

HUMBOLDT-DEL NORTE COUNTIES

*A UNIQUE PLACE TO PRACTICE
A WONDERFUL PLACE TO LIVE*

THE OUTDOORS

There is no other place with the magic of Northern California--misty redwood forests with 300 foot tall trees, expansive beaches of sand and rock, wild rivers and quiet lagoons. There is something for everyone, whether you like quiet picnics or white water kayaking; fishing or golfing; making sand castles or surfing; gentle walks and bird watching or long expeditions in rugged mountains.

It's never too hot or too cold to enjoy the beauty of the North Coast, and you can always find a quiet corner in our spectacular landscape.

THE COMMUNITY

We have small but vibrant communities. There are unique shops and many fine restaurants in our historic towns.

Arcata is home to Humboldt State University, the northernmost branch of the California State University system. You can enjoy first class show on tour, through the university's Center Arts Program.

We have more artists and musicians per capita than ANY place in the country. We boast yearly jazz, reggae and Blues festivals.

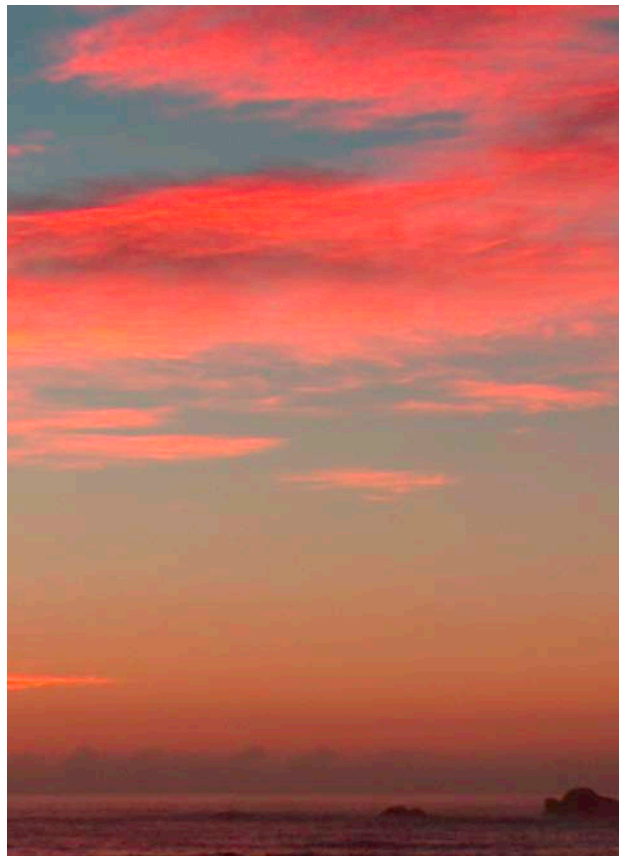
We have great micro-breweries, local wines, gourmet restaurants and 5 local live theatrical theatre groups.

You can enjoy the Aleutian Goose Festival in Crescent City and Godwit Days in Arcata. These Spring migration bird festivals attract enthusiasts from around the country.

Our Farmer's Markets have been listed by *Sunset Magazine* as among the best in the Western Hemisphere, and our fresh, organic produce is second to none.

THE MEDICAL COMMUNITY

For a small isolated area, we offer a full range of medical services--our hospitals have State of the Art imaging facilities, we offer a wide range of surgical services, and we have an outstanding Cancer program with surgical, medical and radiation oncology, usually not found in an area as small as ours. We have excellent tele-medicine services, and we are a tight knit medical community. Come join us



*--Come Play--
--Raise a Family--
--Practice in Rural--*

**HUMBOLDT-
DEL NORTE**

Where else can you surf in the morning and show up to the office at 9 A.M.?

Where else can you buy Organic food and golf on the same day?

Where else can you. . .

...get across town in 7 min and eat sushi for dinner?

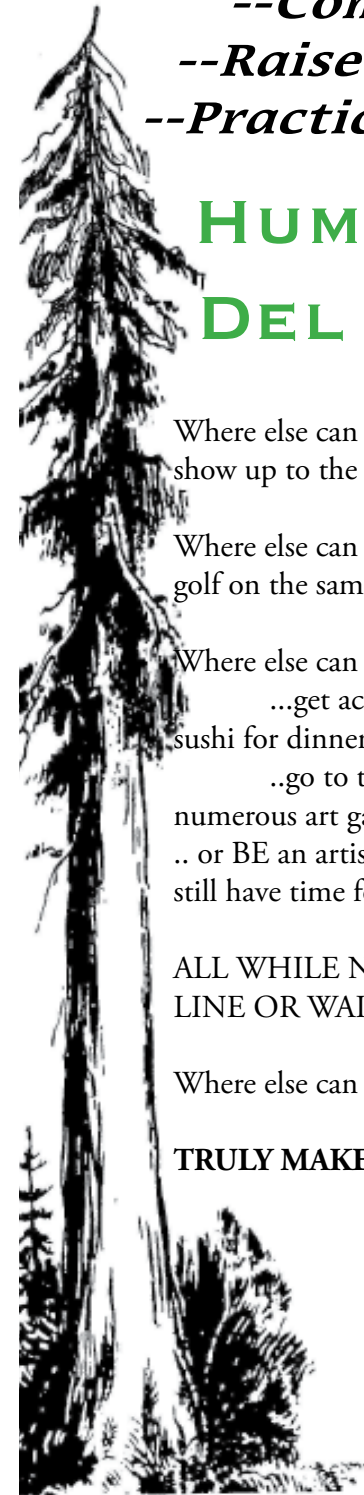
..go to the theater, a concert, and numerous art galleries; all in one weekend?
.. or BE an artist, musician or actor, and still have time for Patients

**ALL WHILE NEVER STANDING IN
LINE OR WAITING FOR TRAFFIC**

Where else can you. . . .

TRULY MAKE A DIFFERENCE

Visit us at:
www.HDNCMS.org

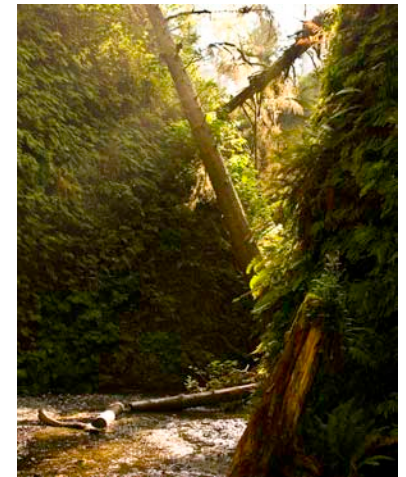




The Kinetic Sculpture race held every Memorial Day Weekend



Farmers' Market--a place to meet friends



Fern Canyon



Expanse of Clam Beach



Saturday on the Arcata Plaza



Some of the Bounty of our Farmer's markets



The Arcata Marsh--A wastewater treatment facility and important bird sanctuary



Surfing at Twilight--Moonstone Beach



Old Growth Redwoods