

A PROGRESSIVE  
PAPER FOR MSH PROGRESSIVE PATIENTS

# Pomo News

WEEKLY

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

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## RESERVOIR JOB CURTAILS WATER

The work of cleaning the reservoir which supplies the Hospital with water got underway Monday and as a result Business Manager J.J. Garvey issued an order to all employes curtailing the use of water on the grounds. There is no shortage of water in the hospital wells, he said.

The reservoir cleaning job is being done on a contract and will require several weeks to complete.

Garvey's notice to the employes follows:

"It has become necessary to economize on the use of water for all purposes.

"Until further advised car washing, except State-owned, must be discontinued.

"Please report all water leaks to the Chief Engineer or to the Business Manager.

"Residents may irrigate lawns and flowers on Tuesdays, Thursdays and Saturdays, between the hours of 1 PM and 4 PM.

"The Grounds will be irrigated on Mondays, Wednesdays and Fridays."

## NEW THERAPIST

Mrs. Drusilla Mason, Occupational Therapist, who formerly was at Patton State Hospital in the same capacity, Monday assumed duties at Mendocino. She will be an instructor in arts and crafts here and for the time being, at least, will devote her time to work with women.

She is the wife of Herschel Mason, Social Worker, who transferred here several months ago. She was at Patton for a year and a half.

## PICKING PRUNES

Patient crews began picking prunes in the orchards surrounding the main Hospital buildings Monday.

## WEEK'S ADMISSIONS, RELEASES

Admitted: 25 Released: 21

## WESTWARD HO! PLAYS IN UKIAH THIS EVENING

By popular demand, the MSH musical show, Westward Ho! will be presented this (Friday) evening at 7:30, in the Ukiah High School Auditorium, it was announced by Mrs. Dorothy Buchanan, Director of Recreation at the Hospital.

Permission to take the entire cast of about 35 into town was granted by Superior Judge Lilburn Gibson and use of the school auditorium was proffered by the principal.

Darrell Lynch, of Ukiah, who plays an electric organ at the 7-11 Club, volunteered his services and will play for the show audience.

Transportation to and from the Hospital will be furnished through the medium of the Albertinum Convent bus.

For the final story on "Westward Ho!", presented here last week for patients and the public, at five performances, turn to Page 2.

## PARTY AT LIBRARY

Joyce M., Patients Librarian, will hold a party in honor of the Library's first birthday tomorrow, with birthday cakes and other refreshments. She has issued invitations to Dr. D. B. Williams, Superintendent and the Medical Staff to inspect the library in the forenoon. From 12:30 to 5 pm, attendants and other employes and parole patients are invited.

Joyce says she has literally been swamped with cakes and other goodies, many of them baked with their own hands by doctors' wives. From the Superintendent, himself, she received a huge cake, enough to make 60 slices.

A special guest at Joyce's party will be Miss Marvin, Ukiah's City Librarian. Charge Attendant Estelle Tuttle, Ward I, who played a part in Joyce's appointment as Librarian, will be another guest.

## SHOW BREAKS MSH RECORDS

The "standing room only" sign was out at the final two performances--for the general public--of "Westward Ho!", the patients' show in MSH Auditorium last week. Both Thursday and Friday nights every seat was occupied.

Mrs. Dorothy Buchanan, Director of Recreation, said the production, which was presented five times, was by far the most successful of the many staged here.

From the sales of soft drinks in the audience and contributions by the Hospital Staff and employes, a total of \$230.00 was cleared for the patients' recreation fund, Mrs. Buchanan said.

A review of Westward Ho! appeared in last week's issue of the Pomo News.

Musical numbers included the opening chorus, "Oklahoma" by the entire company; "Virginia Reel," "Oh Susanna!" "In the Gloaming", "Kansas City", "Home on the Range", "Cattle Call", "They Say It's Wonderful", "Wagon Wheels", "Pale Moon", "Indian Love Call", "I'm an Indian, Too", "The Moon Drops Low" "Borachita", "Gypsy Mazurka", "Le Fille de Cadiz", "Tres Palabras", "I Can't Say No", "Red River Valley", "La Golandrina", "Jealousy", and "Indian Dance".

Roy H. was the musical director, a post that called for talent and untiring effort. Costumes were in charge of Cleo W. and Larry De and just to see the finished production gives no true idea of the task involved with the materials with which they had to work. Stage settings were done by Paul T., the artist, who works in the Industrial Shop. Dances were arranged by Larry De.

