

A PROGRESSIVE PAPER FOR MSH PATIENTS

Pomo News

← W E E K L Y →

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

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MSH COW SEEKS NEW RECORD

Mendocino Mollie Late, prime butter-fat cow of the MSH dairy herd, has had her test papers forwarded to Battleboro, Vermont, for official recognition by the Holstein-Friesian Association of America. The Association, in conjunction with the University of California, supervises the recording of these tests.

Mendocino Mollie, a Holstein-Friesian 10 year old cow went on the testing line August 11, 1948. For the past year she has been milked three times a day and at each milking the rigid Association regulations were meticulously followed. Henry Fanslow, Head of the Dairy, withheld all facts and figures pertaining to the test pending official recognition, which he expects to receive within the coming week. Hank sincerely hopes that Mendocino Mollie Late will be the next World's Champion Butter-fat Queen, but he is keeping his fingers crossed.

HAS NEW POST

News received here by friends of Freeman Alexander, former MSH Attendant on Ward 12, discloses that he has been employed as a Correction Officer at Folsom Prison since the early part of July. Mr. Alexander was among the 15 highest of a group of 350 who took the State examination for this position. Since his arrival at Folsom, he reports that he has been on night duty, and has come to the realization that he never knew the nights could be so long. He nevertheless states that he enjoys his new job a great deal.

WEEK'S ADMISSIONS, RELEASES
Admitted: 19 Released: 29

BLESSED EVENT FOR THE RYANS

The stork delivered Patrick John Ryan Jr, a 6 lb. 6½ oz. baby boy, to Mrs. Dora Nell Ryan, MSH Attendant, at Eureka Thursday, August the 11th. On the way to the hospital, to welcome his new son and heir, Patrick Sr., also a MSH Attendant, was the victim of an automobile accident in which his leg was broken in three places. The mother and baby are both doing fine. No report on Pat Sr.

SUNDAY PARADE IN UKIAH

MSH will be represented in the annual Fair Parade to be held in Ukiah on Sunday, August 21st. Two floats are being prepared under the direction of Dorothy Buchanan. One will carry the MSH orchestra and the other will feature members of the "Westward Ho!" cast dressed in their gala Indian costumes. They will also carry signs announcing the dates for the new show which will be staged September the 3th and 9th. Any group or individual could enter a horse or float or novelty in the parade according to the tradition of this annual event. Prizes will be given to some classes and cash awards to others.

FIREMEN STAND BY

The MSH Fire Department was alerted Sunday, August 14, by the Ukiah Fire Department for one hour and twenty minutes. The Ukiah Department had two fire trucks out of town, one on a grain field fire and the other on a structural fire. The fires had no relation to one another as they were nearly a mile apart. In such emergencies the MSH Department is always notified and is subject to call. This assures the community maximum fire protection at all times.

NEWS FROM THE WARDS

WARD 9

Received at Ward 9 for the conditioned reflex treatment this week were: Ham R, Albert O, Peter S, Samuel B and John K.

New arrivals and transfers from Ward 9 to Ward 8 during the period of Aug. 9th to 15th included Frank D, John W, Manuel L, Bruce F, James O, Paul K, Harold W, John P, Chas L, Rudolph J, Troy T, Alfred V, Romando F and Barnum N.

Transferred from 9 to 4 - Vernon W and Prudencio S went to Ward 7.

WARD 8

Activities and work assignments: Clifton D to Dr. Green's Cottage, Bruce F to Laundry Truck, Emil E and Cecil G to the PDR, Pitcharott R convalescing, James O to Division of Architecture Office, Chas. L and Rudolph J to the Kitchen.

Ward 8 patients will be glad to hear of the arrival of Newton B who will take over as their new barber, giving some relief to our over pleasant Attendant Gus Lawrence.

SUNDAY VISITORS

Joe A of Ward 8 was visited Sunday evening by his wife, son and daughter of San Francisco.

After a pleasant visit and tour of the MSH grounds they expressed a keen desire to take some of our beautiful weather back to the city with them.

NEW REPAIR MAN

Al L has recently been assigned, as repair man on all types of office equipment including typewriters, calculators and adding machines.

Al is an experienced hand at this line of work as he has a business of this type on the outside. He may be contacted through the Electric Shop where he has set up a repair department.

CORRECTION NOTED

Editors Note:

Last weeks issue carried a Mail Bag letter from John W, stating that there is no sales tax on cigarettes in California.

This was an error on his part. Most retail dealers do not charge this tax on cash sales but absorb it themselves.

