

FOCUS

Magazine



The Sky's
the Limit





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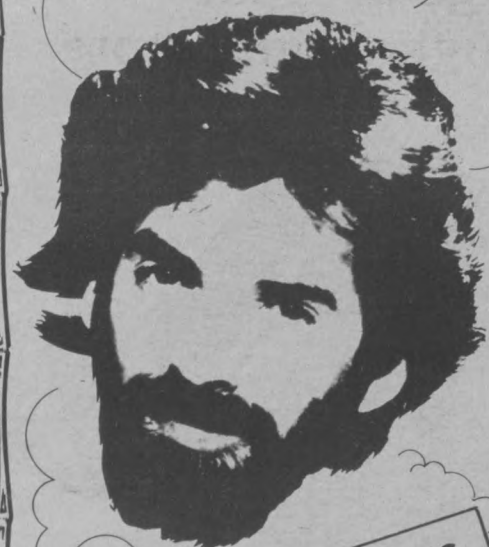
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In My Opinion...

What can't you live without?

**Debbie Shea, Psychology,
Freshman**



Definitely chocolate. You always need something to brighten up your day after classes, especially during midterms, and chocolate is sweet enough to brighten any day. After chocolate I would have to say UCen chocolate chip cookies are important. Basically, I can't live without sweet things.

**Larry Reback, Undeclared,
Freshman**

Beyond basic necessities I can't live without the telephone. It provides me with an outlet to the outside world. Here we are, all in our own little world, but the phone connects us to the big, real world. It keeps us in touch and informed. I couldn't live without music either. It helps me escape as well as accenting happy feelings. If I'm sad it makes me happy, if I'm happy it makes me happier.



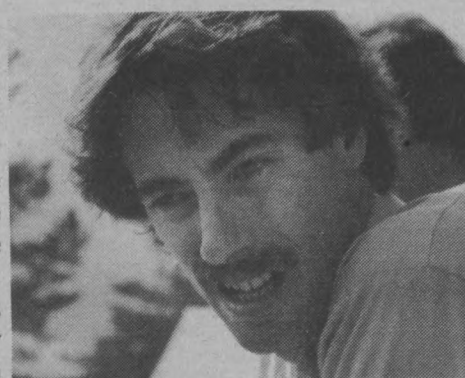
**Linda Forbes, Law and
Society, Freshman**



Time to be creative and fun. I think creativity is necessary to make you a well-rounded person. If all your time is taken up with work and errands you will shrivel up and die. After creative time I think men and friends would be hard to live without. Relationships are a beautiful thing. Interacting with others is necessary to everyone's survival.

**Pete Hembrow, air con-
ditioning and refrigeration
mechanic**

That's a hard question. I would have to say friends because the relationship is a release. If you can't discuss problems with friends you end up bottling them up inside you. Sometimes you need someone else's point of view. If I didn't have friends I would get into sports. When I'm participating in sports I'm too involved to think about my problems. It's an escape from reality.



**Dan Webb, Communications,
Freshman**



I could never live without friendship. To me, friendship is a way for me to share my feelings with other people as well as a way for me to understand myself and other people. Like friends, I could never live without God. God provides everything this world can offer for me and He gives me great satisfaction.

Jumping Out in Perris Valley

By CATHERINE BOWMAN

"There is just something that strikes a person wrong about walking out of a perfectly good airplane," claims skydiving instructor Bobby Thundercloud, attempting to explain why many people would not consider jumping out of an airplane at 12,500 feet *fun*. But each weekend, several hundred skydivers and their parachutes flock to Perris Valley Airport, transforming the small, dusty town into a metropolis for the sport they love best: skydiving.

There is an unmistakable intrigue and attraction to a sport which requires a conscious decision to "free fall" through the air at rapid speed, waiting for the ultimate moment to release the parachute. Ask divers why they jump, and most simply grin and shake their heads, hard-pressed to find words which adequately describe the experience.

"It's a definite rush," said UCSB student Joy Bronson, a skydiver with three years of experience and more than 450 jumps behind her. Her addiction to the sport came easily, she confessed, introduced to it by a friend who shared her enchantment with rock climbing.

The youngest woman to hold a skydiving world record for the largest all-woman formation in 1981, and a member of Quest, a 4-woman competition skydiving team, Bronson explained that many people shy away from skydiving because of the supposed risks involved, although she believes the sport is "not that dangerous."

"I wouldn't do it if I thought I was going to die," Bronson emphasized, noting that the sport "sounds scary because it's high speed." Each skydiver jumps with two parachutes: a main chute and a reserve. If the main chute fails to completely open, she explained, the jumper "cuts away" the chute by disengaging it and then pulls a handle to release the reserve chute. Bronson has had to use her reserve chute twice.

Jumpers agreed that each skydiver confronts several stages of fear as he or she progresses. "Every sport has a little part of danger," skydiver Daniel Filion explained. "You have to overcome your fear...it comes naturally." Although he feels that skydiving "is probably more dangerous than other sports," he emphasized that skydivers take more precautions as well.