### HELP ACKNOWLEDGED

Mrs. Buchanan thanked various individuals and organizations who assisted in one way or another to make the show possible and the success it was. Among those named in the official program pamphlet:

Dr. and Mrs. D. B. Williams; Dr. and Mrs. D. O. Prasser; Dr. R. G. Bramkamp, J. J. Garvey, MSH Business Manager; Mr. and Mrs. Wm. A. Elliott, Head of the Industrial Shop and MSH Secretary, respectively; Mr. and Mrs. Kenneth Williams; Mrs. Edith Ray, Matron; Joe Addor, head of the Carpenter Shop; Mr. Cunningham, Electrical Shop chief; Elwood Hachmann, Tin Shop head; Miss Lucille Jetter, a Resident Social Worker; Mack Miller, Howard McGuffin, Joe Figone, Chief Engineer E. O. Walden, Fire Marshal L. G. Von Schrittz; W. F. Mello, superintendent here for Moore &

## CONSTRUCTION VIGNETTE

The scrivener lives by his "by-line" - the real ones, the five-figure boys, stewing in their own juice, day after day, grinding out their columns, picking up a choice morsel here and there ... in the slums, night clubs, police courts, and it is rumored through the key-holes, needled insistently by that "Simon LeGree" the "deadline" he earns his "take" believe me, brother.

The SI (Civil Engineer) is a full brother to the scrivener - it's the hard way for him, too. He lives "intimately with rain" - and sun and fever and disaster, working his miracles of symmetry of line, precisely balancing strain and stress, striving as the Masters did for perfection, that he, too, may achieve immortality, and a "by-line" ... "Bridge by Roebling", "Tunnel by Holland", "Cantilever by Cunningham". Only then is he "In". The Guggenheims, the James J. Hills, the Cecil Rhoades, Builders of Empires, far-flung and lavish ... upon them the sun never sets; they beat a path to his door, tent flap, or igloo, wherever he happens to be, working his magic.

This reporter, somewhat moribund and just recently added to the Pomo News Staff, for obvious reasons ... a job where it's either sit down or fall down, set out to do a construction story for this week's issue. It's no military secret that Moore and Roberts, the contractors and the State Department of Architecture, have a king-sized job right here in our own backyard.

Concrete is being poured as this is written, for the basement walls and floor of the male ward. A portable latcher, that can be moved progressively along, to avoid long hauls or wheeling of the mixed concrete, is being used. When a pour is started, it proceeds continuously, until the form for the particular section being raised is filled - so that when the concrete "sets" the section is a "monolith" (Continued on Page 8)

Roberts; R. D. Chambers, State Division of Architecture; Linus E. Miller, Head Supervisor; Miss Patilu Farquharson, MSH Psychologist; and the staff of the Pomo News. The News printed the programs and Mrs. Buchanan's assistants borrowed the stencil machine and equipment of this office.

Every one has some useful purpose in life, even if it is only to serve as a horrible example.

# WARD NEWS

## WARD 8 DOINGS

LaVerne Evans, Charge Attendant, announced the following arrivals in the ward and work assignments:

Vernon W., from Ward 4, to Ward work; Eli B., Ward 4 to Tunnel Gang; Tom W., to Tunnel; Richard L., Ward 9 to PDR; James W., to Kitchen; James S., to Kitchen; Cecil N., to PDR; Nathaniel C., janitor; Henry M., Ward 9, to Garden Crew; William S., to Ward 9, lobby; Joseph P., to Carpenter Shop; Frank C., to Ward Clothes Room; Henry W., Oscar A., Clifford B. and Floyd T., unassigned.

## WARD 9

George K., the literary-minded linguist who serves as an "assistant attendant" in Ward 9, reports the following transfers over the period of a week:

To Ward 8, Cecil N., William S., Joseph P., Clifford B., Floyd T., Frank C., Arthur A., Henry W., Joseph H., Nathaniel C., James W., James S., Robert L., Henry M., and Walter L.

To Ward 4, Melvin S., Charles W., Otto C., Oscar G.

## WARD I

The following work assignments are announced.

Loretta H., and Helen S., to the checking room at the Laundry; Dorothy H., to Dr. Loehen's residence; Kathleen W., to Dr. Shelton's; Mary S., to Dr. Green's.

Mazie C., was visited by her sister, from San Francisco, last Wednesday, Thursday and Friday. She spent Friday with her in Ukiah, doing some shopping.

Julia S., had a visit from her sister Saturday and had dinner with her in town.

Bonnie G., made her weekly trips into town Monday and again on Tuesday, spending the time with her husband and family.

