and nobody (including Santa Barbarans) cares anymore, including me. Hardcore incorporationist

Carmen Lodise is about the only one from Isla Vista who goes to LAFCO meetings these days. Everybody else has passed off the whole thing as just a bad nightmare; except the five holy men of LAFCO, that is, who still sit somewhere in Santa Barbara seriously considering what to do with the South Coast and what to do with pesky Isla Vista.

It is hard to blame the people of Isla Vista for their apparent apathy towards incorporation. They seemed once interested and excited about it. It's those damn LAFCO hearings (what Scott Kennedy calls a "war of attrition") and the whole red-tape-mangled process that has turned everybody off.

Perhaps all this would be different outside of Santa Barbara, but as things stand now the LAFCO hearing room seems only to be a testing ground for the suicidal or morose. If you don't go loony you begin to look like Richard Nixon by thirty (which is how long the hearings will probably last). Anyway, I'm only 21 and already I've got bags under my eyes; and the flu to boot. Enough is enough, already.

Addendum: At the time I wrote this article I was unsure just how long the LAFCO hearings could and would go on. Well, they are now over, or so the five men of LAFCO say. This round of hearings may be over, but the issue of government for the South Coast lives on and will, I believe, for some time. While LAFCO has decided to include Isla Vista in its proposed big city of Santa Barbara the proposal still must be approved by a majority of county voters. At this stage in time, this seems unlikely. And this means only one thing: that there will be more LAFCO hearings.

Commentary

Storke Tower conspiracy

By Bill Bradford
A.S. Off-Campus Rep.

I would like to make the student body aware of what appears to be behind-the-scenes politics that are going on at the Nexus office. After talking with Murv Glass and John McDonald, reporters for the Nexus, and listening to a taped conversation made available to me by them, I have some startling things to report to the student body.

First of all, I have seen a xerox copy of the letter published. What this copy reveals is that the original letter was written and signed with an apparent false signature, and implies that the writer is a student by writing "76".

Glass and McDonald have stated that they informed Mike Scanlon, Editorial page Editor, that the Registrar's office had told them that this person, Regina McMahon, was not presently a student, and never has been a student.

Scanlon was then requested by Glass not to print the letter until the real writer of it could be determined, so that this person would not be allowed to hide behind a false name. Scanlon agreed to this. Sometime between 1:15 p.m. and 3:00, on October 22, Scanlon located the real writer of the letter, and therefore decided to print it. His reason was that while he realized that the person was not a student, he now had personal knowledge of

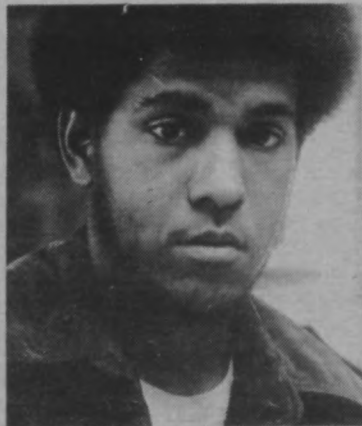
who wrote the letter.

The question is, how would Scanlon know who to contact if the name on the letter was false? By contacting this person, it would appear that Scanlon knew who the person was to begin with. If he had not known who the person was, there was no way he could have contacted the writer so easily and quickly. Was Scanlon, then, part of a conspiracy?

Fact: the Registrar's office stated that this person was never a student, and Scanlon admitted that he knew that this person was not a student.

This brings me to the double standard that the Nexus has exhibited lately regarding the printing of articles. Glass has stated that he wrote a reply to Vice Chancellor Tomlinson's charges over twelve days ago, yet Scanlon has refused to print it. What is his reasoning for his delay? I have yet to read Glass' reply in the Nexus.

In this case, they have opted to print a letter which, in my opinion, appears to be a political conspiracy to smear the reputation of an outstanding black journalist. Their actions cause me to seriously question the integrity of Scanlon, an editor of the Nexus. We have a person who may not be a student questioning the integrity and credibility of a campus writer. By the same token, this person may also be non-existent. Yet and still, Scanlon was still going to



print the letter as was, until confronted by Glass and McDonald.

