

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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## IN HONOR OF OUR VETERANS

Today is November 11th. If you are an American it may mean something to you. It means something here at MSH, in that the very fact we are able to bring you The Pomo News today involves one of the many democratic principles fought for in two world wars -- freedom of the Press. There will be parades throughout the land; services will be held and wreaths laid upon the tombs of our defenders. All very splendid and proper, but with us it goes deeper than that. This is a day we shall spend in reverent meditation and humility. We may think of the men that died in the Argonne in World War I, or of Colin Kelly who, single-handed, polished off a battleship in the last great war, and the laconic chap who radioed -- "Sighted sub, sank same!" These are only a few who come to our minds offhand.

## SPECIAL SHOW FOR TEACHERS

Another of the growing number of requests from outside organizations for MSH Theatrical Group performances will be fulfilled Tuesday, November 22, when a special show will be presented in the MSH Auditorium for members of the Teachers' Institute who will be having their fall convention in Ukiah. Represented will be Mendocino and Humboldt counties and other sections of the Northern California area.

The show which will be one hour in length, will present selected star soloists from the previous productions "Gay Nineties Revue", "Westward Ho!" and the most recent "Happy Daze".

A few of those featured will be Myrtle M, well-known soprano, Maria B, comedy vocalist, Robert B, a new addition to the Group, in an acrobatic routine, and the talented Larry deR, former patient and MSH theatrical director, who is making a special trip back to the Hospital for this event.

Supervising the production and handling all arrangements for the show will be Mrs. Dorothy Buchanan, MSH Recreational Director.

Costuming will be by Cleo W, of Ward I, with Paul T of the Industrial Shop in charge of scenery and lighting effects. Bill M and Ray S will be at the piano.

The signing of the Armistice near Rethones in 1918, and the planting of our flag on Iwo Jima must have been very pleasant to the patriots of Valley Forge and Bunker Hill in case they were looking down. One could go on and on, from Flanders, Belleau Woods and Chateau Thierry to Guadalcanal and Bataan. However those mentioned are but symbols, integral parts of the whole. The important thing to us is that the Americans were there to take care of the business at hand. The countless rows of little white crosses over the unsung heroes, be they Kelly or Roselli or Greenberg, testify to that. May their blood purify and enrich the soil wherever they fell for freedom's cause!

Far too many Americans are supine and take what liberty they have for granted. But it has been purchased in mud and blood, stench, sacrifice and suffering. For many, the recent war is over. But not so for the thousands of physically and mentally maimed patients in our hospitals. For them the battle still goes on. We wish we could go

(Continued on Page 2)

WEEK'S ADMISSIONS, RELEASES  
Admitted: Released:



# MSH SPEAKS

The Question of the Week is:  
"WHAT SINGLE IMPROVEMENT WOULD YOU  
SUGGEST FOR THE HOSPITAL, AND WHY?"

Dick C, Ward 8: "A main "hobby  
lobby" denter where patients can  
go during their leisure hours and  
participate in any one of a number  
of creative activities."

Miss Lucille Jetter, Social Worker:  
"A recognition on the part of the  
Staff and attendants that patients  
are human beings with varying in-  
dividual needs who need help and  
understanding."

Jean C, Ward M: "A concerted ef-  
fort should be made to assign pa-  
tients on work as closely aligned  
to their "outside" occupations as  
possible. Also if a patient shows  
adaptability to a certain type of  
work, he should be allowed to fol-  
low it because primarily the job  
of the Hospital is to send patients  
out equipped to do a better job in  
the outside world."

Mrs. Dorothy Buchanan, Recreation-  
al Director: "A drinking fountain  
in the Auditorium. This is needed  
by everyone especially during the  
dances and show rehearsals."

Rocky R, Ward 8: "Food. Also a  
cooking school for the cooks."

Joe P, Ward 8: "A centrally locat-  
ed Canteen on the grounds for the  
patients, similar to those operated  
at Napa and other institutions."

Phil L, Ward 16: "Although we do  
allright at the ranch, there sure-  
ly should be better food for the  
patients throughout the rest of the  
Hospital."

Bob C, Ward 8: "More consideration  
for patients on the whole, suffic-  
ient to eliminate the feelings of  
fear and anxiety that most of us  
have here."

Mae N, Ward I: "Better food, and  
if ever we should get it, how a-  
bout fruit juice occasionally?"

