

A PROGRESSIVE

PAPER FOR

PROGRESSIVE

PATIENTS

POMO NEWS

W E E K L Y

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

Vol. 1 No. 47

March 29, 1949

5¢ per copy

Population 2796

NOTED VIOLINIST COMING TO MSH

Appearing on the stage of the Auditorium Thursday afternoon, March 31, will be the noted young violinist, Miss Myra Mosher.

This talented young lady was five times the winner of the California state music contest, violin division. She has been acclaimed by hundreds who have heard her play, as an artist possessing an abundance of talent and personality.

Miss Mosher also makes clever and interesting prefacing comments pertaining to her program.

The curtain will rise promptly at 1:15 and all wards are cordially invited to attend.

WARD I ORGANIZING SOFT BALL TEAM

Beatrice C, the newly appointed manager of the soft ball team now in the process of organization on Ward I, reports that she has several stars in the making.

Last Saturday morning, Beatrice and the girls took over the MSH baseball diamond and had a lively and spirited workout.

Although many had never before tried their hand at the game, the spontaneous response was gratifying and "Bee" was delighted at the splendid turnout and interest shown by the girls.

Beatrice has had previous coaching experience and under her tutelage (Continued on Page 6)

CLAIMS TO BE CHAMP

Fred M, Ward 8, has issued a challenge to all ping-pong enthusiasts of MSH to stage an elimination contest to determine who is best qualified to play him for the local ping-pong championship. (He is a home town champ.)

Fred looks and handles himself like a champion, keeping in fine physical condition at all times by juggling heavily laden pots of food in the Main Kitchen. When not doing these exercises, he may be seen every afternoon "spreading his stuff" at the ping-pong table in the recreation yard in front of Ward 8.

Come out, fellows, and take Fred on -- winner take all.

WHO IS THE MAN?

Sunday was a big day at the MSH ball park. The sun was shining brightly, spirits were high and the diamond, thanks to Fred Figone and his Greenhouse Boys, was in swell condition.

The Talmage Sluggers led by the well-known "Foggy" Ottesen, were out en masse and the crack of ball on bat resounded in the spring air.

But how many of you "Annie Oakley" customers noticed that stalwart young man warming up the Ward 8 pitchers. What class! Just like Bill Dickey himself.

Someone said he works in the Men's Marking Room. Better sign him up fast, Ward 8.

WARD EIGHT HAS NEW RISE AND SHINE ALARM SYSTEM

Leave it to Ward 8 to come up with the newest and most unique innovations. This is the latest.

Along about 4:30 each morning the steam heat is turned on in the many radiators installed throughout the building. Thereupon the alarm is sounded. Anyone not actually having heard the resulting banging, clanging and sundry other sounds emanating from the radiators would have to have a vivid imagination in order to depict such a racket.

It is a perfect alarm clock because you cannot shut it off just by rolling over in bed and pushing the alarm button.

No soap -- that is, not until the steam gets evenly distributed and the radiators get to functioning properly.

By that time one is thoroughly awake and it is time to dress, wash up, make your bed, and be off to breakfast at the PDR.

By the way, it should be said here that the aforementioned boiler factory music would put the famed "Anvil Chorus" to shame. Also the ward caretakers are putting up somewhat of a howl because of the mopping up exercises that they have to perform, due to large puddles of water beneath and about the leaking radiators.

MAIL A POMO NEWS HOME!

UKIAH CONCERT ASSOCIATION MEMBERSHIP AVAILABLE TO MSH.

Ukiah Community Concert Association membership for the 1949 season will be available to some patients of MSH if they wish to join. The membership fee is \$6.00, which entitles the member to attend four concerts during the season. Memberships will be available only until April 2, and none can be obtained after that date.

Any patient interested should notify the charge attendant of his ward. Before membership is obtained approval of hospital authorities must be granted, and money must be available in the patient's personal account.

The concerts are given by artists on tour under the auspices of the Columbia Concert management. Four concerts are given at approximately monthly intervals during the winter.

Any patient holding a season membership, who is released from the hospital, may sell or give his ticket to another patient.

COMMUNITY SINGING ON WARDS MEETS WITH INSTANT APPROVAL

Community singing was taken for the first time in MSH history to the wards Monday, March 21, and proved to be an enjoyable undertaking, both for those who arranged it and for those who participated.