Most technological advancements in parachute construction and equipment have been made in the last five or six years, making it possible for an individual to train and make the first jump in one day. Unlike experienced skydivers, who prefer the high-performance square parachute for its speed and maneuverability, student skydivers learn to jump using a round parachute, similar to those used by the army. When released, the round parachute causes the skydiver to "float" to the ground at a speed of approximately 4 to 5 miles per hour.

For this writer, the experience was unforgettable. Skydiving has fascinated me for a long time, so I was beginning to feel a little foolish when I had serious second thoughts. As human beings, we are programmed to question the unknown. Skydiving is unique in that it is a

"vertical distance" sport, and thus difficult to imagine without actually experiencing.

"Being human beings, we are always submitted to horizontal distances," Filion explained. "Every jump gives you only a few seconds of free fall (falling before the parachute is released) and practice. You learn just a little bit every time; not one jump is the same."

Strapped to a 47-lb. pack containing the parachutes, outfitted in a rented jumpsuit rubberbanded around my ankles, combat-type boots and fluorescent green crash helmet, the word "rookie" only partially describes the emotions I experienced.

One of the key elements to a successful skydive, as one jumper explained, is to remember that an individual can "make it (skydiving) as risky or as safe as they want." According to Thundercloud, the three most important rules in skydiving are: a proper exit; checking the main chute and responding correctly in case of a malfunction; and executing a proper landing.

Exiting the plane properly is important to ensure that the skydiver does not become entangled with his or her parachute. By arching his or her body, with legs and arms pulled back the skydiver's body functions "like a boat" in the airstream, ensuring proper release of the parachute, Bronson explained.

Student skydivers make their first jump at 3,000 feet on a static line, a super-strength nylon cord attached to a rail inside the airplane. Since each skydiver's main parachute is attached to a static line, the parachute is automatically released in three seconds.

Three seconds can seem like an awfully long time when one is falling through the air at 3,000 feet. The student skydiver is instructed to wait six seconds, and then check the parachute. In most cases (and, I am happy to say, on

my first jump) the skydiver feels a sudden tug and discovers that the main parachute is a perfect canopy. Overwhelmed with an exhilarating but dizzying sensation from the adrenalin rush, I looked up to check my parachute and was amazed by the brilliant colors on the gigantic canopy, highlighted by the blue sky which seemed to engulf me. The hardest part was over.

Once the parachute is fully opened, the scenery is breathtaking. Floating far above the ground, there is an amazing stillness in the air and silence unlike most human experiences. In class, we rehearsed cutting away our main chutes and pulling the pud, the handle to release our reserve chutes, until we were thoroughly familiar with emergency procedures in case of a malfunction. In the final analysis, the skydiver is ultimately in control, a fact he or she must be acutely aware of.

"If it (the main chute) doesn't open, you can't just hang there...it is not up for discussion," Thundercloud explained, since, with 17 seconds until impact, there is a necessity to react rather quickly. There was one fatality the day I jumped, an experienced jumper who, for whatever reason, failed to pull his rip cord, to release his parachute.

Like any sport, skydiving does have its limitations. As Bronson explained, it is "very much a rich man's sport," with equipment costing anywhere from \$400 to \$2000, plus the price of each jump.

Thundercloud said that most individuals graduate from student status after 15 to 25 jumps. Once off student status, the skydiver learns how to participate in formations in the air, linking arms and legs with other skydivers before each diver separates to release his or her parachute. After "you learn to walk," Thundercloud said, "I'll teach you how to fly."

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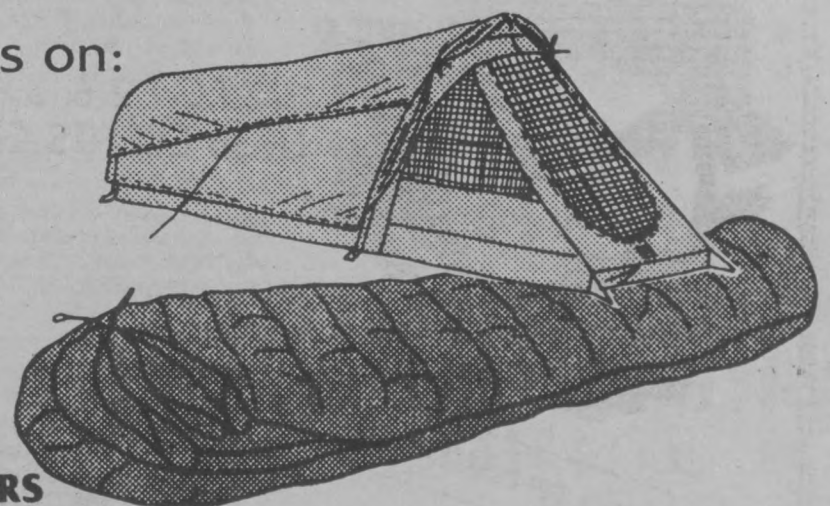


