

Call for Unity: Connective Action for Domestic Violence Awareness Month 2024

Domestic Violence Awareness Month (DVAM) is a national campaign dedicated to raising awareness about domestic violence. Every October, organizations and individuals unite across the country in an effort to

uplift the needs, voices, and experiences of survivors. Congress declared October to be Domestic Violence Awareness Month in 1989.

For DVAM 2024, the Domestic Violence Awareness Project is proud to build on the



theme *Heal, Hold & Center*, first launched in 2023. This DVAM and beyond, we must work together, embrace the many cultural ways we can *heal* from violence and oppression, commit to *holding* space for survivors, and *center* those most marginalized in all of our efforts to end domestic violence. As we heal, hold, and center survivors, especially those navigating anti-Blackness and other systems of oppression, we remain grounded in the knowledge that there is no survivor justice without racial justice.

There are three domestic violence and abuse shelters and programs in Modesto, with two offering a hotline and two offering emergency shelter. Outside of Modesto and still nearby, you can find help at these 12 domestic violence and abuse shelters and programs in Tracy, Stockton, and Merced. If you have questions, consider reading these [domestic violence facts and statistics](#), our archive of 1095 [domestic violence articles](#), [recommended books on domestic violence](#), or these insightful [stories about domestic violence survivors](#).

Call for Unity: Connective Action for DVAM 2024

This year's National Call for Unity is an opportunity for "Connective Action" around the DVAM 2024 theme, Heal, Hold & Center. This is an intentional pause and moment of recognition and togetherness for advocates and survivors nationwide. Who do you want to celebrate? This #CallforUnity asks each of us to commit to reconnection with those we honor and appreciate in this work to end and heal from domestic violence. Tag an advocate who embodies what it means to Heal, Hold & Center survivors. Post your commitment to connective action for DVAM 2024 on your social media platforms at #CallforUnity throughout October. Join us across social media platforms at #CallforUnity!

Domestic Violence Programs in Modesto

Stanislaus Family Justice Center:

- Phone: [209-525-5130](tel:209-525-5130)
- [Emergency Services \(7\)](#)
- [Legal and Financial Assistance Services \(8\)](#)
- [Counseling Services \(2\)](#)
- [Support Services \(4\)](#)
- [Children's Services \(9\)](#)
- [Community Educational Services \(1\)](#)

HAVEN - Healthy Alternatives to Violent Environments:

- Emergency Shelter.
- 24/7 Hotline: [209-577-5980](tel:209-577-5980)**
- [Emergency Services \(7\)](#)
- [Legal and Financial Assistance Services \(3\)](#)
- [Counseling Services \(4\)](#)
- [Support Services \(1\)](#)
- [Children's Services \(2\)](#)

Modesto Union Gospel Mission

- Emergency Shelter. **24/7**
- Hotline: [209-529-8259](tel:209-529-8259)**



The Modesto Peace/Life Center Invites You To

A Harvest Gathering Fundraiser for KCBP Community Radio

&

To Honor Contributors to the Peace/Life Center

Friday, November 1, 2024

5:00 p.m. - 7:00 p.m.

*At the Home of John Frailing & Maria Arevalo
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Enjoy:

Delicious Hors d'oeuvres, Good Wines, Coffee and Teas

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INSIDE CONNECTIONS

LOCAL 2	HOMELESS ARE PEOPLE 6-7
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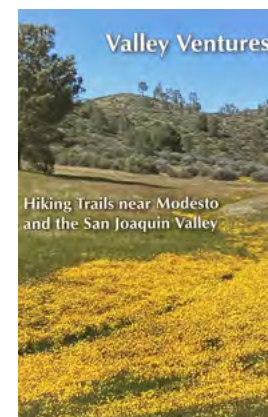


Check Out the New Book on Local Hiking!

VALLEY VENTURES, by Elaine Gorman, offers 20 hikes in the San Joaquin Valley of California, easily accessible from Stanislaus and San Joaquin counties. The narrative hike descriptions include natural and cultural history, mileage, special attractions, directions/drive time, and hiking tips. All hikes are within a two-hour driving range and include hikes in the San Joaquin Valley, the foothills, and the eastern Bay Area.

Price: \$12 from the author, \$14 at Bookish in Modesto (Roseburg Square), \$14 via snail mail. Cash or check. Send check to 1521 Crawford Rd., Modesto, CA 95357-0908.

The author is Vice-Chair of the Mother Lode Sierra Club, Yokuts Group, and a long-time Modesto Peace/Life Center member.



Modesto Science Colloquium Fall Semester 2024

Wednesdays, 3:15-4:15 p.m., MJC West Campus, SCC 115. Free to the Public. Talks will be recorded for the [Science Colloquium's YouTube Site](#).

Oct 9: Emily Jonagan, Fisheries Biologist, FISHBIO. *Diving into Careers in Fisheries Science.* Learn about different career paths in fisheries science and ongoing conservation and monitoring efforts throughout California.

Oct 23: Diedre J. J. Bush, NASA Ambassador. *NASA's Citizen Science Opportunities.* NASA's citizen science projects are collaborations between scientists and interested public members. Learn how these volunteer "citizen scientists" have helped make thousands of important scientific discoveries. Open to anyone around the world, some 410 NASA citizen scientists have been named in refereed scientific publications.

Nov 6: Stephanie L. Bolton, Ph.D., Director of Research & Education Director and Sustainable Winegrowing, Lodi Winegrape Commission. *Sustainable Winegrowing.* As one of *Wine Enthusiast* magazine's "Future 40" for her contributions to sustainable wine growing and viticulture science, Dr. Bolton will focus on viticultural studies of sustainability, exploring agricultural biodiversity, grapevine viruses, and rootstocks, and discuss the LODI RULES program, a pioneering sustainable winegrowing initiative that certifies winegrowers who adhere to over 150 sustainable practices.

Nov 20: MJC MESA Student Teams Research Projects. *Biomass/Biomanufacturing MESA Projects.* Learn about how scientists and engineers are creating materials, energy and products that reduce waste by repurposing biological residues from agriculture and municipal sources. Four MESA student teams will present semester-long research projects on different areas and how this area of research can impact our region.

***Science Colloquium Committee:** Daniel Chase, Jill Cross, Elizabeth McInnes, Denise Godbout-Avant, Troy Gravatt, Deborah Martin, Monika Schortner, Michael Shirley, Catherine Tripp.

MAPS Showcase of Scintillating Experts. A gateway for the exploration of the wonders and mysteries surrounding us. MJC West Campus Sierra Hall 132* at 7:30 pm, FREE.

Fri., Oct. 18: Dr. Xinnan Du. The Kavli Institute for Particle Astrophysics and Cosmology at Stanford. "Do Galaxies Breathe, Too?" <https://www.youtube.com/watch?v=MPyQImNkO6E> <https://www.linkedin.com/in/xinnan-du/>

Fri., Nov. 14: Dr. Sarah Wheeler, Lab director of the Yolo-Sacramento Mosquito and Vector Control District. "Real-time Monitoring of Mosquito-spread Viruses in the Central Valley."

