



# North Coast Physician

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*The Editorial and Publications Committee encourages our member's comments for publication.*

*Please submit electronically prior to the 15th of the month preceding publica-*

### Cover Photo

**"CARSON MANSION AT NIGHT"**  
 Stephen Kamelgarn, M.D.

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# “Mollie Tibbetts”

Jennifer Heidmann, M.D.



I run every day. Sometimes in the dark. Often alone. Of course we are taught as girls/women from the start to be afraid. It is why we cross the street when approached by a stranger and the hairs on the back of our necks stand up. It is why my daughter called me while she was walking home from work over a bridge in Seattle because some creep was there too, and she needed to make a human connection. That is why I call my husband when walking out of the hospital at night. Not that someone on the other end of an iPhone can intervene, but at least someone will know when the line goes dead to do something.

The other day I was running out in the Bottoms. I was going to this back road I like because the traffic is light, and it adds some miles, but ahead of me were two guys and a loose big dog. It felt wrong, so instead I took the highway shoulder home, with cars whizzing by, thinking death by automobile was preferable.

I have had 3 or 4 close calls with creeps in my life, mostly when I was in my teens and 20's. I suppose it was because I was a better target then in terms of my naivete and my looks. One advantage of growing older as a woman is the catcalls reduce, and the guys looking to hurt you are not as interested. So now I mainly worry about my daughters.

As I think about Mollie Tibbetts, I think about her family. I think about her fear. I think about how pissed she must've been to have a nice solitary run destroyed, her young life taken, the confidence of women everywhere again shaken. I wonder how she would feel about becoming the justification for hate though?

Personally, I think what should outrage all of us is misogyny. It is a fact that girls, women, mothers, wives and sisters face inequality in many realms, including safety from abuse and assault. It is something we should be screening for in our medical practices, because it is so common.

I wrote a poem about all this. It is a little angry, I admit. It comes from a place of heartbreak and fear and true concern for this country that I want to love. It comes from bewilderment that hate seems to elate rather than deflate our populace these days.

To the family of MT, peace and healing.

Mollie Tibbetts

When a white girl is killed by a Mexican  
Boy who came here illegally  
When a white girl is killed while out  
For a run in Iowa  
When a white girl is killed My country shouts  
"Ok now let's talk about separating families."  
When a white girl is killed, statistically  
There is better than half a chance  
Her boyfriend or husband  
Or father or brother did it  
When a white girl is killed on a run  
My country suggests all us girls carry guns  
Soon running holsters will sell  
In every color  
When a white girl is killed in Iowa  
By a Mexican boy  
My country shouts about an overdue wall  
She was just trying to run  
She was young  
And he was an illegal alien so  
My country's collective mouth contorts  
And spits rage  
At bleeding hearts like mine who  
Still think children in cages out of line  
With who we ought to be  
Like lynching and Japanese internment  
Slavery and smallpox blankets  
Wrapped around unsuspecting original American babies  
A white girl is killed  
The white house seems thrilled  
She could have been my daughter!  
Or my other daughter who is brown  
From another place  
Her adopted country would be up in arms  
Should any white girl born here come to harm but  
A brown immigrant girl killed  
Probably asked for it  
Bad luck  
And anyway who gives a f\*ck&#

# CLASSIFIED ADVERTISEMENTS & BULLETIN BOARD

## PRACTICE OPPORTUNITIES

Refer to Practice Opportunities on our website for a list of Practice Opportunities for Physicians. Separate listing for Advanced Practice Clinicians is also posted. Recruitment Brochure & Video; Links to Local Recreation; Links to Loan Repayment Programs; Norcal Medical Partners Facebook, and more....  
[www.hdncms.org](http://www.hdncms.org)

## PROPERTY FOR SALE/ RENT/

**OFFICE SPACE FOR LEASE.** 4,000 sq. ft. medical office space to lease on the Mad River Hospital campus in Arcata. Contact John Biteman, MD (707) 499-0398.

