

A PROGRESSIVE PAPER FOR MSH PATIENTS

POMO NEWS

WEEKLY

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

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SEVERI WINS 19, LOSES 1

Fred Figone, official scorekeeper for the Talmage "Sluggers" baseball team, today announced the individual players' averages for the season just ended and his figures should settle many an argument and claim put up among the fans.

Today's figures are the first released since July 1, which was approximately the half-way point in the season.

What may prove to be a surprise to many is the fact that Bobby Moroni, the Sluggers' regular catcher, who played in most of the team's 45 officially scored games, emerges as the leading hitter, with a percentage of .355.

Ado Severi, the left-handed hurler whose ability has been consistently stressed in the Pomo News accounts, comes up with a remarkable record of 19 victories and one loss. The uncalled-for boos of some loudmouthed and biased fans who certainly do not know baseball when they see it, can be skipped as trivial when the figures on Severi are studied. During the season he hurled three shut-out games and one no-hitter. On top of that he batted an even .300 in 78 times at bat and one hit was a homer.

The combination of Severi and Moroni is the backbone of the team and both of them received wholehearted support of every member of the club.

Manager "Foggy" Ottosen proved himself no mean slugger, finishing with an average of .370. Of course he cannot be considered a regular but he was at bat 94 times. On July 1, after 39 games, in which he got 16 hits, his percentage was .300.

Johnny Myers, who was at bat 164 times -- more than any other player -- came out with .300; John Harding, up 163 times, batted .300.

(Continued on Page 2)

CAST OF NEW SHOW STARTS REHEARSALS

Casting for the new play, "Happy Daze" is not completed as yet. Fifty-two prospects answered the call and many new faces will be seen. Larry De, the director, forecasts a show full of surprises of the Olson-Johnson variety, with slapstick comedy, highlighted by a parade a la Ziegfeld. Judging from pictures and descriptions of the costumes, especially in the Ziegfeld parade, this really will be a SHOW.

Rehearsals will be held every Thursday evening from 6 to 9 p.m. and later, possibly, Friday night.

Mrs. Dorothy Buchanan, Recreation Director, is well pleased at the turnout and the enthusiasm.

Paul T. of the Industrial Shop is busy with the scenery and asks that whoever it is who has been experimenting with the curtains and props on the stage leave them alone.

ROAD PETITION

Petitions are being circulated in Talmage and at the Hospital in which hazardous conditions on S.R. 70 west of Talmage are detailed. The petitioners ask Walter H. Sandelin, of Ukiah, a State Highway Commissioner to act.

An "S" turn at the bridge west of Talmage is cited as a dangerous spot, where numerous accidents already have occurred.

Many State employees and residents of Talmage have signed the petition. Sam Ray, at the Carpenter shop has a petition he is circulating.

FOLK DANCING

The craze that is sweeping the country reviving folk dancing and old-time square dances has landed with both feet at MSH.

Mrs. John I. Langdell and Miss Pattilu Farquherson, MSH Psychologist, will be the instructors of a class to be started Sunday at 1:30 p.m., continuing until 3, in the Auditorium, for the patients.

RAMBLING AL VISITS HOGS

(Editor's Note:-Rambling Al, the rambling reporter continues his story of the MSH Ranch this week).

At the Hog Ranch, some 700 piglets and hogs are quartered, each according to the group in which he belongs. Every pen was occupied with animals in various stages of development, and a new farrowing barn was in process of construction. Young Mr. German, assistant head of the Hog Ranch, assured me that only Hampshires and Berkshires of "Mayflowers" ancestry, are tolerated in this exclusive community. The "Hamps" wear a white vest to distinguish them from the snooty "pugnosed" "Berks". It's sad, but this aristocratic population has to be "sacrificed" each week to yield 12 carcasses to supply the Hospital tables!

There'll be no pork shortage, either. I observed several mothers crooning reassuringly to their "quintuplets" ... just no trouble at all, raising a large family. Once you are admitted to the MSH Hog colony, you can stop being a hog...there's just no sense to act like one out there ... judging from the huge containers of mixed grain, table scraps, and dairy overflow, that was being readied for the evening meal. Some of the older generation of "Hamps" were observed getting out dinner jackets for this event. Young Mr. German had everything under control. I moved along, down the road.

Acres and acres, literally, of white chickens, like restless ants dot the countryside as far as you can see. "How many?" I asked one of the world travelers who had come to rest under a pomegranate tree near the "barracks". "Millions." That's as much as I could get from the wayfarer. There are thousands of them, they're everywhere, penned suitably, of course. Fed and watered and nurtured, under the benevolent eye of A. Mossi, Head Poultryman, they supply the institution with health building vitamins. The Sunday dinners in PDR, when chicken fricasseé is the entrée for example.

