

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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'HAPPY DAZE' IS WEDNESDAY

BY PATRICIA McK

"Happy Daze", a frothy concoction of songs, dances and comedy, moves into the spotlight with its official debut Wednesday, October 19, in the MSH Auditorium.

Swiftly paced with dialogues punctuated by sharp punchlines throughout various comedy skits, the show features the outstanding "Westward Ho!" vocalists Myrtle M, Roy N, Frank D, Jack D and Larry deR. Being presented for the first time here is baritone Frank M, who also carries the role of master of ceremonies.

The lavish dance routines include Oriental and Hawaiian numbers plus a "beauty parade" staged along the lines of the late Earl Carroll's "Vaniities". Terpsichorean honors are carried throughout by Larry deR, and shared by Cleo W as an Oriental princess and Helen N who is an experienced hula artist. The routines are studded with a sizeable quantity of "glamour" and climaxed by Larry's special "Hindu Temple Dance".

Comedy vocals are provided by Maria B and Sophie R complete with gestures. Other novelties in the humor department feature Larry deR with his hilarious version of "Hiawatha" in Yiddish dialect, a take-off of Gracie Fields, and a burlesque impression of a "honky-tonk" torch singer.

Another new addition in the theatrical group to watch for is solo dancer Jimmy H who adds an additional sparkle to the cast with his scintillating tap routines.

The costuming and scenery in "Happy Daze" will be more striking (Continued on Page 9)

BRAMKAMP ON VACATION

Dr. R. G. Bramkamp, Assistant Superintendent, left Wednesday, October 12, for a vacation of several weeks.

TALMAGE SLUGS UKIAH AGAIN

Willie Weda delivered a single in the last of the tenth inning with the score tied and two men on bases to give Talmage a 6 to 5 win Sunday afternoon. The Sluggers now have a 2 to 0 edge in the local Little World Series with the Ukiah Merchants.

Talmage was first on the score board. In the second inning Bartolomei led off with a single, advanced to third when the catcher threw wild to first in an attempted pick-off play. Laviletta doubled against the right field fence to drive in the first run.

Ukiah came to life for two runs in the fourth on four safeties. They continued in the fifth by scoring two more, collecting three hits and capitalizing on three errors. (Continued on Page 10)

OBSERVATIONS FROM THE SIDELINES

Now that they've practically rolled up the Talmage baseball diamond for the winter, some side-line comments may be in order.

Ado Severi, the Sluggers' south-paw star, possesses one attribute that's essential to a good ball player--confidence in himself. It appears he never goes into a game without believing that he has it in the bag. He gets mad when support is lacking or when the opposing batters reach him. The madder he gets, the better game he hurls.

Severi has one loyal backer--Mrs. "Much-Ado", his comely wife, who may bite her nails when he's got a tied-up mess on his hands, but she shares his confidence; and any guy who can win 21 out of 22 deserves it, not only from his wife, but from the spectators--especially those who, unlike Screamin' Sam, (Continued on Page 10)

Beautiful Oaks Here Call Up Chapter In U. S. History - Half Century Ago

Cruising the grounds of MSH in search of news items for The Pomo News, your reporter could not but notice the many fine specimens of the native oak represented here.

On checking with Fred Figone, Head Groundsman and with the help of reference to his library we find that among the varieties nature planted here, predominant are the Valley Oak (*Quercus lobata*) sometimes called the weeping oak, and the Coast Live Oak (*Quercus agrifolia*). The former, being of deciduous nature, sheds its leaves in fall, while the latter keeps its dark green foliage the year around, dropping some but replacing them and for that reason is called "live" oak. The early Spanish explorers associated it with the fertility of the soil and the Franciscan Missions were established within its general range.

The oak has meant much to man from the beginning of time, is mentioned quite often in Biblical history and on down through the centuries to England and America. We have many famous ones in our history, but one especially stands out at this time. It is the Russo-American Oak planted in the White House grounds. Its story, and that of its parent tree, the Washington Oak of Mt. Vernon, is interesting in view of our present relations with Russia. Here it is for what it is worth in thought; quoted from "Shade and Ornamental Trees of California", by former State Forester Merritt B. Pratt:

Many years ago, Senator Charles Sumner sent an acorn from an oak which formerly overshadowed the old tomb of Washington at Mt. Vernon, to the Czar of Russia. This was planted in the Palace grounds at Peterhof and grew into a beautiful oak tree which has a tablet at its base bearing the following inscription:

"The acorn planted here was taken from an oak which shades the tomb of the celebrated and never-to-be-forgotten Washington; it is presented to His Imperial Majesty, the Emperor of all Russians, as a sign of the greatest respect by an American".

Later, Senator Hitchcock gathered acorns from this tree and sent them to Washington D.C. One of the small trees grown from these acorns was planted in the White House grounds by President Theodore Roosevelt and is known as the Russo-American Oak.

Yes, truly, the oak has appeared often and sometimes has meant much in the history of man.--Joe P.

Inscription on cigarette holder:
"To My Matchless Wife."

NEW COTTAGES ULTRA-MODERN

The three new cottages on Cottage Lane look very trim and neat with their stucco finish and are rapidly nearing completion of the interiors. Strikingly planned, each has a large living room, with a fire place, and an added floor-furnace; three bedrooms, dining room, kitchen, service porch, two baths, one with shower, one with tub. Hardwood floors prevail except in the kitchen and bath.