## MISCELLANEOUS

**FIREWOOD for Sale.**  
 Contact Lee (707) 499-2805

## MEMBER BENEFIT

Members can request a Job Announcement be sent out to the Office Manager distribution list to announce their staffing needs. Contact the Medical Society Office for more information.

## THANK YOU TO OUR ADVERTISERS!

Broadway Medical  
 Cloney's Pharmacy  
 Coastal Business Systems  
 Elite Caregivers  
 Humboldt I.P.A.  
 Janssen Law Firm  
 Jonathan Rutchik, M.D.  
 Larissa Nellesen Conlin, Forbes & Associates  
 Mercer Health & Benefits Insurance Services  
 Norcal Mutual Insurance Company  
 St. Joseph Health, Humboldt County

## NOTARY SERVICES

**DID YOU KNOW.....**  
 The Medical Society offers **NOTARY PUBLIC** services for our members at no charge.  
 Contact the **Medical Society office,**  
**(707) 442-2367** or email:

## Did You Know....

Members may run classified ads in *North Coast Physician* at no charge for the first six months for business-related ads and 1/2 price for personal ads (*on space available basis*).

## Display Advertising Rate Schedule

SIZE	MONTHLY	SIZE
1/4 Page	\$140.00	7.45" x 2.61"
1/2 Page	\$160.00	7.45" x 5.23"
1/3 Page Vertical	\$150.00	2.37" x 9.95"
Full Page	\$200.00	7.45" x 9.95"
Full Page/Special Placement	\$275.00	7.45" x 9.95"
Business Card Ad	\$65.00	Copy Ready 2" x 3.5"
Classified Ads	\$5.25 per line	

*DEADLINE: 15th day of the preceding month to be published*

*PLEASE POST*

# Syringe Disposal Kiosks

Put your used syringes in a free sharps container available at any kiosk location below or 908 7th Street in Eureka and drop them in a Public Health kiosk!



## **Kiosks are located in Eureka at:**

- 929 Koster Street,
- 529 I Street
- on I Street between Russ & Harris streets

**Call Healthy Communities Division at  
(707)268-2132 if you have any questions.**

**We are here to help!**

PLEASE POST



# Humboldt County Medication Disposal Bins



## Do you have expired, unused or unwanted medications?



Eleven locations are now accepting all medications - including controlled substances.

### Directions:

- Remove medications from containers
- Place them in sealed or zipped plastic bags
- Drop them into the bin
- Do not drop off sharps (needles, syringes, Epi-Pens). [For sharps disposal information, call \(707\) 268-8680 or visit hwma.net.](#)



### Safely dispose of medications at the following locations:

<b>Barnes Pharmacy</b> 1080 G St. Arcata, CA 95521 707-822-2496	<b>Cloney's Pharmacy</b> 1567 City Center Road McKinleyville, CA 95519 707-840-9923	<b>Cloney's Pharmacy</b> 2515 Harrison Ave. Eureka, CA 95501 707-443-7086	<b>Lima's Pharmacy</b> 2097 Harrison Ave. Eureka, CA 95501 707-441-8500
<b>Arcata Police Dept.</b> 736 F St. Arcata, CA 95521 707-822-2428	<b>Humboldt Co. Sheriff's Office</b> 826 4th St. Eureka, CA 95501 707-445-7251	<b>Eureka Police Dept.</b> 604 C St. Eureka, CA 95501 707-441-4060	
<b>Ring's Pharmacy</b> 362 Main St. Ferndale, CA 95536 707-786-4511	<b>Green's Pharmacy</b> 1058 Main St. Fortuna, CA 95565 707-725-4431	<b>Palco Pharmacy</b> 113 Main St. Scotia, CA 95565 707-764-3591	<b>Willow Creek Pharmacy</b> 39050 Highway 299 Willow Creek, CA 95573 530-629-3144

These bins help keep communities, waterways and wildlife safe!



908 Seventh St., Eureka, CA 95501 • 707-268-2132  
[humboldt.asap.worldpress.com/about](http://humboldt.asap.worldpress.com/about)  
[rxsafehumboldt.org](http://rxsafehumboldt.org)