Women's wards A, B and C were visited by Roy N, who led the singing; Paul T, Larry De and Mrs. Dorothy Buchanan. On Ward A there is a piano, which helped greatly. On the other wards the groups sang without piano accompaniment.

There were 74 women patients who actually took part in the singing during the tour made by the leaders.

Mrs. Edith Ray, matron, and some of the attendants joined in the singing. It was found that where the attendants took part, the patients were encouraged to cast aside their inhibitions and to sing.

All those connected with the new project were encouraged with the response on the part of the patients, who asked that community sings be made a regular part of the Hospital's activities.

WATCH THE PEELINGS FLY!

Rumors are running rife in the Main Kitchen as to who will win the nod in the championship vegetable peeling contest to be staged in the near future by Henry B and Fred S, veteran peelers from Ward 8.

Ardent supporters of both stalwarts are "betting their shirts" on the coming grudge match.

Both boys are training hard and

"SKID'S" GANG FILLS HOLES IN STREETS

"Skid" and his gang of men from Ward 15 were busy Wednesday, when the weather cleared, filling holes in MSH streets with pre-mix. The pre-mix is an asphalt-like mixture which can be applied cold.

"Skid" said the heavy rains had done the worst damage to streets in a shorter time than he had ever seen before. Some of the holes were serious enough to cause damage to vehicles. The ground in and around the holes had to be dried with huge blowtorches before the pre-mix was shoveled in.

All roads on the grounds will be resurfaced during the coming summer along with the construction of new buildings.

BERT THE BARBER BACK ON JOB AT WARD 8

All those Ward 8 patients who've been going about with long hair haven't taken up music, or any of the other long-haired arts. They go that way because Bert C, official hair-cutter, up and got sick. He was taken to Ward 9 and his illness was no light matter. He lost a lot of avoirdupois, of which he had considerable, but didn't want to lose it in that way.

Bert's up now and is enjoying a good appetite, and there is much hair-cutting going on in Ward 8. Bert has been at MSH since 1936, and this recent layoff was the only one he's taken since he came here. So, when anybody says "hair's flying" over on 8, they don't mean there's a free-for-all. It's just Bert getting caught up on those long locks.

CONFERENCE TO TAKE UP SMOKING, HANDLING OF MAIL ON WOMEN'S WARDS

The MAP committee meeting, which was postponed from last Thursday, will be held Thursday afternoon of this week with Dr. Goodstone leading. The sessions are held in the Conference Room on Ward 9.

Chief discussion is expected to center around the handling of mail on women's wards, also women's smoking privileges. The conference is attended by doctors and representatives of attendants and patients.

living up to training rules to the letter. They are also doing plenty of road work every morning.

Their respective training camps are reminiscent of Pompton Lakes and Boyles-Thirty Acres. Hope their managers pass out some free "ducats."

NEWS FROM THE WARDS

WARD 9

The following were transferred from Ward 9 to Ward 8 and assigned as indicated: Andrew S, Jack D and Harry L, Kitchen; Jose M, Bakery; Norman S, Dr. Schramm's cottage.

Bert C, who was transferred to Ward 9 for treatment is back on Ward 8. He works on the ward.

RECENT WEEK'S VISITORS

Among patients who received visitors at the Hospital were:

Mary A, husband, Tracy.
 Agnes W, husband, Klamath Falls.
 Dolores B, mother, Gualala.
 Bonnie G, husband, San Francisco.
 Theresa A, son, San Francisco.
 Premelia M, husband, San Francisco.
 Rose L, father, Eureka.
 Lulu H, sister, San Francisco.
 Alameda A, daughter, Upper Lake.
 Pearl S, husband, Ukiah.
 Edith H, husband, San Francisco.
 Mary L, daughter, Berkeley.
 Virginia H, father, Fort Bragg.
 Dolores S, husband, Ukiah.
 Sara Y, niece, San Francisco.
 Janet O, mother, San Francisco.
 Ethel L, husband, San Francisco.
 Elvie M, husband, Fort Bragg.
 Gemma M, son, Eureka, and
 sister-in-law, San Francisco.
 Florence P, son, Sacramento.
 Emma W, brother, Lodi.
 May L, husband, Fort Bragg.
 Thelma V, sister, Ukiah.
 Margaret M, husband, Mendocino.
 Mary H, sister, Hamonton.
 Christina J, daughter, Calpella.
 Elizabeth M, son, Willits.
 Helen D, brother, Oakland.
 Iola McD, husband, Eureka.
 Rose W, cousin, Oakland.
 Myrtle M, friend, Hollywood.
 Lillian M, friend, San Francisco.
 Laura H, mother, Fortuna.
 Emma S, son, Willits.
 Sallie T, daughter, Guerneville.
 Clementina F, daughter, Yuba City.
 Iola McD, mother-in-law, Oakland
 Rena J, husband, Navarro.