<https://www.eventscribe.net/2023/AMCA/fsPopup.asp?Mode=presenterInfo&PresenterID=1461662>

Fri, Dec. 6: Isabelle Haddad, UC Merced Ph.D. candidate. "The Intersection of Climate Change and Environmental Justice with Central Valley Focus." ihaddad@ucmerced.edu

Plankwalker Studios Presents Rockin' with MJC!

Rockin' with MJC students that is. KCBP 95.5 FM Community Radio proudly presents a series of 25 one-hour music shows created by Modesto Junior College Students as part of their Film, Television & Electronic Media (FTVE) class under the instruction of Janeiro Freeda.

For all you night owls out there, our show kicks off at 1:00 a.m. every Saturday (right after Cyber Stallion), with repeats at 2:00 p.m. on Saturdays and 7:00 p.m. on Tuesdays. And the best part? A brand-new program will be waiting for you each week.



MODESTO PEACE/LIFE CENTER
Working for **peace, justice**
and a **sustainable future**

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Message On A Bottle

By **TOM PORTWOOD**

A few days ago, I was in the community laundry room at my apartment complex when I immediately spotted a bottle of Tide detergent sitting on a table, a handwritten note taped to its front. The message on the bottle read:

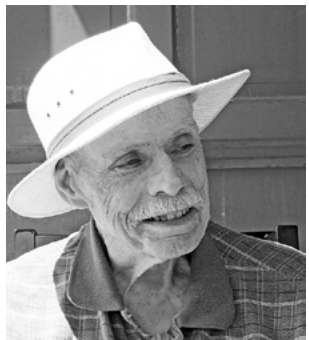
Repaying kindnesses

I hope you have a wonderful day!

Please only take what you need. It is important

to help one another. Sometimes all we need is a little kindness.

Below those words, a red heart had been drawn on bright green paper. And beside the bottle of Tide there was



a stack of quarters, with another handwritten note, conveying much the same sentiment. The messages were simple but powerful and visually eye-catching – although our lives and maybe our politics may take us in different directions, we are all in this together. We are all connected, even if we sometimes act in ways that

undermine our interconnectedness.

In her splendid book, *Braiding Sweetgrass: Indigenous Wisdom, Scientific Knowledge and the Teachings of Plants*, the botanist Robin Wall Kimmerer wrote of how scientists have observed pecan trees interacting with each other:

“The trees act not as individuals, but somehow as a collective. Exactly how they do this, we don’t yet know. But what we see is the power of unity. What happens to one happens to us all. We can starve together or feast together.”

The power of unity – it seems as if the trees around us are teaching us lessons if only we were wise enough to notice. And perhaps we are, perhaps there is *always* hope for “a little kindness” among people, though the world often seems a sad and violent place these days, too often choosing war over peace, embracing power over compassion.

As I’ve mentioned in the past, I rely on the buses here in Modesto to attend to a variety of errands and needs. And rare is the day when I’m out walking to a bus stop on McHenry Avenue or Coffee Road, when I *don’t* encounter human privation or suffering in one

form or another. The elderly, the disabled, the unhoused, and families trying desperately just to get from one month to the next are particularly dependent on the “S.”

As the late, highly gifted singer/songwriter Nanci Griffith once lamented, “it’s a hard life wherever you go,” but what continually buoys my spirits is the way this community of bus riders comes together when someone needs help. Just yesterday a guy boarded the 22-bus, needing two dollars for the fare. Almost immediately, one of the passengers near the front pitched in with the money, and the fellow was able to get where he needed to go.

But things like this happen all the time. People on buses like to commiserate with each other – even if they’re complete strangers – about all manner of topics, and often about very personal struggles such as overcoming problems with drugs or alcohol or getting out of an abusive domestic situation. Lots of information is shared, too – about rents, shelters, the comparative prices of food at various grocery stores.

These conversations bubble up spontaneously, just people helping each other out, sometimes just by listening, other times by saying a word or two of encouragement or advice. It’s probably one of the things we humans do best – we listen to each other, if we give ourselves the time and the space to do so, and we’re mindful of others and like to lend a helping hand if we can – and regret it to the quick when we can’t.

This summer was nothing short of devastating, with its prolonged heat domes and triple-digit exhausting days for those of our neighbors riding the buses. But, week after week, I noticed motorists driving by in their vans or SUVs, asking folks waiting at bus stops if they needed a bottle of water, or maybe a piece of fruit. And just the other day, a fellow passenger was handing out protein bars to passersby at the Regional Transit Center downtown, with several guys appreciatively wolfing down the food before their bus arrived.

A couple of years ago, a generous truck driver actually left a very nice rocking chair at the minibus shelter near the corner of Oakdale and Sylvan. Unfortunately, within a few days the chair disappeared, but not before a bunch of bus riders had rocked to their heart’s content. It was a kind gesture by a stranger who had nothing to gain by leaving the gift there – other than the hope it might bring a moment or two of comfort to people he or she would never lay eyes on.

In late 2021, I wrote a short piece about my good friend

Sally who, then eighty-eight and greatly incapacitated by serious health issues, persisted in finding ways to help anyone in need – picking up and delivering mail for a neighbor undergoing chemotherapy, taking folks to the grocery store or pharmacy if they didn’t have a car, driving them to medical appointments.

Sally was selfless to the core of her being, always putting the needs of others ahead of her own, even as old age and illness finally caught up with her. Sally was still reaching out to friends as her final days approached. When she died two months ago in her apartment by the pond, everyone in our little complex mourned her passing. Her graceful ways and kindnesses had touched many lives.

Of course, I thought of Sally when I read the message on that bottle of Tide. I know she would have been grinning from ear to ear, loving the news that one of her neighbors (identity unknown) was trying to help others. I think Sally would have agreed with Robin Wall Kimmerer’s words that “what happens to one of us, happens to us all.” For Sally, kindness and gratitude mattered – first, last, and always.

As so many of my friends are constantly showing me by their gentle example – we are here to help each other out, to be like a network of trees finding strength in community, in kindness. And, as my neighbor who left the bottle of Tide noted, “Sometimes all we need is a little kindness.”

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 - Call 1-888-376-6246



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A Filmmaker's Fight to Prioritize Homelessness: Vote for Political Change in the San Joaquin Valley

By **ERIC PROTEIN MOSELEY**, The Valley Citizen

Eric Protein Moseley is a social impact documentary filmmaker working on the film "Understanding the Spectrum: Exploring the Classes of Homelessness."

I am a social impact documentary filmmaker from Detroit, now living in Richmond, California. My journey is deeply personal and profoundly shaped by nearly two decades of battling chemical dependency and homelessness, mostly while raising my child as a single parent. My experiences traveling from coast to coast, often facing the harsh realities of living without stable housing, have fueled my commitment to addressing this critical issue. Now, through my global campaign, "Mandate Future Politicians to Prioritize Homelessness," I am dedicated to driving systemic change and elevating homelessness to the forefront of political and public discourse.

This campaign aims to replicate the success of cannabis advocates by making homelessness a central issue in political and public discussions, alongside pressing topics like the economy, abortion rights, and immigration. Despite its global reach, the campaign has faced significant hurdles in gaining traction in California.