The kitchen is amply large, and furnished with electric refrigeration, gas cook stove, corner tile sink.

The two front bedrooms are heated with a second floor furnace, which is automatic, while the third bedroom has its own heater and the bath rooms are heated by vents from the floor furnaces.

The work is under the supervision of Chet Hill, Sr., of the Department of Public Works, Division of Architecture. Chet has been on several building jobs here at MSH since 1921, one of them being the Receiving Ward Building. Besides the three new cottages he also has the new farrowing barn, known as the "Porcine Maternity Home", down at the hog ranch, under his supervision.

WORK ON NEW ROAD

A county highway crew began work last week on a road project which will give better access to Ukiah from Talmage than the present main route. The work is expected to require about six weeks. The new link will be an extension of the present road from Talmage through Rogina Heights to the Vichy bridge and cut off three miles.

RED ROBIN
* NURSERY *
SEEDS · FLOWERS · & SHRUBS
for fall planting

PHONES 1036-W, 565-W, 262, UKIAH

Slippery Pete, The Rat Forsees Hard Winter

The News' Animal Editor was out taking a look at the progress on the new Kitchen-Bakery building and other day when he ran into Slippery Pete, the rat, an old friend. Slippery wasn't looking too well, so the newsman inquired as to his welfare lately.

"Well", replied Slippery in his whining voice, "it's been a tough go for me ever since they tore down the old Bakery building last spring. I had a good spot there, plenty to eat right at hand and a swell hideout under the foundation. Now it's pretty slim pickings. Sure, I can get into the Main Kitchen across the street, all right, but it's not worth while. That durned Arlie Lawrence, the cook who locks up in the evening sees to it that every bit of food is put away and there's not even a scrap to eat on the floor or anywhere else. Besides, there's usually a dog or two around the Tunnel --- Lady Red Bird or that ornery little Pepsicola or some other hound, and it's dangerous.

"Say Pal, you ever see Goof Ball over around the PDR? You know him, he hangs out in that little courtyard where they hang the mops out to dry. I haven't seen him in a long time."

The Animal Editor assured Slippery that Goof Ball is still able to get around and that he had talked with him not long ago.

"I often wonder how he gets by those pest eradicator people the State pays", said Slippery. "He's too close to the center of things there to suit me. I'm pretty safe

It is with regret we report the passing of Goof Ball. The pest control crew gassed him out of his residence and shot him with a .22 rifle several days ago.

out here, but I'm always hungry. The way these construction guys are pouring concrete around here, I'm wondering if I'll be able to get into the new bakery and the kitchen when they're finished."

Slippery stopped talking and looked thoughtful for a moment. He studied the Animal Editor's face closely, then he said:

"Say, Buddy, you ain't gonna say anything to that Von Schritztz fellow -- you know, the Fire Marshal--about seein' me or Goof Ball, are you, huh?"

Just then Tommy, the Library cat came around a clump of shrubbery and Slippery Pete said a hasty farewell. The Animal Editor said to Tommy: "Well, Tommy, what are you doing over here, taking your

WARD NEWS

WARD 9 ARRIVALS

Recent arrivals at Ward 9 and their ward assignments: Jesse F, Walter R, Henry S, Charles S and Charles E to Ward 8. Thomas W to Ward 4. Michael C to Ward 14. Angelo O to Ward 15.

Edward G, of Ward 15, was transferred to Ward 9 for treatment and is doing fine.

WARD 8 DOINGS

Work assignments are announced as follows: Walter R and Charles E to the Kitchen; Charles S on Ward 8; Henry S to PDR.

Walter S of Ward 8, received a visit from Mrs. S of San Francisco, Sunday. His smile is broader than usual this week. Kenneth H and Howard E also received welcomed visitors over the week-end.

We are happy to have Mrs. "Mac" back on duty on Ward 8, after her pleasantly spent vacation. She seems to add that homey feminine touch.

WARD 10 NEWS

Insulin treatment patients now number 14 male and five female, all doing fine. Several have improved to the point where they can enjoy outside recreation. Jess H and Carl F received ground parole and also help out on the ward work. Cornado P was transferred from Ward 1 to Ward 10 as a ward worker.

WOMENS' WARD NEWS

Nora A of Ward I was visited over last weekend by her husband and two sons from San Francisco.

The Ward I "beauty salon" did a rushing business last Saturday night in Toni permanents with Mary O officiating and Elsie D and Loretta H on the receiving end.

After several sojourns in the dentists' chair Kay W of Ward I still swears by Dr. Frost, so here's an overdue "orchie" to the kindly MSH dentist.

evening constitutional?"

Tommy scowled at the reporter and did not slacken his deliberate pace. Over his shoulder he said: "Look, Bub. I told you once before I don't like people butting into my personal affairs. Why don't you go upstairs and run yourself thru that Mimeograph machine, huh?"

"Hmm!" mused the Animal Editor.

--D.A.

ASSOCIATE EDITOR'S NOTE: It seems Uncle Remus is riding again. The Staff regrets that our dear Editor occasionally goes on these tangents.

