

Pomo News

PUBLISHED EVERY TUESDAY IN THE INTERESTS OF THE PATIENTS OF
MENDOCINO STATE HOSPITAL, TALLAGE, CALIFORNIA

Vol. 1 No. 21

September 28, 1948

5¢ per copy

Population 2792

INVEST IN A FUTURE

The annual Boy Scouts fund drive is under way in the Sonoma, Mendocino counties area. This splendid investment in American Youth is worthy of the consideration of every American citizen.

The program has the wholehearted support of Supt. D.B. Williams and MSH personnel.

Finance committee members are soliciting funds at the hospital and the response is reported as good.

Scouting in the Sonoma-Mendocino county area council is financed entirely through public subscription and sustaining memberships. The budget for 1949 has been set at \$41,753 and from these funds it is hoped to obtain new paid personnel and increased facilities to further scouting activities.

TO STUDY ANOTHER

Drs. Joseph K. Orr and Howard V. Bair left MSH, September 25, for a professional visit to Camarillo state hospital to observe Dr. Tracy J. Putnam, eminent neuro surgeon, perform trans-orbital lobotomy operations at which they will assist.

(Cont. Col. 2)

KNUDSEN LEADS IN RACE FOR 'QUEEN'

Next Tuesday, October 5 marks the last day MSH employes and supporters of diminutive, select and captivating Barbara Knudsen for Vintage Centennial Queen may vote in favor of her ascension to the Pageant "throne" October 7.

Dr. Putnam performs six to eight operations the one day a week he is at CSH.

Doctors Orr and Bair will be away from MSH about a week. During their stay at Camarillo both will study operative cases before and after surgery.

WARD LIBRARY DAYS

Follows schedule regarding days each week your ward will have access to the library; Wards 12 & 7-Submit lists Sun. a.m.; books delivered Mon. p.m. Wards 4, 5 & 6-Submit lists Tues. a.m.; books delivered Wed. p.m. Wards A, B&C-1, 2&3-M Call for books Tues. Wards F, D&E-Submit lists Wed. a.m.; books delivered Thurs. p.m. Wards 8, 14&15-Submit lists Thurs. a.m.; books delivered Fri. p.m. Wards G, H&K-Submit lists Fri. a.m.; books delivered Sat. a.m. Ward 16 submit lists, pick up books Sat. a.m. (Subj. change)

FEVEN'S SAKE - WHAT IS IT?

Mysterious piles of lumber and a "prefab" type house, yet to go up, has caused "scuttlebut" no end among MSH Dairy patients the past 6 weeks.

The material was delivered-it's here-it's weathering fast. Feven's sake, Mr. "JJG"-Whazzit?

Barbara is leading her competitors with a total tally of 163,000 votes, comfortably in advance of Ukiah's Mrs. Rob't. (Lee) Sandelin. The MSH aspirant had been a close "second" in the race for queenship up to today (Tuesday) when unexpected votes spotted her "1st."

WILLITS GENEROUS WITH BOOKS FOR MSH LIBRARY

350 books is a lot of books! But that is the exact number delivered to the MSH Patients Library, last week. Through the courtesy of Mrs. Haselwerdt, Willits Librarian and Attendant Harvey Frey the 350 volumes available to MSH patients as soon as they are routinely cataloged.

Ward book lists which are now posted probably do not include titles and authors of patients' favorite reading material. So, if they will mail the library requests for books that they would like to have on the ward every effort will be made to oblige, according to Joyce M., librarian, yesterday.

GOADS AA

Harry C., Pomo News representative, was patients' chairman at AA meet last Sunday, Sept. 26 in the Auditorium.

BENIGN

Simon M., ward 12 writes the hospital newspaper to please deduct from my account \$4.96 for two subscriptions to the Pomo News". He also states that if there should be any odd cents left over "kindly apply it for the good of the Patients Amusement Fund."

--So, here's what we did, Simon: We squeezed out 4¢ of our own and made it an even "fiver", then we chalked up the following with fifteen months subscriptions each: Flora G. Chavez, Los Angeles and Eugene Lovato, Denver, Colorado.

OVERSIGHT IS RIGHTED

In a letter dated Sept. 1, from Mrs. Ida M. Umfrid, 2841 Guirado street, Los Angeles 23, California. The writer complains that she sent the Pomo News a two dollar money order for a year's subscription to the paper but that "to date I have not received one single copy of the Pomo News".

The oversight was discovered and we hope the wrong rectified, in a letter to Mrs. Umfrid recently.

Mrs. Umfrid receives the paper regularly, now and will continue to do so until September 1949.

A second letter

OVERSIGHT RIGHTED (Cont.c.1)

from Mrs. Umfrid received the following week states that she is sending us "a bugle used in the Spanish-American war, 1902. If you can use it in your MSH Band, you may do so." And a postscript at the bottom reads,

I am a subscriber to your Pomo News" and is penned by the "father of Marion E. J. on ward C, MSH." --Thanks, Mr. J.