Did Scanlon know that this person was not a student? Did he also know that the name may be fictitious? The taped conversation implies that he did. The letter was going to be printed, false name and all, implying to the general student body that the writer was a student simply voicing an opinion, disregarding the non-existence of this person.

What is the purpose and function of this paper? Is it for student information or student smear? It would seem to me that a newspaper on the UC campus should be very impartial and take no sides.

What I have come to call a Storke Tower Conspiracy may be very abstract. But when you consider the past politics on this campus, you may also want to consider the present Nexus staff.

We have our Nexus staff, Abby Haight, former A.S.

External president and loser in last Spring's run-off election to Mikie Chavez for Internal president, Neil Moran and Marty Chorich, also former politicians and A.S. reps, and last, but not least, seven-year professional student and advocate of right wing politics on Leg Council, Edward Mackie. This is impartiality? How impartial can a paper get?

Murv Glass is nothing less than a man. I believe him to be very honest, who stands on his own two feet, and does nothing less than stand up for what he believes is right. Example: his name is on every article he writes. He has never maliciously damaged the integrity and credibility of another person with a facade of another name. At the same time, he has never used such protection as "name withheld upon request."

Again, I would like to question the integrity and credibility of whoever wrote the October 23, 1974 letter to the editor attacking Glass.

I would also like to question the Nexus for its inability to adhere to the high standards of journalism that should be present in the operation of a campus newspaper. I am very disheartened to see such a viable educational tool brutalized and misused with politics that should be handled by political bodies.

As A.S. Off-Campus Representative, I ask that the Nexus uplift their standards and leave the politics to the Associated Students Legislative Council.

Editor's Note:

The letter that Bradford refers to without naming, is one that ran this Wednesday under the heading 'Feeble Commentary' and was critical of an article written by Murv Glass. When originally submitted to the Nexus on Monday, it carried the name of Regina McMahon, '76, as the writer. Between that time and the day that I actually ran the letter, the real writer came to my office and identified himself/herself to me as being the fictitious McMahon. I then asked why the individual had signed the letter falsely. He/she replied that he/she feared intimidation from the subject of the letter, Glass. I then asked why he/she had not simply asked me to withhold his/her name upon publication. He/she replied that they were not aware that that option existed, and immediately requested that I change the signature and instead sign-off with 'name withheld upon request'. That is precisely what I did, and that is the way the letter appeared in the paper.

Concerning the charge that I would knowingly print a letter signed by a fictitious person, the answer is absolutely not. While I do not have the time or facilities to personally verify the signature of every letter that runs, if I become aware or even suspect that a letter has been falsely submitted, I will not run that letter until the matter has been cleared up. To do any less would be an abrogation of my editorial responsibility. In this case, I was satisfied as to the integrity of the writer.

Bradford does not mention that on that same tape he refers to, I offered to make known the identity of the writer to the Press Council, should this issue come before them. Although I have every right to maintain the anonymity of the writer, I have offered to do this as a gesture of good faith. I should add that I received the permission of the writer before I made this offer. To date, Bradford and company have not taken me up on this offer.

Mike Scanlon

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Palmer...

(Cont. from p. 10)

Vietnam trip, but I question how a Democrat can work for such a conservative candidate as Terry without compromising his own political ideologies. According to Palmer, it's more important how a person approaches his judgement than the judgement itself. However, I would hope that this is not the only criterion

Mr. Palmer uses. It is true that honest and reliable methods of inquiry must be instituted before a judgement is reached. Yet the final decision is equally, if not more so, important since it will directly affect the people.

Palmer's accusations are totally unfounded and should be regarded as such. If the men running are judged on past performance, experience and future proposals, Hart far surpasses his opponent.

DOONESBURY



by Garry Trudeau

Interpreting the student suicidal state

(Cont. from page 1)

general recurrent characteristics of the college suicide. Though not always lucid nor easily interpreted, a general pattern does exist.