MENDOCINO ALCOHOLIC PROGRAM

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 may be 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 GR4-0766, San Francisco, Monday through Friday. For appointment call before 10:30 am.

OVER-CONFIDENCE IS ALKY'S WEAKNESS

Chairman Frank M, Ward 9, opened the Wednesday night meeting of A.A. in the usual manner, then gave an account of his experience with a clinical aversion treatment which cost him \$350, was of one week's duration and helped him a great deal. He followed up the treatment by attending A.A. meetings regularly and enjoyed 11 months of sobriety.

Then came that over-confident or "cocky stage" many "alkys" experience and have to guard against; he thought he could again "take it moderately". Result, Mendocino State Hospital. Frank advises, "Do not experiment with the stuff after taking an aversion treatment. If you find yourself slipping in your thinking, contact an A.A. member."

Sunday night's meeting brought seven members of the sponsor group from Santa Rosa with several speakers. Again the point was emphasized that A.A. is not a group of "long-hairs" trying to shove religion down anyone's throat nor do they ask one to believe exactly as they believe, nor do they go out and solicit membership. They do however, tell how they individually are succeeding in maintaining their sobriety.

Frank M called for nominations for the next chairmanship and Bob E, of Ward 8 was elected.

THIS WEEK

SATURDAY:

Movie:
"That Wonderful Urge" (Fox)
Also Comedy
Patients Dance: 1:30 to 4 pm

SUNDAY:

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

MONDAY:

1:30 & 3 pm Group Therapy Meeting, 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 & 3 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 in the Auditorium at 6:30 pm

THURSDAY:

Orientation meeting for all new Alcoholic Patients, 2 pm

FRIDAY:

Cromer G. Nelson, C. S. Christian Science Representative
Movie: "Miss Tatlock's Millions"

UKIAH LIBRARIAN VISITS

Visiting the MSH Library last week were Miss Marian Marvin, Ukiah City Librarian, and her mother, Mrs. Marion Marvin from Ukiah. Miss Marvin originally assisted Joyce M, MSH Librarian, with the setting up of the Library here when it was in its infancy. She remarked as to how well it had grown and been kept up since its inception.

Miss Marvin and her mother were guests of the Hospital at luncheon in the ODR with Joyce M acting as hostess.



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EMPLOYEE ACTIVITIES

VACATION LIST

An unusually large number of attendants are taking their vacations this week and next, according to the bulletin boards. Those who are away now are:

Ernest Alexander, Walter Thomas, H. C. Brown, C. W. Dalstrom, William Schmidt, H.R. Leatherman, Orville Hull, Ray Garfield, George Burnham, Ralph Hemminger, Don Carmichael, Donald W. Horvereid, E. R. Stillwell, Francis Hearn, Robert Paul, A. W. Burnham, Charles Runyan, Urith Lane, David Farnstrom, E. S. Witter, Howard McGuffin, Geo. Carmichael, Samuel Leech, Harry L. Comerford and William B. Parker.

Sylvia Comerford, Etta Hart, Carmen Lucchesi, Louella Hull, Etta Runyan, Juanita Corbett, Ada Duffey, Elva Brown, Margaret Alexander, Eunice Carmichael, Sylvia Alexander and Hattie Hemminger.

Herschel Mason, MSH Social Worker, attended a routine monthly conference of State social service officials in San Francisco last Friday. When he returned home he was taken ill and had to stay away from his office a couple of days.

Miss Lucille Jetter, Social Worker, returned to her desk Monday after a ten-day vacation in San Francisco.

Mr. and Mrs. William Elliott started their vacation Monday. He is in charge of the Industrial Shop and Mrs. Elliott is the Hospital Secretary.

Dr. Donald Frost, MSH Dentist, has answered the primitive urge and hied away to Modoc County in search of a large, fat buck with at least three points.

Mrs. Belle Cleveland is back at her duties on Ward G after a long illness, during which she was on leave from the Hospital.

MRS. CHANEY STRICKEN

Mrs. Mamie Chaney, Ward F attendant, was stricken suddenly with a severe gall bladder attack last Friday afternoon shortly before going off duty. She was taken to the Ukiah General Hospital where she is now under the care of Dr. Glen Miller of Ukiah.

Mrs. Etta Hart, Ward H attendant, returned from two weeks' vacation, last night. She visited with relatives and friends in San Francisco and Petaluma.

NEW ASSISTANT ON RECREATION

Hard-working Dorothy Buchanan, MSH Recreational Director, now has an assistant in the person of A. F. Legier, who is taking over the Athletic Division and assisting with the other activities of the Recreation Department.

His duties will include coaching in baseball, basketball and other sports. Mr. Legier played both college and bush league baseball for a number of years. He did general athletic coaching during the era of the C.C.C. for that organization.

Mr. Legier is a graduate of the Berkeley School of Physical Therapy. His training included physical therapy work in various private hospitals in the Bay area.

Mr. Legier is residing in Ukiah with his wife, two sons and a daughter.

HACHMANN NOMINATED

F. Hachmann, Tin Shop Foreman, was nominated for Regional Director of District One for the C.S.T.A. If employees of MSH are interested in having the Regional Director back at MSH, be sure to vote November 5.