DONATIONS TO LIBRARY

Donations received at MSH Patients Library for the week ending March 22, 1949 include:

Mrs. Marcus Schramm, 11 magazines; anonymous donor, 1 box magazines, 4 novels; Lola J, Ward F, 2 novels, 9 Pocket Books; anonymous donor, 34 magazines; anonymous donor, 7 novels; Dennis C, Ward 8, 8 magazines; Mrs. Steele, Dept. of Mental Hygiene, Sacramento, 1 novel, 1 Pocket Book, 173 magazines; T.A.

GAY COLORED SMOCKS BRIGHTEN UP WARD I

In keeping with Mother Nature's shift into gay spring apparel--out-of-doors--women patients in Ward I last week donned equally as colorful and varied attire in the form of spring smocks.

Maisie C, of that ward's living room, handed out a few dozen of the many-colored garments Tuesday, March 22, and what a change it made on the ward! The bright colors not only altered the actual appearance of the whole place, but acted as a morale-uplift as well. So, male patients, who aren't versed in women's wear, would do well to look carefully before they stroll over to what appears to be a garden of spring flowers--intent on gathering a bouquet. It may be a bunch of Ward I girls out sunning.

SMALL FLOWERS BEING PLANTED NEAR WARDS

For the first time, pansies and similar small flowers are being set out around buildings and in other suitable places about the grounds. P. Carmichael, gardener, has a crew of 11 men patients doing the work.

Heretofore, Carmichael pointed out, patients, visitors and employees who wanted to see and pluck flowers had to go to the area around the greenhouse. The growing flowers are now being taken to the patients. Mr. Carmichael expressed the hope that attendants and patients would see that the flowers about their buildings are given some care.

The work was planned for last December, but cold and rain have delayed it until now.

CHANGE ON WARD 10

The east dormitory in Ward 10 is now used for insulin therapy. The capacity of each room in the state institutions is fixed at Sacramento, but in the east dormitory now only 15 beds are being used instead of the total of 26 which occupied the room before the insulin treatment was moved to the ward.

Nurses and patients are pleased with the improved facilities.

Orcutt, MSH employee, 4 novels, 35 magazines.



BUGABOOS ARE GONE

Luther B, Ward 10:

In your letter, which we reproduce below, we are omitting the name of the former patient for obvious reasons:

"Did you ever hear the story of the N _____ crusade?"

"N _____, attorney-at-law, after a separation from his wife, and after many drinking sprees, committed by a brother and sister to a State Hospital for a year or less.

"At the Hospital was quickly angered by the ugly coarseness and semi-slavery of sickness. Violently he asked, 'Where was the Constitution? the Declaration? the Bill of Rights?' The Hospital seemed a jail, a place of torments and dungeons. Calmed down, N _____ was all for changes, relief from coarseness, paroles easily given, visitors' suggestions welcomed, improvements everywhere.

"Doctors called and talked. They had only limited authority. Relatives of patients weren't greatly interested by crusades for reform. But N _____ argued, pleaded. And the doctors eventually agreed, somewhat suspiciously, to try a few of the suggestions.

"Days, weeks, months passed. Perhaps the Hospital was bettered by the changes. But letters to N _____ from brother and sister were cool. Reform of the man was wanted, rather than of the hospital.

"Such letters were almost ignored. And N _____, talking of needed improvements, was paroled from the Hospital. At home, things were changed. Brother and Sister spoke: 'Quit talking about the Hospital and reforms, or back you go.'

"Baffled, N _____ at length agreed to forego the needed crusade.