Academically, suicidal students may be poor, average, or even excellent, but the general tendency among suicidal types is towards a higher grade point average than the school's norm. One study, however, indicates that while the suicidal undergraduate may have a generally high grade point average, it tended to fall during the academic period preceding his death.

BEHAVIORAL CHANGE

Most psychologists and suicidologists concur that the suicidal college student often demonstrates a marked change in his behavior prior to a suicide attempt. He is likely to be concerned over his studies, and his academic performance begins to deteriorate. He becomes asocial, often anti-social, withdrawn, and there is a distinct change in his interpersonal relationships.

Most of these suicides can be classified as anomic suicides; they are the result of a change in social position to the extent where a student's old habits are no longer adequate, where he cannot cope with his new situation. Most college suicides are either freshmen, thrown into their new environment, or older undergraduates, who have come to college in a later period of life. Older undergraduates may feel alienated from a somewhat younger student body.

In addition, a greater percentage of college suicides come from families torn either by divorce, separation, or the death of one or more of the parents. They have generally been secure in the family context, but rarely have they been as an individual.

In a UC Berkeley study conducted by Richard H. Seiden, two-thirds of the suicidal student undergraduates ranked above the mean grade-point average of 2.50 but of graduate students who committed suicide, more than 50 percent fell below their 3.35 norm.

On the undergraduate level, these students had all been high

achievers in their academic pursuits; they had all been A or B students in high school, appeared satisfied with their achievements, and generally pleased with their progress. But once they had reached college, most of them had doubts about their actual academic progress; their fear of poor grades, academic failure, and social frustration worked to enhance their doubts, and in every case of undergraduate suicide, the final semester's grade point average was lower (2.53) than the previous cumulative one (3.34 av).

So how can their deep dissatisfaction be explained despite contrary indications of their competence?

One answer perhaps lies in the suggestion that their internal standards were so high, their motives so noble, the demands they imposed upon themselves were so exacting, that they were bound to suffer degrees of frustration and disappointment regardless of ability. Or they had previously been superior students in high school, excelling without much difficulty or effort until their grade point average plunged thus threatening their self-esteem, and launching them into an ego conflict.

CASE HISTORIES

A statistical approach can go just so far in describing the suicide-prone student. The personal case histories are an obvious necessity if a full understanding of the act can even

begin to be approached. A key in all suicides is, "Was there any characteristic conflict which precipitated the self-destructive act?" In virtually every case, the answer is "yes"

In at least one fourth of investigated student suicides, there had been a previous attempt at self-destruction. Other, more subtle indications emerged in other cases. Mild confessions, subtle hints, and innumerable warnings as to their condition had surfaced in 95 percent of the cases. Other students have evidenced a long-standing infatuation with death, often initiating discussions about the futility of life, or making jokes about killing themselves.

As a group, they presented similar symptomatic patterns of insomnia, and extreme moodiness, especially moods of despondency and loss of appetite, agitated depression. Each had difficulties with interpersonal relations. This latter group included stormy love affairs, feeling of rejection; much more typical was the withdrawn, asocial student.

Perhaps the major factor in all student suicides is emotional disturbance. To some degree, the great majority of self-destructive persons have had some type of emotional problem, although only about half of them have ever sought professional help.


Perhaps they should. But there are too many questions which remain unanswered; too many problems for any one professional to answer; too many variables for any pat answers. It is too difficult for complete understanding, too difficult to discern which comes first — the disturbed student or the stresses of student life.

There is but one truly philosophical problem, and that is suicide. Judging whether life is or is not worth living amounts to answering the fundamental question of philosophy.

*Albert Camus,
The Myth of Sisyphus*

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Old man...

(Cont. from page 5)

becoming okay to talk about. In Santa Barbara County, for instance, the coroner's office has begun to study why people commit suicide. For the last two years they have compiled the stats on causes of suicide: Despondency and depression so far lead the field as causal factors of suicide.