I am currently focusing on a 232.8-mile stretch from Stockton to Bakersfield, where the homelessness crisis is particularly acute. In San Joaquin County, the number of homeless individuals has surged to 4,732 as of August 2024 — double the number recorded in 2022. Of these, 1,263 people have shelter, while 3,469 remain unsheltered. Individuals living in vehicles have risen by 37% since 2022. In Stockton alone, a 2024 point-in-time count found 2996 people experiencing homelessness, with only 545 in shelters.



In 2023, San Joaquin County had approximately 1,700 year-round beds for transitional housing and emergency shelter. Unfortunately, this capacity could only accommodate about half of the unsheltered population. In response to this crisis, the Continuum of

Care and the City of Stockton have recently approved a regionally coordinated Homeless Action Plan to make homelessness "rare, brief, and non-recurring." This plan takes a critical step forward, but we still need to tackle much more work to address the scale of the issue.

Twenty-six miles to the south, in Modesto, homeless shelters are consistently full and the city's strategy of frequent sweeps just moves homeless people from one place to another. Modesto City Councilman Nick Bavaro, whose District 4 has a large percentage of the city's homeless population said,



"All you're doing is just shuffling people from Oakdale Road and Scenic to Claus and Scenic."

Successful interventions in other regions provide hope and direction. For instance, South Salt Lake is building the \$47 million Kem and Carolyn Gardner Mental Health Crisis Care Center, which will open in 2025. This initiative integrates supportive housing with comprehensive mental health services and job training. Early indicators suggest that this holistic approach could substantially reduce homelessness and improve overall well-being.

Similarly, Seattle's "Pathways Home" program demonstrates the effectiveness of combining supportive housing with job training and mental health support. These programs illustrate the potential for effective solutions and offer valuable lessons for addressing homelessness in California.

My personal experiences with homelessness have profoundly influenced my advocacy. I vividly recall the nights spent on the streets, the struggle to find safe shelter for my child and me, and the overwhelming sense of isolation and desperation. These experiences drive my commitment to this cause and underscore the urgent need for systemic change. They also provide a unique perspective on the real-life impacts of homelessness and the importance of addressing it comprehensively.

Internationally, our campaign has made notable strides. In a publication in the nation's capital, I was able to encourage voters to prioritize homelessness while talking about other critical issues such as women's health, immigration, and housing.

However, the campaign has encountered significant challenges, such as limited media coverage in California and resistance from some local stakeholders. To address these obstacles, we are enhancing our outreach efforts, building stronger alliances with local advocacy groups, and using social media to reach a wider audience.

The recent Supreme Court ruling on homelessness has highlighted the urgency of this issue. Governor Gavin Newsom's approach to addressing homelessness by sweeping encampments without a solid, structured plan seems inadequate—like trying to skydive in the desert with scuba diving equipment. On the other hand, Los Angeles Mayor Karen Bass has taken a proactive stance by declaring homelessness a state of emergency on her first day in office. This decisive action has set a powerful precedent, focusing on immediate relief and implementing targeted solutions such as advocating for low-income housing and enhancing mental health services. Her approach contrasts sharply with Newsom's reactive measures and underscores the need for comprehensive, sustainable strategies.

We will mobilize public support and drive political accountability to push for effective, long-term solutions to this escalating crisis. Please support our campaign, advocate for change in your community, and vote for leaders prioritizing solutions to homelessness. Together, we will make a difference and work towards a future where homelessness is rare, brief, and non-recurring.

Reach the author at BusinessTree@outlook.com

Friends of the Modesto Library Needs Help for Upcoming Events

By MARILYN DREW

The Friends of the Modesto Library (FOML) needs volunteers for the following events:

* The annual **Youth Craft Fair** at the library on Saturday, Oct. 12, 9 am -12 pm. This event gives kids 10-17 a free opportunity to showcase their handmade crafts and sell them to the public. 1-2 Volunteers will be needed to check in participating students. An additional 1-2 volunteers will be needed to help set up and staff a booth displaying FOML and County Library information.

* The **National Friends of Libraries Week**, Oct. 20-26, will highlight the importance of our local FOML group to the library and also celebrate the many reasons to support the library. Volunteers will be requested to help staff a FOML booth at the Modesto Farmers Market on Thursday., Oct. 17 and Saturday, Oct 19.

* The **Fall Used Book**

Sale will be held on the library's portico on Saturday, Oct. 26. It will require approximately 35 volunteers to transport books to the library portico, set up/maintain book tables, cashier, and/or box up unsold books.

* The **Fall Scholastic Book Fair** will be held Nov. 6-9 in the library auditorium. Approximately 25 volunteers will be needed to set up or pack up book displays or work as cashiers for Scholastic book sales.

Please consider volunteering for the upcoming FOML events once you receive one or more. Through the efforts of our volunteers, FOML is able to continue supporting the many library activities that enrich our Modesto community.

Information: info@modestolibraryfriends.org



The Falling Leaf Boutique & Pantry Serves the Community

The First United Methodist Church is a community of people who care about their neighbors. For decades, we have supported local nonprofits with events like Home for the Holidays, the Habitat for Humanity Ecumenical Concert, the Apple Pie Fundraiser, and many other special events and projects. These various fundraisers have benefited the needs of the most vulnerable individuals in this community.

This year's 4th Annual Falling Leaf Boutique and Pantry is focused on raising funds to help alleviate mental health issues and food insecurity. The beneficiaries chosen by the event committee are as follows:

Center for Human Services.

The Pirates Pantry, Modesto Junior College.

The Warrior's Pantry, CSU Stanislaus.

On Saturday, October 5th, a variety of items for the home, including handmade gifts, books, puzzles, potted plants, linens, and so much more, will be featured, all in

Fall Classes: Modesto Institute For Continued Learning at MJC

Registration is open for Sessions B & C of the Modesto Institute For Continued Learning (MICL). Courses are open to all Stanislaus County residents 50 years and older. Classes are held on the West Campus of Modesto Junior College. Courses include:

A History of India; Democracy & Its Alternatives; All Things Considered; Creative Writing; Travels Around the World; Enjoying the Periodic Table; Improv Activities For the Senior Brain; Current Events; TED Talks; Social Zoom; Friday at the Movies; Book Club/Discussion; Birding; Winston Churchill; Mysteries of Human Behavior.

Registration fee of \$60 covers all courses. No parking fee. Classroom information is sent after registration is completed. SESSION B CLASSES BEGIN MONDAY, SEPTEMBER 30. SESSION C CLASSES BEGIN MONDAY NOVEMBER 4.


Two choices to register: Online at MICL's website at: micl-online.org, OR Call MJC at 209-575-6063.

There is no mandatory attendance, no units offered, and courses are for academic and social enjoyment only. Join us!



the spirit of the fall season. Hours of love and dedication are put into making these goods with the hope of serving the needs of others.

The event will be held in the church's Fellowship Hall at 850 16th St. in downtown Modesto from 8:30 a.m. to 1:30 p.m.



Some Walk, Some Talk . . .

City Skates "The WALL" Featuring: ★ "GATOR" ★ KEVIN STAAE

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MOVE ON

Be informed!