* SAUNDERS HAS YOUNG CAREER *
* WOMAN ON HIS HANDS! *
* * *

Man is never free from the conniving genius of the feminine sex, on money matters, that is, even though she be quite young. George Saunders, saw filer for Moore & Roberts found that out when he was "nicked" by his 12-year old daughter for the material cost and labor of constructing a chick brooder for her recently acquired 25 chicks.

It seems the young lady won a duck, then was presented with a mate by one friend; then another added two baby ducks which she swapped for the 25 chicks. "Yes", papa said, "I'm stuck for the feed too. You can't win."

Ready To
Serve You



THE
TALMAGE STORE

TOWARD BETTER MENTAL HEALTH

THE FAMILY AND THE HOSPITAL

Members of mental hospital staffs often say that they have more trouble with relatives than with patients. You can help or hinder the hospital in its healing work for your dear one, as well as make matters easier or more difficult for yourself in your dealings with it.

Some hospitals give out pamphlets or circulars containing details about visiting hours, clothing requirements, switch-board numbers, and other information useful to patients' relatives. If you receive any such printed matter, study it carefully, keep it handy for reference, and follow what it says.

If you do not understand any one of the hospital's regulations, ask to have it explained. The best way to do this is by writing. A letter will reach the person best qualified to give the information, and will get a more detailed answer than is possible in conversation on a busy visiting day or over the telephone. If there is still something not quite clear to you, you can always follow up with a written or verbal inquiry.

Find out at what hours the person who gives information on your patient can be reached over the telephone. Hospitals set definite times when individuals are available to give information by telephone on patients' progress. If you disregard the schedule, the information you get will be likely to be about as unsatisfactory as a general hospital's telephonic "the patient is doing as well as can be expected." Don't telephone continually. Changes for better or for worse in mental illness are not rapid, so, with no gain to you, persistent telephone inquiries only bother the hospital's personnel and distract them from the main business of caring for patients.

Be sure to advise the hospital immediately of any change of address. You will be promptly informed in case of serious physical illness.

When mailing clothing, put your name and address on the package so that it can be acknowledged. For the same reason do not give any clothing direct to the patient when you visit him in the hospital. Give it to his nurse, or to the supervisor. If the patient, after a visit outside, returns in a change of clothing, inform the hospital so that the garments can be properly marked.

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:

"All things are of God, who hath reconciled us to himself by Jesus Christ, and hath given to us the ministry of reconciliation" (II Corinthians 5:18). This is the Golden Text for the Christian Science Lesson-Sermon on Sunday, October 16, for the subject "Doctrine of Atonement."

Included in the sermon are the following citations:

Isaiah: "How beautiful upon the mountains are the feet of him that bringeth good tidings, that publisheth peace; that bringeth good tidings of good, that publisheth salvation; that saith unto Zion, Thy God reigneth! Break forth into joy, sing together, ye waste places of Jerusalem: for the Lord hath comforted his people, he hath redeemed Jerusalem" (52:7, 9).

"Science and Health with Key to the Scriptures" by Mary Baker Eddy: "He to whom 'the arm of the Lord' is revealed will believe our report, and rise into newness of life with regeneration. This is having part in the atonement; this is the understanding, in which Jesus suffered and triumphed" (p.24).

FROM SANTA ROSA

Mrs. Marie Judd, a Christian Science worker at Los Guilicos School for Girls, at Santa Rosa, visited MSH last Friday with Cromer Nelson, C.S., of San Francisco, who makes weekly calls here.

VALENTINI RETURNS

Charles Valentini, of the Shoe Shop is back on the job from a pleasant vacation spent at home entertaining friends and relatives from Los Angeles and Ft. Bragg.



The Mail Bag is in receipt of a lengthy letter from Aurel H.D., of Ward 10, in which he expounds a theory he believes would, in a measure, at least, put the State Department of Mental Hygiene on a paying basis.

Briefly, Aurel's idea is for the State to locate out-patients, who have had farming experience on tracts of State land, suitable for raising of fruits, vegetables or livestock. Under his plan the State would receive small rentals for the land and for the use of farming equipment; buildings would be constructed from timber cut from the land. Products of these individual farms would then be purchased by the State for use in its various institutions, at a price which would afford a saving to the State and at the same time give the former patients a living profit.

It's a rather involved project, but Aurel's plan has merit, and he obviously has given it a great deal of thought.--Editor.

--oo--

EDITOR, POMO NEWS:

Ward E got a clock, praise the Lord! Our Frigidaire is going fine and the new furniture looks inviting. I never saw a couch to be used; these are the best to be had, I am sure -- so springy.

I have been a patient for 25 years, so I can tell of the difference nowadays.

FRIEDA S,
Ward E

--oo--

EDITOR, POMO NEWS:

I would like to inquire why they don't have M.G.M. motion pictures at Mendocino State Hospital.

LAWRENCE S,
Ward 2

--oo--

EDITOR, POMO NEWS:

The majority of people seem to think every doctor is a crooked politician, trying to ruin our country with his own way of running the government.

I myself agree that there must be a few bad apples in the barrel but look at Dr. David Bruce Williams, the Superintendent of Mendocino State Hospital. He's good in

all respects. Since he took office, he's freed more sane persons who were held for years under lock and key than any doctor in the state of California. He's worked hard to better conditions and to promote the general welfare of the Hospital.