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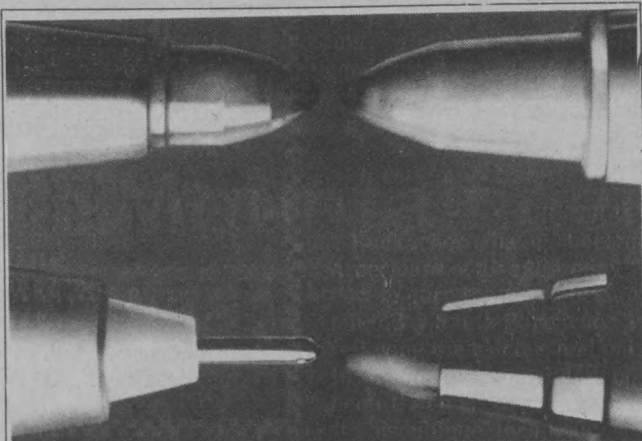
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Ranching: A Bit of California History

By DAN GURSKY

Very few wilderness areas remain along the Southern California coast and those few that are left are experiencing a variety of outside pressures which make their unspoiled future somewhat unsure.

Two of the largest areas — Hollister Ranch and El Cojo-Jalama Ranch — are privately-owned lands, used primarily for cattle operations as well as home to a small number of ranch residences. Despite the ranches' private status, however, owners are concerned over preservation of the ranches' undeveloped areas.

"We have a rather strict set of rules that spell out the philosophy of the ranch and the rules that govern it," said Al Remmenga, manager of Hollister Ranch. "We maintain it as a working cattle ranch and as a wildlife and plant reserve," along with some limited residential and recreation purposes.

Control of the Hollister Ranch, located near Pt. Concepcion some 30 miles northwest of Santa Barbara, has passed through numerous hands over the centuries. Originally, the coastal land was the home of the Chumash Indians, who probably cared little about the economic factors which so heavily determine land usage today. Spanish colonists next came to control Nuestra Senora del Refugio, as they called it. Eventually, W.W. Hollister and a partner bought the land, along with four other ranches, about a hundred years ago.

Today the ranch is no longer controlled by the Hollisters, although Jane Hollister Wheelwright, W.W.'s granddaughter, still owns a 100-acre plot. After passing from her grandfather to her father and then to her, all five ranches were sold by Wheelwright in 1966, she said.

"We sold because we couldn't make any money. You can't make any money on cattle," Wheelwright said. "I had terrible regrets about selling the ranch but I could see that if we could sell it and get it in the right hands, that was better than going broke."

"We were land poor," she added, which means that her family had lots of land but little money. Reappraisal of the land and the greatly increased taxes that resulted added to the unfeasibility of keeping the ranches. So Wheelwright sold the other four ranches, in addition to Hollister Ranch. It had been her home off and on since she was three years old, a time when there was nothing but sagebrush.

The other ranches were Winchester, near Santa Barbara; Las Cruces, near Gaviota; Salipuedes, close to Lompoc; and Gaviota, part of which is now Gaviota Beach Park. But with roughly 14,000 acres, Hollister was the largest as well as the wildest and most isolated of the ranches.

After several more changes in ownership, the land is today owned by a number of private individuals and controlled by the Hollister Ranch Owners Association. In 1971, the ranch was split up into 135 parcels of approximately 100 acres each, Remmenga said. There are about 50 permanent residences on the lots, some occupied full-time and others used as occasional retreats.

One of the plots serves as a get-away for the Wheelwrights, who make their permanent home in Marin County. They were able to get their parcel for only \$50,000 — almost ten times below the rate for other buyers. The Wheelwrights, who are retired psychiatrists, are approaching 80 but still spend as much time as possible at their ranch home in the hills overlooking Pt. Concepcion. A water and power well provide the only modern conveniences. There's no telephone and the only access is by dirt road, which can be almost impassable in heavy rains.

Everyone who owns a parcel at Hollister Ranch must abide by the ecological-oriented rules of the Owners' Association, Remmenga said. As a result, the land has stayed wild so that animals such as deer, bobcats, mountain lions, bears, foxes and skunks — animals rarely seen by most Californians — are regularly spotted by the ranch residents.

In addition, there are the cattle, numbering between 2,500 and 3,000, which Remmenga said makes Hollister Ranch one of the largest cattle ranches on the California coast. The cattle operations are run by a ranch coop; each of the land owners holds stock in it. This set-up, in which the parcel owners pay most of the capital costs, has allowed the ranch to be run profitably, which was impossible under Hollister family control, Remmenga noted.

The ranch is also covered by the agricultural preserve program, making it easier to keep rural because it is taxed according to income rather than size, he added.

At the same time, though, the ranch is facing a variety of outside pressures, both from private sources, including liquid natural gas and oil drilling, and public agencies such as the California Coastal Commission. Remmenga said they are opposed to all such efforts.