Read the Valley Citizen at
<http://thevalleycitizen.com>

Why Homeless People Don't Want Help: Part I

By **ERIC CAINE, The Valley Citizen**

The first thing to understand about help for homeless people is that, for the vast majority, there isn't any. This is a reality easily established. According to the [Public Policy Institute of California](#), "As of the [January 2023 point-in-time count](#), the total number of people experiencing homelessness was estimated to be 181,399, and the state had only 71,131 shelter beds available—a shortfall of over 110,000 beds."

Since "help" for homeless people almost invariably means the offer of a bed in a congregate shelter, that statistic alone should provide more than enough support for the claim that help for the homeless is woefully inadequate. Even if shelters weren't full most of the time, a bed in a shelter isn't always help in any ordinary sense of the word.

For one thing, shelters can be dirty, dangerous, or drug-ridden. Some are all three. A [July report by CalMatters](#) described shelters as "a world rife with reports of violence, theft, health hazards — and a lack of accountability."

Three years ago, the California State Legislature ordered cities and counties throughout California to respond to complaints about shelters in a timely manner and [submit annual reports](#) about living conditions, including structural and safety concerns. As of July of this year, "only 4 of the state's 478 cities filed reports: Fairfield, Petaluma, Santa Rosa and Woodland." Of 58 total counties in the state, only Lake, Los Angeles, Orange, Monterey and Yuba filed the mandated reports.

Not all shelters are in crisis. Nonetheless, even those without glaring problems face near-impossible challenges. Significant percentages of the homeless population are mentally ill, cognitively challenged, or psychically wounded. Others are deeply traumatized from life on the streets. Typical shelter staff members have little to no training for managing such problems.

Despite rules against it, drug use is common at shelters. No one anywhere thinks we have enough substance abuse programs, just as we don't have enough mental health facilities. Because of these shortfalls, shelters have become the default custodians of people in need of professional help because there's nowhere else to go.

Those programs that offer help homeless people want and need, [Family Promise](#), [Downtown Streets Team](#) and others like them, are overwhelmed by demand and have long waiting lists, putting the lie to the "they don't want help" canard. And while it's true that homeless people oftentimes refuse an offer to go into a shelter, they often have good reasons for preferring life on the streets.

In addition to the aforementioned problems in shelters — the drugs, the presence of severely mentally ill residents, and the lack of needed treatment facilities — many homeless people have had negative experiences in shelters. Predators lurk in and around shelters because many of the residents are easy to intimidate and shake down.

Cognitively challenged homeless people, dissociated from years on the streets, struggle in the rules-dominated structure of congregate shelters. Most anyone with significant time on the streets becomes dissociated enough

to chafe at even the simplest regulations. Curfews, pet restrictions and prohibitions, and separations from partners and friends are onerous even to people accustomed to rules and routines; they can be prohibitive for those who've lived for years without such strictures.

The City of Modesto opened up a local park after the Ninth Circuit Appeals Court ruled ([Martin v. City of Boise](#)) in 2019 that people could not be forced to move from public spaces unless offered alternative sleeping options. The rush to grab a safe sleeping space was immediate and ongoing, one more example that homeless people aren't just willing to accept appropriate help, they're eager for it.

When park residents were moved to Modesto's Outdoor

Emergency Shelter (MOES), the encampment swelled to almost 500 residents before it was shut down. Some of those residents have been on the streets ever since.

The lesson we should take away from MOES, the waiting lists for Family Promise and Downtown Streets Team and shortages of housing and services is that most homeless people do want and need help. That lesson has been hard to learn for people who find it politically advantageous to insist they don't.

Eric Caine formerly taught in the Humanities Department at Merced College. He was an original Community Columnist at *The Modesto Bee*, and wrote for *The Bee* for over twelve years.

Next: Why Homeless People Don't Want Help: Part II



Significant percentages of the homeless population are mentally ill, cognitively challenged, or psychically wounded. Others are deeply traumatized from life on the streets.



Why Homeless People don't Want Help: Part II

BY ERIC CAINE, The Valley Citizen

Help for homeless people must always be understood within the context of a huge deficit. As we've noted in [Part I](#), in every category that might be construed as providing help for homeless people, there's a severe shortage. There are shortages of housing, shortages of treatment facilities, shortages of personnel, and shortages of political will.

Even so, significant numbers of homeless people refuse help even when it's available. Though there's a wide difference among each individual's reasons for rejecting help, there are enough common pathologies and patterns to enable some generalizing about their motives.

Mental Illness and Anosognosia

No one argues that California has sufficient mental health facilities for the mentally ill homeless population. Nonetheless, there are occasions when help is available. The problem is that mentally ill people, are, by definition, *non compos mentis*. Since they're not capable of reasoned judgment, it's no surprise that mentally ill people often reject help.

Moreover, a significant percentage of the mentally ill also suffer from anosognosia, a condition which prevents them from knowing they are ill. In those cases, mentally ill people see no reason to accept help, which in many cases would involve a stay in a locked down facility.

Trauma

Sleep-deprived, malnourished, hungry, and oftentimes psychically wounded, the chronically homeless are among the most vulnerable people in the nation. Robert Sapolsky, Stanford's MacArthur Award-winning Professor of Biological Sciences, Neurology and Neurological Sciences, [writes that](#),

“while poverty is bad for your health, poverty amid plenty—inequality—can be worse by just about any measure: infant mortality, overall life expectancy, obesity, murder rates, and more. Health is particularly corroded by your nose constantly being rubbed in what you do not have.”

Homeless people are the poorest of the poor among us. Their daily lives are constant reminders of their low socioeconomic status. The effects are devastating. Sapolsky adds that,

“Scientists have been able to trace physiological connections from external inequality to three key inner areas: chronic inflammation, chromosomal aging and brain function.”

Extreme poverty in the form of homelessness results in measurable organic damage to homeless people's bodies and minds. That damage is especially acute for brain function in the pre-frontal cortex (PFC):

“*What happens when the PFC is impaired in this way?*” asks Sapolsky, then answers his own question:

“*Lousy, impulsive decisions happen. Consider ‘temporal discounting’: when choosing between an immediate reward and a bigger one if you wait, the appeal of waiting goes down as the time you have to wait goes up. The PFC is normally good at combating this shortsightedness. But stress steepens temporal discounting; the more cumulative stress, the less PFC activation in experiments that call for gratification postponement. For people sliding further into inequality, the less active PFC makes it harder for the brain to choose long-term health over immediate pleasure. That neurological effect might explain why people with more total life stress gain more weight and smoke and drink more than those with fewer stressors.*”

The “bad choices” so often attributed to homeless people are most often due to stress-imposed disabilities, exacerbated by low socioeconomic status.

Dignity

At least since the time of Ralph Waldo Emerson's famous essay on “Self-reliance” in 1841, independence has been one of the cardinal American virtues. Today, after decades of talk show rants about welfare queens and bums, the stigmata associated with poverty and a need for help are indelible. For those reasons, a great many homeless people will suffer extreme discomfort and want before asking for or accepting help. Asking for or accepting help can be painfully humiliating, especially when people look down on the recipient.

Hobos and Bums

Much of the misinformation about homeless peoples stems from confusion about who they are. Various described as “vagrants,” “transients,” “hobos” and “bums,” those few members of the homeless population who've actually chosen to live outside are part of a long American tradition of rail riders, clever panhandlers, and street artists who for many reasons have chosen to live by their wits and off the grid.