"Thank Goodness, Doctor Williams is Superintendent and without bugaboos such as 'Or back you go!'"

WAR AND JUNGLE PICTURES

Another request for war and jungle pictures:

"Why not let us have a war picture or two in the near future; also at least two all jungle pictures, such as 'Fangs of the Jungle', etc. One or two short, extra films of varied breeds of horses to go along with the above mentioned; much longer pictures would

also make the whole screen flashing affair still more interesting. Such films would be welcomed by all. Let's have them, please and quickly.

"Would appreciate some new sacks and a mop wringer for Ward 3; also some more steam heat and hot water.

"Easter songs' practice progressing. "From O.I.D, Ward 3."

THE FIRST BALL GAME

Lawrence S, Ward 2, writes again inquiring when the first ball game is to be played, and the name of the opposing team.

We hope to have this information before we go to press, Lawrence, in which event you will find it elsewhere in this paper. --Ed.

LIKES THE DANCES

"Dear Editor:

"Here are the stamps I told you folks I would save for you, and I shall keep more whenever I find them.

"Thursday night is the big St. Patrick Dance and I expect to go and enjoy myself as I always do and hope there will be more dances in the near future.

"Here is a joke for you to print in 'Pomo News':"

(Your joke, Helen, is the first one in this edition's joke column) --Ed.

REMEMBERS BIRTHDAY

Claude H, Stockton, Calif., who formerly worked on The Pomo News and also as assistant in the MCH Patients Library, remembered that the newspaper will have its first birthday anniversary next month. He writes on regular birthday-greeting stationery:

"Dear Friends:

"Having read The Pomo News from the first issue, and fully realizing all the wonderful work it has helped accomplish. I wish to extend my heartfelt congratulations."

FORMER PATIENT OFFERS AID

In a letter to The Pomo News, giving a change of address, a former patient writes as follows:

"No 'Pomo' again this week, and I find it leaves a vacant space when it does not come. I will be up here for five or six months yet so don't want to lose out on any of the 'doings' up there.

"Enjoy Pomo. Enjoy reading of the many things done to improve conditions for the patients. I can put myself in your places, and know what it means.

"If sometime you need a little extra 'do-re mi' for something in particular; please call on me for a donation. I can't do much, but what I can do, will be done with from my heart.

"You, patients. (Continued on page 8)



SIX-TEAM SOFTBALL LEAGUE INDICATED WITH POSSIBLY MORE

An inter-ward softball league of at least six men's teams seems assured at MSH. Paul T and his assistants have made a survey and found much enthusiasm for a regular schedule of games. Some of the proposed teams may have slight difficulties in arranging hours of practice, but it is believed this problem will be solved.

Indications are that Wards 1 and 2 will be able to organize a team of players from the two wards. On Ward 3 there seems to be enough players to assure a nine.

There probably will be two teams from Ward 8, one of them already having been about lined up. Ward 15 has ample material, and if practice hours can be arranged the ward should put out a good outfit.

The league will not be limited to six teams, if more are organized, it was made plain. "We'd like to have 10 or a dozen," Paul said.

DIAMOND IN GOOD CONDITION

The MSH baseball diamond has been put into excellent condition by Fred Figone and his crew. The infield has been improved by the lifting of 18 inches of turf from the edges of the grass-covered area. The inner edge of the infield has been lowered to the level of the base paths. The outside of the infield--the inner edge of the outfield--has had its turf lifted and the turf lowered also, to the level of the paths. The pitcher's mound has been rebuilt and contoured.

The crew has installed a sliding pit on the left-field foul line. The crew complained that Joe

EMPLOYEE ACTIVITIES

MILLERS ARE FORDING

L.E. Miller, head supervisor, and Mrs. Miller, in charge of hydrotherapy, are making an auto trip in Southern California. They said when they left that they intended merely to "follow their noses" and go wherever the notion struck them. However, it has just leaked out that they bought a new Ford before they left. It can't be learned whether the trip induced the purchase of the car, or having the car they decided to go touring.

The trip is expected to last three weeks, and will include Los Angeles.