The proposed LNG terminal at Pt. Concepcion would be

particularly harmful to the ranch because it would involve running a pipeline through the ranch and over the mountains. But the prospects for LNG development are not great right now, partly due to the efforts of Hollister Ranch people who filed suit against the development.

Wheelwright, in her typical feisty tone, put it quite bluntly. "There's enough natural gas elsewhere so why do they want to bring in tankers more explosive than the Hiroshima bomb in the roughest part of the coast?"

Additional pressures are posed by continued and possibly expanded oil activity in the Santa Barbara Channel, Remmenga said. Offshore drilling has no direct impact on the ranch but there is always the possibility of a spill as well as the ever-present problems of air pollution. In addition, "There might be some pressure in the future to have oil facilities on land," he added.

The Owners' Association has opposed these obvious threats to the land but has also fought the Coastal Commission's plan to open up the ranch coastline, which is public land, for some limited public access. According to staff planner James Johnson, the Commission has adopted a plan that would allow access to the ranch by walking, biking, or a ranch-operated small van.

Of the six different creeks running through the ranch, the commission feels that four of them need to be protected but two could be opened to the public, Johnson said. Under the plan, a maximum of 100 visitors a day would be allowed at the coastal areas during the daylight hours of the first year. Activities would be monitored to assess damage to the land or to

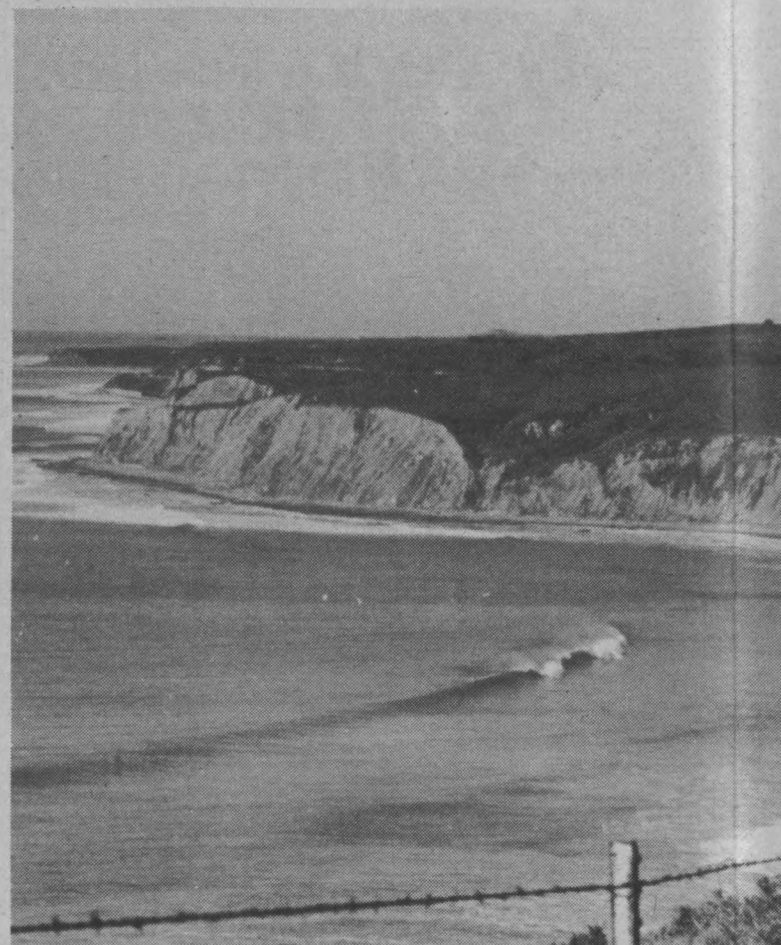
agricultural activities. If damage was minimal, up to 200 visitors would be allowed in each day the second year and gradually increased to a maximum of 500 people.

To implement the plan, the state Coastal Conservancy has to buy up the land needed to provide access to the coast but before that can happen, the land's value has to be appraised. Even these initial efforts have run into opposition. "We're getting the impression that they don't want to sell because they have allowed no access for our appraisal and survey team," Johnson said. So the courts are now deciding the issue.

Once access for the survey team is gained (if at all), the state has to make a fair market offer for the land needed to provide access to the coast. If the offer is rejected, the state might consider condemnation procedures to gain the access, Johnson explained, adding that this could take up to five years. But the Coastal Commission is determined to uphold its policy that no property owner, corporation or other group can block public access to the coast, he said.

"We feel it's a fair and reasonable approach" that is sensitive to delicate lands, Johnson said.

Wheelwright, however, has different ideas. "It (the ranch) will be ruined by public access" because it will cause fires and trash among other things, she claimed. "If that's going to happen, I would sell my land."





She favors keeping Hollister Ranch in responsible private hands, as she believes it now is, and allowing some access to groups that apply. "I think that if it's owned by enlightened private people then ecologically, it has a better chance than if the government owns it."