Dr. John Langdell: "An effort on  
the part of everyone for more un-  
derstanding of the problems of the  
patients and the Staff."

SEND IN YOUR SUGGESTIONS FOR FUT-  
URE "QUESTIONS OF THE WEEK". SEND  
THEM TO THE "MAIL BAG".

## STUDENTS MAKE PUPPETS

Out of a welter of scraps of cot-  
ton material, pieces of cardboard,  
and a few bottles of paint, there  
emerged from a recent Arts-Crafts  
class a series of strange little  
creatures called "puppets".

With this particular breed of  
puppets the bodies are fashioned  
out of the cotton cloth with open-  
ings cut for the head and hands  
which are carved out of cardboard  
and sewn to the material. The faces  
are designed and painted with water  
temporals according to the type of  
caricature desired. In the MSH  
class everything from clowns to  
French belles were produced, under  
the instruction of Paul T from the  
Industrial Shop, with the super-  
vision of Mrs. Drusilla Mason.

Participating were Mrs. John Lang-  
dell, Mrs. James Shelton, Mrs. De-  
na Munson of the Clinical office,  
patients Cleo W, Patricia McK and  
Myrtle M from Ward I, Nancy K and  
Mary S of Ward K, Ralph C and Ea-  
stel S from Ward 10, Chauncey L  
and Bill R of Ward 15, Roy N from  
Ward 9 and attendants Lela Brown,  
Bob Jones and Ted Sousa.

## VETERANS --

(Continued from Page 1)

to each one without gifts or fan-  
fare, but in deep humility, and  
from the depths of our hearts say,  
"Thanks, Jack or Johnny or Bill,  
for what you have done for our  
Country."

It probably is disgusting for the  
war veterans to observe some of the  
nonsense which comes out of Wash-  
ington and the State departments.  
It is a sad commentary that a na-  
tion which could produce 50,000  
bombers in a year, cannot find a  
few boards in our vast forests to  
put a roof over a veteran's head.  
Wars always have their hideous and  
trying aftermath. Witness the pre-  
sent hysteria! But statesmen will  
arise in due time instead of petty  
politicians, for democracy is like  
a graceful ship, serene, majestic  
and unafraid. A bit unwieldy at  
times with plenty of barnacles on  
her hull and hard to steer. But as  
long as we can from time to time  
change the captain and the crew;  
the ship will be sound.

With men such as Washington and  
Lincoln, America has become great.  
She has deep roots and staunch de-  
fenders. And so it is with pride  
in her past and hope for her future  
that we today observe Armistice  
Day!

(Editor's Note: We are indebted to  
Albert McC, of Ward 8, for the ma-  
terial in the foregoing article.  
Thanks Mac.)

# WARD NEWS

## WARD 10

There are 14 males and 3 female patients taking the insulin treatment this week.

Chauncy L was transferred from Ward 15 and will assist with the ward work. He formerly worked in the Mattress Shop.

The new chef, Bill M, who took over where Ralph C left off, is doing well with the help of the electric refrigerator just received. Bill still has to move fast to keep the food prepared and warm for about 30 people on the little "two burner" electric plate. Bill feels embarrassed when people ask to see his little cubby-hole kitchen as the new Frigidaire sets by the door, and his kitchenette suffers by comparison.

Lincoln J of Ward 10, is busily engaged in liming and fertilizing his flower beds around the ward and transplanting Geranium slips from "flats" to cans in preparation for spring.

## WARD 8

The following patients were taken into the Ward 8 fraternity last week and their work assignments are: Charles B to Surgical Laboratory (back home again); Leo K to help the Tunnel Gang; George H to A.D.R. (same old grind); Bruce F was placed in the hands of Ernie Mosna of the Laundry Truck; Alva H to the "grunt and groan" Food Truck; Charles L as a Janitor in the Ad building; Alvin N will be a handy man in the Surgery at Ward 9 and Harold G will take over the "house-boy" chores at Dr. Prasser's Cottage.

--oo--

Luther F, Ward 8's versatile barber, suffered a severe "charlie horse" of his right leg while playing ball last Sunday. As the "frost creeps in at the temples" the muscles don't respond as they "uster".

--oo--

Luther B of Ward 8, was visited last week by his cousin Mrs. Della Lydick, of San Francisco.