Which brings me back to my friend in Iowa City. And his despondency, or depression, or whatever. Maybe there will be help for those like the old man and David. Just maybe. But for now, by the time you finish this last line someone in the United States will have tried to kill himself, and may have succeeded.

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Eric Van Soest

Jerry Corbitt has magical flair

"Back in the old folky days
The Air was magic when we played."
—Neil Young

Many times I have related rock with a cruel pen. Too many nights I have been in the big halls only to be disappointed by the way the supposed masters of the business have snubbed their high paying audiences with rushed sets dominated by an inexcusable attitude of laziness. I began to think that the magical sets where a band and an audience were united with an energy that could take you higher than you had ever been before, were an experience of the past. I was wrong. I was fortunate enough to be in a small northern California tavern last weekend to see Jerry Corbitt and his band preparing for their Hollywood preview by enchanting the audience with some of the most envigorating music I have ever heard.

Situated on a winding country road in western Marin county by the ocean is an establishment over seventy years old called Marshall Tavern. It was there that Jerry Corbitt proved that if you combine a repertoire of good songs, a volcanic band, years of experience and a full supply of natural ability, you can pull off a show that is second to none.

Jerry Corbitt has come a long way since his days with the Youngbloods. What followed was a Nashville stint with Charlie Daniels and then the depressing road gigs in clubs where the audiences are too loaded to listen. Things are about to change for Jerry, who has overpaid his dues as a musician. He can now show a band of well seasoned

professionals that play as hard as any band that has taken the spotlight in the last five years.

If you haven't heard Jerry Corbitt, you will get the chance in the near future. His band of drummer Greg Dewey, who was the originator of bands Bodacious and Grootna; bass player Peter Walsh, who has played with the Rowan Brothers and was formerly the lead guitarist with Seatrain; keyboard player Ted Ashford, formerly of H.P. Lovecraft and Big Brother and the Holding Co.; and keyboard player Ozzie Ahlers who has been with Jerry for a couple of years, will be touring in the first part of the new year after completion of an upcoming album being produced by Jerry's good friend and occasional stage partner, Jesse Colin Young.

Jerry Corbitt is a refreshing alternative to the abundance of mediocrity that has lately been pawned off on the consumers of rock. The chance to be part of a

rare magical performance can be yours if you let yourself be danced into the euphoric high radiating from the musical finesse of Jerry Corbitt.

SHINE IT ON SOME MORE: A very tired Jesse Colin Young has recently returned from the Crosby, Stills, Nash and Young tour which took him as far as England. He and his band will spend the next month resting and working out some new material for an album that is scheduled to be started on December 6. Jesse will go back out on tour in the spring.

FOUR NIGHTS OF BOODYIES: The Grateful Dead finished their dynasty as the oldest San Francisco band this past weekend by playing their last four nights at Winterland. The split will be for at least a year. The Dead office reports that the members need time to look for something new and pursue individual interests.

Guthrie concert Sunday at Bowl

Anybody who has seen or heard "Alice's Restaurant" will want to share some very special memories of those frantic '60's when the hero of the famed "Massacre," Arlo Guthrie, appears this Sunday, October 27, at Santa Barbara's County Bowl at 2 p.m.

Arlo Guthrie is regarded as one of folk music's most engaging performers; he is an intelligent, sensitive artist whose quick wit and wry humor have captured the hearts of many. The star of the 1967 Newport Folk Festival, he

stole the show and left everybody singing "You can get anything you want at Alice's Restaurant....." Since then, he has played numerous folk/rock festivals, the most memorable being his energetic Woodstock performance, where he sang "Coming Into Los Angeles."

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MUSIC MAKER—Jerry Corbitt enchants listeners with his musical finesse.
photo: Robin Sanders

The biz: gossip roundup

For all you ALICE COOPER fans out there, don't worry. Alice will not be outdone by the Stones. A film, entitled "Good To See You Again Alice Cooper," will premiere in Kansas City on September 18. The movie, which centers around the tour the band did last year, will open shortly in L.A. and S.F.