--Bugle Arrives--

Last Saturday, Sept. 25, a large bundle but a light one came addressed to the "Editor, Pomo News" and in it (you guessed it!) was the Spanish-American War relic of which Mrs. Umfrid spoke.

"We're proud to have it as part of our band," said Bill W., band violinist last Saturday. "It's not every hospital that can boast of having listed a 1902 Spanish-American War bugle among its instrument."

GIVES LIBRARY BOOKS

Lucy W. McKellup pre-

PLEDGE VOWS SATURDAY



AIDS ON POMO NEWS

Pinch hitting in the art department the past few days, the Pomo News is fortunate to have with them the very capable services of Har. V. --loaned from Paint Shop.

Set out spring blooming bulbs! Our advertised stock is of the best quality.

REDWOOD VALLEY NURSERY, UKIAH.

A.A. meets every Sunday 6 p.m. MSH AUDITORIUM

CUTS FINGER

Lillian Addor, sewing room charge, suffered a painful injury to the index finger of her left hand last Wednesday morning, September 22.

While operating a cloth cutting saw the digit was deeply cut between the tip and first joint necessitating first aid and a hurried trip to Ukiah for X-Ray.

sented the MSH patients library four books last week. Mrs. McKellup is an attendant on ward I.

GETS 'EM SMOKES

Mrs. Edith Tuomey, ward 7, procured 12 new pipes for "her boys" from the Supervisor's Office Sept. 26.

"Always liked the smell of a pipe," she said, wardward bound.

Rites at the Ukiah Methodist church last Saturday, September 25 united MSH Surgical Nurse Althea West and Frank Dubois, hospital attendant in holy matrimony.

Miss West had Mrs. Bernice Faas as Matron of Honor and the groom appointed her husband, Ferdinand, best man.

The bride, head surgical nurse at MSH since 1937 is a Texan by birth and came from the little town of Uvalde to San Bernardino California where she graduated from San Bernardino hospital with an R.N. before taking up her duties here. She was in the Army Nurse Corps during World War II, 1941-1946.

A reception was held at the Faas' home on Bush street immediately following the nuptials and a wedding breakfast was enjoyed by the party at the House of Garner, Ukiah cafe, later.

PHONE 144 FOR Empire OFFICE MACHINES CO. SALES SERVICE 325 N. State St. Ukiah

GET A PICTURE of THOSE WHISKERS AT PERRY'S FILMS DEVELOPED E. STANDLEY, UKIAH

MUSIC TO BAND DR. WILLIAMS SAYS:

Through the courtesy of his aunt and uncle, Mr. and Mrs. Joe Micholetti, MSH employes, a large bundle of sheet music was sent to the MSH Band by Gino Micholetti, employe of Greeott's Music Store, Ukiah.

The bundle included many complete orchestrations of recent dance numbers. With dances scheduled in the near future, (Band Manager) Bob Haslam and organization members were pleased to get them, as will the patients when they are heard at hospital dances to come.

---New Trap Drums---

A need which has existed since the last time the MSH Band on July 4 this year, was filled out by the recent appearance of a new set of good trap drums (with all the trimmings) among members of the organization.

Especially pleased was Albert C., band drummer who grinned "like a burro eating cactus," on receipt of the glad news. The purchase of the drums at a cost of (approximately) \$200, was made possible by the efforts of Supt. D.B. Williams, Mrs. Gertrude Elliott, aided by Band Manager Robert Haslam, and financed through the Patients Amusement Fund, of which Mrs. Elliott is secretary.

MSH band members are eager to make an impressive showing at their first appearance before the general public at the Ukiah Centennial celebration Saturday, October 9 when they will take part in the parade through the town.

In addition to the band, vocal and other contributions will be forthcoming from the following patients: Olga K, Myrtle Z, Esther D. from Wd. H and Peggy W, Joyce M, and Beatrice C. both from ward I.

Last but not least, Maria S. helps round out the proceedings with the presentation of a Mexican Hat Dance on Ukiah streets as part of the celebration.

---Costumes In The Making---

The venture lacks nothing in enthusiastic support. Clinical Dir. Goodstone and both the male-female supervisors in confluence with Mrs. Joe Addor of the Sewing Room, all are busy. Honest enthusiasm prevails and has become infectious. One of the many others who have contributed voluntarily much of their "off duty" hat dancer", Maria S. was delightfully surprised by a huge birthday cake (complete with candles) presented her by ward Attendant Gladys Trimeloni. The made for costumes by the Sewing Room patients, under the able supervision of Mrs. Addor.



I am sorry to say that there are still a few odds and ends to be gathered up before publication of the MSH patient Rules and Regulations pamphlet. Assembly of data that will be fair to you yet acceptable to us can't be gotten up overnight, so be patient and uniform hospital laws governing you during your stay here will be available soon.