Thank you, Pomo News for giving me space in your paper; and at the same time may I express my appreciation for letting the public know of this great man.

MISS ROSE POLLOCK
Oakland, California

--oo--

NOTE: To Allen W. G, Ward 6, and others who have submitted original poems for publication--The News is unable to use poetry, as has been stated before. Thanks just the same.--EDITOR.

--oo--

EDITOR, POMO NEWS:

Your colorful ode to October in a recent issue was a pleasant surprise. It stirred up memories of nostalgic scenes of the past. But it also reminds us that beauty is ever present if one's mind is in a receptive mood.

Was it not Keats who said that "A thing of beauty is a joy forever"?

When one is melancholy, as often is the case in institutions, hospitals or on foreign shores away from loved ones is it not meet to dwell on the beauty of nature? Who wouldn't delight in the smell of the good earth after a shower, or the aroma of a pine forest carpeted with needles and foliage?

Even the barnyard smell around the old farm was pleasant. Scent of an alfalfa field, apple trees, the wild flowers; and the captivation of watching gentle breezes blowing through a grain field in shimmering waves.

If one is lonely at night in the mountains, camp beside a brook--it will sing for you and keep you company!

Yes, there is something about October. But is there not something wistful and charming about her sisters? Winter can be rugged, but who would forego its blanket of white at Yule-tide? Were it not for winter, would we love the spring so (Continued on Page 9)

MOVIE 1 PM TODAY
9 AM TOMORROW

"THAT WONDERFUL URGE"

A Fox Picture

ALSO CARTOON "CHIPMUNK"
& SPORTS SHORT

in MSH Auditorium

LIBRARY NOTES

Donations to the Patients Library are announced as follows:

Joe H. Ward 15, 4 Mathematical Books
 Ukiah City Library, 47 Novels
 Mrs. D. B. Williams, 27 Magazines
 Cromer Nelson, San Francisco, 34 Magazines
 Mrs. Kermit S. Brown, Ukiah, 56 Magazines

CONSTRUCTION

That tall piece of equipment at work on one or the other of the buildings under construction by Moore & Roberts Company, is called a Mix-Mobile with hoist. This labor saving machine is manufactured by Roobs & Jamison Company of Oakland. It is a mobile concrete mixer unit on which a tall framework of steel is attached on which a one-square yard capacity hopper is hoisted to the upper floors with its load of concrete for the pouring of the walls and floor slabs. From the hopper dump platform they depend on the "Irish baby buggy" boys to wheel the concrete to the sector being poured. Needless to say the hoist saves much hard labor and speeds up production.

Operator Virgil Stamps said he sometimes refers to it by other names than Mix-Mobile.

--oo--

Ray Glidewell and his "pan" gang are stripping their steel pan forms from the underneath floor form support on the Female Disturbed building. Many new mass production methods have been developed in recent years on construction work and this is one of them. The steel pan form replaces the old wooden form; it is much faster, more economical because the pans are interchangeable and can be used over and over. The pan gang does nothing but place the pan forms ready for the cement gang to pour the cement floors. These steel pans are also used for forms on cement, steel re-inforced girders and on cement pillars and in some cases on roofs where the pitch is not too great or where the roof is flat and where a four inch "slab" of concrete is required, as in the case of the tile roofs on this job.

Boy! These buildings are really being built, aren't they? Oh! yes Ray's gang has to go back and "strip" the forms after the concrete is set.

A frisky cow kicked up her heels and uncovered a wallet containing \$94 her owner, a Battle Creek, Mich., farmer had lost two years ago. Gold digger?

SEE YOU AT THE PATIENTS' DANCE

Alibi: Wastebasket Was Full--Editor

Down at our news shop, Rigor Mortis went out the window, when Pat and Metamorphosis walked in. Pat is our gal reporter and she's no dilettante or sob sister. Pat is All-American, as regular as rain, and she can whip up a fruity pottage on the Underwood with the best of them.

Her value as a female news-hawk was demonstrated last week, when we had to run, for the first time since The Pomo News made its initial appearance, an extra page to record the news items and features which our public expect and look forward to so avidly.

She has brought change, too, with her ... Dr. David A, entrepreneur who guides the destiny of our little opus from week to week through "blood, sweat and tears", and who can, at the drop of a hat, turn out a meaty editorial on most any subject, from the contra-flexure of dandelions to what's wrong with what, now welcomes his staff with a gusty "Good Morning, Gentlemen, I trust you slept well last evening! When you're so disposed, will one of you kindly step to the window and see if it's raining? We must let the ladies know if they're to hang the family wash in the drying yard or dehydrate it over the kitchen stove."

Choice expletives, picked up here and there, have been slimmed down until we've virtually non-communicative ... Instead of those hyphe-nated expressions we've always thought were so necessary and so masculine, you might hear a mild "Shoot" or "Shucks" ... You just can't blow a gasket with a vocabulary so limited and so lyrical.

And there's that stalwart "Old Jim" in whom all the culture and poise of the ages is wrapped up; he comes to work each morning, now, in striped trousers and cutaway. He's joined the "Old Colony Club", and has gone in for parchesi.