STEVIE WONDER will embark on a 21 city tour shortly. The series of appearances will bring him to the Forum on November 23. It will be his first tour since his near-fatal car crash in August of last year.

ALVIN LEE of Ten Years After has supposedly negotiated a "good" seven figure deal with CBS and Chrysalis, according to his manager. Has anyone ever heard of a "bad" seven figure deal?

There's good news for those

folks with an interest in Easter stories. NBC has bought a program directed by FRANCO ZEFFERELLI (Romeo and Juliet) called "The Life of Christ." The show, which hopefully will start on Easter of 1976, was written in cooperation with Anthony Burgess. You remember — he gave us "A Clockwork Orange."

The car that JAMES DEAN died in is missing. The old Porsche has not been seen since 1960 when it disappeared during its transport from Florida to California. According to the former owner of the car, the automobile was jinxed and was not only responsible for Dean's death, but for at least three other's. So be on the lookout if someone offers you a good deal on a Porsche circa '57.

—Fabrice Ziolkowski

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All-Cal tourney today, tomorrow

Gauchos tie Westmont 1-1

By Mark Parnes

The UC Santa Barbara soccer team, playing what coach Ken Reeves termed, "our best game of the year", tied Westmont 1-1 Wednesday night at Campus Stadium.

Westmont entered the game with a fine 7-2-4 record as against 2-5-2 for the Gauchos. Santa Barbara turned in a fantastic game defensively and played on even terms with Westmont until a fluke play gave the Warriors a 1-0 lead in the first half.

The goal came without a Westmont player even touching

the ball. Westmont was pressuring the Santa Barbara defense. In trying to clear the ball back to goalie Bruce Kinney, it inadvertently went into the Gaucho goal.

This seemed to somewhat demoralize the Gauchos for the rest of the half. However, in the second half the Gauchos came out "fired up" and were all over Westmont. This enabled SB to quickly score the equalizer.

It came on a pass from Eric Ahrendt to Minor Chavez who angled a beautiful assist to a

streaking Gustavo Andriadi. Andriadi kicked it past the Westmont goalie with ease.

The game then developed into a tight battle with the Gauchos playing inspired defense. Time and time again Westmont would be on the attack, only to see the ball kicked away by John Olson or stopped by Bruce Kinney.

Reeves lauded Olson's play stating, "John has improved 100% since last year. He's playing great ball." Kinney had five saves in this one, all of them preventing "sure" goals.

Coach Reeves was ecstatic over

the tie, "Everyone deserves a word of praise, they all played super. I just can't say enough about the hustle I saw out there. I would have to consider this a moral victory." After not beating Westmont for five games this game certainly was a great one.

Soccer will again be in full swing today and tomorrow on all the campus' fields. Santa Barbara is sponsoring the All-Cal Tourney between all the UC campuses except Irvine. Santa Barbara opens the tournament today at 10 a.m. against Davis. UCLA is given a bye in the first round while Berkeley is pitted against UCSB.

Also, a JC tournament is being run simultaneously. The Santa Barbara JV team, coached by Dan Shiells, is playing in this

tournament. They play Diablo Valley in their opener.

Two of the finest JC teams in the nation, Canada College and West Valley are also entered, providing very stiff competition for the Gauchos.

The Gaucho Varsity will have their work cut out for them, but the devastating win over USIU, 6-0, and the tie with Westmont should give Santa Barbara the momentum it needs as it enters play today. UCSB has to be considered a top threat to take the All-Cal title.

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Dean - Omer Rains is going to debate w/ Don MacGillivray on Monday night at 8:00 p.m. at URC, 777 Camino Pescadero. Love, Ann.

ALL CAL SKI TRIP signups to STEAMBOAT COLORADO have begun. Dec. 14-21. Five days of skiing, lodging, lift tickets, transp. \$166.75 by bus; \$228 by plane. For more info contact Rec. Off.

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Personals

Jane, I'm only dancing - at the UCen tonight - see you there! Love, Jill.