Plans are being considered this week to reroute ward 8 patients from their living headquarters to the PDI at mealtimes. As it stands now, the fifty some odd patients must trudge around to the south and west of the dining room to gain entrance. In fair weather this route is all right but during the rainy season it would be much simpler and subject the men to less exposure to the weather to direct them through the storeroom directly north of the PDR.

Speaking of ward 8, I understand that occupants are to get some new clothes soon. Seems as though there has been a scarcity of them over there, lately, I am glad to hear about this new issuance because "8" is an open ward and parolees quartered there who have ground parole should be well clad. They are about the hospital grounds the biggest part of the day and seen frequently by visitors.



Are We
Orphans?

PATIENTS

SEND US YOUR
OPINIONS
IDEAS
SUGGESTIONS

POMO
NEWS

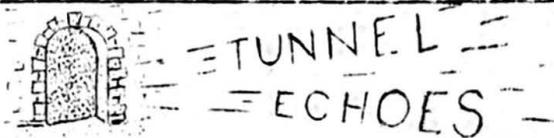
SURPRISED ON BIRTHDAY

Sept. 24 ward M's little "mexican surprised by a huge birthday cake (complete with candles) presented her by ward Attendant Gladys Trimeloni. The ward extends its appreciation to Mrs. Trimeloni and Mrs. B. Scott for making this a happy and memorable occasion.

HAS HAPPY BIRTHDAY

Lila H., ward I celebrated her birthday September 23. Ruthie F., same ward gave a surprise party for her and the entire ward joined in the fun.

WANTED - Man or woman patient who has had experience as a reporter or re-write man; IF YOU CAN WRITE, consult your ward doctor about work at the Pomo News.



AMONG OUR EMPLOYEES



EX-MSH'ER FRANK RUNSKY was eyed at Sacramento recently by E. Hachman and "frau" while ogling the State Fair. Frank decorated the Yuba Co. display booth. It took 1st prize YARD KEEPER*UPPER Everett S.: "Best thing about the Pomo News is 'Dr. Williams Says' and the Psychotherapy data" and Mabel B., Dr. D.B. W's abode-tidier thinks the 'lil sheet's "progressing nicely". Gracias, Mabel. That first word is what counts THE SUN ALWAYS FOLLOWS the rain just as normalcy returned to the PDR few dawns ago when Mrs. Mary Sanford took charge again WASSAMATTA with what Supv. L.E. Miller said last week while helping Pomo Noose staff get the new library "squared away": "There'll be lots of obstacles arise but however many and however big, we'll overcome them." Wars have been won by less inspiration than that, Mr. M. Sounds and is mighty good S U P T . WILLIAMS fingers a postcard on his desk dated Sept. 12 from Social Workers Tillie and Gordon Mc Whirter enjoying the Park at Yellowstone and bearing the Oh-why-must-it-end message: "One week to go!" Omigosh! They're home now A UKIAH PRESS headline blares "Have A Daughter". Tsk, tsk, as if we could! "MR. RAY IS IN CHARGE of the Carpenter Shop at MSH" errors a Mrs. Rubye Howard social item in the Ukiah Press (no, 'sa difrn't issue!) awhile back. Did Joe Addor sell out, Rubye? SPEAKING OF JOE ADDOR, work exemplary of the gentleman's acumen may be sanctioned at the new MSH Patients' Library first 'n good look 'bout the place MAYBE ONE REASON Dr. McAleese, state chiroprapist, wandered into the Pomo News quarters other night stringing together a portable glider for his 2 boys was to have an excuse to (when he's real mad) "go fly a kite!" H.A. (Henry) JENNY, ON WARD 1 for over 16 years, came here from Patton where he was an attendant 'way, way back in 1932. Thinks Ukiah has future, we guess-he has 5 lots on N. State St. and 2 big houses. He lives in one, and (Oh, Dear!) the state Game Warden in 'tother THANKS FOR YOUR close scrutiny, Mr. Geo. Vose, of Pomo News but there is such a word as "irregardless". Noah says: IR-REGARD'LESS-(adj) meaning, regardless. (In italics) Erron. OR Humorous, U.S. FRIEND MARCUS IN THE Clothing (Men's marking) Room repeats fortnight ago: "Last issue best yet". He ought to run for President next election. We'd be his campaign manager and, you can believe this, -all for free! PERMISSION WAS GRANTED us by Bus. Mgr. J.J. Garvey short time back to copy map of MSH area 'n

(Cont. p 10 Col 1)

AWAY ON VACATION

William and Margaret Winchester, started their vacation last Tuesday Sept. 21. "Bill" is an attendant on ward 3, and Margaret works as an attendant on ward I.

ADVICE REJECTED

Miss Ina Mae Caldwell, night-attendant on ward M, returned from a speedy week end trip to Eureka, Roswood and Arcata to find a neatly wrapped package on her desk. Inside was a book entitled "How To Pick A Mate and Be Happy."