Most towns, even small towns, have had members of this small subset of homeless people. They are the local “characters” and “free spirits” who've found homes in backyard tents and behind businesses whose owners tolerate their presence as long as they keep things clean and tidy. As a rule, they don't do well around people other than their own kind, sometimes due to disorders involving anger or claustrophobia. Sometimes, they form loose associations with others like them, hence the notorious “hobo jungles” of times past.

It is this group, more than any other category of homeless people, that has led to the widespread notion that homeless people don't want help. Fiercely independent and with the hardy endurance of the old mountain men, these resourceful individuals represent an ongoing demographic of the traditional American cityscape.

Addiction

If drug use caused homelessness, homelessness would be highest in the states with the highest per capita drug use. [That's not the case](#). However, because of a severe deficit of drug treatment programs, addiction can be a factor in keeping people on the streets.

Even in those cases when homeless addicts can get into a program, they're almost always still homeless when they get out. In fact, many chronically homeless people have been through programs several times. Unfortunately, once they hit the streets again, staying off drugs becomes nearly impossible.

Since congregate shelters are usually the only option other than the streets, addicts are faced with the nearly impossible task of getting off drugs without professional help if they want to enter a shelter where drugs are prohibited.

Imagine if Rush Limbaugh, Robert Downey Jr., or any other celebrity addict were told, “Before you can enter our program, you have to be drug free.” It's a ridiculous proposition. Nonetheless, that's the situation with many homeless addicts. They can't use drugs while in a shelter, and a shelter is the only option they have while waiting to enter a treatment program.

Help? Define Help

Despite a plethora of reasons for rejecting help in the form of an offer to visit a congregate shelter, most any homeless person most anytime will accept the offer of a motel room or a safe place to sleep, even if on the hard ground. The failure of wealthy states in a wealthy nation to provide such help is stark evidence that a lack of political will has been a major factor in the refusal to manage homelessness other than by means of sweeps and jail time. It is one of the major institutional failures of our time.

Next: [Why Homeless People Don't Want Help Part III: The Long and Winding Dead End.](#)





Congratulations to Angela Drew, Modesto's New Poet Laureate!

By TOM PORTWOOD

In August, the City of Modesto's Culture Commission appointed Angela Drew as the city's ninth Poet Laureate. *Stanislaus Connections* extends its heartiest congratulations to Ms. Drew, whose outstanding poetry and riveting spoken-word performances have graced our area's venues for many years.

Ms. Drew's website details what has already been an extraordinarily productive and distinguished poetic career and can be accessed at <https://www.linguisticartistry.com/>

Among other accomplishments, she was the winner and first-place slam champion of Modesto's 2021 ILL List 16 Poetry Slam. More recently, Ms. Drew's powerful performance of one of her emotionally moving spoken word poems elicited a rousing, standing ovation from the audience at the State Theatre in January, where she was appearing with Michael Baldwin, Sr. and others in honor of Martin Luther King, Jr. She is the author of *ElderBerry Wine*, a children's book written in poetic verse, that celebrates the beauty and majesty of our elders and the richness they bring by simply being a part of our lives.

All of us in the City of Modesto and beyond look forward with great anticipation now that she is Modesto's Poet Laureate!

Congratulations, Angela!

INQUISITION

I.

Christians of a certain era
in vast portions of the then-known land
hunted down heretics who did not believe
in Jesus Christ or who broke
any of their own human rules.
Infidels were tortured and killed
if they did not change un-Catholic ways.
That was centuries ago when
Christianity was the law and
kings and queens enforced it.

The Inquisition's over now.
They don't do that anymore.

II.

In the still dark ages
independent women with survival skills,
healing powers, cats in their cottages,
and possessions of their own
were hunted down, accused of being
vessels of a Devil their accusers
had imagined into being.

They burned the "witches" at the stake.
But there were no witches.

Innocents were murdered shamefully
when the murderers had
the church's law behind them.
Let's never do that again.

III.

A Massachusetts village had quite a scare
when young girls spread wild, hysterical tales
of flying through windows, casting spells,
causing death and illness, haunting dreams,
dancing in the winter moonlight
with that same old imagined Devil.

Nineteen women were hanged
and one man pressed to death
before anyone spoke sanely at a time
when the Bible drove the law.

They called that a witch hunt too,
but there were no witches.
No one should have believed
such nonsense here in America.

IV.

These are modern times and this is
a country with a Constitution.

Congress shall make no law respecting

*an establishment of religion, or
prohibiting the free exercise thereof.*

There is no state religion here and there never will be.
The framers of that document learned from
history and said, "We won't do that again."
And yet—

Today some hold that their own beliefs,
religious or otherwise, Christian or otherwise,
should take precedence over those of others.
No one should have a choice, they say.
Compulsory birth of unwanted children required,
no matter how old or fragile or unwilling
the mother or who or what the father is
or what the circumstances of conception,
rape or incest or fetal deformity or
the degree of mortal danger to the mother.

They would change existing law
so that all females able to bear children
would be forced to carry every fertilized egg
through nine months until birth
no matter the cost to child or mother
according to the beliefs of a few.

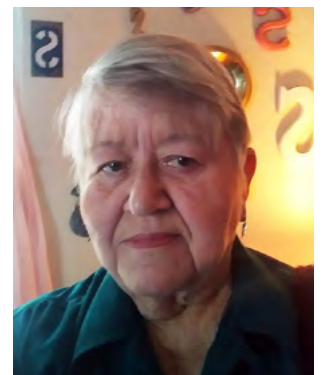
There would be inquisitions, witch hunts,
incarceration, chaos in the courts,
cruel and unusual punishments,
death to non-believers.

There would be unwanted children
many born into poverty, abuse, neglect.
No guarantee of loving, capable parents.
No guarantee of help to grow and learn.

And abortion would continue as it always has.
Archaic laws would not prevent it.
Personal opposition would not curtail it.
It would only become more dangerous,
more secretive,
as history continues to teach us.

Only knowledge of truth, justice and liberty,
of reproduction and birth control
has any power at all.

— Sheila D. Landre





kevin walton – One of Modesto’s New Poetic Voices

kevin walton is a 65-year-old, largely unpublished poet fairly new to Modesto, with a growing stable of 800 plus poems he calls his “kids” that he submits frequently in facebook poetry groups.

His facebook poetry page, “To the Prose Pros,” contains most of his post-2016 pieces.

He is a lover of “unknown” and “reluctant” poets, and a voracious reader of them since 2016.

Perhaps interestingly, he’d stopped reading anything but the sports section/ fishing report for the 30 years prior, to let civil service have its’ way with him.

His own subject matters span various themes, and he honors few stylistic strictures.

The muses he answers to aren’t always conventional, but he’s very comfortable with the notions “its just about the pieces” and “every piece ain’t for everybody.”

A Gathering of Voices is pleased that three of kevin’s “kids” appear in this issue of *Stanislaus Connections*.



Bums & Billionaires

(an expository piece from actual observations of San Francisco’s decaying middle class, diminishing order, and seemingly nonexistent compassion.)

Zach is a guy
that does concierge
work..

