#### daily nebraskan

### wednesday, november 10, 1976

health tips:



Photo by Kevin Highey

Some Ford supporters apparently are not real happy with the election of Jimmy Carter. This sign appeared on the Sigma Alpha Epsilon fraternity shortly after the general election.

# () (**)** (

#### Continued from p. 3

Le

12

1

page 6

"I don't in any way want to be associated with the Republican party, even though I myself am a registered Republican," Johnson said.

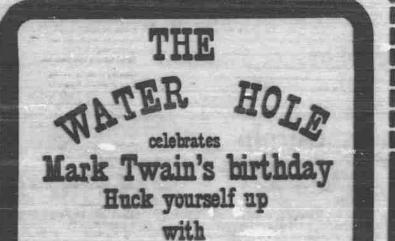
Johnson said he plans to call back those who responded to the ad and meet with them next week. Informing people as to what the Democratic platform

really is the group's main goal, he said. . He plans to examine every party plank, with special attention to unemployment. Group members will, after looking at every aspect of the platform, develop their own philosophies, he said.

"My greatest concern," he said, "is that the Democratic platform tends to lean toward socialism.

"I don't want to see socialism in my lifetime, so hopefully this group can look into this and other issues in order to see just what Carter plans to do."

The socialistic aspect of the party, he said, is shown through Carter's national health plan and the welfare



programs he plans to initiate to end unemployment. He said he hopes the group can be informative without people thinking it radical.

Although the group has no funding, expansion to Omaha and the rest of the state is being planned by

Johnson, if enough interest is shown. He hopes to receive national recognition so his group will have some impact and their ideas will be known throughout the nation.

"People think just because you have a negative reaction, you must have a perfect solution to the problems. I don't have an ideal platform, but I think that a group such as this will help us all to discuss the issues and come closer to finding solutions," he said.

He called the group very healthy to the nation because it serves to inform.

"This is very exciting to me," he said, "because it is my first real experien r in - litics."

25% OFF on

DRY CLEANING

with this coupon.

Good Wed. & Thurs.

27th & Star

Sunshine

Sunshine Center

### suicide **Provided by Health Aides** Suicide is one of the leading causes of death among college students. It has become an increasingly common way young persons use to attempt to escape their difficulties.

Because suicide has been such a taboo subject, the information most people have about it usually is false and potentially dangerous. A few of the common myths and realities are:

-Myth: People who talk about suicide just want attention. One should ignore them,

-Reality: Talk and threats of suicide are clues that a person needs help. Paying attention to the clues may help prevent suicide.

-Myth: Someone who attempts suicide and survives probably will not try again.

-Reality: Of every five people who commit suicide, four have made one or more previous attempts.

-Myth: Talking about suicide to a troubled person may give the person suicidal ideas.

-Reality: The ideas already exist! Talking about them may help bring them into the open where they can be dealt with honestly and directly.

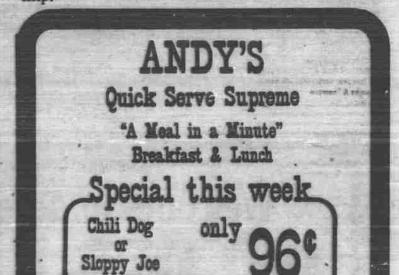
-Myth: Most suicides take place at night.

-Reality: More suicides occur in late afternoon or early evening when it may be possible for others to see and stop-the suicidal person, than late at night, when friends and family would be asleep.

One reason for suicide is depression. This can range from a mild spell to overwhelming feelings of guilt and hopelessness, often accompanied by physical symptoms such as fatigue and loss of appetite. The usual cause of depression is an individual's inability to fulfill his goals

or to function adequately under pressure. Heightened aggression turned inward also promotes some suicides. This occurs when a person has a bitter hatred toward another person, whom he wishes to love, and turns this hatred inward towards himself.

Various kinds of stress, causing severe feelings of failure and disappointment, may lead to a conscious suicidal gesture. Such action usually reflects a plea for help.



25' Tequila Tonight, Wed. Nov. 10

"No

thanks,

Td rather

an apple."

have



Chips & Drink 1123 "R" Next to Nebraska Book Store for you. Professional dry cleaning just 60 cents a pound

# Are You **Clothes Minded** or Closed Minded?

Becoming clothes - minded is no easy job remaining closed minded is. For fashion is a state of mind that requires an openness to new ideas and a willingness to be creative. Wearing what's hottest at the local jeanery just doesn't mal n in. Wearing what best expresses your unique personality does. At JASON'S we can help you to learn how to dress well. If you're clothes-minded enough to accept this, stop in and see us.

> DOWNTOWN 1346 "Y' St. 432-7070

GATEWAY **GALLERY MALL** 464-7095