The YMCA is also trying to open the ranch up for use by children, another proposal Wheelwright fears could destroy the wilderness. "We have offered to bring in various groups and monitor them but they say that's not good enough," she said. Ecological and scientific groups are allowed access to study the tidal pools, which are among the best preserved on the Southern California coast.

The way to go is to have a good manager who is dedicated to preserving the land, Wheelwright said, adding that Remmenga "has done more for that ranch than anybody."

She does have mixed feelings about this tough stand. "It's not very democratic. I'm very democratic by nature but I see what's happening. I see that this property is being preserved" and the wildlife and vegetation are coming back under private control, she observed.

North of Hollister Ranch lies El Cojo-Jalama, a combination of two cattle ranches, together comprising 24,000 acres. Owned by the Bixby Ranch Company of Los Angeles since 1952, the land was acquired in sections by Fred H. Bixby between 1913 and 1930. It is undeveloped except for the homes of the foreman and cowboys who live and work there but it too faces serious outside threats and pressures.

The most serious threat may be posed by Vandenberg Air Force Base. According to Chase Morgan, vice president and general counsel of Bixby Ranch Company, Vandenberg spokesmen have made statements in the media about the possibility of buying up some of the ranch for military uses. But there have been no contacts between the company and Vandenberg, and there have been no official moves to condemn the ranch, Morgan noted. So the outlook for the ranch is unclear. In the past, Vandenberg has taken over some nearby ranches so it is not inconceivable that the same thing could happen to El Cojo-Jalama.

Like Hollister Ranch, El Cojo-Jalama also faces the pressures of liquid natural gas and oil drilling. But as Morgan aptly put it, "There are always pressures on remote property in this day and age in California."

The biggest threat, however, currently comes from roadhunters and poachers who use the Jalama Road, a

county road that runs between the El Cojo and the Jalama ranches, Morgan said. There has been both intentional and accidental trespassing, forcing the company to hire security guards to prevent problems such as cattle rustling, cut fences and damaged signs. People are regularly caught with cattle and other wildlife they have poached from the ranch, he added.

The Coastal Commission has indicated that it wants some access for pedestrians and possibly bicycles along the coastal bluff of the ranch. Here, as with Hollister Ranch, no overnight camping would be allowed. But Morgan sees problems arising from even limited access.

"It would create added pressures on our attempts to maintain our cattle operations," which is difficult enough, he said. The cattle operations are already subsidized by land development profits from the company.

As with Hollister, public access to El Cojo-Jalama is still some years away. Morgan anticipates some development of the ranch (up to 480 units are allowed by law) but it will continue as a cattle ranch because any development would

cover a very small percentage of the land. "Our interest is in maintaining its rural quality," and much professional planning has gone into efforts to do so, he commented. The wildlife populations at the ranch are doing quite well and some are even increasing as the result of sensitive ranch policies, Morgan said.

The future of the ranches looks fairly secure now but it seems certain that El Cojo-Jalama as well as Hollister Ranch will continue to face pressures from the public and private spheres, making it more and more difficult to retain their unspoiled qualities in a time when large rural ranches are basically a relic from California's past.



Photos by Greg Harris

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Chiropractors Catch On

By EVE DUTTON

For decades, doctors have had the unquestioned last word in American medicine. If the doctor said there was nothing wrong then there was nothing more to do but go home and take two aspirin. But, as patients' curiosity and criticism of accepted medical practices grows, so does the chiropractic profession.

Based on the theory that the nervous system integrates all of the body's functions, including its defenses against disease, chiropractors hold that impairments to the nervous system — such as pressure on a nerve — will cause improper system per-

formance. As a result, there will be a lowered resistance to disease, aches, pains and other disorders.

The chiropractor's job is to "adjust" the body to remove the pressure interfering with the nervous system.

For some, it may seem overly technical, but the idea is quite simple. The core of the nervous system is the spinal cord, which runs inside the 24 moveable vertebrae of the backbone. Between these vertebrae are small openings through which nerves branch out to every part of the body. According to chiropractic professionals, even a slight displacement of the vertebrae can



Petitt adjusts patient's lower back.

NEXUS/Greg Harris

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cause mechanical interference with the spinal cord and nerves. The chiropractor's aim is to eliminate the interference by manipulating and adjusting the misplaced vertebrae.

Although most adjustments are made within the region of the spinal cord, where misalignment and dislocations are most likely to occur, treatment can extend to the pelvis or any other area where manipulation of bones, muscles and other tissues will remove the nerve interference.

What separates chiropractors most from medical doctors is the approach with which they confront a problem. According to Thomas Petitt, Isla Vista's only chiropractor, "Chiropractic care is a holistic view of an individual, where treatment is secondary to diagnosis."

"Doctors don't take the time to work out a definitive diagnosis," Petitt explained, quickly adding that, "If you don't know exactly what it is you're treating, you can't treat it well."

During a patient's first visit to Petitt, and other chiropractors, he will be asked the general family medical background as well as more detailed questions involving siblings' vision and present state of mental health.