Virginia K's mother and father visited her last Friday afternoon and stayed over for the show in the Auditorium in the evening.

## WARD M

Fay M's parents visited her Monday.

George: "We've been going about together for ten years now. 'Ow about us getting married?"

Kate: "oh, George, are you sure it's not just a passing infatuation?"

## RETURN THE SHAKERS!

Mrs. Sanford of the P.D.R. could surmise it's watermelon time once more. The way she knows is, about eight salt shakers have disappeared from the tables in the dining room in recent days.

She asks the men who have "borrowed" the shakers return them, as some of the tables now have none and there can be no replacements.

### WORK ON SHELVING

The Carpenter Shop this week had finished re-topping of the tables for Wards K, 14 and 15 and was at work on shelves for Ward D.

### CAN MORE PEARS

The MSH Cannery was working on pears again this week.

### WORK SLATED AT 'ZOO'

Some remodeling and enlarging is scheduled to take place at the Hospital "zoo" behind the men's exercise yard, where are quartered the Laboratory's rabbits and guinea pigs. Lumber for the job is already on the ground.

### FRANK D. ON LIGHTS

Frank D., of Ward 8, who manipulates the colored spotlights for the show "Westward Ho!" will go to Ukiah with the cast for tonight's performance in the high school auditorium.

### HELP WANTED

The Pomo News needs a young man for combination position of news reporter and to learn operation of an A.B. Dick electric mimeograph machine. An artist (man or woman) who can cut headings and designs in a stencil machine is also needed. See Editor, Pomo News Office, Administration Bldg.

SEE YOU AT THE DANCE SATURDAY!


  
 UKIAH
   
 GLASS CO.
   
 Phone ~~7766 W~~

NEW PHONE: 704

## TOWARD BETTER MENTAL HEALTH

### "Shock Therapy"

This is production of shock in the patient by the use of some chemical agent such as insulin, metrazol, or camphor, or of an electrical agent such as the faradic current. It is a strenuous procedure but quite painless. Its object is to take the patient sharply out of his world of unreality and render him amenable to explanations. It is doubtful whether shock treatment in itself is a cure; most physicians consider rather that it puts a patient in a condition favorable for cure. Though some remarkably good results from shock treatment have been reported, it is never embarked upon lightly.

### "Fever Therapy"

For diseases of the central nervous system, notably general paresis, treatment through raising body temperature has been found effective. Fever is produced by means of malaria, wet heat, dry heat, or the injection of foreign substances; and, when kept under control by proper medication and nursing care, does the patient no harm. In cases of general paresis fever therapy arrests organic damage to the brain, restores one-third of the patients to complete usefulness in the community, one-third to usefulness under protective conditions.

### "Prolonged Sleep Therapy"

Putting a patient to sleep by means of sedatives for ten days to two weeks, with awakening only for mealtimes, has been used most extensively in Europe, though it has also been employed here in certain cases. It is safe only under close medical supervision. A nurse must be continually at hand to watch pulse, respiration, color, perspiration, and temperature; and the patient kept in a quiet, secluded spot. The treatment allows the patient to make a fresh start, calmer and in good physical condition after an enforced rest.

### "Psychotherapy"

This is a special form of talking - things-over with a skilled physician. The patient discusses and analyzes his troublesome thoughts and feelings and experiences. He is then aided, in a variety of ways, to put them together. Psychotherapy is not merely good advice - that is wholly ineffectual with a mental invalid, whether it is given by a physician or anyone else. It is a method by which the patient comes to see his problems in the clear instead of a distorted angle.

## 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, 8:30 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 CHURCHES

"Matter" is the subject of the Lesson-Sermon to be read in Christian Science churches on Sunday, September 18. The Golden Text is taken from Psalms: "Tremble, thou earth, at the presence of the Lord, at the presence of the God of Jacob" (114:7).

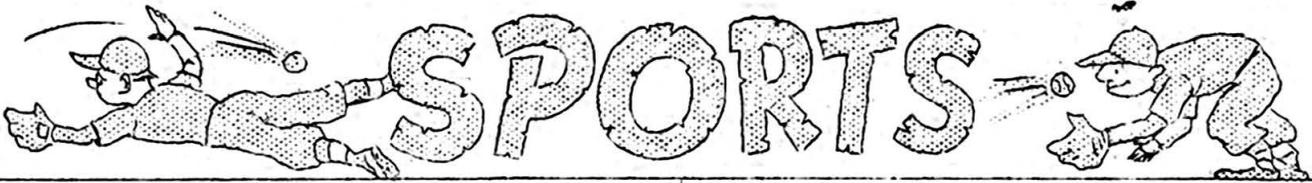
Included in the citations comprising the sermon are the following:

The Bible: "Yea, in the way of thy judgments, O Lord, have we waited for thee; the desire of our soul is to thy name, and to the remembrance of thee. With my soul have I desired thee in the night; yea, with my spirit within me will I seek thee early; for when thy judgments are in the earth, the inhabitants of the world will learn righteousness." (Isaiah 26: 8, 9).

