

# Grange News

**Pomona Grange**  
The April meeting of Jackson County Pomona Grange was held at Lake Creek Grange hall, Master Robert Bitterling presiding. Guests introduced were State Overseer and Mrs. Henry Hendrickson, and State Lecturer and Mrs. Victor Croxton.

Other visitors, from Josephine county, were Henry Brett, master, Mr. and Mrs. Bob Leidecker and Mrs. Lillian Dieter of Sunny Valley Grange, and Mr. and Mrs. Martin Byers of North Pacific Grange. Officers absent were Lecturer Mabel Wertz and Ceres Anna Scott.

HEC Chairman Agnes Hubbell announced that all reports were in on time for the first quarter, and reported on the sewing, fancy work and canning contests to be held this year.

Reports of committee chairmen indicated a surplus in feed grains and a large wheat crop. Cattle prices were reported to be holding steady, but egg and poultry prices were dropping. Cold weather in the east has caused a back up of pears with a large number of boxes still unsold, but the returns from last year's crop is expected to be good. Damage to unheated orchards was reported to be heavy.

Legislative Committee Chairman Clarence Davies spoke on measures still before the legislature.

A memorial service, conducted by Hattie Hendrickson, opened the afternoon session. Subordinate chaplains placed floral tributes on the

altar in memory of Grange members who have died during the past year.

During the business meeting, it was voted to compensate subordinate Granges when their halls are used by Pomona Grange for Council and other special meetings. Pomona Grange will again sponsor a booth at the State Fair, and members are urged to raise produce for exhibition.

Officers were elected to the Jackson County Grange council at the February meeting. They are president, Cecil Kee; vice president, Mabel Wertz; and secretary, Anna Beryl Kee. The next meeting of the council will be in July.

A special meeting of Jackson County Pomona Grange has been called for Wednesday, May 24, at 8 p.m. at Central Point Grange hall, when the officers will confer the fifth degree. This will replace the regular meeting of May 27. Two rehearsals for initiation will be held, the first on Wednesday, May 17, and the second on Sunday, May 21, both at 8 p.m. at the Central Point Grange hall.

**Central Point Grange**  
The first and second degree team will give the degrees at the regular meeting of Central Point Grange Friday, May 5. Dee Hendrickson is in charge of the team. Any Grange having candidates is invited to attend the meeting.

**Phoenix Grange**  
The lecture program pre-



**ATTEND CONFERENCE**—Angus L. Bowmer, director of the Southern Oregon Shakespearean Festival association and Southern Oregon college faculty member, (second from left) chats with a group of "librarians" at the Friday luncheon which was part of the 19th conference of the Oregon Library association held in Medford last week. Others pictured are, (left to right) State Librarian Eloise Ebert, Salem; Dossa Hofstetter, retiring president of the association and Librarian Omar Bacon of the Public Library of Medford and Jackson county. About 230 persons registered for the conference. Bowmer was guest speaker at the luncheon.

ceeded the regular meeting at Phoenix Grange, April 25, with Mrs. Charles Hocker-smith in charge.

The Talent Junior High School Swing band with Harry R. Kanasto, instructor, played several selections. Band members were Ken Hawkins, Danny Beeson, Danny Grimes, Douglas Cook, John Knudsen, Dale O'Hara, Kerry Miller, Terry Caster, Lloyd Lacy, master, and Mrs. Lacy were elected as

delegates to attend the 88th State Grange session to be held at Beaverton, Ore., in June. Alternate delegates elected were Mr. and Mrs. Raymond Cyr.

A visitation meeting is scheduled at Eagle Point Grange today. Lake Creek visitation will be May 12.

**No Zoning Planned At County Lakes**  
No zoning to limit boating activities to certain areas of Howard Prairie and Emigrant lakes is planned, according to Jackson County Sheriff Joe Walsh.

Walsh said that most water skiers now use Emigrant, and fishermen use Howard Prairie.

He said, however, that if the need arises, a diagonal zone extending north and south would be established at Howard Prairie. The west side would be used for water skiing and the east side for fishing. No zoning is planned at Emigrant lake.

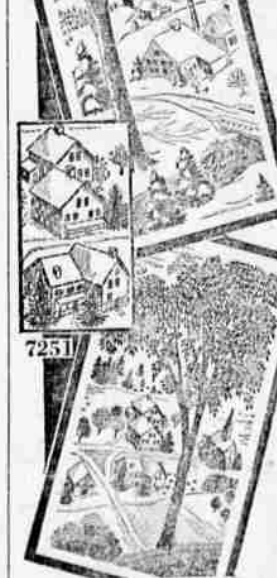
He added that the velocity of wind may make it necessary to restrict certain activities in certain areas of the lakes.

## Robbery Charge Brings Prison Term

Portland—UPI—A 10-year sentence in the State penitentiary was given Tuesday to Ray Lavern Fleming, 34, son of a former Portland police chief, on charges of armed robbery.