So detailed is the prephysical that, in eight out of ten cases, Petitt can diagnose the problem just by knowing the patient's history.

"Most doctors just don't listen to patients. I think listening is the most important diagnostic tool a doctor could have in his little black bag," he said.

Dr. Michael Altman, of the San Luis Obispo Chiropractic Center, pointed out, however, that different schooling is another reason medical physicians often miss problems. "We take a whole different perspective. M.D.s are not trained to evaluate structural biochemicals as we are. So, problems slip by."

In order to offer the patient the best recovery, the SLOCC works closely with community doctors. "It is very important to work hand in hand with all aspects of the medical field," Altman explained.

Another major difference between the two professions is in the use of drugs. Chiropractors use no drugs. California regulations, some of the toughest in the nation, bar chiropractors from prescribing any materials, including water.

"I am not allowed to order a patient to take anything. Everything I say must be a recommendation to do this or do that," Petitt said, adding that recommendations include good nutrition and exercise.

Let Gravity Cure Your Pains

By TRACYE SAAR

Backaches have become a common ailment in Americans of all ages today. What causes them and exactly how to cure them has been a great debate for many years but today Santa Barbarans are offered a new technique for relieving their aches and pains: gravity-inversion therapy. In simpler terms, hanging upside down, strapped into ankle boots that hook over a bar.

This unique technique was developed in the 1930s by orthopedic surgeon and olympic gymnast Dr. Robert Martin. His concept became marketable and was finally produced for public use in 1969. Since then it has become more and more popular with athletes and people suffering from back problems.

With his gymnastics background Dr. Martin found that a lot of spine and body problems are due to gravity and its compression effects. He believed that hanging upside down a person is reversing one of the major stresses to the body, gravity. The compression caused by gravity has many effects on the body such as postural problems, and the deterioration and wearing of the joints and the spine. By inverting the body, it not only decompresses the spine, knees and hips, but also helps in reversing the flow of the

bodily fluids.

"Everything, even down to the cellular contents, are, in essence, going to be turned upsidedown," said Dr. Chris Hutcheson of Santa Barbara Chiropractic Arts. "This allows everything to flow the other way and it also allows the organs systems to fall back into place, because gravity is always pulling them down."

Nearly 95 percent of our waking hours are spent in two positions, standing and sitting, or in a forward flexing position. We rarely put our body in a backwards flexing or arched position and so the gravity inversion therapy enables us to do this.

Gravity-inversion also helps older people who don't partake in much physical activity. As people age they develop protruding stomachs, humped backs, curved spines and become shorter due to the compression of gravity. By turning everything upsidedown, the spine is allowed to stretch out, elongate and decompress. The organs are pulled back into place and the very important abdominal muscles that hold the organs in place are strengthened.

In one particular case, Mr. Hutcheson cited a man who

(Please turn to pg. 7A, col. 1)

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MANDATORY MEETING

March 4, UCen 2284, 5:00 pm

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VISIONS

Partyer's Complaint

I think that I shall never be
a party hopper at S.B.
One's o.k., two make me ill,
three I would never, and four-read my will:

What a chore it is for me
to dress as I never do—
tighter jeans, a nice new shirt
and my most comfortable shoes.
And of course no matter how nicely I dress,
how differently, old or new,
someone I know will be dressed the same
and I'll hear, "she looks better than you."

I'll sit myself down by the cutest male
and pretend to be witty and bright.
Well either he leaves as my rear hits the couch,
or he likes the cute blond on my right.
At times I can take it, at times I cannot,
either way I am left with the same.
This is how it always is
when I play the party game.

If I'm still for a moment in a group or alone,
I can bet twenty dollars on this —
the sorriest fellow will ask me my name.

it's a sure fire never miss.
It's happened before, it will happen again,
he'll be ugly, and sweaty, and dumb.
And with a sad resigned smile as I listen to him
I'll wonder, why did I come?

Sometimes I drink, but never enough,
the others laugh louder than me.
I don't understand how they sit there and talk
while I always have to pee.
The kegger is mobbed, the wine is too dry,
if I'm lucky there's 7up still;
and to add to my injury, I am the one
on which the drinks tend to spill.

By the end of the night, the guests are in twos
while I stumble back to my room;
back to my safety and solitude there,
back to my mother's womb.
Sleep eludes me as solutions do
and I'm left staring into the night—
wondering now why that fellow so cute
was enthralled with the blond on my right.

Tomorrow another party will show
and for some odd reason I'll feel I should go.
The people are different, the outcome the same,
so ends my story of the loathed party game.

Nikki Fine

Memory

There was more, once
But it faded
And it will not come again

For the slightest breeze
Can dissipate Hope
And leave only the fragrance
Of a Dream

And there I stand, Alone
With the scent of a thousand
Wrapped around my brain
As the wind steals them away

Ric Parker

Search

I find myself sitting on this second floor,
a little too often, sometimes it's a bore.
They teach me to think here; they tell
me no lies; I don't understand why
I feel so deprived.
So I let my mind wander
I sit and I ponder
my existence here being tell me
what am I seeing?
So I'll turn to my notes to gather
Some clues to search for an answer
to cure midterra blues.

