

## 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 300 feet tall, expansive beaches of sand and rock, wild rivers and quiet lagoons. There is something for everyone, whether you like quite picnics or white water kayaking; fishing or golfing, making sand castles or surfing; gentle walks and bird watching or long expeditions in rugged mountains.

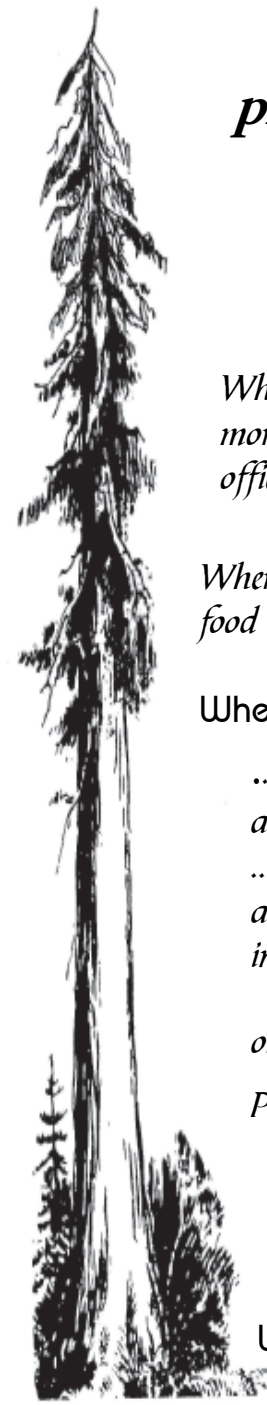
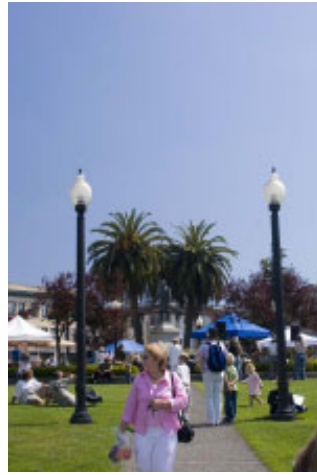
It's never too hot or too cold to enjoy the beauty of the north coast, and you can always find a quiet corner in our spectacular landscape.

### 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 northern-most branch of the California State University system. You can enjoy first class shows, on tour, through the university's Center Arts program. There is a strong community of local artists and musicians, yearly jazz, reggae and blues festivals, and unique local theatre, with 5 local theatre companies. 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. There are many holiday festivals and parades, great local breweries, wineries, and cafes. Everyone enjoys the farmer's markets and crafts fairs. High quality schools and numerous programs for children make this a great place for families.

### The Medical community

Our medical community is as unique as our redwood forests. Many high quality physicians have chosen to leave academic medicine behind to live and raise their families in Humboldt and Del Norte counties. Our relative isolation is our strength. Because we don't have a major medical center down the street, we must rely on each other. We have numerous specialties, technologies, and programs not usually found in a community of our size. Our "Spirit of the North Coast" brings us together as a community, and we hope that you choose to 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 & golf 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?*

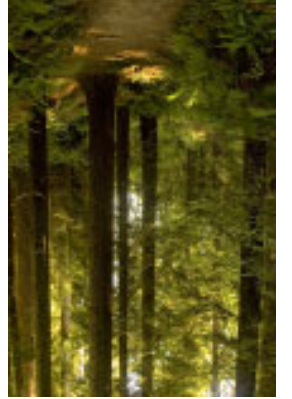
*...or BE an artist, musician or actor, and still have time for Patients?*

*....all while never standing in line or waiting in traffic*

Where else can you....

*... Truly make a difference?*

Visit our website:  
[www.humboldt1.com/~medsoc](http://www.humboldt1.com/~medsoc)



Logging, commercial fishing, dairy farming and tourism are the main commercial industries. Humboldt Bay is a deep water port, and the bay also provides over 60% of California-grown oysters, celebrated by the Oyster Festival held in Arcata every June.

There are a number of nationally known music festivals in the area including the Dixieland Jazz Festival (Eureka) in March, Blues by the Bay (Eureka) in July and Reggae on the River (Garberville/Benbow) in July/August.