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "In proportion as the belief disappears that life and intelligence are in or of matter, the immortal facts of being are seen, and their only idea or intelligence is in God" (P. 279).

### CANNERY WORKERS EAT

The Pomo News was informed last week that the workers in the MSH Cannery have been put on an equal footing with other shop workers who are given a special food treat one day a week during rest periods. The News recently published a letter from Cannery workers complaining of the oversight, now remedied.



## KIDS LOSE IN GOOD GAME

Errorless ball and air-tight pitching by Mike Chioino's juveniles from San Francisco, held our Sluggers hitless and scoreless for five innings. In the sixth, with two down, Wada singled to center, but died on first when Johnny Myers grounded to second for an easy out.

In the seventh, Don Myers, first man up for the locals, was given a base on balls; Mike's kid pitcher, then bore down and retired the next three men in order.

Then the lucky eighth for "Foggy's" team. Ed. Cereghino, Chioino's baffling right-hander, apparently weakened; he gave Wright an Annie Oakley, hitting him with a pitched ball. Severi then singled to center, Wright holding up at second. Wada also got a free ticket when Cereghino also hit him with a pitched ball, filling the bases. J. Myers flied out to center, runners holding fast. Don Myers then broke up the game with a stinging double to center, scored Wright, Severi and Wada. Foggy flied out to center, ending the inning.

The youngsters, leading up to now with a single run, were held hitless and scoreless for the rest of the game.

They led in number of hits, with five off Severi; the Sluggers collecting only three off Cereghino. But the two hits in the eighth with "Oakleys" gave the home team the game, 3 - 1.

Except for the one unlucky inning, Chioino's young men from the City by the Golden Gate, looked and played like "big business". Our Ado, who has things pretty much his own way with the visiting teams, began to look worried, not only that he was going to be handed his first lacing in several moons, but that his teammates were unable to hit opposition pitching when needed for safe coasting.

Ho hum! Ado wins himself another game; the luck of the "Irish" no less. But, this reviewer still leans toward the kids in his admiration of a sharp performance. They're young, very, but definitely advanced beyond the "tyro" stage. In the next half-decade, we will undoubtedly see the names of some of them in the box-scores of the senior circuits. -- Al G.

(Next week the Sluggers take on the Cooper-Varnis of S. F.)

## SHUTOUT FOR MISTER ORESKO

Mike Chioino's 'teen age ball club from San Francisco ran into a shut-out game Saturday, hurled by the Talmage Sluggers' new pitcher, Oresco, who fills the gap left by Milt Bankhead's moving from Willits to Oakland. The Sluggers won, 4 to 0.

Mike Chioino is secretary of the Shipfitters' Union, of S.F. and he likes baseball. He backs the kids, the youngest of whom is only 15, the eldest 18, on his own, for the fun of it. The youngsters came here with a record of 30 victories in 34 games, which is good in any league.

Oresco had better support than the Sunday before when he lost a game. Bobby Moroni caught for five innings. Allen, pitching for the visitors, showed up well at times, but he couldn't hold the Sluggers and Gallagher relieved him in the eighth frame.

Moroni was excused in the sixth and Bob Guidi went behind the plate. Foggy Otteson, Talmage manager, took over right field.

Talmage piled up nine hits to the visitors' four.

### COOPER - VARNIS RETURN

The Cooper-Varnis team of San Francisco, which, on last June 26, forced Ado Severi to pitch 14 innings to win, 2 to 1, returns to Talmage for two games this week end. It is safe to say they will be in a fighting mood, for the day before that June classic, Milt Bankhead pitched the Sluggers to victory by an identical score.

Tomorrow's contest, as usual, will start at 2 p.m., the Sunday game at 1:30.

Another Sunday morning passed, with softball players of Ward 8 on the diamond but men from Wards 14 and 15 were not brought out.

CALL 

*Andy Stahl* 

1138-J

FOR FINE LIQUORS

# MENDOCINO ALCOHOLIC PROGRAM

# THIS WEEK

GOD GRANT ME THE SERENITY TO ACCEPT THINGS I CANNOT CHANGE, COURAGE TO CHANGE THINGS I CAN, AND WISDOM TO KNOW THE DIFFERENCE.