(Womens' Ward News on Page 4)

WAYFARERS UPSET BY WARDS 1-2-3

Sunday morning the unbelievable happened. Wards 1, 2, 3 softball team climbed all over the Wayfarers from Ward 8 to the tune of 19 to 7. This was their first win of the current season in league play.

In the absence of the Wayfarers' two regular pitchers, Jack D elected to do the chucking. His control was alright as he issued no free passes. The old "throw and duck" delivery seemed to be his favorite as Wards 1-2-3 blasted out 25 safeties, one of these being a homer by Claude H.

Chas. J from Wards 1-2-3 pitched nine-hit ball and received credit for the victory. Danny C of the Wayfarers, connected with one of Charlie's offerings for a home-run in the first inning.

Ed O'D of Ward 8, while attempting to field a fly ball, twisted his right knee and was forced to retire from the game.

Fourteen ladies from the Womens' Wards attended the game accompanied by Recreational Director, Dorothy Buchanan. It is believed that they could have fielded a team which would have given Wards 1-2-3 more competition than was offered by Ward 8.

The girls do their share of noise making which increases the interest in this enjoyable Sunday morning entertainment.

ON SICK LIST

Jack M, the likeable ADR "dishup" man has been confined to Ward 9 with a congested lung since Wednesday, August 10th.

Jack is a World War II veteran and spent 50 months in the Submarine Service, serving a part of his time under the Command of Chester Nimitz Jr. His many experiences are related with a great deal of modesty, which so often seems to prevail among our most active members of the service.

Jack was discharged from the Navy following VJ Day as Mail Clerk, 1st Class.

His many friends hope for his speedy recovery and return to rank and file of Ward 8.

Miss Blue--"I think the most wonderful thing in the world is marrying the man you want."

Mrs. Black--"You're wrong. The most wonderful thing is marrying the man the other girls want."

CONSTRUCTION AT M S H

For the information of our many readers and new patients we have prepared a (Partial) Plot Plan to scale - 1" = 200' showing the location of Existing Buildings, New Construction under contract to Moore and Roberts Inc., and Proposed New Construction.

The balance of this plan will be shown in our next issue of the Pomo News.

The four New projects involved include the Kitchen, Commissary and Bakery (all 1-unit), the Chronic Ward for Males, the Female Convalescent Ward and the Female Disturbed Ward.

Mr. Mello, General Superintendent for Moore and Roberts, reports Rough Construction as being 23% complete.

It is his opinion that they will

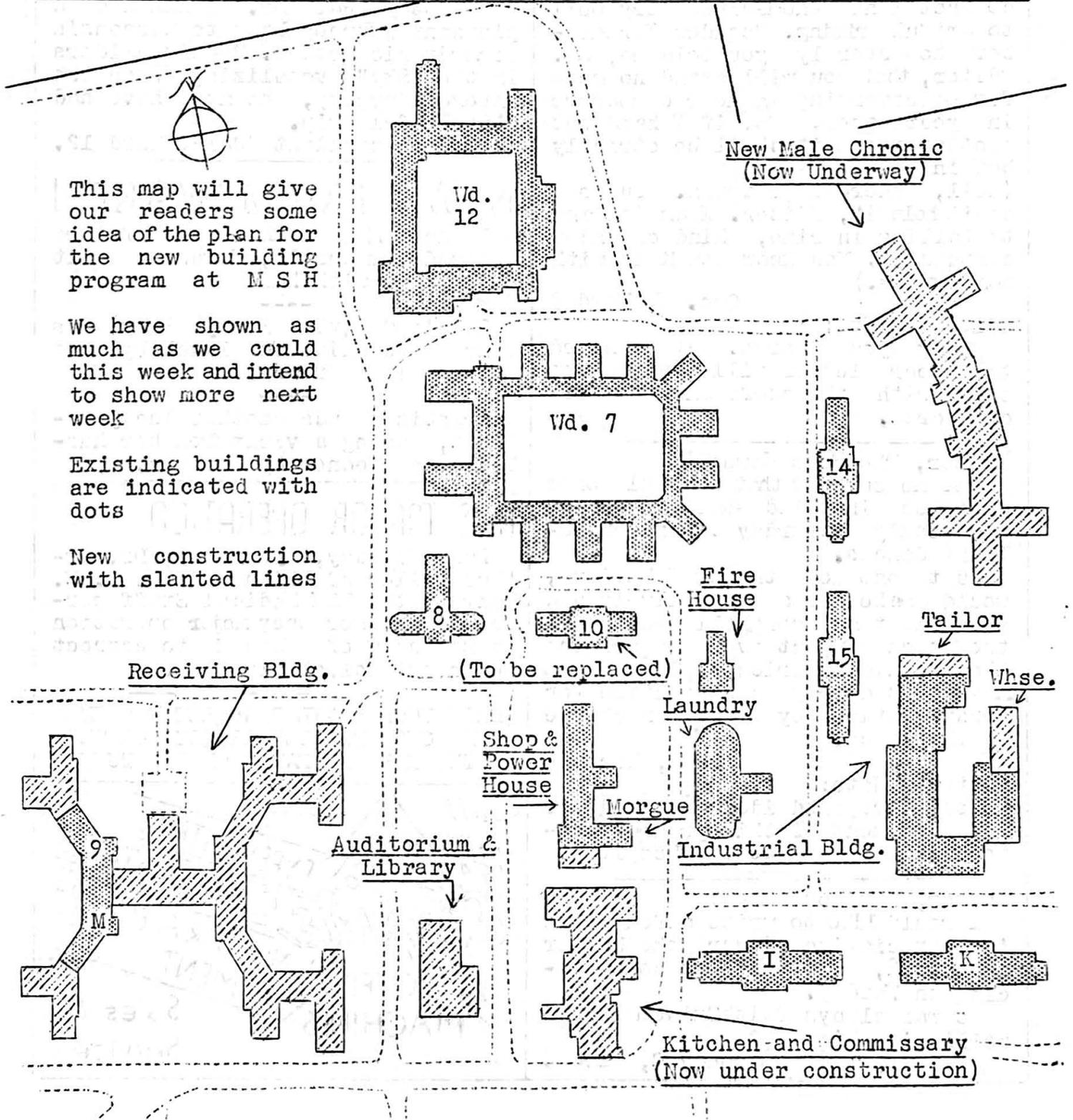
be well out of the mud and muck by the start of the wet weather.