Ken, Am looking forward to Mon. evening at CH at 8 to see "America Piece." Thanks, Karen.

ALPHA CHI SISTERS! Psych up for our party. Also, don't forget KROP! Kim.

QUIET ONE, give yourself a chance! No pressure, just friendship. Let me hear from you again. Andy

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Room for rent - duplex \$80/mo, yard, close to beach in Isla Vista! Utilities included. Call 968-6444

Bdrm in groovy I.V. house, neat hip F. \$100 month - util. incl. 968-6283.

Subleasing furnished studio apt \$145, ut paid. 785 Camino del Sur No. 231 - 968-3274

Roommate Wanted

F needed to share room in spaciou Del Playa apt. \$80/mo. starting Nov. 1. Call 685-1370.

Own rm in IV apt. m or F, \$87/month. Call 968-9914 or come see! 6648 Trigo No. 2

Female roommate wanted to share 3 bdrm. house in SB with one other person \$90 per mo. Call Dennis 687-0223 eves.

Christian girl seeks same for roommate starting Dec. Call 685-1803 before Oct. 30.

Live on the beach! 1 F. roomie wanted to share rm. in lg. 3 bdrm duplex - on beach. 968-0934.

F needed own room 2 bdrm house \$105 incl util. Pref over 23. After 6 - call 687-6198.

Roommate needed W&S Qtrs. for F. IV apt \$60 a month in the French Quarter. Call 968-0072.

F. needed to share house in downtown Goleta 967-4726.

One F. roommate wanted to share one bedroom apt on El Colegio. \$80/mo. Call Kathryn 968-0027

Need rmmte in 1 bdrm apt, campus edge. Me: philos. major, gay activist. Andy, 968-4219

For Sale

Echo used books. Best prices - no overhead. Or barter for? Call Mitch, 968-5041, or visit 6777 Sueno in Isla Vista.

NORTH FACE Down jacket, like new \$45, laddes Vasque hiking boots \$35 5/2 - 682-1284 after 5.

'72 Yamaha Enduro 360 - \$650; Schwinn 10-spd.; B/W TV with F/M. Call 968-0987.

Very fine system: Pioneer-BSR-Bic Venturi-Sennheiser. Pd \$558 New at Pacific Stereo 9-30-74. All under 5 yr warranty. Call 6-7 p.m. 968-7100 and make offer.

BELL STAR HELMET. Finest made. 1 year old. Primo! Pd. \$65 - sell 35. Leave mssg for Mike - 968-3660.

SNOW SKIS K2 w bindings, 185 cm. VERY GOOD condition. \$55. Ted San Nicolas 7214

Head Model 240 skis 190 cm. Used 3 yrs, but still gd. cond. \$35. Call 968-9348.

Stereo tuner, turntable, speakers. Must sell \$100. Call 685-1197. Great Buy!

Ampex reel to reel, mod. 1455, auto reverse, sound on sound, echo like new. Call 685-1809

Save 20 to 50% on your stereo system. Write for free catalog. Sound City Warehouse P.O. Box 14567 S.B. 93107

Women's Earth Shoes size 6. Good condition, Light brown-\$28. Call 968-5860.

Fischer alu RSL 200 cm. - never used or mounted. Call 968-4609. Ask for Steve 658 or best off.

For sale stereo KLH Model 26. Cost \$300, asking \$125. (Call 968-9400 aft. 6 pm

Kenwood TK-88 AMP with FM tuner and Emprle speakers. Must sell total - \$350. Call eves. 964-7495.

Houseplants! Beautiful, healthy plants, 25 to 50% less than local prices. Call Suzanne, 968-3397 or Nan, 967-2238.

Autos For Sale

1965 Falcon 6 stick. Radio-heater - very good condition. 83,000 miles \$350 - Phone 967-0972

Dunebuggy - new engine battery tires clutch carb. Perfect condition. \$1200/offer. 968-0858.

'67 VW BUG-Power pac, AM-FM, new radials, fair body. Call 685-1771 or leave message for Jim Tang at 961-2691. \$850 Firm.