Space, the lack of it, will permit me to cover only the "fauna" angle in this piece on "Your Ranch"; later, I hope to be permitted to say something concerning the vegetable gardens and fruit orchards, and how some of the "brothers" here at MSH, have found sanctuary ... elder brothers, for the most part; back to the soil, back to their heart's haven, from which they turned in a gild-

SEVERI WINS..Cont. from p-1

IN COMPILING THE SEASON'S TOTALS FIGONE DID NOT INCLUDE THE TWO "ALL-STAR" GAMES AGAINST THE MOF-FAT-MANTECAS, OF SAN FRANCISCO, IN WHICH THE TALMAGE SLUGGERS AND THE UKIAH MERCHANTS JOINED FORCES - - AND LOST BOTH.

This fact obviously has a bearing on the averages of the local players, but the table below is official, as given by Figone for the regulars.

Don Myers hit five homers, for first place in that bracket.

The team won 33 games of 45 counted.

The other pitchers besides Severi came out like this:

	WON	LOST
Bankhead	10	7
Oresco	2	1
Baird	1	1
Luchesi	1	1
Bartolomei	0	1

Individual statistics follow:

	AB	H	Pct.	HR	3B	2B
J. Myers	164	54	300	4	0	7
Laviletta	144	43	290	2	1	10
Wada	151	39	259	0	0	4
Ottosen	94	35	370	3	0	2
Mosna	155	44	280	0	0	5
Guidi	129	36	278	2	1	1
Moroni	121	43	355	1	2	6
Severi	78	24	300	2	0	1
Harding	163	51	300	1	0	1
D.Myers	151	43	280	5	2	3
Bankhead	50	21	400	4	0	3

We are convinced it will take a little more than printed statistics to silence Fan Sam Ray; but one thing must be said about Sam the Screamer--he doesn't care what characters in other sections of the stands who moan for weeks and for months on end that a visiting team has 11 men to beat, all we can do is hope they'll not be heard from until next season and their yaps will still be tiresome.--D.A.

OFF ON VACATION

Charles Valentini of the Shoe Shop started his vacation Monday. Wonder if he will take along an extra pair of shoes?.

od moment to "cross the mountain." Many of the "Oldsters" at Ward 16 are home, at last. The heart, thrown back on itself, makes a channel being unable to overflow, and deepens, being unable to expand. Yes, some of the "brothers" have reached "snug harbor." - Al G.

SEND IN YOUR WARD NEWS ITEMS!!!!

WARD NEWS

WARD G

Lila H. of Ward G, celebrated her birthday with a garden party to which all the girls of Ward G and I, who enjoy yard parole were invited. The group of four shade trees in the yard were hung with pictures cut from magazines, a gala touch was added with garlands of hydrangeas. Refreshments and plenty of them consisted of several different kinds of sandwiches with relishes and dessert was angel food cake with lots of coffee. Lila received many beautiful and useful gifts. Oh yes, Ernie's truck boys were lucky enough to get there just in time for cake and coffee.

WARD 10

Dr. James T. Shelton has taken over the duties and responsibilities formerly performed by Dr. Donald O. Prasser, at Ward 10, and the insulin shock therapy treatments. There now are 14 male patients and 5 female patients under treatment. The noon-day meal is being served to the bed patients, usually with the help of several of the "up and around" patients.

Jess H., Rene H., Rex K., Bill M., and Carl F. assist the nurses and attendants in many other ways but leave the cooking to "Chef" Ralph C. Jess H. and Carl F. have been granted ground parole. Patrick F. and Todd L. have finished the treatment and are now discharged. George M. who was in the cast of "Westward Ho" has completed the treatment and gone home.

Ward Charge Ted Wimmer said that several of the patients who came over to Ward 10 for the insulin treatment have improved to the point that upon completing the treatment they were sent to work wards.

WARD 8

Work assignments: Frank O., marking room; Charles W., Dr. Shelton cottage; John C., John W.D., kitchen; Leonard T. M., Luther R.F., John S., Heinrich S., unassigned; Joseph B., Dr. Williams house; Randall J., food cart Ward 9; Olden F. B., Ward 16; Hugo K. S., Mr. Garvey's house; Wallace A. D., Scott A., laboratory; Troy L.T., Dr. Green's cottage.

Transfers:

Charles W. from Ward 4; Frank O. from Ward 10.

