

# Officers Elected by Mental Health Association in County

The Rev. Frederick Ross Evans, pastor of the First Christian church, Medford, was elected president of the Jackson County Mental Health association at the annual meeting recently at Rogue Valley hospital.

Other officers elected are Mrs. Elvin Pesenti, vice president; Mrs. Robert Minear, secretary; and Mrs. Chester Guches, treasurer.

New board members elected include L. E. MacEachron, Mrs. Henry Padgham, Mrs. Steven Nye, Ted Thompson, Dr. Thomas Rutter and Mr. and Mrs. C. A. Parlier. Other board members are Dr. Martin Elle, Tom Ginn, The Rev. John Hig, Don J. MacClarrin, Dr. John McLaughlin, Dewey Wilson, Lindsay Vinsel, Mrs. Walter Inch, Mrs. Herb Gifford and Eugene Thomas.

A capacity audience of nearly 100 people heard a panel discussion on the new concepts of care for those with mental and emotional illness, explanation of the decentralization plan and what is expected of the community in helping with the recovery of mentally ill patients.

Heading the panel was Dr. John Rennebohm, psychiatrist and director of Unit 6 at Oregon State hospital. Others on the panel included Dr. George Sakurai, psychiatrist, Mrs. Peggy Howe, social service worker with Unit 6, and Mrs. Noll, director of nurses at the hospital. Dewey Wilson, president of the association, was moderator.

Dr. Rennebohm traced the history of psychiatry with the concept that people who have a mental illness are sick the same as those with a physical disability. He stated that 1955 was the peak year at Oregon State hospital when there were 3,600 people. With new methods of treatment, he stated, patients are to be released sooner and now the hos-

pital has a population of 2,320. He stated that as an economic measure budgets have been cut at the hospital and there is a shortage of 70 plus employees including 42 aides, 5 nurses and 2 doctors.

"However, we are still providing an adequate level of care," he stated in answer to a question regarding recent charges by a member of the legislature that a cut-back in funds had resulted in alarming conditions.

**Getting Good Care**  
"Though we are having a harder time, we feel patients are getting good care," he continued. He pointed out that with more help, the hospital would be able to spot those who are able to be returned home sooner and that the greatest majority of those who have been returned have been successful.

Under the decentralization plan in which patients from Jackson, Josephine, Douglas, Coos and Curry counties are cared for in a group, he stated it is possible to have better communication with the community and to insure better discharge planning.

There are about 45 people per month who enter this unit, he stated, with approximately 12 to 15 per month from Jackson county. To maintain the status quo at the hospital, which is necessary under the present budget, this means at least this number must be discharged each month. He pointed out that recent studies show former patients of mental hospitals get into trouble with law enforcement agencies only 1/12th as much as does the general public.

**Happens To Patient**  
Dr. Sakurai explained what happens to a patient when he goes to the hospital. He stated that about 90 per cent are taken care of in the admission unit with an average length of stay of six weeks.

About half the patients are court committed, Dr. Sakurai said, about one-third of the admissions are psychotic to a marked degree, including the depressive and suicidal, about one-third are the elderly senile mostly from nursing homes and one-third are what are classified as problem children with behavior problems, such as the alcoholic, the legistated, and even some with severe marriage problems.

He stated that treatment consists of a team approach through group meetings and attempts to help the patient understand himself. Restraints are seldom used and windows and doors have no bars. Medications include the use of the new drugs which produce a degree of tranquility.

**Eight Hospital Wards**  
Mrs. Noll stated that there are eight wards at the hospital staffed by seven registered nurses and 82 aides. She stated that nearly 27 per cent of the patients are elderly, requiring considerable care. Because of the low salary schedules, recruitment is difficult, she added.

Mrs. Howe stated that her job is to set up the communication lines between community facilities and the hospital. She pointed out that the hos-

pital is no longer seen as a place where people who have problems can be left, but is viewed as a rehabilitation center.

Jackson county has been a pioneer in setting up discharge procedures with the Jackson County Health department as the clearing house, Mrs. Howe noted.

Public health nurses provide contact with the families. Other members of the local team include the Guidance Clinic, the welfare department, the juvenile office, vocational rehabilitation department and the Mental Health association.

# Scout News

**Pack 8**  
Awards were made and prizes presented at a recent meeting of Cub Scout Pack 8 of the Jackson school, for which Ernest Hinkle is cubmaster.

Awarded first prize for selling the highest number of tickets for the Scout circus was Ritchie Emerson of Den 8. Others in the same den to receive prizes were Bill Huson and Bruce Shaffer. Den 3 winners were Mike Knudson, Larry Anderson and Terry Josephson.

Others to receive prizes for ticket sales were Steve Herzog, Den 1; Ray Spencer, Den

kins, Ray Spencer and Ricky Childress, lion badge; Duane Powers, lion silver arrow; Ritchie Emerson, Ray Howry, Gerald Brown, Ray Spencer, and Joe Astell, a new member of Den 2, dinner badges; Ronald Havice, Clay Stamps Steve Gray and Dennis Crews, assistant dinner badges, and perfect attendance and year pins, John Rogers, Jerry Trammel and Ricky Childress.