Alcoholics are encouraged to attend meetings and will be relieved from any work assignment to make this possible.

## IN THE CONFERENCE ROOM, WARD 9

1:30 pm Monday and Wednesday, group Therapy Meetings for more intensive discussion of problems of personal and emotional adjustment.

3 pm Thursday, Orientation Meeting as you are notified by Hershel Mason. Individual interviews are arranged with Mr. Mason, Social Worker, Tuesday and Thursday afternoons by appointment.

## IN THE MSH AUDITORIUM

6:30 pm Sunday and Wednesday, Alcoholics Anonymous.

Out patients are requested to contact Gordon McWhirter at 507 Polk St. Room 200, Phone GR.4-7066, San Francisco, Monday through Friday. For appointment Call before 10:30 am.

## WORK OF AA CALLED 'REMARKABLE JOB'

Fourteen years ago a country doctor, whose career was being wrecked through heavy drinking, found a way out of his "Lost Weekend" through the help of a New York broker, a fellow sufferer who had cured himself thru service to others. That meeting resulted in the formation of the national organization we know today as Alcoholics Anonymous.

In this fourteen year period, AA has done what the Chicago Sun-Times, in a recent editorial, calls "one of the most remarkable jobs of our generation." It points out that the rehabilitation of problem drinkers, by AA members, each of whom is on call night or day to go to the aid of a victim, is of inestimable value. Each victim saved means less work for doctors, hospitals, welfare agents and even police. Said the Chicago-Sun-Times:

"Moreover, the movement has been one of the greatest single factors in teaching all of us that the evil of drink is not in the bottle. It is in the maladjusted individual who turns to the bottle to escape from real or imagined frus-

## SATURDAY

Movie: "The Last Bandit" (Republic); Cartoon.

Baseball: - Talmage vs Cooper-Varni, 2 pm.

Dance, 1:30 to 4 pm.

## SUNDAY

Church Services (See Page 4)

AA Meeting 6:30 pm. Auditorium.

Baseball: - Talmage vs Cooper-Varni, 1:30 pm.

## MONDAY

1:30 P.M. Group Therapy Meeting Ward 9 - Conference Room.

## TUESDAY

Dr. Prasser Group Therapy, Ward 9 Conference Room, 2 P.M.

## WEDNESDAY

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

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

AA Group Meeting at 6:30 PM. in Auditorium.

## THURSDAY

Orientation Meeting for all new Alcoholic patients 3 P. M.

## FRIDAY

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

trations.

"A lot of us used to think that if the bottle were removed, the evil would disappear. That's why we tried National Prohibition. Painfully, sometimes bloodily, that magnified our mistake up to a size where all but the most fanatic 'drys' could see it.

"Alcoholics Anonymous goes to the causes of habitual drunkenness instead of trying a futile half-nelson on the effects. That's why AA is with us today while Prohibition isn't."

Red Robin  
NURSERY

UKIAH



EDITOR, POMO NEWS:

We have been receiving the "Pomo News" regularly and it is a fine little newspaper. I just want you to know that we are routing it to the members of the staff so that they will see it, too, and several have remarked how good it is.

We are requesting the periodicals from all hospitals now so the members of the staff may see them.

FLORENCE E. MCKENZIE,  
Secretary to Director,  
Department of Mental Hygiene,  
Sacramento, Calif.  
\*\*\*\*\*

EDITOR, POMO NEWS:

Through the medium of the Pomo News, I would like to thank the Supervisor's office, the Matron's office and the Hospital Laundry for their splendid cooperation which contributed immeasurably to the success of the show "Westward Ho!"

(Mrs.) Dorothy Buchanan,  
Recreation Director.  
\*\*\*\*\*

EDITOR, POMO NEWS:

Much credit must be given to Mrs. Buchanan and Larry De for the delightful production of "Westward Ho!". They sparked the entire ensemble.

...it is the first time we ever heard the doctors say "Ah."

A.I., Ward M.  
\*\*\*\*\*

DRAIN UNDER LIBRARY

Eddie Veronda, with the aid of a one-man crew from the Mason Shop, proceeded Wednesday to disrupt the even tenor of the Patients Library in the basement of the Wards 9 and M building. A storm drain is being laid beneath the concrete flooring of the Library.

\*\*\*\*\*

CARMICHAEL AFTER DEER

Pete Carmichael, Assistant MSH Groundsman, left Wednesday after deer in Shasta and Siskiyou counties.