VARIED ARTS WILL BE TAUGHT HERE

Mrs. Drusilla Mason, Occupational Therapist, is assuming the duties and responsibilities of the Occupational Therapy school with the valued assistance of Paul T., of the Industrial Shop as instructor. The program was originally started by Miss Lucille Jetter, Social Service Worker and Mrs. Buchanan, Recreation Director and was called an Arts-Craft School. The school is for patients, hospital employees and their interested relatives who will, later, conduct classes in the Wards.

Paul has outlined a program which will continue for six weeks and take up the following subjects: Finger painting, plasticene clay, plaster casting, ceramics, and metal craft in copper. Class begins at 6:30 P.M. continuing until 8:30 P.M. and is held in the main Auditorium.

Those attending the first class last week were: Miss Jetter, Mrs. Buchanan, Mrs. John Longdell, Mrs. James T. Shelton and Miss Pettilu Farquharson; patients: Joyce M., I Ward, Myrtle M., I Ward, Nancy K., K Ward, Chauncey L., Ward 15, Ralph C., Ward 10, Fry C., Ward 15, Roy N., Ward 9, Larry De, Ward 2, Cleo W., Ward 1, and Paul T., Ward 15.

WARD I

Bonnie G. went to Ukiah Wednesday to spend the day with her family.

Recent transfers to I include: Katherine S., from A; Genevieve L. and Nora A., from M; Iola McD. and Eurichette P., from H; Bessie S., from G.

WARD 9

New patients received: John W.C., Joseph B., Randall J., Lawrence G., John D., Olden B., Hugo S., Heinrich S., John S., Wallace D., Luther F., Scott A., Leonard M., Troy T.

To Ward 4: William W.; to Ward 15: Ellwood L.; Tyler B. is helping in the sick dormitory at Ward 9.

NEW BOILER HERE

Jack Moore, Butcher, said that the new steam boiler for the slaughter house has been received and will be installed shortly. It is an automatic control unit and eliminates a lot of work required by the old one.

Discontent is the first step in the progress of a man or a nation.

THIS WEEK

SATURDAY

Movie: "June Bride" (Warners')
9 a.m. Also comedy.
Dance: 1:30 to 4 pm.

SUNDAY

Church Services (See Page 6)
AA Meeting 6:30 pm. Auditorium.
Baseball: - Talmage vs Ukiah, at
Ukiah, 2 pm.

MONDAY

1:30 Pm. Group Therapy Meeting
Ward 9 - Conference Room,

TUESDAY

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

WEDNESDAY

Group Therapy Round Table Dis-
cussion at 1:30 P. M. in Ward 9
Conference Room.
San Ray Jr., Veterans' County
Service Officer. Appointments
made at the Supervisor's Office.
AA Group Meeting at 6:30 P. in
Auditorium.

THURSDAY

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

FRIDAY

Cromer C. Nelson C. S., Christ-
ian Science Representative.
Movies: 1 P. M.

PEACH CANNING NEARS CLOSE

H.E. Brunges, Superintendent of the Cannery, reports that the tomato season is in full swing and that they worked a full day Saturday, bringing up the total of one gallon cans to 3,950. Mr. Brunges said the quality of this year's crop is much better than it has been the last two years. The end of the peach season is in sight, this week's production making a total of 1,648 cans. The dry yard pears are all picked up, now with a total of 6,520 pounds. This part of the food production and conservation program of MSH entails a lot of work, keeping approximately 40 men busy for two weeks. The men for this work came from Ward 15, were loaned from the lawn detail, and the landscape crew.

WEEK'S ADMISSIONS, RELEASES

Admitted: 19 Released: 25

CONSTRUCTION

That peculiar looking piece of equipment you see moving lumber around the Framing Yard is called a "straddle-bug" by the men who operate it and a Rose Carrier when parts have to be ordered for it.

Bob Roberts, Yard Foreman, reports that work is ahead of schedule, plenty of materials available but that none of the boys have, as yet, brought him in any venison or fish. However, L. W. James and Charlie Thomas, Carpenters, returned from a successful fishing trip to the Feather River near Gridley, with a story about big mouth black bass and catfish,

Work is progressing on schedule for the Steelform Company under the watchful eye of Superintendent Bob Glidewell and his two able assistants, Dick Payne and Don McNamara. Walls and floor up to the first floor are completed on unit number two. On unit number one walls and floor are finished and plans for pouring the walls of the first floor to the second floor today are complete. Plumbers, electricians and steelform men are preparing the south wing of unit one for pouring the floor "slab" next week.