'62 Rambler station wagon \$175. Dependable transportation. Call 685-1197, 6615 Pasado.

'69 VW camper:luggage rack, rbt. engine, AM-FM, carpet, exit cond. Bruce 685-2232 \$1700

1966 Le Mans, 3 speed HURST, 16 mpg. radio, heater, air shocks, pwr. steer., wide ovals, nu brakes. \$600 - 968-6700.

MGB '70 maroon conv. 41,000 mi. AM/FM radio new 4-spd engine, wire wheels. \$2550 or offer. Call 968-6754.

1961 Chev. pickup w/camper shell. Good dependable condition. \$500. Call 968-5042.

'62 NOVA 6 cyl. clean condition 3-speed - good mileage \$250 968-8904

'66 Olds Cutler nv. AT/PS - FM/PB, 5-r. SOLD - xint mech. cd body, int. offer. 968-6875.

1966 Ford station wagon, excellent condition - everything included! Must sell. \$400 964-7495

'65 PONTIAC GRAND PRIX. AM-FM Radio, power windows, pwr brakes. New set of tires. Exint condition. 685-1766 after 5 p.m. or 961-3829.

Bicycles

Girl's three speed Schwinn, book rack, green, moving, must sell, \$30. Call 968-6074-Jan

10 speed Raleigh - looks and runs great! \$80. Also, 21" frame 10-speed \$50. 968-6443.

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Insurance

Farmers Ins. Group Auto and Renters Ins. Rep. George Bacon 685-1242 Eve.

Motorcycles

Suzuki TS100, '73, low gas \$ excl cond, seats 2, clean, rack, \$310 or offer. Call Jeff 968-9809

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Hand-crafted Ramirez classical guitar. Excellent condition. Superb tone. \$500. Call 968-5042.

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Wanted

Need yard for my dog during the week. Will pay. Call 685-1742 Cathy

Work/study students needed for Eco-action recycling jobs. Call 968-2321 or 961-3117 now.

Desperate! Need room for 2 people in house or apt. Call 964-5640 Help



NEXUS SPORTS



BLOCKING — Georgia Storm and Colleen McLaughlin go high to block a San Diego State spike attempt. The women will need defense of this kind if they are to beat arch-rival UCLA tonight at the Bruins' Pauley Pavilion. Game time is 7 p.m. photo: C. Basanese

Beach run this Saturday

By Mike Reiter

Getting a week's respite from the rigors of the cross country season, the UCSB Cross Country team will have a little fun this weekend in the annual UCSB beach run.

The pressures of interschool rivalries fade away, and the intraschool competitiveness takes over as the harriers compete among themselves for first prize.

The defending champion, Pat Yochum, is no longer running for UCSB and won't be able to defend his title. The extra week also gives the Gauchos a chance to ponder last week's loss to Cal Poly and to prepare for Fresno State and Cal State LA on November 9.

Picking a winner in a cross country race is always tough. The distances involved and the ability of any one runner to sufficiently

psyche himself up for one race and steal a victory. Due to the distance involved in this race, 7.3 miles as opposed to a regulation race of 4.8 on the lagoon course, the challenge is heightened.

Whatever happens, it should be an interesting race for those who attend. Race time is 11 a.m. Saturday.

Poloists host Cal Poly today

By Edward Mackie

UC Santa Barbara's water polo squad, now boasting a 9-3 record, hosts neighboring Cal Poly of San Luis Obispo here today in the campus pool at 3:30 p.m.

Coach Dante Dettamanti has been tuning his squad's impressive offense and rigorous defense, as evidenced last week at the Colorado-Air Force Academy Tournament when the Gauchos walked away with the championship and an improved shot at nationals. Santa Barbara's three season defeats have come at the hands of the three top-ranked teams in the nation — Berkeley, UCLA and USC.

On Saturday the Gauchos meet the Long Beach Olympic All Stars and the Los Angeles County Lifeguard All-Stars again in the campus pool at 11 a.m. and 1:30 p.m. respectively.