Fleming, West Linn, was sentenced by Circuit Judge Charles W. Redding. He was arrested Dec. 22 after a bellhop at a hotel here intervened in an attempted holdup.

## Nature's Beauty



by Alice Brooks

Capture the beauty of the changing seasons in a picture pair that will enhance any room.

Winter and Summer—fascinating study in contrasts. Easy outline, single, lazy-daisy stitchery! Pattern 7251: two 8 1/2 x 16-inch transfers; color chart.

Send THIRTY-FIVE cents (coins) for this pattern—add 10 cents for 1st-class mailing. Send to Alice Brooks care of Medford Mail Tribune, Needcraft Dept., P.O. Box 163, Old Chelsea Station, New York 11, N.Y. Print plainly NAME, ADDRESS, PATTERN NUMBER.

JUST OUT! Our 1961 Needcraft Book. Over 125 designs for home furnishings, for fashions—knit, crochet, embroidery, weave, sew, quilt—toys, gifts, bazaar items. FREE six designs for popular veil caps. Quick—send 25 cents TODAY.

# Middle Years Often Result in Need Of Special Care To Combat Neuroses

Editor's note: This is the third of four dispatches in which Dr. George S. Stevenson, president-elect of the World Federation for Mental Health, discusses what the layman should know about mental illness.

By GEORGE S. STEVENSON, M.D., Consultant, National Association for Mental Health (Written for UPI)

Jones works at a desk next to yours. He is a man in the late 40s, an 'angry man' triggered for sarcasm, criticism, argument. You call him malicious or 'just plain mean,' or something much more colorful.

But you only 'blow your top' occasionally. Or that is how your periodic trouble with Jones seems to you. Perhaps this is the time to ask yourself what's wrong with Jones? Or with yourself, to make sure you aren't the porcupine.

If it is Jones who has the prickly personality, you are not the only one to feel the scrape of his bristling. But again the question is, why? And how can you help him? For a man who is 'angry' and 'mean' most of the time, is a man in trouble with himself—if he isn't helped, he may be heading for a breakdown.

But he has been functioning in a responsible job for years. So why should it become an issue now? Well, now is the time in his life when he sees a huge sign post on the road. He has seen others and passed them by, but this is the one that says: "Fifty. Downhill all the rest of the way."

Yes, middle age. And yes, it happens to everybody.

**Crisis for Some**  
But for some people it is a crisis. They are suddenly inundated by frustrations, fears and self-doubts that they have managed to repress for half a lifetime.

Jones has been living with a fantasy of himself as being a man who is 'better than others.' The truth is, Jones does not believe in himself at all; he has always been frightened and insecure, and that's why he needs a fantasy. He began building that facade of superiority early in life to escape solving his emotional problems. Today, this old 'defense mechanism' actually makes it harder for him to handle the out-cropping of the new problems of middle age. He has failed to achieve his ambitions and is running out of time. He isn't getting any fun out of life and he never really has.

**Facts Crash Down**  
So the facade crumbles. The facts of life crash down upon his head. He needs help.

Physical changes complicate the neuroses of the middle years. The menopause in women of 45 to 55, and the more subtle change in men of 55 to 65, not only weaken the capacity to cope with frustrations and disappointment, but add to their own emotional crises to the scales. A woman sees herself as no longer a potential mother and fears she is now undesirable. And a man thinks he has lost the enjoyment that is the chief reason d'être of marriage; integrity prohibits his seeking an extramarital relationship, and so does the fear that he is no longer attractive to women.

The neuroses exploding in these years give rise to symptoms discussed earlier in this series. When the signs are recognized and treated promptly, middle age can become a time of release from heavy responsibility, of newly discovered leisure for exciting interests, or fulfillment in a time of life that can be as fruitful as any other.

The psychoses of the middle years also respond favorably to treatment. In fact, the recovery rates for involutional psychosis are more encouraging than for all other classes of mental illness, according to figures issued by the National Association for Mental Health. This illness attacks men and women between 50 to 55. The patient is overwhelmed with depression, unhappiness, misery. He has 'wasted his life' or 'caused nothing but trouble' or would be 'better off dead.' The danger here is that in his gloom, the patient cannot see daylight ahead, and suicide may be sought as a way out.

**Another Illness**  
Manic depressive psychosis is another illness usually found in middle age. The patient alternates between the extreme depression, just described, and an exaggerated

state of elation—talkativeness, excitement, optimism that he can 'lick the world single-handed.' About three out of four patients recover from the episode, totally or partially. Again early treatment improves the chances of recovery.

There are three general categories of treatment. Let me describe them and some of the more common techniques used to treat mental and emotional illnesses. They often are used in combination, and always to meet the specific needs of the patient.

The first category is called milieu therapy. It seeks to provide conditions of living conducive to normal behavior, and to remove conditions that arouse abnormal behavior. It may mean taking the patient out of his home until he can make a better adjustment to living within the family. This type of therapy can bring relief to a critical situation, but it is best combined with other treatment for basic recovery.