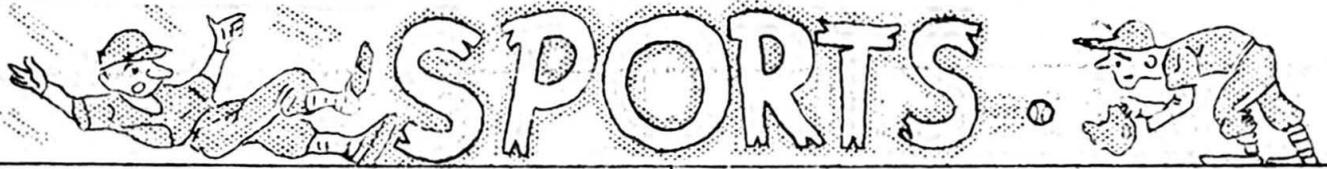
Dennis Murphy of the steel reinforcing gang under the direction of Charlie Michaels, killed a five-point buck in the hills above Oroville over the week-end.

Ed Leavitt, Superintendent of roofing for Moore and Roberts Co., will assume his duties here on the MSH contract shortly.

GOES THROUGH SHOWER FLOOR

Fire Marshal Von Schrittz, of the MSH Fire Department, reports that the department "rolled" on a still alarm Sunday morning at 2:30. The sawdust and rubbish at the dump decided to take off in a big way, but there was no damage. The Fire House, built in 1931, is undergoing rehabilitation in the shower room sector after Attendant Jack O'Brien broke through the floor while engaged in taking a shower. It was found that "dry-rot" had so deteriorated the underpinnings directly beneath the showers that they crumbled, almost at touch. Work is progressing, under the direction of Eddie Veronda, masonry, and Sam Ray, carpentry.

WRITE TO THE MAIL BAG - DO IT NOW!



KID STARS IN OLDSTER GAME

The handicapper who picked the "Oldtimers" to repeat last year's win performance in their annual classic with our Talmage "Sluggers" apparently ignored the old adage ... "Youth will be served". The local team just ran away with the show, by the lopsided score of 12 to 1.

The Myers boys, John, Don and Charles, a youngster just out of knee britches, backed by their teammates, Wada, Bartolomei, Mosna, Harding, Severi, Moroni, and other regulars, settled down to serious ball for three or four innings, but when it was apparent that Mr. Jim Bush's "perennials" weren't the "rover boys" they were last year, proceeded to give the fans something for their money and staged a three-ring circus for the rest of the game.

D. A. James Bush, Sheriff B. G. Broadus, Newell Rawles, barrister, rushed an injunction from the County Seat to stop the "riot". But the "Sluggers" were now in a playful mood, and so were the fans and "The Law" with their teammates Art Poma, John Grilli, "Skid" Scudder, "Babe" Tamborini, Al Sousa, Ed Toney, "Ollic" Soinile, Norman Baird, "Pa" Alexander, and Foggy Ottosen, Sluggers' manager, drafted by the "Oldtimers" for the game, joined in the fun, and a good time was had by all, even Sam Ray's dog.

Substitutions were made without consulting umpire or scorekeeper. Ump Tromper gave up in desperation, and the scorekeeper, when it was evident that a trial balance was impossible, closed his books.

Young Mr. Charles Myers stepped nonchalantly to the plate, swung at the first ball and rapped a double to center. Taking the field in the Sluggers' half of the next inning, the same Mr. Myers just as casually proceeded to blast the waning hopes of the visitors for a last inning rally, by netting all the fly balls that came within 100 feet of the center garden. He must be all of fourteen.

They're good eggs, those "Oldtimers" ... fugitives from the family circle, checking their pipes and slippers for an afternoon of fun and frolic. Their bulging waistlines and the imminence of "middle age spread" haven't slowed them in spirit - it's just too much weight ... age and avoirdu-

SLUGGERS WIN 33 OUT OF 45

Excluding last Sunday's game against the Old Timers of this neck of the woods, which was more or less of a "not for keeps" contest, Foggy Ottosen's Talmage Sluggers wound up the 1949 baseball season with 33 victories in 45 games.

The season started on April 3. The locals got away well, winning their first four games. Back around the first of July, at approximately the season's half-way mark, the Sluggers had piled up 19 wins in 24 games. They did not do so well in the second half, as the final tallies show.

Talmage met some worthy opponents during the season, notably the Moffat-Mantecas, of San Francisco, who were the 1948 Northern California champions in their "amateur" class. The Moffats came here with an impressive string of victories behind them and took the local and Ukiah All Stars in two games, which was no great surprise.

The Cooper-Varni outfit was another one with a strong rep, but in two week-end appearances here, dropped four games to the Sluggers and they didn't feel very happy about it.

(Continued on page 9)

pois. Another year is a big handicap for the "Oldsters" - some of them voted for Cleveland.