"Jumpin' Joe", our enterprising reporter and circulation manager, is now working for his second bicycle; he won his first with five new subscriptions ... Joe is giving away a \$500 war bond with each new (Continued on Page 11)

For Fine LIQUORS



CALL ANDY STAHL
1138 J

FIREMEN SEE TEST OF CHEMICALS ON BLAZE

Members of the MSH Fire Department were hosts Tuesday at their regular weekly meeting to Bob Allerton, representing the Snowden Chemical Co., of Modesto. Mr. Allerton gave a very clear picture of the chemical method now becoming popular with many large company fire departments as well as city and rural Fire District departments and then followed up with an actual demonstration of the Ansul Dry Chemical extinguisher on a gasoline fire on the fire house parking lot.

Fire Marshal Von Schrittz and all members of the MSH department were invited to attend a banquet at the Ukiah Fire House, October 12. Deputy State Fire Marshals Palmer and Bart Arundel gave addresses on fire prevention in recognition of Fire Prevention Week.

HAPPY DAZE ---

(Continued from Page 1)

and elaborate than any previous MSH production. In charge of scenery was Paul T from the Industrial Shop, assisted by Earl M. Costumes were made by Cleo W with the help of Elsie D. Musical accompaniment will be furnished by Ray S and Bill M. The show is scheduled to be presented in the MSH Auditorium Wednesday and Thursday, October 19 and 20, and will be staged in Ukiah Friday evening, October 21, at 7:30 p.m. in the Union High School Auditorium, under the supervision of Mrs. Dorothy Buchanan, MSH Recreational Director. There will be no admission charged, but voluntary contributions will be accepted at the performances for the public.

BOTH HIPS BROKEN

Charles G of Ward 9, received surgery last week for fractures of both hips. Dr. J. Donald Francis, orthopedic specialist from Santa Rosa, performed the operation with Dr. John Langdell, MSH Staff Physician, assisting.

PIANO RECITALS

Gene O of Ward 8, really tickles the keys of the piano in the combination music room-barber shop and often has the boys gathered around in rapt silence, though sometimes, he makes that "old box" talk the rhythm so strongly the boys have to join in one way or another. That is the way Jimmy H, the tap dancer, was discovered. There are some good voices heard also but the owners seem to have "mike fright" when it comes to stage production.

SANTA ROSA PAPER ON SALE IN MSH LOBBY

Something new has been added in the Administration Building lobby. It is a newspaper rack where the Santa Rosa Press-Democrat may be purchased.

It is interesting, from the standpoint of another newspaper, to watch the steady expansion of the Santa Rosa dailies, which include the Evening Press and the morning P-D. The latter has a staff man in Ukiah, Godfrey Lehman, who covers news of interest to the Hospital and residents of Talmage.

With the recent consolidation of the Redwood Journal and the Republican-Press in Ukiah, that city seems assured of a good local sheet. The Santa Rosa papers reach into all the Redwood Empire and are a credit to their territory.

MORE MAIL BAG-

(Continued from Page 7)

well?

The crystal dew upon a leaf; the unfurling of a rosebud; the saucy look on the faces of pansies. We leave the gorgeous horizons to the artists, with the glistening lakes but do not overlook the beauty close at hand.

Did you ever watch a bee scold a flower? Or beavers build a dam? Even the ping-spang with a milking bucket intrigues me. Oh, the lilac trees back home and the majesty of the elms and oaks! May their whisperings bring to me the voice of Him who made the tree!

Who can mine the silver of the clouds or smelt the gold of autumn? Yes! There is something about October...

Well, the old tent maker said: "Look to the blowing rose about us; 'Lo, laughing' she says, 'into the world I blow at once the silken tassel of my purse, tear and its treasure on the garden throw.'"

--Albert McC
Ward 8

MARSHALL TO LETTERMAN

Alex Marshall, former attendant on Ward 10, who has been temporarily filling in as a technician in the Laboratory, will leave shortly for Letterman General Hospital in San Francisco where he will undergo a sinus operation. He expects to be able to return in approximately two weeks.

TAKES VACATION

Mrs. Opal Heard, Charge attendant of Ward H, leaves for a two weeks' vacation. Her plans were indefinite but she did promise to "have some fun and a rest".

SPORTS

SOFTBALL LINE-UP
IS COSMOPOLITAN

It was "Good-Neighbor-Policy--Sunday," last week-end. The softball game between Wards 14-15 and Wards 1-2 & 3 of the Mendocino Junior circuit brought out Senors Hernandez, Gomez, Larry de; Monsieur Roubedeau; Hoot Mon Robinson, both of them; and various and sundry other abacadabra of the sports world.

Mr. Gomez, doubling as pitcher for Wards 14-15, held the opposition to six scattered hits and three runs. The boys in Wards 1-2 and 3, who "look so wistfully at the sun" gave up 12 hits and 14 runs, using three pitchers, Hix, Foster and Leroy S.

The game was called in the sixth inning so that the boys could get back to their wards in time for lunch.

Handicapper Red again did his usual bang-up job back of the plate and doubled in brass at the P.D.R. Red will lay you 6 to 5 anytime that "Old Potato" will beat out "String Bean" in the mile.

Larry de, versatile young man who does such a fine job in the "Little Theatre Guild" played right field for his ward; Robinson played first base for Wards 14-15, sans shirt, like the other Volga Boatmen.