"I'm not looking for a mate, and the way to be happy is to stay single," said Miss Caldwell.

GETS DEER AND WHAT NOT

Mrs. Alice Bean and 2 other MSH attendants on a business trip to Willits early last week, were quite evidently not too preoccupied with the urgency of their original errand. Enroute, one of the ladies spotted a deer, and as a rifle had "incidentally" found room in the car, such weapon was brought to bear and Oh dear, the animal fell, but down an embankment.

Scrambling, hobbling or whatever a woman does in her "go to meetin' finery," they reached their prize to find Mrs. Beans shot had broken the neck of the deer, a nigh cwt.

After eyeing the distance from deer to car with skepticism, determination won. To date, nothing available on extent of damage wrought to wardrobe etc.,.

VISITS GRANDAD

Wednesday September 22nd, Beverly Pool was here visiting father, Glen Pool, MSH attendant. Mr. Poole reports clear on all fronts-"grandson growing like a redwood." "Bev" is a guard at Folsom State Prison.

PARKERS DUE BACK SOON

Mr. and Mrs. Ed Parker, ward 15 attendants (evening shift) away on vacation since Sept. 16 are expected back on duty the last of this week.

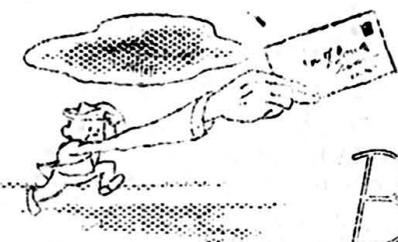
TO BE ABSENT FIFTEEN DAYS

Mr. and Mrs. P.L. Cornell, Ward 15 Charge Attendant and MSH switch-board operator, respectively, left Sept. 24.

EQUIPMENT
NEED
REPLACING?
REMEMBER

Cowan

EQUIPMENT CO.
949 N. State St. Ukiah



MAIL BAG

Address all "letters to Editor" to Pomo News care of Dr. Goodstone

JIG SAW PUZZLE PRESENTS PUZZLE

Clara J.'s query comes along, this week, from Ward C.....I noticed in the Pomo News, that you are asking for different things. How about 6 new Jig Saw Puzzles weekly?.....Dr., these puzzles keep me from getting disturbed. Yes, Clara, many ask, and many receive, then again, sometimes possibly through the power of suggestion, even asking isn't necessary. Perhaps it can be arranged to handle puzzles via medium for exchange with others who may have some occupational paraphernalia, not now in use, would be willing to conform to a fixed habit of "Give & Receive," among their close neighbors and extend the practice through properly designated channels, from ward to ward.

TATOOS TO TWO'S TO USE TO TOO.

Describing a vacation, Fanny C., Ward I, quips: It consists of 2 weeks, which are 2 short, then you are 2 tired to return, and 2 broke not 2.

PING PONGER ON THE PROWL

Now that we have a new recreation center for men, writes George Ward 8;... How about having teams from wards, wards 7 to 15 inclusive; compete in horseshoes, table tennis and other sports, preferably Saturday and Sunday when no ball game is scheduled. George mentions Junior, also ward 8, in a buildup as a Ping Pong champion probably with a view to inciting a challenge to a match with some other ambitious potential,Wants some more Ping Pong balls and new horseshoes, and while his pencil is sharp, continues;...Would like to see a few games and equipment erected in the front yard. George also plugs for the boys on the lawn detail (with good and sufficient reason)... for the fine manner in which they keep the grounds.

PLEA FOR BEST SELLER

Was, and soon again should be in the Bag" for Carl J. Ward 1, who writes: I am in need of a Holy Bible very badly. One that I can call my own. Would you be so kind as to look into the matter, and see if it is possible to present me with one? I would appreciate your kindness toward me in this way by sending you my thanks. Many similar requests for the written word come via the Mail Bag. Therefore: the next time Mr. Cromer G. Nelson, Representative of Christian Science drops into the Pomo News

head-quarters, we will tell him of your plight.

IN AGAIN OUT AGAIN FINE AGAIN

Edward C.F. Ward 1. Golden Rule: via the Mail Bag the wish to pass on to another his Christian Science Sentinels and a copy of Science of Mind, to some other patient who wants to read them. Says they were passed to him to help him and expresses a desire to retaliate in kind. Atta Boy Geo. mission complete! May your cycle continue. Comes how Edward C. F. of Ward 1. who writes that he like to pray and wants to share one with our readers. He offers:
Dear Heavenly Father, We thank Thee
For the gifts we receive
Through the acts of loving kindness
From our neighbors
May their love toward us
Be returned to them
We pray Thee in Jesus Name.

ALLEN.