## WARD 9

New arrivals last week and wards to which they were assigned are as follows: Charles B, Bruce F, Les K, James S, William L, George H, Kenneth H, William W, William S, Arther O, Alvin N and Harold G to Ward 8. Dennis B and Charles E were sent to Ward 4. Ward 7 received Opal B and Fred G went to Ward 1.

## WOMEN'S SECTION

New arrivals in the Womens' Receiving Ward the past week included Ethel D from Shasta County who was transferred to Ward I, Marie B also from Shasta County, but transferred to Ward H, and Marian W from San Francisco who is still on Ward M.

Jean C of Ward M had an enjoyable weekend visit with her husband and son Dale, age 6, who had just returned from a business trip to Anaconda, Montana.

Ethel S of Ward I started Monday as housegirl for Dr. and Mrs. Shelton.

Temporarily occupying bed space in Ward M while undergoing the well known "aversion treatment" are Patricia McK and Lynette J of Ward I. Also partaking of Mr. Lavelle's "private stock" will be Eleanor D and Mary L of Ward M.

Transferred out of Ward I this week were Anna M to Ward K, and Laura W. to Ward H.

--oo--

It was with great pleasure that we received some news from a Ward G correspondent, Lila H, this week, but please, girls, it's not that you have been passed up. On the contrary, we've had difficulty making connections! Lila reports that she spent an enjoyable day in Ukiah with Mrs. J. H. Hansen, washing windows, shopping and devouring home-cooked food, a portion of which Lila wrapped up and brought back to the Ward with her.

Another Ward G girl who spent a day in Ukiah was Thelma V who was taken into town by her visiting mother and father.

A new member of Ward G is Lenora G who was transferred over from Ward A.

The patients of Ward G wish to hereby extend condolences to Attend and Minnie Nehring with the hope that she will soon be back.

Thanks for the news, Lila. Please keep up the good work and send us some more next week.

## RED ROBIN NURSERY

SEED-FLOWERS & SHRUBS

for fall planting

PHONES 1036-W 565-W

UKIAH

## SCHOOL AT WARD 12

Shaping up well and showing progress are the classes in basic school subjects which were inaugurated three months ago in the "maximum security" Ward by Dr. E. L. Lochen, Ward 12 Physician. Dr. Lochen has installed a tutoring staff of five men, two of whom are MSH patients who have teaching certificates on the "outside". The remaining three teachers are the regular Ward 12 Attendants Arnold Schelling, George Vose and Lawrence Wood.

"School" is held five days a week, each day being divided into six periods of 40 minutes duration for every class. The present enrollment is approximately 60 students who are brushing up on such subjects as arithmetic, reading, spelling and English; civics, geography, history and penmanship. Ranging in age from 15 to 25 years, the students are segregated into three groups -- Basic, Intermediate and Advanced, and are classified according to their previous education tests and accomplishment.

The procedure followed in class instruction is patterned after the regular public school system. Periodic examinations are given and the students' scholastic grades are turned in and become part of their permanent Hospital record. Inasmuch as to a great extent the students are patients in this Hospital because of their deportment on the "outside", it therefore follows that their deportment in these classes is of primary importance.

The progress of this educational activity is of great interest to many who would like to see similar classes established in a variety of subjects, possibly including foreign languages, for other wards of the Hospital.

### RETURNS FROM VACATION

Dr. R. G. Bramkamp, Assistant Superintendent, was welcomed back to MSH this week after a three weeks' sojourn in Southern California. He combined business with pleasure, spending most of his time attending medical meetings including those of the American Heart Association.

# EMPIRE

## OFFICE MACHINES COMPANY

General Office Supplies

PHONE 144-325 N. STATE ST.

## THIS WEEK

### SATURDAY:

Movie: "One Sunday Afternoon"  
Dennie Morgan--Dorothy Malone  
Patient's Dance-1:30 to 4 pm.

### SUNDAY:

Church Services (See Page 6)  
Folk Dancing Class, 1 to 3 pm.  
A.A. Meeting 6:30 pm--Auditorium

### MONDAY:

1:30 & 3 pm Group Therapy Meeting, Ward 9 Conference Room.

### TUESDAY:

Dr. Prasser's Group Therapy,  
Ward 9 Conference Room, 2 pm.  
Arts-Crafts, Auditorium, 6:30 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 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: "The Dude Goes West"  
(Monogram)

## 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, 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 McHirter at 507 Polk St., Room 200, Phone GR4-0766, San Francisco, Monday through Friday. For appointments call before 10:30 a.m.