The swank digs
he toils in aren’t
outside his reach.

Still, he’d most likely
rarely extend such
resource; sorta like us.

His grasp of his
world and conditions
is surpassing.
Serving with aplomb
and grace, transcendent
of rank, or titles,

He spoke validation
into the notion
“regular guy”.

Handsome, without
effort, or knowledge thereof,
and gently demeanored.

Outgoing, and quiet,
in the same
industrious frame.
How unusual then,
when his lips
parted to answer a query:

how might
opulence & great lack
share such close space?

“Bums and Billionaires
are the cities’ sole permanent
residents” he quipped.

*

The well-appointed square
opposite where we
spoke glistened “morning”,

still peppered at its’
fringes with grimy men
who’d slept on small lawns.

Every manner of “high end”
commerce beckoned with

food, and articles;

Trendily clad young rich
stepped briskly past
obvious need, minds elsewhere.

The dirty hand holding
an single can of
malt liquor only asks with eyes;

Such human connections
don’t translate across
the “classes” present,

Eyes meeting is
rare, absent an
mental illness component.

Men and women sleep
below “no loitering” signs
above bustling businesses,

Nothing regulates;
law enforcement idles
over coffee & conversation.

A perverted, but seemingly
comfortable symbiosis embraces
“residents”, visitors recoil.

*

Out of cities’ center,
in the hilltop valleys of wealth,
the disparity follows;

though not lined
on either side with high peaks,
their margins yet exclude;

All resource
rolls to their middles,
never outward.

Billionaires frolic,
mindless, callous
and entitled.

Millionaires get by,
keeping up with each other,
even as the “Joneses”.

Working folks struggle,
in sometimes amenable
“roommate situations”,

Below these, an
underclass teems and
grows; un-tended & unloved.

The ubiquitous “homeless guy”
arriving as “butt of joke”
or convenient culprit;

Rarely do his weather
chapped lips tell his story to
compassionate ears.

“Born here, raised here
staying here, and dying here
by God” he’d offer to who’d hear..

But in his city, how would
an “bum” warrant the
audience of “billionaires”?

Death Swaddles Softly

Death swaddles softly;
verily, it has known us
since our naked inception.

Faithful, it waits
while pursuit of life
expires on schedule unknown.

Though indicted here
with foreboding depths,
death occupies surface levels.

Each existence carries
its’ death openly in
futures, mostly unspoken.

All sentience knows of deaths’
romance with the fullness
of time, and contests it not.

When all else of
lived lives has abandoned
our existences,

Death swaddles softly.

It’s Just Weather

(rhyming piece about our cavalier attitude
vis a vis an environment in decline.)

Seasons have passed us by,
Dropping plain outcomes
Irrefutably in their footsteps..

The shape of the sky,

Great Programs on KCBP 95.5 fm, the Voice of the Valley

Streaming on www.kcbpradio.org

CHILDREN'S PROGRAMMING

Confetti Park - Music, stories New Orleans style, Saturdays at 8:00 am; & Sunday's 12:30 pm.

The Children's Hour - Sundays 3:00 pm.

SCIENCE

Radio Ecoshock – the latest scientific information on Climate Change – Saturdays, 9:00 am.

Explorations – Science explained with Dr. Michio Kaku - 9:00 am Sundays.

Big Picture Science - 1:00 pm Sundays.

Planetary Radio – 2:30 pm Sundays.

PROGRAMS

Letters From An American - 11:00 a.m., Monday through Friday. Trenchant reporting and historical analysis by Heather Cox Richardson.

Ukraine 2.4.2 - a collaboration between Anne Levine, WOMR, the Pacifica Network, and Kraina FM, a 26-city radio network in Ukraine that arranges weekly cutting-edge and exclusive interviews with key people in Ukraine – Thursdays, 10:00 am.

Beethoven to Bernstein - Classical music ranging from Beethoven to Bernstein. Big hits from well-renown composers - Chopin, Tchaikovsky, Strauss, Ravel, Copland - and many more, mostly in the form of orchestral, chamber, and piano music - Saturdays, 10:00 pm.

The Not Old – Better Show - fascinating, high-energy program of big-name guests, inspiring role models, interesting topics, with entertaining host and former Modestan, Paul Vogelzang – Fridays, 2:00 pm, Saturdays, 12:30 pm.

Down on the Farm - topics important for our San



Joaquin agriculture with Madera organic farmer Tom Willey - Saturdays, 6 am

Sounds Irish Music from County Wicklow - Saturdays, 7:00 pm.

Various musical programs during the noon hour: *Oldies, Old Piano, and International.*

Dead Air - Hear the Grateful Dead with Cory Daniels. Fridays, 6 pm; Saturdays, 3 pm.

Attitude with Arne Arnesen – 3:00 pm. Political and social issues.

Sojourner Truth - 4:00 pm – Tuesdays. Interviews and panels focus on issues that affect people of color.

Democracy Now! - 7:00 am, Monday thru Friday. Reporting by veteran journalists Amy Goodman & Juan Gonzalez.

Flashpoint Magazine - 10:00 pm, Monday thru Friday. Politics, social issues, from KQED's Dennis Bernstein.

Alternative Radio – 4:00 pm, Mondays. Interviews with prominent political and social people.

Julian Taylor's Jukebox – 4:00 pm, Thursdays and Fridays. Eclectic, contemporary music.

Nuestra Música – 4:00 pm, Tuesdays. Eclectic, Latin-flavored music with a beat!

LOCALLY PRODUCED PROGRAMS

Rockin' with MJC – One-hour music shows by Modesto Junior College students. 1:00 a.m. Saturdays; 2:00 p.m. Saturdays; 7:00 p.m. Tuesdays.

Triumphant Tuesdays – Noon, Tuesdays. Inspirational thoughts & music with Catrice.

Sports Talk Modesto - Join Jay Freeda and Jimmie Menezes. Snappy banter to catch up on everything happening in the sports world. – Thursdays, 5 pm.

Vib'n with the West Modesto Collaborative - Jasmine Corena and Likhi Rivas. Engage, Educate, and Advocate on behalf of the West Modesto Community. Showcases Voices of the West Modesto Community – Wednesdays, 7 pm.

AREA 5150 UFO RADIO – Spooky music & sounds out of this world, Friday night, 11:00 pm.

Cyber Stallion: Bucks Stallion's Radio Transmission Emporium – Cyber Acoustic Music - Saturdays, 12:00 am, Wednesdays, 5:00 p.m.

I-On-Modesto - John Griffin interviews local people who reveal their inspiring stories. Mondays & Fridays, 10 am and Wednesdays at 9 pm.

Arts of the San Joaquin Valley with Linda Scheller and Laura Stokes - Mondays, 8:00 pm; Tuesdays, 9:00 am & Wednesdays, 8:00 pm. Listen here: <https://anchor.fm/kcbp> and on Spotify

Women of the Valley with Linda Scheller and Laura Stokes - 8:00 pm Tuesdays & Thursdays & Wednesdays, 9:00 am. Listen here: <https://anchor.fm/kcbpwotv> and on Spotify.

Modesto Sound - California Audio Roots Project (CARP) – Tuesdays 5:30 pm, Wednesdays 11:30 am, &

Sundays 11:00 am & 4:30 pm.