Pat Cannon

Hanging By Your Boots...

(Continued from pg.6A)

actually helped to stretch and elongate the ligaments and muscles around the spine and also to strengthen the support muscles so that he could hold himself up." Hutcheson explained adding that the same man took about 30-40 years off his body and felt 30-40 years younger.

According to Hutcheson gravity-inversion therapy has several uses including rehabilitation of patients with lower back pain. "It is basically making the patient independent from the doctor and the clinical atmosphere and making them self-sufficient." Although equipment is expensive the patient will save money in the long run by buying his own. Santa Barbara Chiropractic Arts does sell the equipment that they use but their main interest is clinical; to provide a place where people can learn about the process and the proper use of the equipment.

Dr Hutcheson himself hangs from his ankles twice a day for seven-15 minutes. However he warns that there are a few things to be aware of. First of all, it is not recommended for those who have high blood pressure or are prone to strokes or cerebral-vascular accidents. It may also take some time for your body to get used to hanging upsidedown, so some people experience vertigo or nausea until their body becomes adjusted to it. It is also important to be knowledgeable of the gravity-inversion products before using or buying any equipment.

"Some of the equipment that has been manufactured is dangerous," Hutcheson said. "The Gravity Guiding System (Dr. Martin's) is the only one that is accepted by insurance companies for workers compensation."

There are already a number of lawsuits against some manufacturers of inversion therapy products because people have fallen resulting in spinal and neck injuries and even paralysis. This is mostly due to the

poor design of the boot hooks and clasps which may allow the boot to become unhooked from the bar while one is hanging.

"Inversion therapy is becoming a fad and with that you're going to get a lot of equipment and people trying to beat the others to the punch and try to come out with something a little cheaper," the doctor said.

"The main thing is to be careful that the equipment is safe and secure and then you'll be relatively safe."

There are various inversion therapy product manufacturers and systems and at various prices. Dr. Martin's Gravity Guiding System consists of the basic inversion boot made of a lightweight metal and a riveted U-hook and extends to portable and professional steel frames with oscillation beds. Exer-tec Inc. makes their boots out of a foam-lined urethane-injected plastic shell and also has oscillating frames similar to Dr. Martin's.

Prices for both companies range from \$59 for the boots alone, and go upwards to \$1,200. Most healthy physically-fit people just need a pair of the boots and a bar to install in a door way. The bigger models are used by clinics, universities and professional sports trainers.

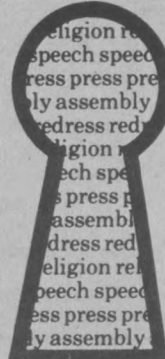
So, if you're interested in solving that nagging back-scale or you just want to tone and strengthen your body, try gravity-inversion therapy and get a new perspective on things.

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Flying Down The Highway

By BARBARA POSTMAN

Not everyone has the chance to fulfill his life's fantasy. We all dream of the day we can actually fly to the Bahamas for the weekend, go skydiving, or own a Ferrari. Jason Von Straussenburg's fantasy, however, has come true. He has built a home on wheels out of a Convair 240 airplane.

Jason came to Isla Vista from back east in an old converted school bus in which he lived for one year. "It was something to play with," he said. "Mobile living was neat." Soon, however, he wanted a new project because the bus was no longer spacious enough for his needs.

He first got the idea for converting an airplane when he saw a Convair 240 parked by the Santa Barbara Airport. "They had whacked the tail off," he said, and the remaining fuselage inspired him. The Fire Department was using the plane to practice rescue drills by setting it on fire. The plane was never seriously damaged, and Jason bought it for \$500. Before he had made arrangements to have it moved, however, it was completely destroyed in a fire drill.

Not to be discouraged, Jason kept his eyes out for another airplane, and finally found one in Los Angeles, also a Convair, which had formerly been flown by Alaskan Airlines. He purchased it for 45 cents a pound and paid to have it moved to the Isla Vista Autohaus where he works as a mechanic.

"Mobile living was decent," he explained. "You can pay \$100,000 for a Goleta tract home, and pay for it the rest of your life." And so he set out to build a home in his plane, complete with every modern living convenience.

It took Jason four years to get the plane to the point where he could move it across Isla Vista to his backyard on its own power, which he did a few weeks ago. He worked on it every weekend and, he said, "I gave up a lot of partying and going to the beach." He is surprisingly free of resentment.

"The most time-consuming part was the electronics," Jason said, and it is no wonder. The plane could be something out of a James Bond movie. Jason has a TV monitor in the cockpit that is hooked up to a camera in the rear of the vehicle which allows the driver to see while backing up. There is also a central communication system which, Jason explained, enables the "pilot and copilot to hear above the roar" by talking through microphones and headsets (just like in a real airplane). A passenger in the very back of the plane, or the navigator who sits behind the cockpit, can also plug into the com-system to listen in. Two large megaphones, one on the front and one on the rear of the vehicle, can either be hooked up to music, sound effects, or the com-system.