# SPORTS

## WARD 8 WINS BASEBALL GAME

Last Sunday was "hard" ball day. Recreational Director for sports, Legier matched his Ward 8 athletes against the Ward 14-15 combination, interpolating here and there a few lads from Wards 1, 2 and 3. The Ward 8 aggregation, highpointed the Ward 14-15 team by a score of 18 to 11.

Batteries--Ward 8: Basilio H and Gomez on the mound, with Paoli doing the receiving. Wards 14-15: Bosco, Jim R and Jimmy J, pitchers; Miller and Robinson catching. Willow wielders David, Gomez, Hernandez and Sheehan, as usual, taking over the run department, each scoring three tallies for Ward 8. Bishop also scored three runs for the Ward 14-15 combine. A four-bagger was rung up by one of the Ward 8 boys, whose name escapes me at the moment. Paoli and David each hit a three-bagger; Sheehan copped batting honors with two doubles and a single during the seven inning tilt.

The section of the stands reserved for the loyal fans from Wards 14 and 15 were well filled, also the bleachers back of first base with "fugitives" from the kitchen and other seven-day activities.

It is hoped that before Boreas completes his cycle and descends upon our peaceful valley, that a few more of the Sunday "coffee-clatches" can be arranged. The athletes, the customers and all concerned would like to see a few games arranged between the locals and some team from the outside. And, if possible, I'm sure that there will be.

### BOB VALENTINI TO PIRATES

Bob Valentini, who has been playing a stellar game at second for the Ukiah "Merchants", has signed a contract with the Pittsburg Pirates for one year at \$200 a month plus training expenses, and will report for spring training in March at one of the "farms".

Bob is a graduate of Ukiah High, and attended St. Mary's College in the bay area for a few weeks. Unmarried at the present time, Bob wants to concentrate on his baseball career.

He is the son of Charles Valentini, Head of the MSH Shoe Shop.

## BAGS TWO DEER

Dr. Donald Frost, MSH dentist, is also a graduate of the Daniel Boone's College of Hunting as was proven recently when he returned from the wilds up in Lassen county.

The hunting party bagged two muletail bucks. A three pointer that dressed out at 180 lbs. and the big one with an antler spread of 31½ inches with five points on one side and eight on the other, dressed at 202 lbs. They also got the limit of ducks on each of the three days of hunting.

The party made the trip in a new 1949 Ford. Doc was so impressed with the car's power and rough country roadability that he now is driving one of his own.

### GOOD HUNTING IN OREGON

There are those of the nimrod fraternity who try and try without success. Then there are those who are just born lucky. Of the former you don't hear much, of the latter you hear plenty. Carpenter "Blackie" of Ray Glidewell's pan gang with his four friends belong in the latter category.

Blackie, who's home is in Baker, Oregon, was picked up there by the four friends from San Francisco who were well supplied with the usual equipment favored by hunters on such a venture. They proceeded to Haynes, Oregon, where they obtained pack horses and headed for the elk country. The five hung up five elk, and because the elk looked lonely, they bagged five mule deer to keep them company. The largest of the muletail deer dressed out 358 pounds and was the possessor of a "rocking-chair" set of antlers with so many points the boys couldn't count them, but they have the head to prove it.

Four of the hunters preferred the Winchester 270 as armament while the fifth shot a "Government 06". Although they encountered 7 inches of snow the trip was enjoyable.

### MOUTH OF RUSSIAN RIVER CLOSED

A group of volunteers opened the mouth of the Russian River last Friday but it closed again Friday night.

The residents of Jenner reported a big school of silverside salmon in the river.

## MSH PATIENT OF THE WEEK - By Patricia McK

### JEAN C - WARD M

A "natural" for her job in the Womens' Receiving Ward of the hospital building, Jean C has proven to be invaluable there, for this petite brunette is a registered nurse on the "outside" with an extensive background. Jean does anything in Ward M from assisting with the routine involved in the checking in of new patients, to helping with the care of serious surgical cases.

Born in Wisconsin, Jean wanted to be a nurse from the time she first started playing with dolls and mending their broken arms and legs. Her three year course in nurse's training she received at St. Joseph's Hospital in St. Paul, Minnesota, upon completion of which she returned to her home town and worked as supervising nurse in the local hospital for six years.