HERE BUT NOT FORGOTTEN

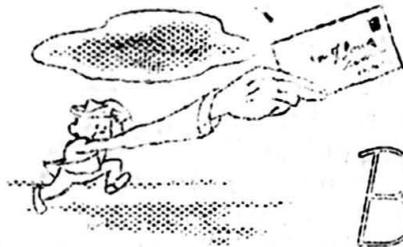
Included and among the contents of a nice Mail Bag of Correspondence this week is found a letter from Harry A. P. of Ward 1. Lack of space prohibits inclusion too; an expressive offering in poetry bearing the signature of Simon B. G.P. Ward 12.

TRUTH IN POETRY BUT DEFINITELY

Apropos--now, or "any ole time in anybody's town" and which may strike a responsive chord in the thought trend--coming from the pen of an unknown author and given to Mr. & Mrs. Mc W.

THE WRECKERS

I watched them tearing a building down,
This gang of men in a busy town.
With a "ho-ha-ho"--and a lusty yell
They swung a heave and--the sidewall fell!
I asked the foreman (Mullen) "are these men skilled?"
"Are the men you'd hire if you had to build?"
He gave me a laugh and said:"No indeed!
Just common labor is all I need,
For I can easily wreck in a day or two,
What the builder has taken years to do".SO-
I asked myself as I went my way
"Now which of these roles have I tried to play.
Am I the builder, who builds with care,
Measuring life by the rule and square.
Have I formed my deeds to a well-made plan,
Just patiently doing the best I can
OR- Am I the WRECKER who walks the town,
Just content with the labor of ---tearing down.



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(Cont. fr. pg. 5)

WANTS PING PONG EQUIPMENT

Lawrence S. in a letter from ward 2 suggests: "I would appreciate finding out if we could have some ping pong tables on the ward here or in the back yard as we already have some paddles, balls etc." -- It is quite possible Lawrence that your letter will be instrumental in bringing about your needs.

One of the major functions of this; your newspaper, is to accommodate, as far as possible, just such letters as yours.

BUSY DAYS FOR JOYCE M.

Under date of Sept. 26, MSH Librarian Joyce M. writes from ward I: Notice that she is forced by circumstance to divide her time somewhat between her duties as MSH librarian and that of stage manager for Hi-Jinks, offers an apology for resulting delay in getting the latter under full swing, adding however that she --- will be with her girls at the usual opening with a good show for all - I hope.

That's the spirit Joyce, and to others, contemplating, (as you certainly must be,) giving Joyce and her troop, the competition they merit, you had best be "up on your pins," for she is a capable artist who's ability you had best not minimize.

HEADS UP FOR HI-JINKS

Should any doubts remain as to enthusiastic competitive interest, it can be dispelled by this letter from Myrtle Z, ward H.

POMO NEWS:

We understood that the activities on the various wards preparatory for the "Hi-Jinks" were to be secret. At any rate we would rather not divulge any information as to the nature of our program. Since this "Jinks" is to be competitive we would rather not be giving our ideas to the other wards. We are kind of hoping to cop that prize ourselves. We can at least assure you that our program will be quite original and highly entertaining and that any similarity between it and anything that has ever been done before is purely coincidental.

'Nuff said.
PRO AND CON

Virginia N. ward H, a faithful correspondent, in a little research work advances a theory to wit:

Dear Sir,
Sometime ago I read about a very beautiful and large part of

Mexico that no man or animal can live in without going blind. All they knew was that it was caused by some kind of a worm that got in their eyes and every living

thing went blind. Now I am wondering if I have stumbled on something that might add up to what it is. Everytime I put meat out for the kittens a lot of those brilliant colored flies collect and get in it. These are not the ordinary house flies. They come in swarms and circle around in bunches and make a noise flying around like airplanes do only in a small way of course. Their colors are beautiful in the sunlight and they attack raw or rare meat viciously. I believe they lay their eggs in the meat and produce maggots. And when the kittens eat, these maggots get in their eyes. In this case the maggots would feed on the eye tissue the same as on any meat which of course would destroy the eye-sight of any animal or person. Science has been trying to find the cause. Maybe that is it.

AS WE SEE IT VIRGINIA

For what it is worth to you Ginnie, we can, (though no authority), we will venture to advance the info-: that maggots disdain to eat live tissue. Doubtless explains why, as you state, in part they appear only on tainted meat. They refuse to eat anything but dead tissue. If you look it up you will find that our Federal Government maintains maggot farms for that express purpose in severe cases for infection elimination.

FEELS MSH NEEDS AMBULANCE

In his recent letter, Pete. ward 8., expresses his views concerning, as he continues --- If we had an ambulance it could carry sick patients to and from their wards; -they'd be better looked after.

★ SAT. OCT. 2ND ★

GARY MYRNA SHIRLEY
GRANT · LOY · TEMPLE



The Bachelor and
the Bobby-Soxer

★ M.S.H. ★
AUDITORIUM

MIRRORS

Michaels
GLASS CO.