The flag presentation was made by Den 4 members, Larry Calkins, Richard Childress, Gary Ray and Dan Van Liew.

Without external financial aid, Portugal has increased its gross national product by 6.1 per cent annually over the past two years.

## Man and Space

### Writer's Experience In Weightlessness Found Pleasant

By ALVIN B. WEBB JR.  
Cape Canaveral, Fla.—UPI—The sleek, silver F100F jet airplane streaked toward space almost with the speed of sound. Suddenly, in a graceful bow, its nose dipped back toward the fleecy white clouds.

In that moment, I recalled a scene from an old science fiction movie and reached inside my jacket. A slight bit of misjudgment on the first try sent my right hand against the oxygen mask covering my face.

Better luck the second time, and I pulled a ball-point pen from my sweater. Carefully, I held the pen up—and let go.

The slender, black object simply hung there. A flick of the finger sent it tumbling slowly to the left side of the cabin. I tapped it with the left hand, and the pen waltzed to the right in a fascinating little dance against the sky's blue background.

Up front, Capt. Ronald E. Catton, solo pilot on the Air Force's famed Thunderbird precision flying team, was adroitly maneuvering us on a brief trip through that eerie domain of astronauts-weightlessness.

**Find It Pleasant**  
Astronaut John H. Glenn Jr. described weightlessness—or "zero-G," as the professionals call it—"a pleasant experience." Teammate M. Scott Carpenter said he was "somewhat distracted initially" by it. Spaceman Alan B. Shepard Jr. described it as "most analogous to floating." To a novice, all three descriptions come home true, doubled and redoubled.

A taste of "zero-G"—the one symptom of spaceflight that cannot be duplicated on the ground—was what we had in mind when Catton and I roared away from Patrick Air Force Base, Fla., and flashed over the Atlantic Ocean atop

the 16,000-pound-thrust "Thunderbird-6." First came the breath-crushing "G-forces" as the jet pulled out of its dive and began climbing. My normal weight, 130 pounds, soared for a few seconds to around 450 pounds, or approximately three "G's."

Astronauts have taken nine "G's" or better on their rocket flights into space and down again. A 150-pound man facing nine "G's" would appear to weigh about 1,350 pounds.

We tipped over the invisible hump and nosed downward. Catton's calm voice came over the intercom: "You now weigh exactly nothing."

To someone who has never weighed exactly nothing before, it sounds a bit unworldly—or other-worldly. My legs, virtually riveted to the floor by the "G's" of a few moments before, now dangled in mid-air. My arms and the pen I toyed with floated as on an invisible bed of feathers. The heaviness of the helmet lifted and tugged gently at the straps under the chin.

Everything goes lax. The body presses lightly against the parachute harness, and there is a fleeting temptation to loosen the annoying straps and go floating merrily around the cockpit.

Suddenly, in about seven seconds, the reality of gravity tugs at the seat of the trousers. The dive is over. We ran through it again, for a combined total of about 13 seconds in weightlessness. It seemed like minutes—and one is left wishing it could be hours.

### Children's Hospital Center Makes Study

Boston—UPI—Approximately 17 million American children between the ages of 1 and 21 will be injured, maimed or killed in accidents in 1963.

The Children's Hospital Medical center made this estimate after a year-long study of accidents involving children.

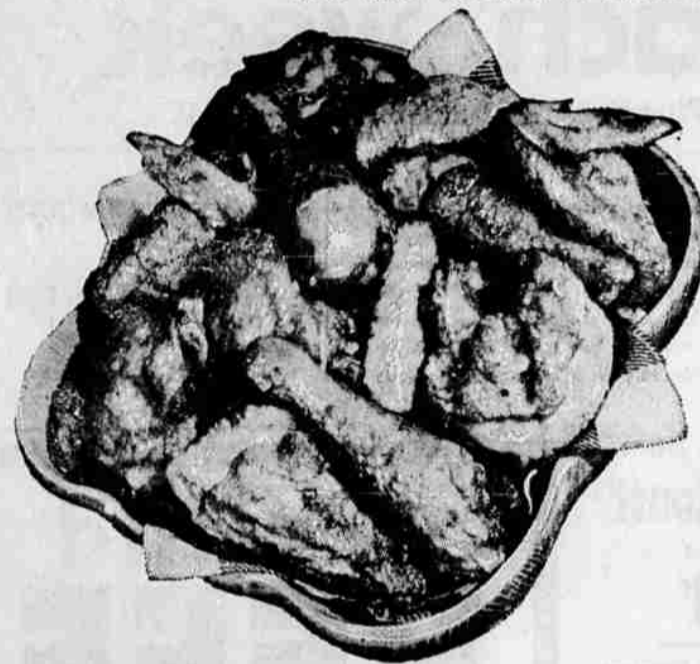
The center also found:—That about 15 million of these accidents are avoidable. —That accidents, the No. 5 cause of death in children in 1960, are now the No. 1 cause.