Every effort is being made to rush the form work fast enough to assure plenty of work for the reinforcing Iron and Concrete Crews.

Few realize the amount of time and patience that is required of the Supervisors on a project of this size. The close coordination and harmony of the various crafts determine the difference between a well run, profitable job and a so called "sour job".

Some \$2,000,000 of the State of California 'Tax Payers' money is being spent on these grounds at the present time, under the watchful eye of the Division of Architecture.

(Continued on Page 6)





Editor, The Pomo News:

This time it is with embarrassment that I am asking for space. It seems that I bestowed my lyric praise last week on the wrong recipient. I was misinformed on the true facts of merit in the case. Praise was due Jack Goddard for intelligent planning of the menu and Herman Nickett for its skillful preparation. It proved them both masters of their profession. I feel like plucking another doggerel for them on my lyre. But their names do not lend themselves very well to artful riming. Besides I remember how sternly you told me, Mr. Editor, that you will stand no more for me covorting in metric measure in your paper. So, if I hand out another rose it shall be strictly but in prose.

(Well, there I go again. Guess I can't help it, Editor. I am falling to talking in rime, kind of under compulsion. You know how it is with some of us.)

Geo. K, Ward 9

Editor's Note:

Thank you George. It is hoped that your letter will square both of us with the chefs and the kitchen crew.

Editor, The Pomo News:

Let me suggest that a Paul Jones dance be inserted sometime during our weekly Saturday afternoon patient dances.

Just one of these, I believe, would make for a very lively and sociable time among all present at the dance if put over by someone who has had experience.

This is merely a suggestion for consideration by those in charge of the dance.

Ed B, Ward 14

Editor's Note:

Your proposed idea would add to the enjoyment of this popular entertainment here at the Hospital.

Editor, The Pomo News:

I would like to write a few lines in appreciation of Burt the barber of Ward 8, who has been convalescing on Ward 9.

He was always faithful and I know we'll miss him.

Woody C, Ward 8

Editor, The Pomo News:

Caption for this week's headline should be "William C pitches 16-0 shut-out for Highgraders".

We have been having a large share of games lately. Recently we had a shakeup between both teams; since then we have been having very close games. But as usual the Highgraders continue to come out on top. I haven't the lowdown about the athletic quota on the financial status for Ward 12 but the rumor is that Mr. Rod Yagle is going to purchase some new equipment for our recreation program. You can readily see that we sure could use it.

Norma Humphrey--when you are going to take a day off you let us know. When you didn't show up we thought we had lost you. Attendants were depressed and patients were about ready for more psychiatric treatments. Thanks for showing up you had us worried for awhile. (By the way, how was fishing that day)

We hope that Dr. Lochen had a pleasant journey back to Wisconsin to visit his mother. By his "Riders in the Sky" vocalizing when he entered Surgery, he must have had a wonderful trip.