Jim Bush, who may be the next Attorney General of our State, notified the press box that the "Oldtimers" were banking their fire until next year, when the "playoff" (each team has won a game) to decide the series will take place.

Come along Jim and Company, from Sacramento or Timouctoo ... you're pretty good people. Al G.

ADDITIONAL SPORTS

PAGE 9

ANDY STAHL'S

★
Fine
LIQUORS



PHONE 1138 - J

TOWARD BETTER MENTAL HEALTH

VARIOUS THERAPIES DESCRIBED

HYDROTHERAPY - In this important branch of physiotherapy, water is effectively used in treatment of mental patients. For instance: continuous flow baths - in a specially constructed, covered tub through which warm water flows - have so quieting an effect that often noisy, overactive patients drop off to sleep in the tub their relaxing effect is understandable to anyone who has stretched out in his own tub. Wet packs - sheets dipped in cold water and wrapped tight around the patient - reduce pulse rate, and are soothing. Various types of showers are given to stimulate the depressed. Hydrotherapy is dangerous except in skilled hands, and the limits for baths and packs, water temperature and pressure are definitely ordered.

REEDUCATION - This covers a number of means by which the patient is helped to leave his private world, and again to feel responsibility and a willingness to fit in with his associates; the family, and the community. At the simplest level, for those who need it, there is elementary habit training in bathing, dressing, eating, eliminating, and sleeping. Then there is learning to exercise, to play, and to work and create with the hands. Such reeducation, conducted under the supervision and guidance of the physicians, is afforded through everyday life on the wards, through assigned duties and occupations, through dramatics, orchestras, and various activities and treatments such as occupational therapy, physical training, and bibliotherapy.

OCCUPATIONAL THERAPY -- Directed by trained occupational therapists this is one of the most important treatments afforded by mental hospitals. Patients go for treatment to occupational therapy workshops, as they go for treatment to hydrotherapy rooms. There they are given carefully prescribed, graded, and planned occupations, from finger painting to metal working, needlework, weaving, and furniture making. They attain concentration through their interest in what they are making, and a sense of self-confidence from a finished product. Often a patient's first renewed contact with reality comes through a bit of modeled play. In some hospitals the occupational therapy department also directs recreation and athletic activities.

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

"The thoughts of the righteous are right: but the counsels of the wicked are deceit" (Proverbs 12:5). This is the Golden Text for the Lesson-Sermon in all Christian Science churches on Sunday, October 2. The subject is "Unreality." Included in the sermon are the following citations:

The Bible: "And the Lord had respect unto Abel and to his offering: but unto Cain and to his offering he had not respect. And Cain was very wroth, and his countenance fell. And Cain talked with Abel his brother: and it came to pass, when they were in the field, that Cain rose up against Abel his brother, and slew him" (Genesis-4:4, 5, 8).

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "Will - blind, stubborn, and headlong - cooperates with appetite and passion. From this cooperation arises evil. From this also comes its powerlessness, since all power belongs to God, good" (p. 490).

EMPIRE

OFFICE MACHINES

PHONE: UKIAH - 144
325 N. STATE STREET





MAIL BAG

EDITOR, POMO NEWS:

Now that the baseball season is drawing to a close ... the teams were cheered on and off the field; but one team has been forgotten -- a team that made it possible for you to cheer those others. A team with a good man who knows baseball from start to finish and who knows what it takes.

Many of the patients dream all week long of the week-end event which gives them something to think about and talk about. Many do not know that during many of the season's games some big time ball players are among the spectators in the stands. Many of them came not only to see the games, but for the beauty of the Talmage diamond, on which many a team would be glad to play.

Let's give Fred Figone and his team of patients a hand. They make all this possible. There is more to it than just mowing and watering the grass. The field has to be raked and all stones, even the tiniest, removed. The running paths have to be spaded, the diamond has to be marked to specifications with white lines; the grandstand has to be maintained.

Let's tell the Figone team they've again done a good job.

Bones.

EDITOR, POMO NEWS:

I have been reading the Pomo News ever since we have been getting an exchange copy here, and I notice your keen eyes picked up the latest item that appeared about us in the Ag-News-Ette. It feels good to see that our old friends haven't forgotten us. And because we have so many friends up there, it was impossible for us to enter into correspondence with them, and I welcome the opportunity to say hello to everybody. My eye trouble is just clearing up and I am ever thankful to Dr. Williams, who made it possible for me and Mrs. Schramm to move nearer better medical facilities.

We made many new friends here, some of them from my old haunts in New York. Mendocino is nicely represented here, Bruno Sagentini, Miss Brown and a couple older Mendocinites work here.

