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# Gunman wrote of serial killing before rampage at health club

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The Associated Press

SAN DIEGO — Weeks before James Buquet went on a murderous rampage at a fitness club, shooting to death four people and then himself, he wrote an essay describing a fictional man who "didn't feel right at night unless he thought about killing."



**Buquet**

The 19-year-old Buquet, wrote the narrative for a creative writing class at Grossmont College. The essay was obtained by The Daily Californian of El Cajon, and the newspaper gave a copy to The Associated Press on Saturday.

In chilling detail, the composition describes the main character, Natas A. Bishop, as a man who believed he could give meaning to life by taking it away from others and himself. Natas is Satan spelled backward.

"Natas had these thoughts a lot. They would come and go, along with his depressions," Buquet wrote. "God how many times had he thought about this? At night it was the last thought he had. The one that put him to sleep. In fact, he didn't feel right at night unless he thought about killing."

On Thursday, Buquet went to the Family Fitness Center in El Ca-

jon with a 12-gauge shotgun and killed Charles Brad Tucker, 37, of Spring Valley; Helen-Mary Spatz, 36, of El Cajon; Rebecca Negret, 31, of Santee; and Laxmi Patel, 19, of San Diego.

Buquet's parents, Janet and Bob, tearfully said Friday that their son had suffered from severe bouts of depression and had been a drug abuser in the past. But they said they had no idea what drove him to kill.

"What snapped, I don't know. But something snapped, because that was not our Jimmy," his mother said in a television interview with KGTV. "He wasn't violent. He was just very quiet. He'd go inward. He'd do a lot of writing in his room. He'd retreat from us."

The essay may have some clues; it is rife with similarities to the shootings.

In it, the character uses a 12-gauge shotgun to murder people in a fast-food restaurant. At least 10 people die as Bishop shoots into crowds,

Buquet describes how Bishop methodically prepares for the killings at his home "with the ice of a serial killer going in for the prey."

But then Bishop is not sure where to find his victims.

"Natas was driving around not exactly sure where to go. A 7-11? a restaurant? An office building? Natas was thinking if he would kill as many people as he (could) get in a few minutes then ace himself, or he would drag it out.

"You know, play with the cops and victims' mind(s). You know

kill like thirty of them one by one."

Bishop decides on the restaurant, and "slowly he walked the eternity to the door

"A weight pressed against his soul. It was fear. That's what it was about, he knew. Fear. That is what this life was ruled by. That is what he had to fight. He had to face the beast and be a warrior. All his life he hated people for not fighting the best. He would destroy this.

Buquet describes the murders in macabre detail, with one woman being shot in the face. "The pellets hit her and it became nothing more but a red pile of glob with thin hair and blood drops rinsed through it."

The killer seems to delight in toying and then murdering the frightened victims. He notes their fear, their shaking their terror. But he kills them anyway.

"He put all four shots into the crowd. About six people fell," Buquet wrote. "They just stood there like rabbits and took the shot gun blast. They had no place to run and they just stood their shivering with fright."

The essay was due Sept. 22, two days before Buquet went to a pawn shop to purchase the shotgun used in Thursday's shootings. Instructor Glenda Richter said Buquet stopped attended class after he read the piece of Wells and other students.