SPORTS

FIRST TO TALMAGE



The final score was 8-2 Sunday Sept. 26 at the MSH ballpark as the Ukiah Merchants lost to their host, the Talmage Sluggers the initial engagement for a scheduled 5 game "Little World Series".

After the opening score, in the same inning by Ukiah ss Valentini, the Merchants were held scoreless by Slugger airtight fielding and the stellar mound performance of Pitcher Severi until the first of the 8th. Opposing Moundsman Parker, parked one for a single to LF. B. Valentini 2b, next with a 2 sacker, scored on the following pitch which resulted in a fielders choice for Severi. On an alternate play to 2nd where the pill paused long enough, Valentini scored number 2 and final for the Merchants.

Ukiah errors accounted for 2 Talmage runs in the 2nd inning. Wada, Slugger ss stole 2nd base after a pass from the mound and scored on Ottosen's sizzling grounder which gave Wada no right of way and forced him to execute a quick "ballet" safety routine as he rounded third, before crossing home plate.

A Ukiah threat in the 6th, with bases loaded, was nipped via Mosna to Laviletta to Morini. Wada's hot one sent Talmage scoreward. Ottosen to 1st via error Foggy chased Wada home on Morini's bunt.

Bunched hits in the 8th netted another Talmage score. Ukiah failed to rally. There is a trophy for the team taking most of the 5 series games. Another, at Ukiah Sunday Oct. 3rd 2:30 p.m.

FOOTBALL

Much enthusiasm is voiced with the waning of soft ball and baseball season, -- a yearning eye is cast toward the gridiron prospective. Sunday football at MSH not only would provide recreation for players, but relieve the monotony of the long winter months for all, it is argued.

PROFFERS PLAN FOR SALUBRITY

The following article voices the sentiments of ward 8 Charge Attend. Harry F. Johnson who speaks solely in behalf of the patients on a matter vital to their continued good health

"Three times a day ward 8 patients with no parole, have to go, to their meals. That makes six trips a day, which is all very well until it rains.

"In the winter when it is raining they get very wet six times a day. With the clothing shortage that mean they must stay wet all day, if there is not enough clothing for a change, and that is the case, as a rule.

"This causes colds and discomfort all winter long.

"In bringing trays back to sick patients the coffee gets diluted and cold as well as the other food.

"This could be avoided to a large extent if the patients were allowed to go thru the north tunnel and furniture storage place.

"When Dr. Toller was Superintendent he allowed and ordered this privilege.

"Since then we have been locked out and have to go around the long way.

"The Supervisor, Dr. R.G. Bramkamp and charge attendant tried to get the privilege back again under Dr. Rowe, Superintendent but without any luck. (also under Dr. Rapaport, I believe)

"Now I believe Dr. Williams will grant the same privilege back again, (Going thru north tunnel) if he is given the facts.

"It is for the good and welfare of the locked in patients."

(Signed) Harry F. Johnson, Chg. Attd. Ward 8



UKIAH COUPLE WED

Before Father Sharkey at St. Mary's Catholic Church, Ukiah, Sunday, September 19 Doris Henrichs and Leno Valentini were married.

A reception was held in the bridal couple's honor following the ceremony at the home of her parents, 618 Walnut Avenue, that city. The newlyweds headed south for a short honeymoon and returned here in time for Ex GI Leno to play shortstop for the Ukiah Merchants vs Talmage Sluggers diamond mix at the MSH ballpark last Sunday.

Leno is one of five children, four boys and a girl, all the offspring of Chas. (Cont. pg 10 Col-1)



At our fountain -- all times, ***

CHECK YOUR DRUG NEEDS WHILE HERE

The TALMAGE STORE
TALMAGE, CALIF.

FELL ANOTHER

A large oak tree located in the front of ward 12 underwent major surgery Wednesday, September 22.

The Utility Tree Surgeons, from Santa Rosa, report: "Operations accomplished; amputation of limbs, complete."

Operation No. 2 involves Skid and his hospital "Big Gang" who will proceed to remove the consequent debris sans "instruments" but by means of brawn and sinew aplenty.

ORDERS ADDRESS CHANGED

A change of address was sent the Pomo News a few days ago by Subscriber Chas. J. Thurmond, San Francisco resident, now at Vallejo.

"You are doing a fine job with
(Cont. Col. 2)

PSYCHOTHERAPY

THE MIND IN THE MAKING

ALCOHOL - A PSYCHIATRIC PROBLEM

(Third of a series)

"...they who are not sick."

So ended last week's humble but sincere attempt to unfold the mysteries surrounding the life of an alcoholic so that "they who are not sick" might sense the mental dilemma, the indescribable suffering of those who are.

So many know nothing of the vicious cycle in which the alcoholic revolves.

That the cycle exists will be borne out in the experience of anyone who has seen case after case of the alcoholic (when sobering up), threaten to kill himself, "turn on the gas", wish that he would die, and the next moment start to drink again in an effort to make life a little more bearable for himself.