Correspondent "Cal", Ward 12.

NEWS FROM WARD I

Frances M's mother and father arrived from Austin, Texas to visit a few days with her.

Bonnie G (the lucky lady) was taken into Ukiah for lunch by her husband last Friday.

Francis K was another lucky patient, having a visit from her husband last Wednesday morning.

HAS MAJOR OPERATION

Last Tuesday, August 9, Dr. Arthur Miller of Ukiah and Dr. H. V. Bair of the MSH Medical Staff performed an emergency major operation on Bertha T of Ward K to correct an intestinal obstruction.

DROP YOUR "MAIL BAG" LETTERS IN THE POMO NEWS DEPOSITORY LOCATED AT THE EAST ENTRANCE OF THE TUNNEL

Call
UKIAH
144

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EMPLOYEE ACTIVITIES

TAKING VACATIONS

Attendants newly listed this week as taking time off for vacations from their Ward duties are the following: Angie Griffin, Lee Mosley, George Binkley, C. L. Erwin, W. E. Blair, Henry Lee, Charles Haynes, Clarence Nance, and Vern Jackson; Emma Lee, Evelyn Merithew, Mabel Martin, Gertrude Nance, Edith Blair, Bertha Schritchfield, and Ollie Shipley.

ATTENDANTS ON SICK LEAVE

We note that the following attendants are absent from the hospital this week on Sick Leave:

Wm Schmidt, W. H. Smith, Charles Bradford; Marie McSparin, Belle Cleveland, Catherine Robertson, Mable Jackson, Gladys Birdsey, Jennie Parducci and Belle Rideout.

ON LEAVE OF ABSENCE

Attendants noted this week as being on leave of absence were Patrick Ryan, William Nehring, Mable Russell, Howard McCandless, and Bunt Cohn, Jean Burnham, Marilyn Barton and Dora Ryan.

IMPROVING RANCH

Reed Low, MSH Chief Electrician, is on a three weeks vacation. He plans to spend his time between improving his recently purchased ranch near Ukiah and doing a bit of deer hunting; the latter being done mainly from his fine horse.

NEW MSH RESIDENT

Robert Tracy, with his wife and daughter, moved from their Ukiah residence last Sunday into the apartment in the Administration Building located near the Storeroom.

Mr. Tracy is employed as a fireman at the MSH Boiler Room.

VACATIONS AT CAPITOL

Fred Figone, the Greenhouse Supervisor, is taking a weeks vacation in Sacramento.

Fred, an ardent baseball fan planned on seeing the double header Sunday between Sacramento and Los Angeles. He takes a particular interest in the Solons as Dolph Camilli, Billy Ramondi and Joe Marty are members of this team and are his personal friends.

WRITE TO THE MAIL BAG - DO IT NOW!

THIS WEEK



SATURDAY:

Movie: "Beyond Glory" (Paramount)
(Alan Ladd and Donna Reed)
Short Subject & News Reel
Wards: G-H-I-K (Women)
5-7-8-14-15-16 (Men) 9 am.
Patients Dance: 1:30 - 4 pm.
Baseball: Talmage Sluggers vs.
Holly Packers 2 pm.

SUNDAY:

(See Page 8)

Church Services
A. A. Meeting 6:30 p.m. in Auditorium.
Inter-ward Softball: 9:30 am.
Baseball: Talmage Sluggers vs.
Holly Packers 1:30 pm.

MONDAY:

Group Therapy Round Table Discussion at 1:30 pm in Ward 9 Conference Room.

TUESDAY:

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

WEDNESDAY:

Group Therapy Round Table Discussion at 1:30 pm in Ward 9 Conference Room.

Sam Ray Jr., Veterans' County Service Officer. Appointments made at the Supervisor's Office.

Pomo A. A. Group Meeting at 6:30 pm in Auditorium.

THURSDAY:

Orientation Meeting for all new Alcoholic Patients, 3 pm.

FRIDAY:

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

Movie: "Two Guys from Texas"

"A Boy and His Dog"

"Growing Pains"

Wards: A-B-C-D-E-F-M (Women)

1-2-3-4-10 (Men) 1 pm.

The "Westward Ho!" Cast and members of the Glee Club will be notified of time and dates for rehearsals by Recreational Director Dorothy Buchanan.

THE TRADING CENTER



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—MENDOCINO— ALCOHOLIC PROGRAM

It is suggested that all alcoholics who wish to do so "join the program". The meetings listed below are open to all alcoholics and any person wishing to attend these meetings will be relieved from any work assignment for this purpose.