Came the day however, when the urge seized her to head for the "wild and woolly West". An inquiry at the Nurse's Registry landed Jean on a job in Montana where, in typical story book fashion, she met and married a cattle rancher. Following their marriage, the last war took Jean's husband to the shipyards in Vancouver, Washington. She naturally followed and went to work at Barnes General Hospital there as a civilian nursing instructor for Army and Navy Nurse Cadets. During this period, Jean also took time out to bring their son, Dale, into the world.

With the end of the war Jean returned with her "family" to their Montana ranch, and proceeded to embark upon what she describes as "the most interesting and worthwhile job" she ever had. For three years in the Veterans' Hospital at Fort Harrison, Montana, Jean had charge of the buying and fitting of all prosthetic appliances for disabled veterans, which included artificial legs, arms and plastic eyes, hearing appliances, back braces and orthopedic shoes.

Finally in search of a warmer climate, Jean moved with her family to California where they acquired a ranch near Redding. Following her release from the Hospital, Jean plans to continue combining marriage with her nursing career.

Floyd Ross, MSH Mechanic, who is the assistant volunteer Fire Chief in his spare time, announces the installation of a new air compressor at the Garage. This should be good news for you car owners.

## CHURCH SERVICES

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

--00--

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

--00--

Protestant Church - 2nd and 4th Sundays of each month in MSH Auditorium and Ward 12, 8:30 am; Rev. Lindemann and Rev. Brown.

--00--

Jewish Services:

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

--00--

Christian Science Churches:

"Mortals and Immortals" is the subject of the Christian Science Lesson-Sermon to be read in Christian Science Churches on Sunday, November 13. The Golden Text is from Romans: "They which are the children of the flesh, these are not the children of God"(9:8).

## LIBRARY NOTES

Donations to the Patients Library during the past week were:

Miss M. Sisk, MSH Employee,	18 Magazines
Mr. Hampel, MSH Employee,	1 Book
Anonymous,	12 Magazines
Mr. J. Lavell, MSH Employee,	17 Magazines
Mrs. D. B. Williams,	31 Magazines
Mrs. E. Beck, Ukiah,	54 Magazines
Mrs. Alberta Williams, Ukiah,	27 Magazines

## FORMER TALMAGE STORE OWNER DIES

Funeral services were held Tuesday afternoon, November 8, in the Ukiah Methodist Church for R. O. Foster, former owner of the Talmage Store.

Since the sale of his store, Mr. Foster had been in the insurance and real estate business in Talmage. He is survived by his wife and two sons.

Following the services, inurnment took place at the Santa Rosa Chapel of the Chimes.

FOLK DANCING SUNDAY---JOIN THE FUN

## EMPLOYEE ACTIVITIES

### TAKING VACATIONS

Attendants newly listed this week as taking time off for vacations include the following: Luther Mc Grew, C.H. Munson, George H. Vase, Donald White, John Shanyfelt, Mary Sanford, Bant Cohn; Ferne Figone, Royce Vickery, Daisy Edminister, Irene Shanyfelt, Ethelyn Chamberlain, Waunita Millikin, Eland Swindell, Charlotte Lawton and Ruby White.

Attendants on leave of absence include: Patrick Ryan, Russell Clarke, Mable Russell; Idamae Mazzanti, Jean Burnham, Ethel Smith, and Dora Ryan.

Listed as sick last Monday: Minnie Nehring, Rose Lawrence, Cleo Faucault; Beecher Conover, M. L. DeKno, James L. Miller and Benjamin Vickery.

### NEW MSH EMPLOYEE

Among the ranks of new attendants on relief shifts is Tom Brandt. Mr. Brandt was formerly with the La Mesa Irrigation District as an assistant chemist, near San Diego. At present he is residing in the Employees' Building.

### LEGIER FAMILY AT BALL GAME

With his attractive wife and two grown sons present on the sidelines, A. E. Legier, MSH Athletic Coach, was well represented at last Sunday's inter-ward hardball game.

Mr. Legier's son, Don, is also a State employee in that he is an accountant in the Retirement Office headquarters in Sacramento. Don spent the weekend visiting with his parents and younger brother, Jules, at their home in Ukiah.

### QUIT AT FIRE HOUSE

No news is good news from the MSH fire house. Only one still alert for last week. Seems that some careless smoker threw a lighted butt into a refuse can in the tunnel which ignited the paper and rags in the can.