Our Gene returned to U. C. at

Berkeley, working for his Masters, Teddy entered med-school at Louisville, Ky.; Mrs. Schramm, as last year at Mendocino County, entered the Santa Clara County Fair, and won two blue and one red ribbon for her pics and pastry.

Our warmest greetings to all of you. To my Jewish patients I wish a happy new year.

Sincerely,

Dr. Marcus Schramm,
Agnews State Hospital,
Agnew, California.

EDITOR, POMO NEWS:

I wish to thank Dr. D.B. Williams and Mrs. Williams for the lovely birthday cake which they so generously gave for the Library's first anniversary. I hope the doctor will see many more anniversaries of the Library under his charge. I also want to thank Dr. R.G. Brankamp, Mr. and Mrs. J.J. Garvey, Dr. and Mrs. James T. Shelton, Dr. Earle Aagaard, Mrs. E. L. Lochen, Mrs. Edith Ray, Matron and Mrs. Kyra Edwards, assistant and the many attendants who so graciously paid a call to the Library on that day.

I want to thank George K., of Ward 9, for his charming and generous praise of the Library and myself in his article in the Pomo News of September 9. Thank you, George, and I will remove the pictures to a more artistic position and I hope you will like them.

Joyce M.

FANCY WORK

Members of Bill Elliott's Industrial Shop crew are producing some unique brick-a-brac corner shelves and wall brackets from more of the furniture crate scrap lumber, also some artistic wooden scroll work name plates from the same material. Refinishing of several desks and sets of Venetian blinds occupies the attention of several members of the crew, while others are engaged in the creation of some sculpture plaster busts of the grotesque type.

Results are what you expect; consequences are what you get.

THE
TRADING CENTER

O
F
M
S
H

ALMAGE
STORE



SANTA ROSA A.A. MEMBERS HERE

Kay W., last week's chairman of A.A. meetings, provided a very interesting meeting by the introduction of Herschel Mason, Social Worker, who took up the subject of the alcoholic as a State problem, of how he has been classified in the past, by the average normal citizen, and the difference in the public's attitude toward the alcoholic now.

Mr. Mason believes that the A.A. 24-hour program combined with a strong belief in the power greater than one's self will help the alcoholics a great deal especially in the early stages of re-habilitation but also thinks that after the habit of sobriety has been established the patient should start thinking of and planning for longer periods of time. The alcoholic taking up the A.A. program at first is usually inclined to go at it too strong, tries to accomplish too much in the way of making amends for past wrongs he has done and of changing his way of thinking and habits of living too drastically. It takes time to make this re-adjustment the same as it took time for him or her to become an alcoholic, so that the A.A. maxim of "easy does it" applies here also.

Sunday night's meeting of A.A. proved to be a very interesting one, attended by about 50 patients who, from their applause indicated that the seven guest speakers from the Santa Rosa group were "on the beam" with A.A. Kay W., of Ward I, weekly chairman, opened the meeting with the usual moment of silence, then introduced Mrs. Billie Sturm as visiting chairman of the Santa Rosa group and the following members, "Mac" McHale, Les Harden, Jack Crowell, Jack Burgin, George Staff, Chet Sturm, and their guest, Mrs. Church of Santa Rosa, who donated a supply of literature.

Mrs. Billie S. explained the status of A.A. stressing the points that A.A. is in no way connected with or sponsored by any religious movement or sect, nor is it affiliated with any political organization, but is an organization composed of normal people who have become uncontrolled consumers.

Andy C., of Ward 16, thinks that many newcomers to the A.A. program become confused, at first, with steps two, three, four, five, six and seven because they find it hard to accept the spiritual phase. If so, don't let it scare you, he advised, just be honest with yourself and practice the Golden Rule.

As it seemed to be the opinion

MENDOCINO ALCOHOLIC PROGRAM

GOD GRANT ME THE SERENITY TO ACCEPT THE THINGS I CANNOT CHANGE, COURAGE TO CHANGE THE 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 Herschel 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.

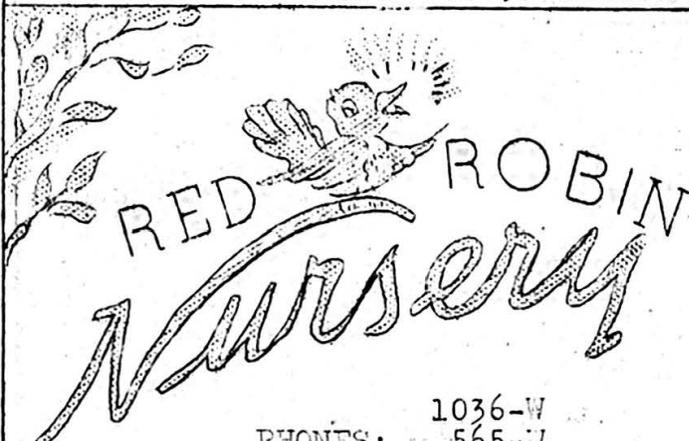
Out patients are requested to contact Gordon McWhirter at 507 Polk St. Room 200, Phone GR 4-7066, San Francisco, Monday through Friday. For appointment call before 10:30 am.