IN THE CONFERENCE ROOM, WARD 9

1:30 pm Monday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.

1:30 pm Wednesday, Group Therapy Meeting for more intensive discussion of problems of personal and emotional adjustment.

3 pm Thursday, Orientation Meeting for Alcoholic Patients. Purpose of this meeting is to introduce the M.A.P. to new Alcoholic Patients and to inform them of the true facts in order that they may take full advantage of the program.

Individual interviews by appointment can be had with Herschel Mason, Social Worker, Tuesday and Thursday afternoons.

Gordon McWhirter, Social Worker, has offices in San Francisco at 507 Polk St., Room 200, telephone Graystone 4-0766. He requests that out-patients in San Francisco contact him. He is available in the city on Monday through Friday. For appointments call before 10:30 am.

IN THE MSH AUDITORIUM

6:30 pm Sunday and Wednesday, Alcoholics Anonymous Meetings.

WED IN UKIAH

A romance which bloomed at MSH became a reality when Charles B and Margaret A were united in marriage on Thursday, August 11th.

The ceremony was performed by Judge Wycoff in his Ukiah chambers.

Those present at the wedding from MSH were Mr. and Mrs. Lou Trimeloni, Mr. and Mrs. Jack Lavell, Mrs. Theresa Sipkins and Miss Patilu Farquharson.

While at the Hospital Charlie worked at the Technician's Laboratory and Margy was assigned to Ward 11.

The happy couple are living in Ukiah.

POMO NEWS—THE EYES AND EARS OF MSH

CONSTRUCTION

(Continued from Page 3)

The general contract started as of April 13th, 1948 with a completion time of 400 working days which carries the job well into the last months of 1950.

The master construction schedule which is prepared at the start of the job shows when and where various crafts should be at any given date and allows one to compare the field figures against the Engineer's estimate.

State work attracts many bidders and to assure himself of reliable sub-contractors the general contractor, as a rule requires that each of them be covered by a surety or completion bond.

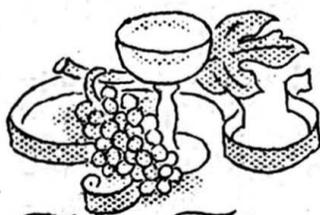
The Kitchen has progressed to a point where all footings and piers have been poured to the ground level, and the north, east and south exterior wall forms are rapidly taking shape.

Unit #1 of the Mens' Chronic Ward had a record cement pour of 104½ yards on Monday. This brings this section up to the first floor, complete with roughed in plumbing and electrical work.

Unit #2 of this same building will be ready for a pour on Friday, August 19, which will be approximately 115 yards. The heating unit for this section will also be poured at this time. Unit #3 or the center section of this building will be ready for a pour next week. Mr. Payne, the foreman on this portion of the project, seems well satisfied with the clean way the concrete forms are stripped. The primary goal of all construction men is well poured concrete, free from "honey-combed" pockets.

The Female Convalescent Ward is being prepared for a pour on Tuesday and Wednesday of approximately 160 yards.

The "deck" of the Female Disturbed Ward, north end, has been poured and forms stripped. Forms are being built from the 1st floor to the 2nd. The extreme south end of this portion of the project is still in the excavation and dirt moving stage.



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SLUGGERS WIN IN THE 11TH

A fine pitching exhibition was staged at the MSH ball park last Saturday afternoon.

Talmage squeezed a 1 - 0 victory from the Buchers team of San Francisco in the last half of the eleventh inning.

It was "Old Reliable", Ado Severi going the distance for the locals. The only trouble he encountered - was caused by his team-mates' errors.

BUCHERS THREATEN

The visitors had their first opportunity to score in the third. Simons was safe at first on Mosna's error. Harrington sacrificed but Severi's throw to second was dropped by J. Myers and both runners were safe. Moroni trying to pick Simons off second, pegged the ball into centerfield as no one covered the keystone bag. The runners advanced to second and third -- none away. Severi bearing down struck out Sins. Nard was thrown out from Severi to Ottosen, the latter running Harrington down between second and third for the third out.

SLUGGERS FILL BASES

Jimmy Laviletta led off the fifth stanza with a double that hit deep left centerfield fence. John Harding was hit by a pitched ball and both men were pushed along to second and third on a perfect sacrifice by Severi. Cladinor, the Bucher third baseman, juggled a hard smash by Johnny Myers which loaded the bags. Bob Guidi went down via the strike-out route and Don Myers grounded out to end the inning.