Fire Marshal Von Schrittz again emphasized the fact that all cigarettes, cigars, matches and pipe ashes should be extinguished carefully before depositing. Disregard of safety rules only leads to more severe restrictions.

Making a quick trip to Southern California on business last weekend was Herschel Mason, who left Friday afternoon and returned Monday morning.

### TAKES IN "THE CITY"

Taking a much needed rest from her duties here as MSH Recreational Director, Mrs. Dorothy Buchanan spent a few days of relaxation with relatives in San Francisco. A highlight of her trip was a personally conducted tour through the vast NBC studios, including all the production rooms and the main control room. While "sitting in" on the Regal Pale show, Mrs. Buchanan met Armand Gerard, vocalist, and Gloria Swanson, guest star on the program, who, according to Mrs. B, is as glamorous as ever.

Mrs. Buchanan also got to cover a few of San Francisco's famous niteries, namely the Chinese Sky Room with its beautiful floor show featuring an Oriental "Gay Nineties Revue", plus dinner in ten courses at Bimbo's famous 365 Club. For screen fare, Mrs. B took in the new motion picture, "Jolson Sings Again" starring Larry Parks.

She witnessed the famed San Francisco Cable Cars' "Dress Up Day" in which the historical little cars wend their way from Fisherman's Wharf down to Powell and Market, Gaily garbed in streamers and carrying Italian troubadors with their string musical instruments, singing as they rode along.

Mrs. Buchanan finally managed to forsake the colorful city and returned to MSH a few days ago refreshed and ready for action on her new Christmas show, casting for which begins tonite in the Auditorium.

### PUZZLES FOR WARDS

The Industrial Shop under the direction of Bill Elliott and Ken Williams are turning out several different types of puzzles for the closed wards' winter entertainment.

The Shop recently received a gift from Dr. Green of an electric oven and they are experimenting with it for the baking of pottery. As Mr. Elliott explained, "Pottery is baked at a low temperature so the oven may require the installation of a lower range rheostat."

SEE YOU AT THE NEXT PATIENTS DANCE

CALL

Andy Stahl

FOR FINE  
LIQUORS

1138-J

Ukiah

# MAIL BAG

Editor, The Pomo News:

For the "Patient of the Week", I would like to nominate Paul T.

Reasons? More than enough to make him eligible for this honor. His never diminishing readiness to give generously of his great talents and of his own time for the good of the patients be it as artistic designer and painter of stage sets or as instructor of the arts class. To appreciate Paul we need only remember the scenic background he created for "Westward Ho!" and "Happy Daze". I have seen Paul wield the brush and swing the hammer on the stage to put up effective backgrounds. Over the talented performers out in front before the footlights we too often forget the artistic craftsman back of the wings.

I hope to see my nominee getting the "Noble Prize of Honor".

George K, Ward 9

Editor's Note:

You are so right, George. We regret that some of the most interesting and deserving patients at MSH prefer to remain in the background.

Editor, The Pomo News:

I have received two letters from Shirley and Beverly Reid.

On their behalf they wish me to tender their thanks to all their friends and to all whom they came in contact with, while here at the Hospital.

They wish everyone here the best of luck, health and happiness and also extend their greetings for a happy Thanksgiving and coming yuletide season.

Everyone that remembers the "Twins" as they were commonly referred to, liked them for their friendliness and socialability. I am sure we here in this hospital, in return, extend our own best wishes for their health and continued happiness.

--Samuel N

## OPERATION SUCCESSFUL

Karl S, of Ward 1, is now recuperating on Ward 9 from an operation on the fingers of his left hand. They are mending nicely and he expects to regain the use of them when they have completely healed.

## THE OLD OAK ROOMING HOUSE

To some of the patients of Ward 8 who have an ear attuned to the voices of Nature, the pair of owls who share the "apartment house Oak" just inside the gate of the exercise yard, acts as a morning alarm clock.

At least "Pog" C finds it so. He sez, "they're in love, nesting you know, and they 'bill and coo' to each other before settling down for their day's sleep. Like any other lovers they have to do a certain amount of that kind of stuff, and they wake me every morning at dawn."

That old Oak tree has a variety of tenants. Along with the owls there is a swarm of bees, several squirrels and an uncounted number of wood-peckers. Fred of the PDR feeds them regularly.

## A. A. MEETING

Visiting Chairman for last Sunday's meeting of A.A. was Eddy P, a June graduate of MSH and the reflex treatment. Eddy now lives in Santa Rosa, has a good job, nice home and is happily on the beam with regular attendance at the A.A. meetings.