of a majority of the members of the Pomo Group that a one week stand is too short a period for the chairmanship, it was agreed to lengthen the period to two weeks. Frank M., of Ward 9, was elected chairman for the next two weeks.

EMERGENCY RUN

Sam Ray, Jr., County Veterans Service Officer, made a fast trip by automobile to the Mare Island Hospital with Attendant Russell Clarke, of Ward 7, who suffered a severe attack of asthma. Sam found it necessary to replenish the oxygen supply at Cloverdale and again in Santa Rosa.

TWO DOLLARS MAILED TO POMO NEWS WILL BRING YOU A COPY FOR 52 WEEK.



1036-W
PHONES: 565-11
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EMPLOYEE ACTIVITIES

VACATION LIST

Attendants on vacation this week are listed as follows:

Arvel Phillips, W. H. Smith, Alice Coffey, E. Edwards, Wm. Schmidt, J. R. Chestain, Robert Hall, Harold Chapman, George Burnham, Russell Mahaffey, U. H. Scrola, E. R. Stillwell, Walter Brown, Francis Hearn, H. C. Scott, A.W. Burnham, Beatrice Larson, Etta Hart, Ila Hall, Minnie Nehring, Elsie Frazier, Margaret Winchester, Agnes Chapman, Bessie Watson, Katherine Edwards, Inez Welsh, Ann Goddard, Alice McLennan, Juanita Corbett, Idamae Mazzanti.

Listed as sick are:

Hallie Tyer, Lulu Cunningham, Leona Meyers, Mamie Chaney, Russell Clarke, Charles Bradford, John Shanyfelt.

On leave are:

Myrtle Sisk, Jean Burnham, Marilyn Barton, Dora Ryan, Mabel Martin, Helen Carmichael, Patrick Ryan, William Nehring, Mabel Russell and Woodrow Duncan.

TECHNICIAN LEAVES

Mrs Teresa Sipkens, MSH State Laboratory Technician, has resigned her position here due to serious eye trouble and has gone to Los Angeles. She expects to undergo treatment there for a couple of weeks.

Mrs. Sipkens came to MSH a little over a year ago.

HERE'S A DOG HOUSE FOR YOU, MRS. TUTTLE

It pays to advertise (free) in the Pomo News.

Last week a short item said Mrs. Robert Tuttle, Ward I attendant, was looking for a large dog house. Now Allen (Tiny) Ryan, Ward 12 attendant comes forward to offer her one. He describes the dog house as nearly large enough to encase him and that certainly puts it in the large size class.

Ryan, who operates Ryan's Cottage Court in Talmage, left his telephone number, 198-W.

POSTSCRIPT:-The News is informed that Mrs. Tuttle has accepted from Mrs. Bob Rideout, a suitable house for their dog -- and big enough so Mr. Tuttle can crawl into it!

The proper time for divorce is during courtship.

Happiness is a form of courage.

MORE SPORTS--

Wards 14, 15 High In Softball League

The inter-ward softball season came to an end Sunday when Ward 8 Wayfarers defeated a combination team from Wards 1, 2, 3, 14 and 15 by a count of 19 to 6.

Ward 8 played 12 games during the season, in the series arranged by the Recreation Department and won eight of them. Wards 14 - 15 played 11 games and won eight, which gives them the highest percentage, since the team from Wards 1, 2 and 3 was in only 5 contests, and won none.

SLUGGERS AT UKIAH

What the bushers around here--fans and players alike--call their "Little World Series" gets underway Sunday at Ukiah, when the Talmage Sluggers and the Ukiah Merchants open an annual three-game series.

NEW BASKETBALL COURT

Patients of Wards 1, 2, and 3 wish to thank Business Manager Garvey for the basketball court recently installed in the exercise yard.

CLIFTON GETS BUCK

"Daniel Boone" Clifton, otherwise known as "Red the Fireman", of MSH Fire Department, has, so far, brought home the venison. Recently becoming the proud father of a baby girl, Elizabeth, seems to have sharpened Red's eye and calmed his trigger finger.