VALENTINI ENTERTAINS GUESTS

Charles Valentini, in charge of the Shoe Shop, entertained his cousin, George Fiari, and Mrs. Fiari of Tacoma, Wash., in his home at Ukiah last week. While his guests were here Mr. Valentini took time off from his duties. The visit was the first the Fiaris had made to Ukiah since 1909.

MRS. COMEFORD TO MISSOURI

Mrs. Sylvia Comerford, attendant on Ward M, is leaving soon on an extended vacation to Missouri. She is driving back leisurely and will visit her mother.

MRS. STEELE HERE

Mrs. Katherine Steele, director of nursing for the State Department of Mental Hygiene, visited MSH last week.

Addor wasn't sawing enough boards over in the Carpenter Shop to produce sawdust fast enough for filling the pit. However, there is enough in the pit now, six inches of it. The pit is 10 feet long and five feet wide.

If you have a suggestion, send it to The Pomo News Mail Bag.

ANDY STAHL'S
FINE
LIQUORS

PHONE:

1138-J

RED ROBI
NURSERY

PLAN WITH US NOW FOR YOUR
FLOWER AND VEGETABLE GARDENS.

565-W

262

PHONES:

1036-W

Mendocino Alcoholic Program — — (MAP)

IN THE CONFERENCE ROOM, WARD 9:

- 2:pm Wednesday (and Monday) Group psychotherapy with Dr. Goodstone.
- 3:pm Thursday Social Group meeting with Gordon Mc Whirter, MAP social worker. This group is particularly for new patients and for those about to leave but others are welcome when chairs are available. New patients are asked to attend this group as soon as possible after entering; those leaving should attend the Thursday before going out.
- 2:pm Friday Social therapy Group Free discussion & expression. "What can be changed?"
- 2:pm Monday (and Wednesday) Group psychotherapy.

IN THE AUDITORIUM

- 6:pm Sunday Alcoholics Anonymous, Pomo Chapter.

IN THE SERVICE OFFICE, MAIN BLDG.

- 1:30 pm Monday through Thursday; see the receptionist, Mrs. Sharon Lopus, for information, for help with arrangements and for appointment with the social worker.
- Friday morning, private interviews with MAP social worker.

WOMEN'S SOFT BALL TEAM

(Continued from Page 1)
lage, Ward I should be able to field a stalwart team.

The only drawback she has discovered to date is that the soft balls are not soft. Casualties in broken fingernails run high. "Bee" has put in a request to Dorothy Buchanan, MSH recreational supervisor, for indoor balls in order to help keep her girls' hands as beautiful as they were.

Practice time has been arranged and, under such capable guidance, Ward I will be in there pitching.

MSH ADMISSIONS 48; RELEASES 54



EMPIRE
OFFICE
SUPPLIES

OFFICE
MACHINES

SALES AND SERVICE

Call Ukiah 144

SPIRITS OF LITERARY
CROWD ARE DAMPENED;
AUTHORS ALL STAY DRY

Literary inclinations of MSH patients were quite dampened recently.

The rains came and the MSH Library was flooded. Shakespeare, the bard of Avon, who was born beside a river, went afloat and mingled--a-swimming--with Dickens, Hugo and Thackeray, also with such newcomers as Steinbeck and Costain. It was quite a democratic dousing, but Joyce M, librarian, who doesn't seem to be aquatic, frowned upon the entire hi-jinks.

Joyce hoisted a distress signal: however, the signal wasn't necessary, for Herbert B, who was caught aboard the sea-going library when the storm struck, manned the pumps (the pumps in this instance was a big water bucket). Together he and Joyce got out the bilge-water, 10 pailfuls in all. Jupiter Pluvius gave them a refill that night, and they had to do it all over.

The Library is in the basement of Ward M. When there's a heavy rain the steps leading down to it become a cataract. With all the battleships being put in moth balls by the navy, maybe a set of water-tight doors could be purchased cheap. Joyce probably would welcome a set.

(Actually, Joyce declares, not a book was wet, but her feet were. Asked how she kept the books dry, she said, "Don't be funny; books in our library aren't dry." Asked if the authors aren't all wet, she looked disgusted and kept silent.)

Mrs. Bessey Scott, charge attendant on Ward M, looked out a window during the rain and asked, "Where are the gondolas? Aren't we in Venice?"

ATTENTION!