As one eminent author says,

"If alcohol simply drowned self-criticism and made it possible for people to live more comfortably with their fellow men it might be one of man's greatest aids and it certainly could be used to help sensitive, shy, self-conscious, insecure people over the rough spots in life.

"Alcohol might be an ideal crutch if it were not poisonous, but unfortunately it is."

So, if we depend on John Barleycorn for a "crutch" we'd be better off to throw that crutch away and "do it the hard way". "Tough it out" is another expression frequently applied to that long road ahead which sans alcohol, may be wearying, dull,

CHANGES ADDRESS (Cont. from Col.1)

the paper, and it is most gratifying to read about the MSH "improvements".

HOW'S YOUR

VOCABULARY ? ? ?

Last week wasn't the first time this department has been "crowded out". Our two words this issue are commonly used and as commonly mispronounced. Remember, ten minutes study a day on a word definitely extrinsic to your present vocabulary will enlarge it immensely:

CON-DEMS' ... Means to forgive (an offense), esp. tacitly, by treating the offender as if the offense had not been committed.

Synonym: excuse

SUC-SINCT' ... Pronounced "suk-sinkt" (short "u" and "i") with accent on last syllable. Means, compressed into a narrow compass; concise; terse. Synonyms: Short, brief, summary, compendious, laconic.

POMO NEWS IS HOSPITAL NEWS! \$2. YEAR.

Busy Hands

Speed Recovery



MSH STOREROOM (Continuation of article run in last week's issue)

The MSH Storeroom is the base of supply for food to appease the appetites of some 2800 hungry patients each day.

Once a week the hospital kitchen is supplied with vast quantities of foodstuffs and from these the chefs plan and prepare their meals for the week.

The Storeroom, also furnishes the MSH Bakery every week the supplies necessary to bake vitamin enriched white and whole wheat bread, pies, cakes and other delicious bakery products.

The amount of food consumed every week is stupendous. For example, 4 tons of meat is digested every 7 days including 4000 pounds of beef, 2000 pounds of pork and 2000 pounds of assorted cuts.

To start the day off right with lots of vim and vitality cereal is a requisite so for breakfast each week patients enjoy 2000 pounds of farina, oatmeal, rolled oats, cracked wheat, corn meal and corn flakes.

Another breakfast "must" is fruit and coffee plus 2500 pounds of sugar.

Coffee is ground fresh daily; 500 pounds of it is brewed every week.

The 2000 pounds of dried fruit prepared weekly by the kitchen includes, peaches, apples, apricots, figs, and raisins. When dried fruit is not available delicious canned fruit is put up in heavy syrup.

MSH is a heavy user of fresh vegetables and the MSH Farm is a dependable provider. Golden corn, summer squash, and swisschard in season are just a few of many varieties that make up the 20,000 pounds of fresh vegetables (Cont. pg.9 col.1)



BUSY HANDS (Cont. fr. pg.8 col.1) consumed every seven days. When this supply cannot be had canned vegetables make up the difference.

A good diet includes eggs and the chicken ranch furnishes 1300 dozen of them for the weekly menu. Some of the 600 pounds of salt is used to sprinkle the "hen fruit" and most of the 1000 pounds of butter consumed is spread atop pieces of MSH bread.

Potatoes are a big food item, 11,000 pounds being cooked along with a weekly supply of 600 pounds of rice and pearl barley.

To prepare macaroni and cheese the chefs' must have cheese so 300 pounds of American Cheddar are used.

Add to this large list of food-stuffs 250 pounds of creamy cottage cheese each week and wash it all down with the 600 gallons of milk supplied patients each day by the MSH dairy, it is easy to see that the Storeroom is a place of "Busy Hands".

--Duke R.

(Cont. next week)

THEY'RE PERFECTLY HARMLESS!

"I suggest that you put in the POMO NEWS a notice to women parolees", suggested Dr. Green a few weeks ago, "that if they are approached and asked questions by POMO NEWS reporters that they should'nt become alarmed and that after all a reporter's job is to get news."

"NEWS' GETTING AROUND

George S., ward 3 sends us authorization for two 6 months subscriptions, one, for his niece, June Sobeld of Jamaica, L.I., New York; another for his aunt, Mrs. George Sobeld who lives at Oceanside, L.I., New York.

"WE'VE A BUTTON HOLE CUTTER"

Sophie R., ward I who works in the MSH Sewing Room writes us that Thursday, September 16, a Singer Sewing Machine Co. employee delivered a new electric button hole cutter and stitching machine to that department. Sophie was appointed instructress of operation.

WARDS I, 8 REPRESENTED ON STAFF OF POMO NEWS

Maria B, ward I, San Francisco born and reared, was added to the staff of the Pomo News Tuesday, September 14. Her assignment to the News is in line with Superintendent William's policy "to arrange for more parole appointments for female patients."