Santa Barbara will be testing its newly acquired ball control. The Gauchos were having problems this fall with lack of confidence and overconfidence that led to such inconsistent performances as a 10-3 loss to No. 2 UCLA, a 7-3 defeat by No. 1 Berkeley and a 5-4 turkey shoot against SC.

UC Santa Barbara's junior varsity polo squad, after a promising second place show in the West Coast Tourney last weekend, will battle Santa

Barbara City College players at 12 noon here this Saturday.

Field players Glenn McGiven, Dennis Schurmeir, Bill Bradley, Jeff Pfeiffer and sprinter John Bolling, all of whom turned in fine performances last week, will again take the court along with goalie Clint Doan, outstanding freshman recruit. Mark Cunningham and Jim Spangler, the shining stars of Saturday's "B" team showdown, will also enter the tank for the Gauchos against SBCC.

IM Black Basketball Tournament

On Wednesday, Oct. 30, the Intramurals Program will begin what is perhaps one of the most highlighted events of the year. For the second time in UCSB history, the Black Basketball Tournament will be taking place.

Originally started last year by Roy Jeter in conjunction with the Intramurals Program, the tournament has given many the chance to exhibit their talents. Deadline for team sign-ups is today at the Intramural trailer. For further information, call 961-3253.

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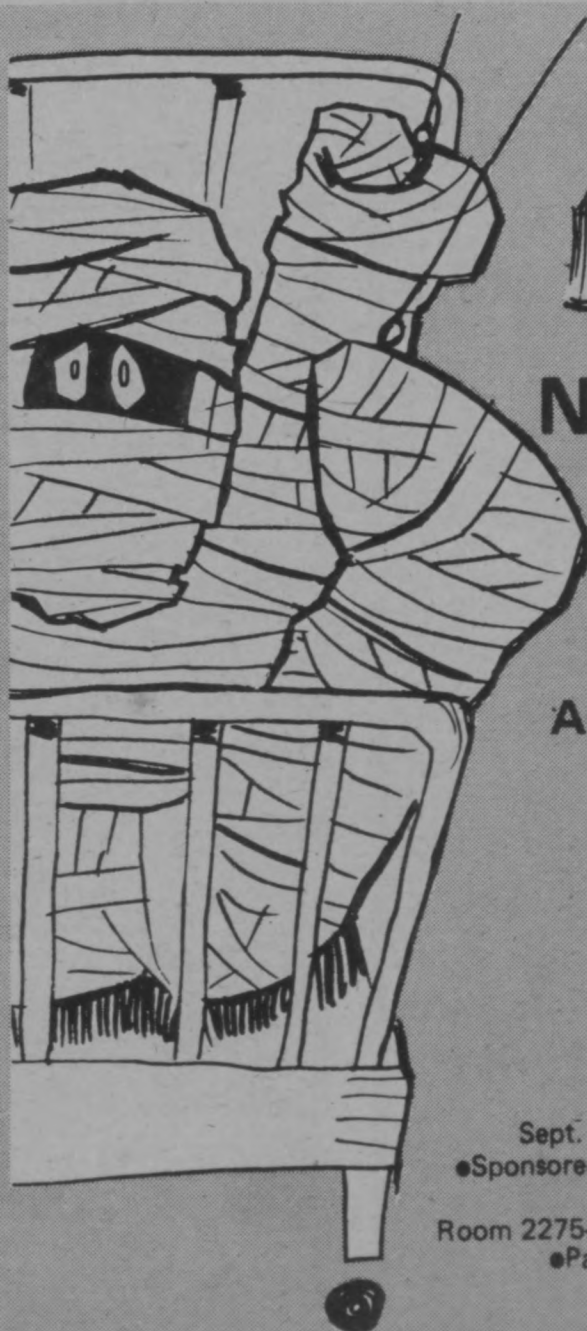
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- Primavera Pussies 30, Yogo's 6
- Kappa Alpha Theata 23, Chi Omega 0
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