Mrs. Buchanan was on hand with her coterie of pulchritude and enthusiasm, cheering on the expiring gladiators.

Ward 8 is sharpened up for next Sunday, when it is their day to play Ward 14-15. We hope the game will get away by 9 o'clock so we will get to see the entire nine innings played.--Ramblin' Al G.

OBSERVATIONS-

(Continued From Page 1)

who claims he pays half a dollar to get in the stand, watch for free.

Fred Figone, the official Talmage scorer, got disgusted Sunday when Umpire Tremper backed up after that argument at the plate, and closed his book. But the wind or something cooled him down shortly and he completed the game when The Pomo News' scorekeeper declined to try to keep up Figone's scorebook as well as his own.

The kids get a dime apiece for every ball they recover from the weeds. What about "Snafu", the Williams sausage hound?....Snafu

LOCALS WIN^(Cont. from P.1)

rors by the Sluggers. Severi was in trouble and Foggy sent Oresco to the bullpen to warm up.

The never-say-die Sluggers tallied one in the eighth and two more in the ninth to send the game into the extra inning. Ottosen, using his entire reserves in the role of pinch-hitters, including himself, in these two crucial innings.

"Fugilist" Peralta worked Severi for a walk after Lino Valentini had struck out to start the big tenth inning. Openshaw grounded out. Lockhart, who was the losing pitcher the previous Sunday, smashed a pinch-hit triple to put the Merchants in the lead again.

The coup de grace was delivered by Foggy's boys in their half of the tenth. Laviletta got a one-base knock; Guidi bunted and as Openshaw, while trying for a double killing, threw the ball into center field, Laviletta went to third and Guidi to second. Ernie Mosna hit a long fly to left field. Laviletta tagged up and scored after the catch.

Severi was purposely walked to get to Wada. This proved to be a bad boner in Brown's strategy as Willie almost collected the \$5 prize offered for the first home run of the day. The ball hit the left field fence on the first bounce as Bobby Guidi trotted across the plate for the winning run.

The game was packed with excitement. Each team collected 13 hits. Ukiah out-errored the locals, 8 to 3.

Severi's ball was not performing as usual until the sixth inning. He was just hitting his stride at the finish and what a finish!

Peralta of the Merchants was tossed out of the game in the fifth inning when he protested too violently a decision that Umpire Tremper had made at the plate. After a lengthy discussion, Ottosen persuaded Tremper to allow Peralta to continue, much to the disgust of the fans. It seems the same occasion arose in Ukiah a few years back and the umpire was not so amenable.

The two teams meet again Sunday in Ukiah. Should the Sluggers win this contest they will be crowned the champs.--Johnie W.

was out in deep center Sunday, trying to swipe another to add to his collection!

It's reported that Milt Bankhead who pitched for Talmage up to about a month ago, is now playing with the Oakland Merchants.
(MORE SPORTS - PAGE 11)

ALCOHOLICS ANONYMOUS MEETINGS SUNDAY NIGHTS IN THE AUDITORIUM--6 PM

WARD 12'S FOUR TEAMS BATTLE

Ward 12 had two baseball games over the week-end, but Sunday saw a BALL GAME!

The team composed of players who recently were transferred to this hospital from Sonoma took a hard-fought contest from Mendocino, 11-7.

Saturday's game was between the Highgraders and the Lowgraders.

In Sunday's tangle, Sonoma made three runs in the first to start things off. Roger J, pitcher for Sonoma made a home run with no one on, in the second. Sonoma was now sure the game was in the bag. But by the end of the fourth the score stood at 4 and 4.

In the fifth Sonoma went run-less and Mendocino scored two more, one a homer by William C, pitcher. In the sixth Sonoma squeezed in one. Neither side scored in the seventh but the eighth frame saw Sonoma put three men across to Mendocino's one. Sonoma continued its hitting spurt, adding three tallies in the ninth.

What put the sparkle in this softball game was the fighting spirit of both teams.--Lawrence A.

GEMS OF THE DIAMOND

"The doe awoke and to the lawn,
Begemmed with dew drops led
her fawn...."

Not so, here at MSH. Rather, the boys awoke and to the baseball diamond were led, after breakfast of course, by Dick Robertson, where they gave it the meticulous grooming it has received every week throughout the season. To them from all the fans, THANK YOU, for a good job, well done. Come to think of it, they must have run into some dew drops too.

Following are the boys who did the work: Ward 8-Dave P, John P and Jack M; Ward 14-Del C and Jim P; Ward 15-William G and Charles W and Mark B from Ward 10.

MORE ALIBI --

(Continued from Page 8)

2 subscription. Joe is a changed man --- when he first came to us, Joe was as lethargic as an alligator basking in the Florida sun; now he has a monkey gland in each shoe.

The decorums of the office is maintained largely due to the presence of Professor Woody C, the artist. Woody, just to be different from others of his calling, does NOT wear his hair long. He's the lad who puts the finishing touches to the paper with skillful fingers and a battered mimeoscope.

Ponce de Leon came to Florida

TROUPERS TO GO TO UKIAH

Additional proof of the widespread popularity of the MSH Theatrical Group was received early this week in the form of an invitation to give a "command performance" at the ball which is being held at the American Legion Hall in Ukiah, Saturday evening, October 22. The occasion is the Northern California District Convention.