—That accidents will happen more often when children are hungry or tired, when mother is ill or pregnant, when a child's environment suddenly changes, and when children are in the care of people other than their parents.

**TO CHARGE FEES**  
Washington—UPI—The Federal Communications commission will begin charging from \$2 to \$100 to anyone applying for a license to operate a radio or television station.

## 2ND WEEK FREE PUNCHES START SUNDAY

STOP IN AT YOUR OREGON FOOD STORE NEAREST YOU AND RECEIVE A SWEEPSTAKE CARD FREE



ARMOUR STAR "A" GRADE

### FRYERS

2 1/2 to 3 Lb. Average—Fresh Plump—Whole Drawn Beauties

LB. 29<sup>c</sup>

FRYERS Cut Up Pan Ready ..... 35<sup>c</sup> lb.

### FRYER PARTS

Buy the Pieces You Like Most

FRYER LEGS 49<sup>c</sup> lb.  
FRYER THIGHS  
FRYER BREASTS  
Wings 25<sup>c</sup> lb. Livers 59<sup>c</sup> lb. & Hearts 39<sup>c</sup> lb.

Backs and Necks 10<sup>c</sup> lb.

Gizzards & Hearts 39<sup>c</sup> lb.

SWIFT PREMIUM Wieners Pkg. of 10 ..... 3 pkgs. \$1.00  
Three Free Fishing Lures with Labels from 2 Pkgs. of Swift's Premium Wieners

OREGON FOOD'S FAMOUS Lean Ground Beef ..... 3 lbs. \$1.00

BREAKFAST BARGAIN

SAVE 20<sup>c</sup>

10<sup>c</sup> ON 2 LBS. MAXWELL HOUSE COFFEE  
10<sup>c</sup> ON 1 DOZ. YOUR FAVORITE EGGS

with coupons from specially marked packages of

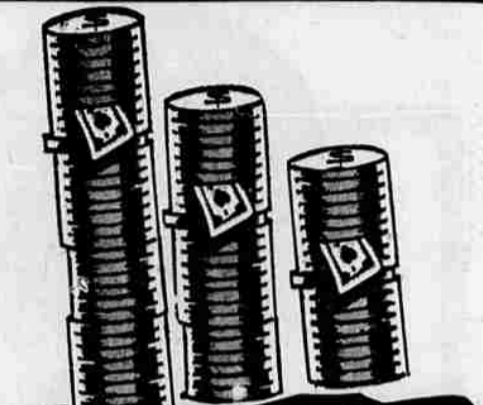
ARMOUR STAR

### BACON

Thin Sliced ..... 49<sup>c</sup> lb.



The bacon the butcher brings home



WIN UP TO \$5,000 IN CASH  
NO PURCHASES ARE REQUIRED TO PARTICIPATE  
ALL 3 STORES

IRONING BOARD PAD & COVER  
Reg. 79c 49<sup>c</sup> SET

FASHION CURL HAIR SPRAY  
Large 14-oz. Can Regular 99c 2 for 99<sup>c</sup>

## STRAWBERRIES



FRESH PICKED JUMBO FRESH BERRIES  
4 cups 89<sup>c</sup>

AVOCADOS Large Nut Flavored 10<sup>c</sup>  
Thin Skinned .....  
GRAPEFRUIT Coachella 8-lb. bag 59<sup>c</sup>  
Whites.....

Zucchini Squash  
Bright Plump  
19<sup>c</sup>

Onions  
NEW CROP TEXAS MILD FLAVORED  
3 lbs. 29<sup>c</sup>

Red Potatoes  
NEW PACKED WITH EATING ENJOYMENT  
5 lbs. 39<sup>c</sup>

# Oregon FOOD STORES

MEDFORD—Westgate Center  
MEDFORD—13th and Central  
ASHLAND—Gateway Shop. Center

We Reserve The Right To Limit  
Prices Effective thru Sunday, May 12

WESTGATE 'OURS FRESHER BAKERY

## MOTHER'S DAY CAKES

A Real Treat to Complete Her Day!  
8-INCH With Orchid Corsage ..... \$159

SMALL—In Foil Pan ..... 99<sup>c</sup>

ASSORTED COOKIES ..... 4 dozen 99<sup>c</sup>  
APPLESAUCE CAKE DONUTS ..... dozen 45<sup>c</sup>  
POTATO ROLLS ..... dozen 19<sup>c</sup>  
ORANGE-NUT BREAD ..... 15-oz. loaf 29<sup>c</sup>

there's only one

## SKIPPY

BEWARE OF IMITATIONS

LOOK FOR THE HAPPY LITTLE DOG

TOPS IN QUALITY!  
LOW IN PRICE