Sunday Cruisin' with your host, DeeJay Rig! Oldies hits from 1959 to 1999 – Sundays, 5:00 p.m.

Faithful Fridays – inspirational music and thoughts with Catrice – Fridays, 7:00 p.m.

Why Not Nice? - Showcases unique music from unique cultures and thinkers worldwide, focusing on world/academic/jazz and roots music – Thursdays, 7:00 p.m.

Mars Radio – Hip-Hop Show - Music, interviews from local & regional artists - Fridays, 8:00 pm. A new, second show plays on Saturday nights at 8:00 pm, with a third at 8:00 pm Sundays.

Modesto Area Music Awards (MAMA) with Middagh Goodwin – Mondays 5:00 pm; Fridays 9:00 pm & Saturdays 6:00 pm.

Freak Radio with Christian E. Boyett, 6 pm Thursdays. Replays Saturdays, 9 pm & Tuesdays 11 pm.

This is SKA with Middagh Goodwin - Tuesdays, 9 pm; Fridays, 11 pm; Sundays, 5 am to 7 am.

I'll Take You There - A musical journey with Modesto's El Comandante - Saturday, 5:00 pm; Sundays, 9:00 pm.

Penny Bloods – Fun, Victorian melodrama radio plays, often performed by local actors, written by Arnold Anthony Schmidt, CSU, Stanislaus. As scheduled.

PSAs in English and Spanish produced by the West Modesto Community Collaborative.

LISTEN TO OUR MUSIC PLAYLISTS AT SPINITRON <https://spinitron.com/KCBP/calendar>

Find a complete programming schedule on our website, www.kcbpradio.org

PLEASE SUPPORT YOUR COMMUNITY RADIO STATION: Donate here: <https://kcbpradio.org/donate/> Please consider a recurring monthly donation.



DOWNLOAD THE APP

Knowledge Is Power. Gaza War Supporters Don't Want Students to Have Both.

By **NORMAN SOLOMON**

With nearly 18 million students on U.S. college campuses this fall, defenders of the war on Gaza don't want to hear any backtalk. Silence is complicity, and that's the way Israel's allies like it. For them, the new academic term restarts a threat to the status quo. But for supporters of human rights, it's a renewed opportunity to turn higher education into something more than a comfort zone.

In the United States, the extent and arrogance of the emerging collegiate repression is, quite literally, breathtaking. Every day, people are dying due to their transgression of breathing while Palestinian.

The Gaza death toll adds up to more than one *Kristallnacht* per day -- for upwards of 333 days and counting, with no end in sight. The shattering of a society's entire infrastructure has been horrendous. Months ago, citing data from the Palestinian Central Bureau of Statistics, ABC News reported that "25,000 buildings have been destroyed, 32 hospitals forced out of service, and three churches, 341 mosques and 100 universities and schools destroyed."

Not that this should disturb the tranquility of campuses in the country whose taxpayers and elected leaders make it all possible. Top college officials wax eloquent about the sanctity of higher learning and academic freedom while they suppress protests against policies that have destroyed scores of universities in Palestine.

A key rationale for quashing dissent is that anti-Israel protests make some Jewish students uncomfortable. But the purposes of college education shouldn't include always making people feel comfortable. How comfortable should students be in a nation enabling mass murder in Gaza?

What would we say about claims that students in the North with southern accents should not have been made uncomfortable by on-campus civil rights protests and denunciations of Jim Crow in the 1950s and 1960s? Or white students from South Africa, studying in the United States, made uncomfortable by anti-apartheid protests in the 1980s?

A bedrock for the edifice of speech suppression and virtual thought-policing

is the old standby of equating criticism of Israel with antisemitism. Likewise, the ideology of Zionism that tries to justify Israeli policies is supposed to get a pass no matter what -- while opponents, including many Jews, are liable to be denounced as antisemites.

But polling shows that more younger Americans are supportive of Palestinians than they are of Israelis. The ongoing atrocities by the Israel "Defense" Forces in Gaza, killing a daily average of more than 100 people -- mostly children and women -- have galvanized many young people to take action in the



United States.

"Protests rocked American campuses toward the end of the last academic year," a front-page *New York Times* story reported in late August, adding: "Many administrators remain shaken by the closing weeks of the spring semester, when encampments, building occupations and clashes with the police helped lead to thousands of arrests across the country." (Overall, the phrase "clashes with the police" served as a euphemism for police violently attacking nonviolent protesters.)

From the hazy ivory towers and corporate suites inhabited by so many college presidents and boards of trustees, Palestinian people are scarcely more than abstractions compared to far more real priorities. An understated sentence from the *Times* sheds a bit of light: "The strategies that are coming into public view suggest that some administrators at schools large and small have concluded that permissiveness is perilous, and that a harder line may be the best option -- or perhaps just the one least likely to invite blowback from elected officials and donors who have demanded that universities take stronger action against protesters."

Much more clarity is available from a new *Mondoweiss* article by activist Carrie Zaremba, a researcher with training in anthropology. "University administrators across the United States have declared an indefinite state of emergency on college campuses," she wrote. "Schools are rolling out policies in preparation for quashing pro-Palestine student activism this fall



semester, and reshaping regulations and even campuses in the process to suit this new normal.

"Many of these policies being instituted share a common formula: more militarization, more law enforcement, more criminalization, and more consolidation of institutional power. But where do these policies originate and why are they so similar across all campuses? The answer lies in the fact that they have been provided by the 'risk and crisis management' consulting industries, with the tacit support of trustees, Zionist advocacy groups, and federal agencies. Together, they deploy the language of safety to disguise a deeper logic of control and securitization."

Countering such top-down moves will require intensive grassroots organizing. Sustained pushback against campus repression will be essential, to continually assert the right to speak out and protest as guaranteed by the First Amendment.

Insistence on acquiring knowledge while gaining power for progressive forces will be vital. That's why the national Teach-In Network was launched this week by the RootsAction Education Fund (which I help lead), under the banner "Knowledge Is Power -- and Our Grassroots Movements Need Both."

The elites that were appalled by the moral uprising on college campuses against Israel's slaughter in Gaza are now doing all they can to prevent a resurgence of that uprising. But the mass murder continues, subsidized by the U.S. government. When students insist that true knowledge and ethical action need each other, they can help make history and not just study it.

Norman Solomon is the national director of RootsAction.org and executive director of the Institute for Public Accuracy. His latest book, "War Made Invisible: How America Hides the Human Toll of Its Military Machine," was published in paperback this month with a new afterword about the Gaza war.

It's Just Weather

continued from page 9

The angle of the rain,
In detail, reveal our misstep ..

Fake news,
Real news,
The report of the opened eye,

Sight doesn't equal FULL awareness,
So with polarized words
Interests vie..

Seeking access to every ear that hears,
Shedding influence
Over hearts & minds,

The material inducements
Of ill-gotten excess,
Render the sighted blind..

Back at the lab,
The formula:
"Lucre, Sex, Leisure, Schism",

Perfects itself
While dumbed down viewership
Parrots every "ism"

A proletariat
Not stupid,
But willing to be fooled,

Quipping,
"Let the cage be gilded
And appropriately jeweled"
Leaping,
Never reaching,
For the next tainted rung,

Without much thought
Of air to breathe,
Much less, of laboring lung..