The invitation was extended by Ray Andrews, Post Commander, through Dr. E. L. Lochen, MSH Staff Physician, who is also a Legionnaire. Dr. Lochen handled the arrangements which enabled the troupe to go into Ukiah for the presentation of the show, which will be given from 10 to 11 p.m.

The entertainment will consist of a combination of the top headliners from the past productions "Gay Nineties Revue" and "Westward Ho" plus a few numbers from the soon-to-be-shown "Happy Daze". Accompaniment will be provided by Ray S at the piano, who will also play the organ for the Legionnaires' cocktail hour from 7 to 8 p.m.

The troupe will be accompanied into Ukiah by Mrs. Dorothy Buchanan, MSH Recreational Director.

The Hospital cannery continued operations on tomatoes this week and the run will be kept up until the season's quota is reached. An early frost which would halt picking would automatically close the cannery packing period. Henry Bruniges, Manager of the Cannery, is back after a siege of "flu".

looking for the Fountain of Youth; he discovered, instead, Johnie W, The Pomo News' perennial youngster. Johnie is the most versatile young man I've ever encountered ... and the most agreeable. He does about everything there is to do around the news shop, and he does it well. He recently purchased a year's supply of bear grease and is parting his hair in the middle.

And, this ancient reporter ... the mortuaries may just as well fold up ... he's going to be around a long, long time. Besides, I've cancelled all my insurance policies. And, that's what happened when Pat and Metamorphosis walked in.

Now, boys and girls, only one week and sixty-one days until Xmas. Don't forget to SHOP EARLY.--Al G.

EDITOR'S NOTE:--This newspaper assumes no responsibility for any of the statements or expressions of opinion in the foregoing.

SEND THE POMO NEWS HOME \$2 A YEAR

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Johnie W Associate Editor
Woody C Staff Artist
Patricia McK Reporter
Allan G Reporter
Joe P Reporter

EDITORIAL

MIRACLES OF EVERYDAY

We have been interested, during the last several weeks, in watching from our window in The Pomo News office, the thrice-weekly watering of the lawn and shrubbery on the south side of the Administration Building. Our friend known as "The Lion Tamer" who is in charge of irrigating this section doesn't skip a square yard of ground with his sprinklers and sprays.

A month ago, when the lawn gang was busy with other seasonal tasks that couldn't wait, such as picking fruit in the orchards, the lawns got pretty brown and the flower beds looked bad because there was no one to water them. We feared the grass was so far gone it would not ever get green again.

Then when the reservoir cleaning operations curtailed the water supply for irrigation, we found ourself hoping for a good rain, but realizing at the same time that would be bad for the farmers.

But now, almost suddenly, the Lion Tamer's section of the grounds and the other sections are brilliantly green and healthy again. As we write this we see him out there with a big spray on a hose, soaking the thirsty earth.

This transformation of the grounds corresponds to the transformations that take place all the time inside the Hospital buildings. We've seen mentally or physically ill patients brought in, some on stretchers, some under restraint; all of them ailing in one way or another, debilitated and weak like the lawns were a few weeks ago.

The Lion Tamer has found that certain spots in his area required special attention to rehabilitate them; some spots required a little more time to recover than did others. But the lawns and the

MSH PATIENT OF THE WEEK...By-Patricia McK

EDITOR'S NOTE: This is another of a series of sketches on outstanding patients from the various Wards at MSH.

MYRTLE M - WARD I

Noted for her always gracious manner and cheerful personality, Myrtle M holds a well-deserved position in the MSH "Hall of Fame" as the silver voiced diva of all its various stage productions. Her rendition of "Indian Love Call" with Roy N in the recent "Westward Ho!" brought forth repeated requests for return performances.

Originally an easterner, Myrtle was born and reared in Buffalo, N. Y. As soprano soloist in her high school glee club, she became interested in music and dramatics. Following graduation, Myrtle studied interpretive dancing and voice in New York City. Eventually, however, she chose marriage in preference to a career, a decision which brought her to Southern California 15 years ago.

Due to a previous illness Myrtle became actively interested in health dietetics. In Los Angeles she acquired a partnership in a "Health Foods" restaurant, the only one of its kind in the country, which specialized in raw vegetables, tree ripened fruits, sun-baked bread, and a total abstinence from the use of any animal products. In conjunction with the restaurant was a health diet school which featured lectures by eminent doctors on the subject, plus a weekly radio program for which Myrtle handled all scripts and broadcasting details. Included among the frequent patrons of the restaurant were Greta Garbo and Eden Ahbez, of "Nature Boy" fame.

When not occupied with her duties in the Checking Room of the Laundry at MSH, Myrtle can usually be found in the Auditorium rehearsing for the next show. She is soon to appear as soprano soloist in the forthcoming musical comedy, "Happy Daze".

flowers and shrubs wanted to live, wanted to get well, and responded to Nature's medication of sunlight and the Lion Tamer's health-giving water.

The parallel extends into the wards and treatment buildings. That is why the patients who come in on stretchers and in straps eventually walk out well, most of them...The world is all right.

POMO NEWS-THE EYES AND EARS OF MSH