\*\*\*\*\*

SEND THE POMO NEWS HOME \$2 A YEAR

WATCH-CAT OF PATIENTS' LIBRARY IS A CASUALTY

The Animal Editor of the Pomo News had some business in the Patients Library one day this week. As he descended the outside stairs to the Library door, he heard conversation within. Entering, he interrupted Librarian Joyce M. and her cat with the unusual name of "Tommy", who were having coffee together at the moment.

The Animal Editor said, "Good Morning, Joyce" and Joyce replied "And, a good morning to you."

Tommy looked at the newsman with a peculiar expression. "Howdy", he grunted.

The Animal Editor is a little rusty on cat language and he hesitated a moment. Joyce filled in the embarrassing silence. "Tommy was just telling me," she said, "to hurry up and drink my coffee. He wants me to bathe that wound on his tail again."

The Animal Editor, groping for words, asked Tommy if he'd gotten his tail caught in a door or what. He thought it best not to inquire if he had been in a fight.

Tommy took another gulp of his coffee and replied, somewhat surlily:

"Listen, pal, I don't mind you coming in here on legitimate business. I can overlook your boorishness in not even saying 'Good morning' to me. But when you start prying into my personal affairs, such as what happened to my tail and thinking I might have been out late some night ... well, that's my business, see? I don't punch any time clock around here."

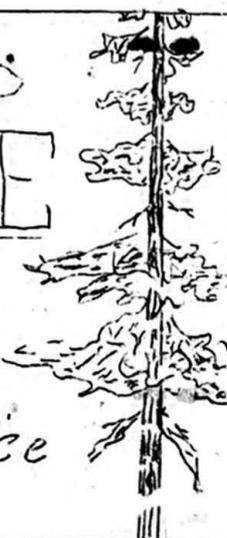
The Animal Editor transacted his business with the Librarian and departed, musing over the obstinate ways of some cats and some people.

\*\*\*\*\*

The lawn crew got back on the job of mowing and watering the lawns on the Hospital grounds Monday morning. Rationing of water will mean water for the grounds only three times a week.

EMPIRE  
OFFICE  
MACHINES

Sales & Service  
PHONE 144



## LIBRARY NOTES

### HOW I BECAME LIBRARIAN FOR THE PATIENTS OF MSH

By Joyce M.

One afternoon while sitting on the steps outside of Ward I reading a "Pomo News", my eye caught this ad: "Wanted, Librarian". I turned to one of the ladies sitting next to me and said, "Pomo is advertising for a librarian; are they going to have a library here?" She told me that there was a possibility of it.

I thought no more about it and let it pass from my mind. When one day I met a "Pomo News" representative who said to me: "Joyce, we have suggested your name as librarian". I was a little startled and smiled and said, "why?" He said: "because we think that you are the very person for it".

Some time elapsed before I heard any more about the library or the librarian, but on Saturday, Sept. 15, 1948, I was in our office talking to one of our charges, Mrs Tuttle, and I spoke of the library and what a job it would be for some one who liked books. I said I'd love a job like that. Mrs. Tuttle said; "Would you? I had no idea that you were interested in anything like that, for the doctor called me up and mentioned your name, in connection with it. I said, 'Oh no, Joyce did not say anything to me that she wanted to change what she was doing;' but do you want the job?" I said, "Yes," if it were possible. She did not say another word but swung around in her chair and called a number on the phone. I started to leave the office and I heard her talking intently about something. I had a hunch that it might be about me and the library. I returned later to see her and she said, "Joyce I was talking to the doctor and I told him that you would like the librarian's job and I hope you get it, as I do not know any one more worthy of it."

Next morning, Sunday, I was called into the office to see Dr. Bair who informed me that I was to be the librarian; that I would have full charge and that I would be given an assistant; I was to take over my duties the next morning, Monday, Sept. 17th. I thanked Dr. Bair and left the office reflecting and wondering how strange things can happen all of a sudden.

So here I am almost a year from that eventful and thrilling day. Tomorrow, we will have our first anniversary of the library's opening and what a year of happiness for me!

## CONSTRUCTION--

(Continued from Page 2)  
an integral unit.

The reinforcing and forms for what, apparently, is the basement, ramps and basement walls of the Kitchen and Bakery, are being readied for the next pouring schedule.

The power saws and other equipment in the "framing" yard were in full operation, the "saw and hammer" men putting the sectional framing together for the forms.