PATIENTS' BI-MONTHLY DANCE
FRIDAY, APRIL 1, 6:30 TO
8:30 P.M.

TALMAGE
STORE

YOUR NEEDS
--ARE OUR CONCERN

YOU BUY RIGHT
WHEN YOU BUY HERE

Phone: 246-J

TOWARD BETTER MENTAL HEALTH

REVENUE FROM ART ROOM HELPS BUILD AMUSEMENT FUND

A delightful forenoon was spent by your Pomo News reporter last Friday in the Art Room and Sewing Room of MSH. Our predilection for "fancy work" led us first to the Art Room, where Mrs. Charlotte Rogers, head of the department, introduced us to the patients, the beauty and skill of whose work is truly amazing.

We first met Sadie H, whose fine Italian cut-work embroidery is the envy of all who see it. She has been at MSH for nearly 20 years and her work has been exhibited at numerous state and county fairs.

Gerdie R has just about completed the braiding of a rug which is exceptionally attractive. Selma P makes the beautiful loom rugs that are used in our institution cottages and wards.

Dorothy M, Alice H, Nellie G and Eva D have a special talent in the making of infant's wear, as well as being capable in many other branches of needlework; exquisite tatting by Edna F, and dainty rolled edges by Agnes F are used for the sheerest linen handkerchiefs. Crochet work in many intricate varieties comes from the fingers of Mary R and Dorothy H. Mexican drawnwork is the specialty of Carmen P.

The meticulous monogramming and cut work of Leah J are worthy of special mention, as are the handsome crib spread and baby garments produced by Inez C.

Condensing of rags for the making of rugs is a very important task of the Art Room. This is done by Anna M, Julia S and Margaret S. Banquet cloths are also made here.

All designs used in the Art Room are the creation of Mrs. Rogers, and the articles are sold to people all over the United States and Hawaii for bridge parties, showers and other gifts for all occasions. The proceeds go into the Amusement Fund for the patients of MSH. Over \$2,000 was derived from this source last year.

The work room itself is spacious, light and pleasant. The equipment is modern in every respect. Orders are received far in advance of the making.

"There is never a slack season here", said Mrs. Rogers. "We have four years' work ahead of us on cut work alone, and at least one year's supply of braided rugs.

"We endeavor to keep the atmosphere as homelike as possible. The

† CHURCH SERVICES

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 p.m. Ward 12 immediately afterwards Reverend Russert.

* * * * *

Protestant Church - 2nd and 4th Sundays of each month, MSH Auditorium and Ward 12, 8:30 a.m. Reverend Linderman and Reverend Brown.

* * * * *

Jewish - C. Stern of the Jewish Committee on Personal Service in State Institutions visits the Hospital once every three months.

* * * * *

Christian Science Church

"Thou has dealt well with thy servant, O Lord, according unto thy work.... Through thy precepts I get understanding: therefore I hate every false way" (Psalm: 119: 65, 104).

This is the subject of the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, April 3.

The subject is "Unreality".

WARD 8's ----ATTENTION

The Manager of Ward 8's up-and-coming softball team is sending out an SOS for more recruits. What with these fine spring sunny afternoons and a swell baseball diamond, all you big league aspirants should be out there warming up - pitching, batting and fielding.

Get out there, fellows, and warm up that old soupbone!

girls are happy and contented. If they like, they can make themselves a cup of coffee or tea, just as they would in their own home. We have little parties here every Friday afternoon, after the week's work is finished."

(Editor's note: Due to unforeseen circumstances, we are unable to present activities of the Sewing Room in this issue.)

= 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.

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Duke R.....Editor
Myrl G.....Associate Editor

THIS WEEK

WEDNESDAY:

Dr. Goodstone's Round Table Discussion at 2 p.m. in Ward 9 Conference Room.

Mr. Sam Ray -- Veterans Social Office. Make appointments at Supervisor's Office.

Orchestra practice - 9:30 a.m. to 11 a.m. in Auditorium.

THURSDAY:

Social Therapy Group Discussions in Ward 9 Conference Room, new patients, 1 p.m. Patients leaving Hospital, 3 p.m.

Orchestra Practice 9:30 a.m. to 11 a.m. in Auditorium.

FRIDAY:

At 2:00 p.m. Social Therapy Group Discussion Meeting for Narcotics and Alcoholics in Ward 9 Conference Room.