The second category, psychotherapy, mostly employs the technique of verbal communication. In group therapy, individual psychotherapy or in psychoanalysis, the patient is helped to become comfortable with his fears and frustrations. The goal is self-understanding. It isn't enough to see himself intellectually, he must accept the truth about himself emotionally.

**Other Therapies**  
In the third category, we seek to alter body functions of the nervous system, muscles, and glands; and thus, to influence a mental disorder or pave the way for other therapies. Shock therapy, for ex-

ample, uses insulin or a light electric current to bring the patient out of a deep withdrawal or depression. The advent of tranquilizing drugs has reduced the use of this type of treatment. Chemotherapy uses tranquilizers to put the patient in a more receptive condition for other kinds of treatment. But sometimes these drugs can produce a remarkable improvement by

themselves. Unlike sedatives, which lull and dull the patient, the tranquilizers leave him clear-headed as well as peaceful.

But a word of warning: Tranquilizers should only be used by doctor's prescription; they are not suitable for all patients and there may be some toxic effects. (Next: Dealing with the mentally ill.)

**GIFTS to thrill Mother!**

**CULTURED PEARLS**

CULTURED PEARL RING \$9.95

CULTURED PEARL PENDANT \$5.95 (10 Kt. Gold Chain Included)

Copyright Robin Products

**SPECIAL 2 for 1 SALE**

**BOTH \$9.95** Reg. \$19.95

FOR ONLY

Cultured Pearls—actually grown by living oysters. A distinctive Ring and Pendant with 1 1/2 inch Chain, in your choice of either Yellow or White 10 Kt. Gold. Both set with a cultured Pearl and BOTH for the price of the ring alone during this special sale. \$9.95—no cash needed—50¢ a week.

**Thrill Mother With a New BULOVA**

**EASY TERMS**

MISS AMERICA: Youth and beauty captured in this 17 jewel watch with beautifully matched expansion bracelet. \$39.75

GODDESS OF TIME: Watch and bracelet set matched as a Miss 17 jewels. \$39.75

DIAMOND PRISCIILLA: Two fiery diamonds in a beautifully fashioned watch. 17 jewels. \$39.75

**Lay Away a Watch Now for Graduation**

**BULOVA BANTAM**

New Super Miniature 6-Transistor Portable With BIG, BIG Radio Fidelity

- Amazing power, range, clarity, yet small as a deck of cards.
- 6 computer-grade transistors.
- Famous Bulova printed circuit for trouble-free performance.
- Mercury battery for fade-proof signals. Full tone speaker, earphone jack.
- Exclusive Bulova jewelry styling... elegant gold-bright facade. Choice of colors.

**\$34.95**

Price includes leather carrying case and earphone in handsome gift pack.

**Other Models from \$11.88 up**

Large Parking Lot at Our Rear Entrance

**YOUR FAMILY STORE**

**Andy's**

YOUR FRIENDLY CREDIT JEWELER

**Lovebright DIAMONDS**

**218 EAST MAIN** Next to Parker Woods

**MONTGOMERY WARD**

**GIANT WHITE SALE!**

now at Wards lowest prices of the season... bleached 186 cotton percale sheets

Twin flat 72x108" or twin bottom fitted percale sheets **1.96** REG. 2.19

Cost little more than muslin, give much more in comfort. Closely-woven 186 cotton percale is combed smooth-as-silk to induce more soothing sleep; is lighter in weight, easier to launder, wears longer. Famous Treasure Chest® brand tagged for easy size identity.

Reg. 2.39 flat 81x108" or double bottom fitted bleached percales ..... 2.21  
Reg. 1.19 pr. pillowcases ..... Pr. 99c  
\*Sold exclusively at Wards.

**Fluffy bath towels**

**BIG 23x46" SIZE IN NEW FASHION COLORS**

**76¢** REG. 98¢

- Yarn-dyed colors
- Woven dobby border
- Heavyweight cotton

Big softies at a little price—if you buy during this sale. Treasure Chest brand; long wear.

59¢ hand towel.... 46¢  
29¢ wash cloth.... 24¢

**REG. 2.98 TWIN MATTRESS PAD**  
Bleached cotton cover and fill with elastic anchor bands. 39x76".  
3.98 full size 54x76" **1.99**

**REG. 2.98 BATH MATT ENSEMBLE**  
Chemile edged 22x36" looped cotton mat, lid cover. Fashion tones.  
3.98 runner, 24x72" **2.22**

SATISFACTION GUARANTEED or your money back! Wards policy since 1872.

**Mother's Day Cards**

MAY 14TH

**Swem's**

217 E. Main St. — Medford

**GRATER TITLE INSURANCE CO.**

"HOME-OWNED"

Jackson County's Newest and Most Complete Title Insurance and Escrow Service

510 West 6th SP 2-5264