HUNTER GETS SNAKE

L. I. Sansoo, of the Plumbing Shop says, "No deer here nor at Lake Tahoe, either; killed a rattlesnake."

SLUGGERS WIN --

(Continued from page 5)
a no-hit contest against the Martys, of San Francisco, winning 13 to 0. The second came on June 26, when Severi battled through 14 innings of airtight baseball to lick the Cooper-Vernis, 2 to 1.

ANY SCUTZEZE PLAY?

The score of the baseball game was 2 to 2, yet not a man had touched third base. How was it possible?

(Both teams were made up of women.)

Fears are the only thing that multiply faster than rabbits.

POMO NEWS

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

Herschel E. Mason, Staff Advisor.

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Dave A., _____ Editor
 James C., _____ Associate Editor
 Joe P., _____ Reporter
 Allen G., _____ Reporter
 Cleo W., _____ Reporter

EDITORIAL

There is something about October.

October reminds us of a somewhat wistful, reserved beautiful woman whose taste in dress runs to brilliant colors; whose jewels in purple sky at night take on a dazzling sparkle that even her sister June can only envy.

Nature, herself, is quiet in October; her caprices and furies of other months are forgotten. The breezes are gentle and balmy as May's; the sunshine is filtered by the blue haze that cloaks the hill and the canyon in late afternoon.

The wind in the tall pines of the hills drops to a whisper in October and the sound of a mountain stream in a distant canyon bed becomes a murmur. It is the time when the trees and shrubs, excepting the evergreens, put on their gay colored attire for the year's last formal party.

It's a busy season for the little people of the wild, who gather in their nuts and grains and acorns and it's a busy season for man. The farmers must get in their crops and paint or repair their buildings before the first rains and the first frost. In the cities the merchants are stocking and displaying winter merchandise.

The football season is underway and with it comes the flowers that traditionally mean autumn, especially the chrysanthemums. Halloween is not far away and by the time the football season ends, Thanksgiving will be here.

October, the gentle one, a little sad perhaps, is with us for all too short a time. Her sister, November, is a cold witch with a temper that reveals itself in biting, sometimes raging winds. The colorful beauty of October's wardrobe gives way to stern, cold attire and brooding.

Yes, there is something about October.

 * TYPIST WANTED *
 *
 * THE POMO NEWS has an opening *
 * for a good typist who is famil- *
 * iar with stencil cutting. Apply *
 * at The News office in the Admin- *
 * istration Building. *

THANK SMOKE EATERS

Attendant George Lawrence, Ward 8, and his neighbors on Observatory Ave., Ukiah, thank the MSH Fire Department for good work done on the recent mutual aid call.

PATIENTS PICK PRUNES

Quoted from the song: "No matter how old a prune may be, it's always full of wrinkles"; but the prunes the MSH patient harvest crews were gathering in the orchard seemed so round, so firm, so full of vitamins. The crews are made up of patients from Wards 14, 15, 5, 6.

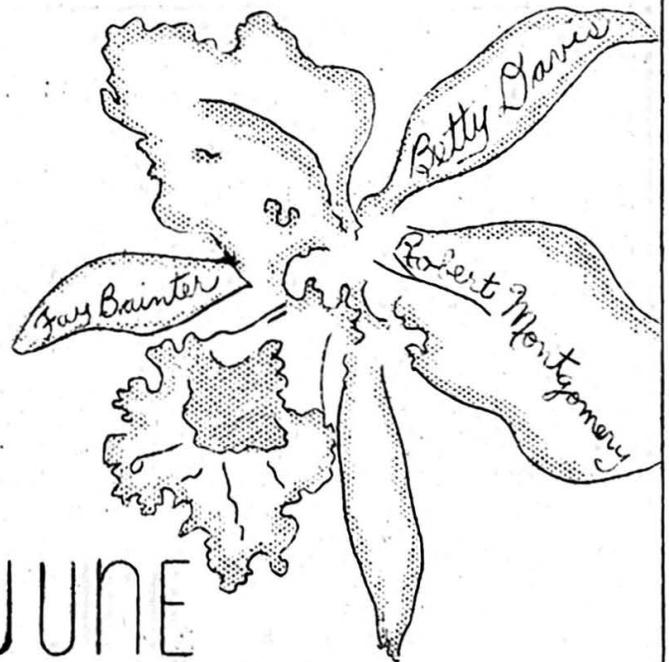
GRAPE PICKING STARTS

Grape picking is in full swing in the Ukiah Valley this week, first operations having started about a week ago. The quality of the fruit is said to be exceptionally good.

MOVIES MSH AUDITORIUM

TODAY - 1 P M

TOMORROW - 9 AM



JUNE BRIDE

ALSO: "PEST IN THE HOUSE"