DEATH OF A VETERAN

Robert M. Cook, Jr.

Greg H. is a 27-year-old veteran. He has been on active duty since 1987. Three months ago the doctor warned Greg that he would be dead within a year if he didn't stop drinking. Angry and resentful, Greg was eventually referred to the VA's mental health program in San Diego. The VA's Mental Health Center is a publically run mental institution through The County Health Care Agency.

Greg was on the phone for three days at home. "When I first came in, there was an old guy who asked me what I was in for. He seems to have taken his own life, I think. The report is out that he was violent. They say he was doing something wrong, but that's all I know."

The phone rang at 1:45 A.M. on Tuesday morning. Greg's friend was talking to him on the phone. "It's my turn to talk to the counselor," he said. "I have been feeling really bad tonight. I feel like I'm going to die. Can you come over?"

"I'm on my way," the counselor said.

When he arrived, the counselor asked him what was wrong. "I'm feeling really bad," Greg replied. "I don't think I can make it through the night."

The counselor suggested that Greg take a walk. "It's a nice night, would you like to go for a walk?"

"I don't think I can," Greg replied. "I don't know what to do.

The counselor continued, "Just walk around for a while. It might help you feel better."

Greg started walking around the block. He noticed a streetlight that was on, and he decided to use it as a guide. He walked for about 10 minutes before he stopped, feeling a little better.

The counselor called him back. "Are you feeling better now?"

"I don't know," Greg replied. "I'm still feeling pretty bad."

The counselor suggested that Greg call a friend. "Would you like me to call someone for you?"

"No, I think I'll call my wife," Greg replied. "She's been with me through thick and thin."

The counselor called Greg's wife. "I'm glad you called," she said. "I'm worried about you."}

Eight years later, on Memorial Day in the San Diego Vet Center, seemed a good time, a good place to end it.

Glass milk in a glass, mile 23 3/4, it was 10:30. Greg was sitting at the bar, looking out the window. He had been drinking heavily since his return from Vietnam. Two years ago, he tried to stop, but he couldn't. He was told to go back to the Vet Center.

"Have a good Memorial Day," Greg said to the counselor. "I'm going to die here."

"I'm sorry," the counselor said. "I wish I could help you."
THE MUSIC SCENE

No More Schlock Rock

Sveva-Everdina

The CTTA Board of Directors is now considering the future of the Sveva-Everdina High School Band. The band has been struggling with low attendance and lack of interest from students. The concern is that the band program may be on the verge of dissolution. CTTA has allocated funds to support the band, but it remains uncertain if these efforts will be enough to save the program.

Icerta Feel First Band News

In a surprise move, Icerta's first album, "First Band News," has been re-released with additional tracks. The album, originally released in 1975, has gained new popularity due to its unique blend of rock and classical elements. The re-release includes new arrangements and remixes, adding a fresh perspective to the original material.

Sheila Farcett

Sheila Farcett, a local author, has published a new book titled "The Music in the Shadows." The book explores the history of local music scenes and their impact on the community. Farcett's research spans over three decades and offers insights into the evolution of local music cultures.

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A Right-On Woman

RED SONJA

Dear Editor:

Your recent article on Bette Davis for her 75th birthday admirably described the actress' career. I was, however, disappointed that the article did not mention her significant contributions to Hollywood and the film industry. Davis was not only a talented actress but also a powerful and influential figure who helped shape the industry during her time.

Sincerely,

[Name]

Dear Editor:

I am writing to express my concern about the recent trend of using social media for political purposes. The constant barrage of political messages on social media platforms has become overwhelming and distracting. It is important to remember that social media should be used for constructive dialogue and information sharing, not for spreading hate or divisiveness.

Sincerely,

[Name]

Social Soufflé

Dear Editor:

I have read with interest your recent article on the benefits of social media for mental health. While there are clear advantages to using social media for self-expression and connection, it is important to be aware of the potential risks and to use social media in a responsible manner.

Sincerely,

[Name]
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