I was advised that concrete would be poured every day during the work week, as the job is being planned so that as fast as the forms of one section are filled, forms for the next pouring will be ready, with the steel reinforcing in place.

On the whole, to this writer, it shapes up as a well-planned job. There's no gravel-voiced, hairy-chested contractor's "bully" making life miserable for a gang of "hunkies". I observed a man in the inevitable "Khaki", who seemed to be directing the work, well-balanced, intelligent. There was no shouting, no driving - just a quiet porcelling out of the work he wanted done, counseling with his craftsmen. Even giving a hand here and there with the placing of the steel mats; helping to lay down a runway for the concrete "buggies" when pouring starts.

Moore and Roberts' resident is General Superintendent W. F. Mello; State Department of Architecture representatives are Bob Chambers and Porter A. Chaffee. The job is in good hands. -- A.L.G.

Barbara Abby, the dental secretary, returned Wednesday from a week in Boise, Idaho, where she went to attend a professional golf tournament.

Mr. and Mrs. Robert Tuttle and family spent two days in Sacramento last week and took in the State Fair.

Mrs. Gladys Trimeloni returned to work Wednesday after a three weeks' trip through Old Mexico.

Miss Lucille Jetter, of the Special Worker staff, went to Ukiah Tuesday afternoon with Mrs. Dorothy Buchanan, on business.

The  Stop

SHOPPING CENTER

THE  
TALMAGE STORE.

## EMPLOYEE ACTIVITIES.

### STATE RETIREMENT PAY RAISED BY MEASURE

Charles Smith, State Secretary and Treasurer of the CSEA, speaking before the last meeting of the Patton chapter, discussed at some length the new Assembly Bill 1910, which Governor Warren recently signed. This bill becomes effective October 1, and is one of the most important steps in improving the employe retirement system.

This bill is especially important to those with a long tenure of 'prior service,' as well as those who are already retired. It substitutes a new formula for prior service which gives a retirement allowance of 1/60 times years of service times the average highest five years pay. In addition the employes will be permitted to re-deposit previously withdrawn contributions. On Oct. 1, this goes into effect for those already retired though not retroactive. It will, however, in effect increase their retirement pay.

### TAKING VACATIONS

The employes' duty boards in the Administration Building list the following attendants on vacation this week:

Frank Carmichael, Sidney Welch, Roy Gibson, F. P. Jensen, Wm. Winchester, Leno Forzio, E.H. Dowlen, T. R. Wimmer, W. H. Davis, Russell McHaffey, T. A. Orcutt, Roger Yagle, Lloyd Tyer, Pearl Cornell, Newton Young, T. A. Wilson, Enos Kyle, Ralph Kortright, Robert Sprague, J.R. Chastain, Wm. Lewis, Clifford Wright.

Mildred Kyle, Barbara Jefferson, Viola McAdams, Laura Sanford, Helen Carmichael, Mabel Martin, Hattie Tyer, Marie Rice, Bessie Watson, Marie Caldwell, Nadine Hess, Gladys Trimeloni, Lucy McKellup, Ruth Sellers, Inez Young, Elwin Cornell, Mary Gibson and Margaret Winchester.

#### ON LEAVE ARE:

Jean Burnham, Marilyn Schmidt, Stanley Ingram, Charles Bradford, Belle Cleveland and Ethelyn Chamberlain.

#### ON SICK LEAVE:

William Schmidt, Stanley Ingram, Belle Cleveland, Ethelyn Chamberlain and Charles Bradford.

Mrs Marie McSparin, an attendant on Ward M, was welcomed back on the job last week after an absence of a month on sick leave.

### JACK LAVELL SPEAKS AT MEETING OF A. A.

Gordon S., of Ward 8, presided over the Sunday evening meeting of Alcoholics Anonymous. There were about fifty patients in attendance and Jack Lavell, who gives the conditioned reflex treatments at the Hospital, was the guest speaker.

In the past few weeks we have had the privilege of hearing three of the Staff doctors discuss some of the causes and effects of alcoholism. Dr. Langdell, who spoke a week before, explained some of the physical after-effects. Dr. Shelton, who had spoken at a previous meeting, covered some of the emotional results. Dr. Prasser discussed alcoholism from a psychiatric standpoint.

I think all alcoholics should take advantage of all the treatment offered and when that is combined with an honest desire to stop drinking, it can do the trick.

Gordon S., of Ward 8, and Leland C., of 16, will be this week's chairman and we hope to continue to have such good attendance.

Key - was here from Ukiah and a member from the Santa Rosa chapter of A. A.