The plane also features an old Raytheon marine radar system "which is good for rainy and foggy nights," an answering machine which will be hooked up to an alarm system in the future, and a cockpit full of little toggle



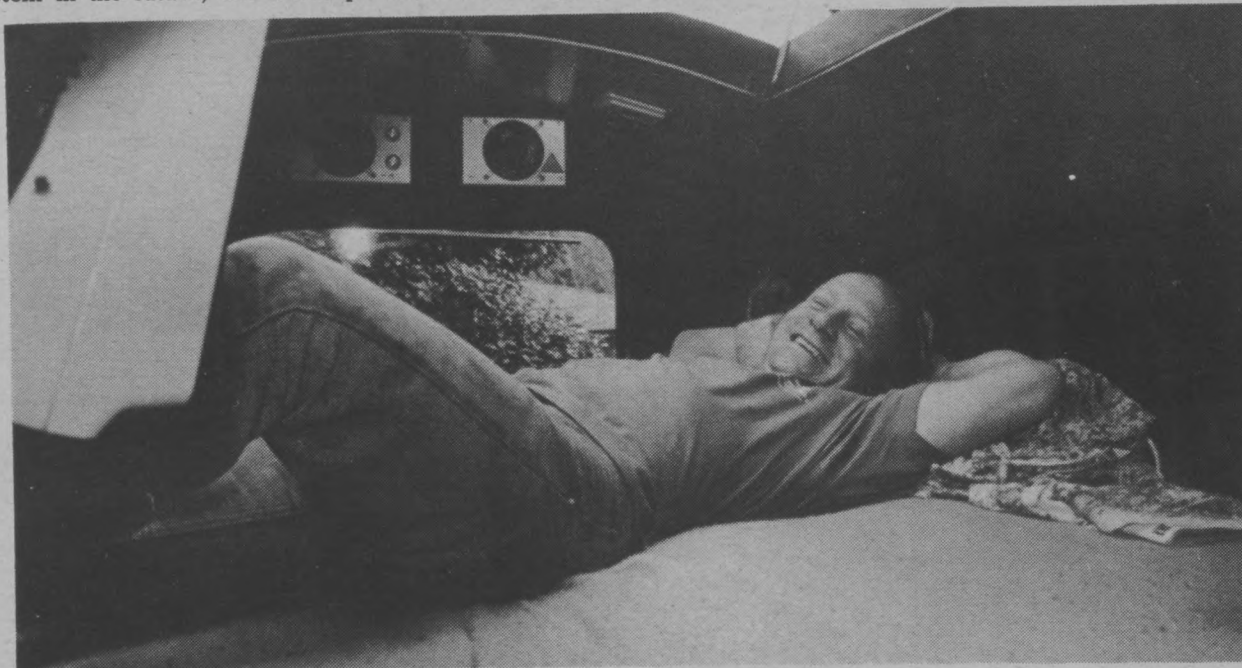
switches, two-thirds of which are functional. (One set of switches was marked "Hyperspace." These, Jason remarked, are inoperable).

In addition to these electronic luxuries, the airplane has, Jason said, "everything I want in a home." And a posh home it is. From the fiberglass jacuzzi to the built-in blender in the kitchen counter to the bar which pops out at the flick of a switch, the airplane is the perfect party-machine.

Despite the apparent extravagance of the airplane, Jason is not satisfied. He hopes that by finding a company to sponsor him, he can someday attain a good sound system, a computer, and radial truck tires. "I would paint a logo of a magazine or something on it if they would pay my expenses for a trip," he said. As it stands, the plane will be ready for a voyage sometime this summer, but at 10 miles a gallon, Jason does not think he can afford to go very far without a sponsor.

Asked if he would be willing to sell his creation, Jason said, "Well, if they gave me a quarter of a million, I would offer to make them another." He put in about \$10-20,000 in parts, he said, plus other expenses such as labor and "beer for when you're working."

Jason said, however, that he never would have been able to do anything without the help of his girlfriend, Radha. She made his food, took care of his son, Josh, and generally gave Jason support. "It is wonderful to have someone to think of those things," he said.



Jason relaxes with television in master bedroom.

NEXUS/Greg Harris

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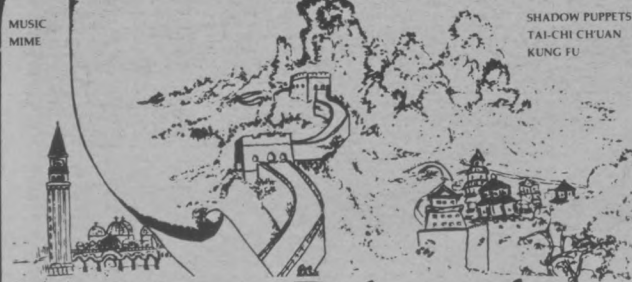
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