SPECTACULAR CATCH

In the fourth inning Don Myers was on first. Foggy Ottosen poled a long fly to deep right center. Hart, the visitors centerfielder was off with the crack of the bat and made a sensational running catch to rob Foggy of a cinch two base hit and a probable run batted in.

TALMAGE SCORES

Bob Guidi singled sharply to load off the last inning. Don Myers sacrificed him to second and Ottosen was purposely walked. Bobby Moroni slowed up his swing and pickled a change of pace pitch between the outfielders as Guidi easily scored (CONTINUED NEXT COLUMN)

TALMAGE TAKES 16 - 9 BEATING

The "run-hungry" Buchers baseball team definitely avenged their Saturday shut-out by walloping the Sluggers 16 to 9 in the Sunday afternoon contest.

After a late arrival and a short warm up, Bankhead ran into nothing but trouble and was blasted from the mound in the second inning. Ernie Mosna was rushed to his rescue after the visitors had scored seven runs and had bases loaded.

Four more runs crossed the plate before the fire was put out. Blengino, the Buchers pitcher, climaxed the uprising with a booming four run homer over the right field fence.

Talmage, try as they may, could not overcome this 11 run, second inning margin which must be some sort of a local record.

Blengino's pitching was not outstanding but after getting a 12 run lead in the big inning he had little trouble during the remainder of the game.

Jimmie Laviletta hit a home run over the left field fence in the third inning.

Batteries--Buchers: Blengino and Simons. Talmage: Bankhead, Mosna and Moroni. Hits--Talmage 12. Buchers 13. Errors--Talmage 6. Three for Buchers. Umpires: Grilli and Paladini. Scorekeeper: Johnie W.

Willits upset Talmage 5 to 3 at Willits on August 10th. This evened the three game series at one game each. A date for the play-off game has not been announced.

To date the Talmage team has won 24 and lost 10.

the winning run.

Rubsich replaced Harrington on the mound for Buchers in the sixth inning. He struck out eight men but was charged with the defeat.

TALMAGE	0	0	1	4	0	1	0	2	1	-	9
Hits	0	0	2	2	0	3	0	3	2	-	12
BUCHERS	1	1	0	2	0	1	0	0	1	-	16
Hits	1	7	0	2	0	1	0	0	2	-	13

Batteries--Talmage: Severi and Moroni. Buchers: Harrington, Rubsich and Simons. Errors--Talmage: 6. Buchers: 1. Hits: Talmage: 6. Buchers: 6. Umpires: Grilli and Paladini. Scorekeeper: Figone.

The Holly Packers will play here tomorrow and Sunday. The games starting at the usual time.

TOWARD BETTER MENTAL HEALTH

THE FIRST MONTH IN THE HOSPITAL

Probably before you have reached home, the patient will have been bathed and put to bed.

If your relative has been very much agitated or ceaselessly active you may wonder how anyone can possibly manage to keep him in bed without using force--YOU couldn't even induce him to lie down and rest for a while! It is remarkable how immediately soothing the hospital atmosphere is to most patients, and how amiably they comply with the requests of nurses and attendants. For the minority who simply will not stay quiet in bed, even at a hospital, doctors prescribe sedatives, in as small doses and for as short a time as necessary.

During the bath, the nurse makes the kind of routine bodily inspection for bruises and other marks that is made in general hospitals, and takes temperature and pulse.

Then the doctor sees the patient for a complete physical examination.

In nearly all state hospitals doctors are so overworked and responsible for so many patients that it may take a while until the physician comes around. In a good average state hospital a complete medical check-up should have been made within about forty-eight hours. This check-up is as thorough as that made in a general hospital, for many mental illnesses have a physical basis. Evidence of over-dosage with drugs, or evidence of alcoholism or infections is sought. Whatever the doctors think necessary--an x-ray, a basal metabolism test, a blood count, an electrocardiogram, Wassermann test, an electroencephalogram (an electrical record of the brain currents analogous to the electrocardiograms record of heart beats) is ordered and made in the hospital's laboratories.

On the basis of the physical examination, the doctor prescribes medication and treatment as a doctor would prescribe in a general hospital.

During the month that follows, the patient is visited by his ward physician. Progress notes or ward notes similar to those kept during the first four or five days continue to be made. If physically well enough, the patient is assigned certain light duties for himself and for other patients on the ward, though he is not yet given any regular occupation in the institution.

CHURCH SERVICES

Catholic Church - 3rd Sunday of the month in Auditorium; 3rd Thursday of the month in Ward 12; Father Anderson.