We also have more artists and galleries than almost any area of comparable size in the nation, and we boast a long history of excellent local music, including, at HSU, the largest classical music library north of San Francisco (275 miles due south). Humboldt State University also sponsors "Center Arts" that is responsible for bringing international talent to the Northcoast: everyone from the Peking Acrobats, to the Emerson String Quartet, to Wynnton Marsalis, to BB King and many others.

Humboldt State University, and College of the Redwoods (in Eureka) enrich the area in both education and culture. Humboldt State University is known for its College of Natural Resources, and it is consistently ranked as one of the best, state-supported, four year, liberal arts colleges in the nation.

We have 5 wild rivers (Mattole, Eel, Mad, Klamath & Smith) entering the Pacific along more than 150 miles of wild, undeveloped coastline. There are many State Parks and one National Park and several National Forests, where most of the nation's giant coastal redwood trees are found. Seasonal hunting, as well as year-round fishing, hiking, boating, surfing, world-class white water kayaking, golf and many other outdoor activities can be found.

The climate ranges from perpetually mild (with abundant rain and frequent fog) along the coast, to hot summers and cold winters in the mountainous interior. Although a geographic part of California, this two county corner is ecologically part of the Pacific Northwest.

Situated along the Pacific Ocean in the Northwest Corner of California, ~300 miles due north of San Francisco, Humboldt and Del Norte counties occupy a land area very close to that of the State of Connecticut, yet our population, at about 160,000, is only 5% that of Connecticut's. More than half of our citizens cluster in communities around Humboldt Bay, located in the middle of the Humboldt County Coast. These communities include: Eureka, the county seat and largest town with about 25,000 people; Arcata, the home of Humboldt State University (one of 20 California State University Campuses) with about 15,000 people; McKinleyville with around 15,000 people; Fortuna with around 10,000; and the Victorian Village of Ferndale with about 1,500 people. Eighty-five miles to the north, Crescent City, with about 12,000 people is Del Norte County's largest community. The remaining population is scattered over some 5,000 square miles of either narrow coastal plain or the rugged coastal mountain ranges.



*Where We Are*

(This page folds open for more photos)



# Humboldt-Del Norte Docs--Out of the Office



Dr Ken Stiver



Dr Steve Kamelgarn



Dr John Montgomery & Dr Bill Hunter



Dr. Alan Glasseroff



Dr Jeff "Santa" Corral-Ribordy



Dr Jane Williams



Dr. Nathan Shishido



Dr. Kate McCaffrey



Dr Joan Davies



Dr Don Baird



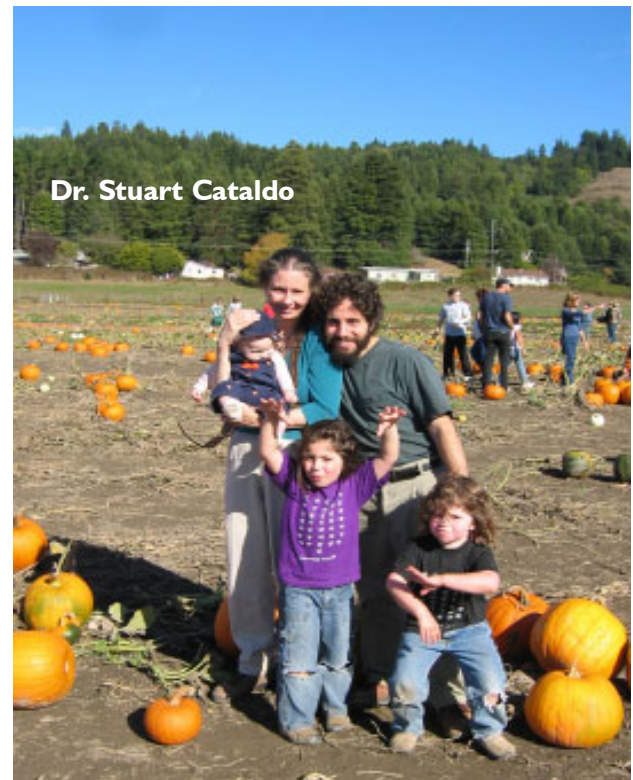
Dr George Ingraham



Dr Gena Pennington



Dr Bob Green



Dr. Stuart Cataldo