Eddy declared, "It is not easy, fellows. You have to work at it every day but it is mighty nice to wake up in the morning and not have to worry about--'where was I last night--is my car alright--do I still have a job--is the wife here or has she gone to her mother's--and when will the cops be here'?"

Pomo Chairman Walter R, introduced Eddy and the three other members of the sponsor group from Santa Rosa, Billie and Chet Sturm and Barney Gross.

With the cooperation of the Supervisor's office, transportation was furnished for the Ward 16 Ranch boys because of the rain, bringing attendance to about 50 men and two women.

The need of A.A. literature for distribution still remains a financial problem. The pamphlets cost from 5 to 10 cents each. Any suggestions?

BOB EVANS UNIFORMS

PRICE CUT IN HALF -

WHILE THEY LAST -

"The Talmage Store"

Groceries - Dry Goods

Fountain Lunch

## When Two Goes Get Together

Joe Addor, MSH's Carpenter with the many and varied interests such as snake culture and crawfish lore, returned from a well spent vacation which added to his knowledge of the eccentricities of mother nature. While visiting his 80 acre ranch up on the Low Gap road he discovered a very rare species of tree. Being of a curious nature, Joe obtained the loan of a forestry reference book and learned that it was a California Nutmeg tree, a member of the yew family and called by the scientists, *Tumion Californicum*. The fruit of the nutmeg tree is about the size of an acorn with a thin layer of pulp and skin, which, when crushed smells like nutmeg. The kernel however is not suitable for grating over a "Tom and Jerry" or using as a spice in a cake. It is locally known by woodsmen as "stinking cedar" or "stinking yew" on account of the disagreeable odor emitted by its green parts and wood when bruised. It grows only in a few places and is considered by the Forestry Service to be a rarity.

Now back to Bugology. While moving a pile of boards at his Ukiah home, Joe uncovered a California scorpion which he captured and imprisoned in an empty fruit jar. The specimen he found is about 2 1/2" long, of a grayish-brown color and looks something like Joe's crawfish in shape, having two large forearm pinchers with which it captures it's food. It likes spiders, even Black Widows, the little "silver fish" bugs and worms which it catches by lying in wait or by creeping up on it's victim.

Now for the business end of the subject which is the stinger in the end of it's tail. This stinger with its little sack of venom forms the last segment of the tail and lies folded under on a hinge set up until the little fellow becomes aroused then, in a flash, the tail flips up, the hinge straightens, and he plunges his little dart of malice into his enemy directly in front of his head.

The California scorpion's sting is not fatal in most cases but very painful to humans. However, his big brother of the South Seas region has caused death and is much larger in size.

Thus ends another saga of Joe "Nature Boy" Addor.--Joe P.

### SOCIAL WORKER MOVES OFFICE

As of Monday, November 14, Herschel Mason will be located in Office 4 which was formerly occupied by Miss Lucille Jetter.

## CANNERY REPORT

With the finish of the pumpkin run November 2, the Cannery workers and their genial manager Henry Brunges are taking a two weeks vacation, while awaiting the cabbage crop to mature.

This week's Orchids go to the many diligent women workers, mostly from Ward K, who prepared the fruits, vegetables and pickles for processing. Also to the men patients from the various wards who did the "heavy stuff" around the plant.

The following figures show the amount of each product processed at the Cannery this season to date:

No. 10 Cans--		
Peaches	7,576	Pears 9,090
Plums	210	Apple Butter 50
Beets	5,159	Carrots 4,052
String Beans	5,650	Tomatoes 20,930
Tom. Purce	7,000	Tom. Juice 530
Pumpkin	3,365	B&B Pickles 56
Pounds of Dried Fruit--		
Pears	6,525	Prunes 63,570
Barrels of Pickles--	23	

The total was 63,718 cans of vegetables, fruits and juices.

### TRUMPET MAN REAPPEARS

'Tis said that the "music goes round and round", but so do we while attempting to keep up with various personnel of the MSH Orchestra.

Last week we were bemoaning the loss of a trumpet player who had seemingly evaporated. This week we are happy to announce that the horn blower crystallized in time for last Saturday afternoon's dansant and proved to the pleasure of the "swing addicts" his ability in the field of brass.