If you have a problem, make an appointment to see the Social Worker Mr. McWhirter, Friday morning. You may make these appointments by calling at the Social Service Office in the Main Building, Monday through Thursday between 1:00 and 1:30 p.m.

Cromer G. Nelson, S.C., Christian Science Worker.

Patients' Dance, MSH Auditorium, 6:30 to 8:30 p.m.

SATURDAY:

Movie: April 9, "Dream Girl"

SUNDAY:

Church Services (See Page 7)

MONDAY:

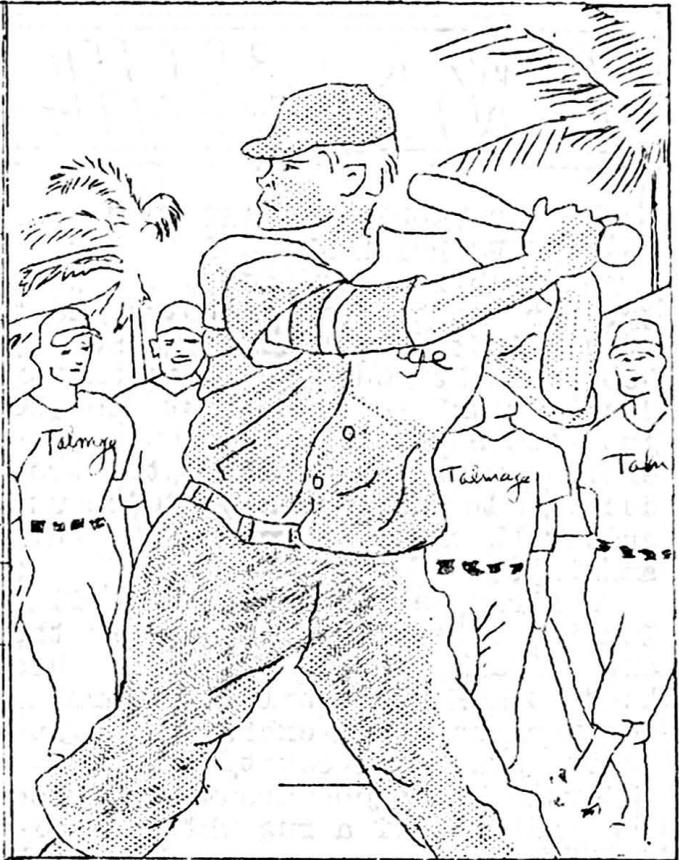
Dr. Goodstone's Round Table Discussion at 2 p.m. in Ward 9 Conference Room.

Orchestra practice 9:30 a.m. to 11 a.m. in Auditorium.

TUESDAY:

Dr. Prasser's Group Therapy, Ward 9 Conference Room, 2 p.m.

Orchestra practice, 9:30 a.m. to 11 a.m. in Auditorium.



SLUGGERS TO FIELD FIRST DIVISION TEAM

The Talmage Sluggers had 15 men in uniform at last Sunday's practice. Manager "Foggy" Otteson declined to predict definitely who will be in the line-up for the coming season, but he did, however, say he would use three pitchers.

Among the last year's players who are likely to play are: Maroney, c; Lavaletta, 1b; Johnny Myers, 2b; (with Ukiah last year); Mosna, 3b; Wada, ss; Harding, D. Myers (with Ukiah last year), Manager "Foggy" and Guidi, outfielders. "Foggy" has five pitchers on his string. From last year he has Severi, his ace, a left-hander; Baird, another left-hander, and Bosta. He has two new pitchers, Murdock and Sonolia.

Those new uniforms have arrived. The dance which was held in the MSH Auditorium Saturday, March 18, brought in between \$400 and \$450, for the Sluggers, including donations. Foggy and Bobby Guidi did a great ticket-selling job, as the figures show.

The Sluggers will play the Pomo Athletic Club team Saturday afternoon, April 16, and Mendocino, of the County League Sunday, April 17.

FORMER PATIENT OFFERS AID

(Continued from Page 4)

are doing a wonderful job, and I hope now that the gates open out as well as in; you will soon be out in circulation. My best regards.

"Florence C. F."

Get your copy of THE POMO NEWS.