Lutheran Church - 3rd Wednesday, of the month in Auditorium, 1:30 pm; Ward 12 immediately afterward.

Protestant Church - 2nd and 4th Sundays of each month in MSH Auditorium and Ward 12, 3:30 am. Reverend Lindemann and Reverend Brown.

Jewish Services:

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

Christian Science Church.

"Who hath known the mind of the Lord? or who hath been his counselor? Romans 11:34.

This is the Golden Text for the Lesson Sermon in Christian Science Churches for Sunday, August 21st.

Included in the sermon are the following citations:

Exodus: "And God spake all these words, saying, I am the Lord thy God, which have brought thee out of the land of Egypt, out of the house of bondage. Thou shalt have no other gods before me". (20: 1-3)

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "Thou shalt have no other gods before me." (Exodus xx.3) The First Commandment is my favorite text. It demonstrates Christian Science. It inculcates the triunity of God, Spirit, Mind; it signifies that man shall have no other spirit or mind but God, eternal good, and that all men shall have one Mind".

LIBRARY NOTES

The following donations to the Patients Library were reported by Joyce H, Librarian:

Elizabeth H, Ward I, 1 novel.

Mrs. Beck, Ukiah, 150 magazines.

SEND THE POMO NEWS HOME \$2 A YEAR

THUMBNAIL BIOGRAPHY OF DR EARLA G. AAGAARD

Probably one of the most interesting biographies to come to light at MSH is that of Dr. Earla G. Aagaard. She was born in Bandoeng, Java one of the numerous places throughout the Orient wherein her parents, Dr. and Mrs. Earl Gardner, did 7th Day Adventist missionary work. Shortly after her birth, Dr. and Mrs. Gardner moved to Malaya, where they established a hospital and a clinic for the natives in Penang. Mrs. Gardner was also a nurse and therefore of great assistance to her husband in his work.

Little Earla had her early schooling in Penang. Later on her family moved to France where she attended high school in Collonges Sous Saleve. Finally they returned to the United States, and Earla finished high school in Visalia, California, then attended Pacific Union College. Following her graduation from there she enrolled at the College of Medical Evangelists in Los Angeles, from which she later received her medical degree. During her second year there, she met and later married Dr. Carl Aagaard, who was attending the same college.

Following receipt of her medical degree, Dr. Aagaard interned for one year at the Los Angeles County Hospital. She and her husband then moved to Northern California, where she spent eight months on the staff of the Children's Hospital in San Francisco. Later both Dr. Aagaard and her husband went into private practice in San Mateo for a year and a half, after which the opportunity arose for Dr. Carl Aagaard to go into practice with Dr. Earl Gardner, Earla Aagaard's father, in Ukiah. Following this move, Dr. Earla Aagaard accepted the position which she now holds on the Medical Staff of Mendocino State Hospital.

With their two children, Carla, three and Earl, two, both Dr. Aagaard's reside in Ukiah. From time to time they have had offers to do hospital and missionary work in Siam, but due to dangerous and unsettled conditions there at the present time, the Aagaard family prefer to stay where it is more peaceful for the sake of their children.

Of additional interest is the fact that Dr. Earla Aagaard speaks both French and Malay. Her duties at MSH include the supervision of Wards D, E, G and K. She also has Wards H and I under her care during the absence of Dr. Ruth L. Green, who is currently on an extended vacation.

CANNERY PRODUCING

Henry Brunges, Cannery Superintendent reports the canning of 2121 gallons of peaches through last week. These peaches come from Yuba City.

At the present time the cannery is starting on the pear crop, grown on the MSH property which amounts to some 97 boxes. An additional 1000 boxes have been purchased on the open market in the Ukiah Valley. The cannery's quota for the season calls for 5000 gallons of pears. It takes approximately 20 tons of fruit to attain this figure.

Following the pears will be more beans--grown on the Institution's Ranch.

Canned apricots are being bought on the outside market. One half of the 10,000 gallons purchased have been delivered.

MOVE TO COTTAGE ROW

Dr. John I Langdell and his wife moved from apartment E to cottage No. 2 last Saturday.

The cottage was formerly occupied by Dr. Joseph K Orr and family. It has been under repairs for the past six weeks. A new bathroom has been added, kitchen painted and foundation under the back porch corrected.

FALL PLANTING

Fred Figone, MHS Head Groundsman, reports that fall planting is now in progress at the Greenhouse for pansies, stock, sweet William, violets, snapdragons and wallflowers.