As to the details of how this talented character took shape and substance, we only know that after they threw the sudden padlock order on Ward 9's quota of alcoholics and herded them in last week, they unearthed one Lee P, trumpeter par excellence.

On the "outside" Mr. P has played with top name bands from coast to coast, and judging from the notes he has thus far given out with, he strictly qualifies!

### ARTS-CRAFTS CLASSES IN WARDS

An enthusiastic reception was given Mrs. Dorothy Buchanan, Paul T and Chauncey L last week when they held an Arts-Crafts class in mask-making for the boys in Ward 14. They expressed a desire for the classes to be given twice weekly there. Similar instruction was given in Ward 1 last Wednesday evening by the same instructors, results of which will be given soon.

### POMO NEWS-THE EYES AND EARS OF MSH

# THE 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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## Ramblin' Al Sits This One Out

Now, it's Saturday, 1:30 p.m., the maestro of the ivories, the brasses, the wizards of the strings, and the drummer boy "from Shiloh" flex their musical muscles, and all but strip a gear, as they prepare to take off "for Buffalo" with no side stops, in the opening hotter-than-hot "rug-cutter" .... as another weekly three-hour session of fun and frolic for the boys and gals gets under way at the Palais of the Dance. Jack D, relief drummer-boy, smiles benignly on the proceedings, then yields to that predatory urge, and grebs off the prize "cutie" for himself ... I don't know what the boy has, but he has it in large quantities.

The asthmatics, the arthritics, the "huh huh" boys, and the just plain lazy, in the galleries, and the agricultural groups from "16" including "Sonny" and the lad from the fishworm patch, were all there with freshly scrubbed faces and clean rompers. Then there were the lovelies from Wards I, M, K, etc., marcelled, Chaneled and prettied up in starched pinafores. The younger males in mufti, instead of the traditional blue denim of the Foreign Legion ... some in stiff collars sawing at their jugulars ... some in conventional black, still others in seasonal "sports" throw themselves into the hassel with "wim and wigor" ... It's Terpsichore boiled down and levelled off.

It's the one break in the long, tedious week that the boys and gals enjoy most, when they can meet and mingle in some degree of normal living. Whether you are an active participant, or a side-liner getting a vicarious "kick" out of the weekly "get-together", it's fun. A Strauss-Jayne King combination, a ripe little "apple" in your arms ... you don't give a hoot who builds the "better mouse traps"

# WARD 12 SPORTS

Another weekend has gone by and we did have some more baseball on Ward 12.

The two former teams got together and organized two new teams who are playing a pretty good game of ball. They now call themselves the Jerks and the Yanks.

On Saturday the Yanks got off to a good start and they looked like a sure winner but the Jerks came from behind and at the end of the ninth inning the score read: Jerks 9 and Yanks 3.

Sunday wasn't a good baseball day or should I say, the weather was bad but both teams were all fired up for the battle. The game got off to a good start with both teams in there playing fine ball. It started raining in the seventh inning and in the eighth it was pouring and the game had to be called. The Yanks turned the tables in this game, winning 8 to 3.

Ward 12 has just received 100 new phonograph records that will be played for our listening pleasure when we will be inside during the rainy season.

We wish to thank Mr. Yagle for going into town and picking up the records. He sure got some good ones. --Lawrence A

Editor's Note:

We appreciate your correspondance Lawrence. Keep up the good work. Glad to hear of the reorganized ball teams, the competition should be much keener. Those names, Yanks and Jerks, wraps it up.

When the wise "Architect" planned the "Garden" he didn't overlook one important detail to make "Old Adam" comfortable and contented .. can you imagine an orchard garden without a "summer pippin", a "fall delicious" or even a winter "crab" ... neither could Adam.

We're fortunate here at MSH to have Al L, sax and clarinet; Jimmy H and Jack D, drums; Ray S and Bill M, piano; Clarence J, trombone; Alvarez, guitar and Lee P trumpet. When these lads really get down to "sending" with "Honeysuckle Rose", "Sheik of Araby", "The Naughty Waltz", that "Missouri" number, et cetera, et cetera, that's "therapy" brother .. that and the cute apple I mentioned a yard or two back, is soothing sirup for anything that ails you ... thats really "big medicine" ... so, Joe or Jane, anytime you're feeling llow, get one of "Doctor" Dorothy Buchanan's prescriptions, and have it filled on the second floor of the Administration Building any Saturday afternoon, from 1:30 to 4 pm. Shall we dance?--Al G.