Pamphlets were distributed by Mr. Lavell, "For the New Patient", telling about the reflex treatment and should dispel any qualms a new patient may have about the treatment. --- Elsie D., Ward M.

#### APPOINTED ADVISOR

Herschel E. Mason, Psychiatric Social Worker, was appointed this week by Superintendent D.B. Williams to act as Staff advisor to the editorial staff of the Pomo News. George Carmichael, Charge Attendant on Ward 6, has been acting in that capacity since the departure July 1, of Dr. Gerald L. Goodstone.

#### JUST CURIOUS

Aside to the Editor of the Stockton Hospital Weekly: How many issues of your paper will constitute a volume? The issue of September 6, was Vol. 1, No. 67. We can't recall ever seeing a weekly publication numbered that way.

#### IN PASSING

We note, in looking over the R-T News, Camarillo State Hospital's newspaper, that among the patient activities are folk dancing and ballroom dancing classes and instruction in creative writing. Not bad ideas.

# POMO NEWS

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Dave A.,	Editor
James C.,	Associate Editor
Woody C.,	Staff Artist
Allan G.,	Reporter
Cleo W.,	Reporter

## EDITORIAL

### 'NO HUNTING ALLOWED'

We were looking at a copy of the Willits News the other day. What attracted our attention particularly was the number of trespassing notices, signed by ranch owners, serving notice to hunters and others that their lands are closed to hunting and no trespassing will be allowed. Several of the advertisements said that riders are on patrol to enforce the "no trespass" rule and some served notice that violators will be prosecuted.

We counted 15 signatures, closing the same number of ranches to hunters in that one issue of the News.

This is a problem which has been given considerable attention in recent years by sportsmen's organizations, rod and gun clubs and the like. It is becoming a more widespread problem over the State each year as more and more properties are posted and closed to hunters or fishermen.

In a few years, if landowners continue this practice, there will be little need for open or closed game seasons as far as the little man goes; there will be no place for him to hunt or fish.

There are two obvious reasons for this attitude on the part of ranch owners. The first blame can be laid at the feet of hunters (primarily from the cities) who shoot at anything that moves, leave fence gates open, start grass and forest fires and annually kill off many horses and cows.

The second reason is that large ranch owners want a deer or two left on their properties for their own sport and that of friends. Narrowed down, the result is about the same as the old duck club proposition; the clubs leased or bought up the best duck and goose hunting spots in the State and only members, necessarily people of means, got any worthwhile shooting.

In the final analysis, the answer probably rests with the hunters themselves.

### "COMTE RENDU" (Account Rendered)

On this first anniversary of "Your" Library, Joyce, my chere, may we, the Staff of Pomo News extend to you, and the enlightened gentlemen who gave you the "green light" to go ahead with the enterprise which has turned out so well, heartiest congratulations.

We know very well how you have filled your post with de bonne grace - how you have found within yourself, that illusory fourth dimension of quality: "Tolerance", so essential to serve a public where "illusions" are the rule rather than the exception.

Joyce, bis bleu, we never know, do we, that of the many frail barks that put out on the sea men call "Life", before the light of infinity appears, are shipwrecks in some fatal port of an obscure destiny.

Whether it's Immanuel Kant's "The Categorical Imperative" or "Swiss Family Robinson", you dispense to meet your reader demands, it's that little extra something, a pleasantry that goes with each transaction, during your past year of service and achievement. You, too, have had "Your Finest Hour."

## CRAWFISH ARE ADDOR'S MEAT

Every time a Pomo News reporter goes around the Carpenter Shop, he can safely bet on two things; (1) He'll find Joe Addor, the boss, under or on top of some kind of a job; (2) Joe will come up with some sort of a yarn, probably having to do with the great outdoors.

This week Joe slipped his hammer handle through the loop in his overalls and inquired if the reporter ever went crawfish fishing. Well, Joe goes, regularly. Last Sunday he and Mrs. Addor and other members of the family went down river about nine miles and had a rather crawfish feed.

"You dump 'em alive into a big kettle of boiling water, just as they do with crabs and lobsters," Addor said. "This turns 'em red and they come out ready to eat, with tomato catsup and salted crackers. Some folks fry 'em, like shrimps. They're good that way, too, better, to my notion, than shrimps."

"You catch crawfish with bait, like liver or some other raw meat. Tie your bait to your net, or they'll make off with it. Then put a weight in the center of your net and lower it to the river bottom. It doesn't take long to get a sack full, I don't mind catching crawfish or eating them, but somebody else has to dump 'em in the pot."