In late October the plants will be moved to the grounds surrounding the hospital buildings and cottages where they will add much beauty and pleasure when they bloom next spring and summer.

At their peak at the present time are the marigolds and zinnias and a large plot of these are blooming in riotous colors near the Greenhouse.

Next on the flower calendar are the chrysanthemums which will blossom forth in October, according to the gardener, Mr. Figone.

RED ROBIN NURSERY

WHY IT'S RED ROBIN NURSERY -
OF COURSE - WHERE YOU
CAN GET FALL PLANTS - IN UKIAH -

POMO NEWS

PUBLISHED EVERY FRIDAY AT THE MEN-
DOCINO STATE HOSPITAL, TAMAGE, CAL-
IFORNIA, under the auspices of Dr.
David B. Williams, Superintendent.

A non-profit project of the Occupa-
tional Therapy Department. 5¢ per
copy; subscription mailed 2 a yr.

Johnie W Editor
Woody C Staff Artist
Dick C Reporter
Ham R Reporter
Cleo W Reporter

NEW WARD FURNITURE

The property department has fin-
ished the distribution of 590
chairs and 31 settees to the vari-
ous Wards here at MSH. They were
assembled and delivered by Scu-
dero's Big Gang.

This modern chromium furniture
with the attractive Duran uphol-
stery adds much color to the inter-
ior of the Wards. These comfortable
chairs are a great improvement over
the old style seats and benches.

The receiving Wards, Mand 9 have
each been furnished with six new
breakfast style tables, with chairs
to match, for their dining rooms.

The furniture was manufactured by
the American Fixture Company of St.
Louis Missouri.

BACK IN HARNESS

Marion Freitas, Supervisor of
the Mattress Shop, returned to
work this week after taking a part
of his annual vacation. Most of
his vacation being spent around his
recently purchased new home in the
Munson Tract in the city of Ukiah.

However he did try his luck at
deer hunting on opening day without
so much as seeing a buck.

Mr. Freitas and crew are instal-
ling new linoleum in the cottage
of Dr. Greene while she is away on
vacation.

VERONDA'S CREW BUSY

Eddie Veronda and crew are adding
a new look to the exterior east
wall of the kitchen area by adding
a pipe supported sheet metal cover-
ed awning. This is to aid and fac-
ilitate the unloading of bread and
pastries during wet weather.

The Masonry crew also installed
a very neat set of pipe hand rails
on the steps between the new Kit-
chen and the Boiler Room.

The reason why the average girl
would rather have beauty than brains
is that the average man can see
better than he can think.

STAGE HAS NEW LOOK

A proscenium or framework of the
curtain, was installed on the stage
in the MSH Auditorium this week.

Joe Addor, Head of the Carpenter
Shop and Frank D of Ward 3 have la-
bored long and hard on this new
addition. It will be a permanent
fixture and will greatly improve
the appearance of the stage.

Frames were also installed so
that the sides of the stage can be
closed which will improve the ac-
oustic value. Having the stage en-
closed in this manner will keep
the movie screen free from outside
light and the results will be a
clearer picture production.

INTERESTED SPECTATOR

Almost anywhere that there is
any social activity at MSH one is
sure to find Miss Lucille Jetter,
Resident Social Worker, very much
in evidence.

She has been a welcome visitor
at practically every rehearsal for
the new show and it is rumored that
her quite apparent enjoyment serves
as an incentive to the players.

RETURNS TO WORK

Frank R. Dubois successfully re-
turned home from his long vacation
trip to Uvalde, Texas. He was en-
joying the best of health only to
succumb to an intestinal disorder
Friday night, August 5th.

Mrs. Dubois called in Dr. Carl
Aagaard of Ukiah, with the results
that after a week of great discom-
fort, Frank was able to be back on
the job Monday morning.

NO DEER - PLENTY TROUT

After having spent the better
part of a week at a camp two miles
from Stony Ford, Mrs. Theresa Sip-
kins, MSH Laboratory Technician
was joined there by Miss Patilu
Farquharson, MSH Psychologist.

The two hiked over hill and dale
in a very creditable imitation of
the Goddess Diana but "Mr. Buck"
must have sensed the imitation and
failed to arrive for the hoped for
rendezvous.

One of the nimrods was heard to
remark, "Oh dear, no deer!"

Sir Isaac Walton proved to be
more of a gentleman than Diana was
a lady, furnishing excellent trout
fishing for the two enthusiasts.

Mrs. Sipkins admitted that she
hooked a beautiful trout, at least
15½ inches in length. No proof of
this tale was available but she
was so convincing, it must be a
true fish story.