Another to assist with the organ's weekly issuance is James W.P.,-- last week at "15" now on "8"-- who is having a turn at "rewrite" and copy reading. "Pete's" a Cornhusker. "And a good one," he grins.

MSH

Church News

Protestant Church - 2nd and 4th Sundays of each month. MSH auditorium and ward 12. 8:30 a.m. Rev. Lindemann and Rev. Brown.

* * *

Catholic Church - 3rd Sunday of the month in auditorium. 3rd Thursday of the month, ward 12 Father Anderson.

* * *

Lutheran Church - 3rd Wednesday of the month in auditorium. 1:30 m.; ward 12 immediately afterwards. Rev. Russert.

* * *

Jewish - G. Stern of the Jewish Committee on Personal Service in state institutions visits the hospital once every three months.

* * *

Using as text Ps.22 verse 13: They gaped upon me with their mouths, as a raving and a roaring lion," Rev. Willie K. gave his usual Saturday service on ward 12., September 25. His subject was from the same chapter, verse 1: "My God, my God, why hast thou forsaken me?" Next Saturday, October 2, he plans to use as a text Isaiah 9, verse 6.

Patients wishing to subscribe to the Pomo News to be sent to friend or relatives may do so by mailing letter of authorization to the News, signed by you PROVIDED YOU have money on deposit at the hospital. \$1.00 - 6 mos. \$2.00 - a year

SUBSCRIBES FOR "MOM!"

E.W.G., ward 15 sends in authorization for Pomo News to deduct \$1 from his hospital account for a 6 months subscription for his mother Mrs. Lena A. G., Route 2, Stephenville, Texas.

\$1.00 - 6 mo. POMO NEWS \$2.00 a yr.

EDITOR POMO NEWS, Box X, Talmage, Calif.: Enclosed is my check (or money order) in the amount of \$_____ in payment for _____ year months subscription to the POMO NEWS. It is understood that THE NEWS will be mailed to me every week to the address designated below until such time as my subscription expires.

Name _____
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Make all checks payable to the POMO NEWS

POMO NEWS

PUBLISHED EVERY TUESDAY AT THE MENDOCINO STATE HOSPITAL, TALMAGE, CALIFORNIA under the auspices of Dr. David B. Williams, Superintendent.

Supervised by Dr. Gerald Goodstone, Clinical Director.

J.M.S.....Editor

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FIX 'AREA'

Women parolees "ground area" limits as determined by MSH Doctors Ruth L. Green and Paul Bittick Jr., Clinical Director G.L. Goodstone and Charge Attendants, follow: From E. edge of orchard (SE of hospital) to W end women's front yard: N. to road between shops, wards H, I, K and by Adm Bldg. S. boundary is S. orchard. Parolees allowed in orchards owned by MSH; in tunnel but no loitering. Other areas specified by Charge Attendants from time to time are acceptable. Parolees permitted in other areas for work, errands, trips to library for books all times if off duty.

Sundown is ward time.

UKIAH COUPLE WED (Cont. frm. p.7)

Valentini, MSH Shoe Shop Charge, who sees to it that hospital patients are constantly well shod.

The newlyweds are staying at Charlie's home at 214 Clara avenue, Ukiah, temporarily.

TUNNEL ECHOES (C. fr p4)

'twont be long before hospital visitors will find their search for various wards housing their friends and loved ones expedited, facilitated by them ATTD. JOHNNIE JACKSON'S a proud papa, 8 month old Marilyn will exult all over the place when Mom 'n Pop tell her about the time she won 2nd prize at the "personality contest" in Ukiah several weeks ago. And Pop'll heave heap big sigh when he recalls how little she appreciated the 7½ "bucks" tendered "datter" to boot 'NOTHER POSTCARD FROM TRIPLETT yestiddy from Steamboat Sprgs.; Golo. Desert driving "too lonely", pipes ex'ed. "I'm even waving at the coyotes," quips Trip "YES, I READ THE POMO NEWS," remarks Tel. Op. Grace Westley, "not religiously, not word for word but I look through it every Tuesday. I like those "Thumbnail Biographies" best. 'Course, I'm n e w here" WARD MOVIES WERE NOT A DREAM of "Eds" of this 'lil sheet. But if the one left behind was noddin' a bit yesterday he was "woke up" but quick by Supt. D.B. Williams with, "What're you waiting on?"



AIDS LIBRARY

Late contributions of a variety of books donated the new MSH Patient Library through the thoughtfulness of others include 13 editions from George K., ward 9. And E.R. Stilwell, Men's Marking Room supervisor, remembered patients a second time recently when he contributed another stack.

And from Ukiah Sept. 23 drove a benevolent soul in the person of Mrs. L.M. Hildreth whose car seats were piled high with books and mags.

- NEXT FROZEN FOOD LOCKERS -
So. State St., Ukiah, Calif.

JUST ARRIVED
GIANT FLOWERING BULBS
Exhibition Grade
Splendid color assortment
- First Quality -
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