The fatted calf
Now sated, waiting,
Knows not of its' fate..

The knives that flay
Were sharpened long ago
In a nation deemed too late..

So make well the bed you'll
Lay in,
Gamblers, place yer bets..

Do what you will,
Environmentally
Whilst water remains wet..

calendar

Help keep our readers informed. We urge people participating in an event to write about it and send their story to Connections.

october

MAPS - Modesto Area Partners in Science: Free MJC science programs on Fridays in MJC West Campus, Sierra Hall 132 at 7:30 pm. unless noted otherwise. **Fri., Oct. 18:** Dr. Xinnan Du. The Kavli Institute for Particle Astrophysics and Cosmology at Stanford. "Do Galaxies Breathe, Too?" <https://www.youtube.com/watch?v=MPyQImNkO6E> <https://www.linkedin.com/in/xinnan-du/>

Modesto Science Colloquium Fall Semester 2024, Wednesdays, 3:15-4:15 p.m., MJC West Campus, SCC 115. Free to the Public. Talks will be recorded for the Science Colloquium's YouTube Site. **Oct 9:** Emily Jonagan, Fisheries Biologist, FISHBIO. Diving into Careers in Fisheries Science. Learn about different career paths in fisheries science and ongoing conservation and monitoring efforts throughout California. **Oct 23:** Diedre J.J. Bush, NASA Ambassador. NASA's Citizen Science Opportunities. NASA's citizen science projects are collaborations between scientists and interested public members. Learn how these volunteer "citizen scientists" have helped make thousands of important discoveries. Open to anyone around the world, some 410 NASA citizen scientists have been named in refereed scientific publications.

Art at the **Kruse Lucas Art Gallery.** Carolyn Rossmann, plein air artist, October and November. 525 Tully Rd., Modesto. Open Monday - Friday, 9-5, except holidays.

The Prospect Theatre: 24/25 season has continuing offerings. Visit <https://prospecttheaterproject.org/2024-2025-season/>

1 TUES: VIGIL: PEACE-ISRAEL-GAZA at McHenry Ave. and J. St. (Five Points), 4:00-5:00 pm. Call the Center for info: 209-529-5750 or email jcostello@igc.org.

5 SAT: Felling Leaf Boutique & Pantry at the First United Methodist Church. See article this issue.

5 SAT: GARAGE SALE, Modesto Church of the Brethren, 2301 Woodland Ave., Modesto, 8:00 am to 11:00 am.

20 SUN: The State Theatre and Modesto Film Society presents Alfred Hitchcock's *Strangers on a Train* at 2 pm. Join the State Theatre. Have fun, get perks, and support Modesto's historic non-profit theatre. Visit <https://thestate.org/films/strangers-on-a-train-102024/>

LOOKING AHEAD

Friday, Nov. 1: Annual Harvest Gathering. Food, conversation, honoring several people for their contributions to the Peace/Life Center. Help support KCBP 95.5 FM Community Radio.

Tuesday, January 14: John McCutcheon Concert.

Saturday, March 1: 31st Annual Martin Luther King, Jr. Commemoration. Speaker La Doris Hazzard Cordell.

Saturday, March 22: The Golden State Road Warriors Wheelchair Basketball Team returns to MJC for a fundraiser for KCBP 95.5 FM Community Radio.

REGULAR MEETINGS

SUNDAYS

Unity of Modesto meets in person every Sunday at 10:00 a.m. at 2467 Veneman, Modesto. Information: 209-578-5433.

Modesto Vineyard Christian Fellowship, 10:00 am at the MODSPOT, 1220 J St. Call or text 209-232-1932, email modestovineyard@gmail.com; All Welcome.

IMCV weekly Insight Meditation and Dharma Talk, 8:45 am - 10:15 am, 2172 Kiernan Ave., Modesto (rear bldg. at the

end of the UUFSC east parking lot). Offered freely; donations welcome. All are welcome. For more information, please email charlie@imcv.org. Our mailing address is IMCV, P.O. Box 579564, Modesto, CA 95357.

Unitarian Universalist Fellowship of Stanislaus County meets in person and on Zoom every Sunday at 10:30 am at 2172 Kiernan Ave., Modesto. Info: 209-788-3720; www.stanuu.org

Food Addicts Anonymous in Recovery. Sundays 6:30 pm, 2467 Veneman Ave. Modesto. Info: Emily M., 209 480-8247.

MONDAYS

The Compassionate Friends, Modesto/Riverbank Area Chapter is meeting by Zoom on the second Mondays at 7:00pm. Bereaved parents, grandparents, and adult siblings are invited to participate in this support group for families whose children have died at any age, from any cause. Call 209-622-6786 or email for details: tcfmodestoriverbank@gmail.com; <https://www.modestoriverbanktcf.org/>

Suicide Loss Support Group: Friends for Survival meets every third Monday at 7 pm. Details: Norm Andrews 209-345-0601, andrews6863@charter.net.

Walk with Me, a women's primary infertility support group and Bible study. 6:00 pm to 7:30 pm the first and third Mondays of each month. Big Valley Grace Community Church. Interested? Email WalkWithMeGroup@gmail.com or call 209.577.1604.

TUESDAYS

Climate Action Justice Network-Stanislaus meets the first Tuesday of the month, 6:30 pm to 8:00 pm. Link-<https://tinyurl.com/CJAN-FirstTuesday>

Attention Veterans: Join us for **Free Coffee & Donuts Meet & Greet** at the Stanislaus Veterans Center, 3500 Coffee Rd., Modesto, Suite 15, 7 am - 11 am

NAACP Meeting. King-Kennedy Center, 601 S. Martin Luther King Dr., Modesto, 3rd Tuesday @ 6:30 pm. 209-645-1909; For ZOOM link, visit <https://www.naacpmoDESTOSTANISLAUS.org/> email: naacp.branch1048@gmail.com

Exploring Whiteness & Showing Up for Racial Justice Meetings. Fourth Tuesday, monthly 7:00 p.m., Central Grace Hmong Alliance Church, 918 Sierra Dr., Modesto. Info: <https://www.facebook.com/events/247655549018387/>

Pagan Family Social, third Tuesdays, Golden Corral, 3737 McHenry Ave, Modesto, 6:00 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

Adult Children Of Alcoholics, Every Tuesday, 7 pm at 1320 L St., (Christ Unity Baptist Church). Info: Jeff, 527-2469.

WEDNESDAYS

Retired Public Employees Association. All seniors welcome! Meetings every third Wednesday. Denny's Restaurant, 1525 McHenry Ave. 11:30 am to 1:00 pm. Call (209) 324-2060. Pay \$8.00 and order from the menu.

The Almond Blossom Sangha meets on Wednesdays, 7:30 pm to 9:00 pm, Zoom, and sometimes hybrid, for meditation and Dharma discussions. Call Anne at 209-404-4835 for more information.

The GAP. A place of support for Christian parents of LGBTQ+ or questioning kids every Wednesday 6:30 pm at St. Paul's Episcopal Church 1528 Oakdale Rd. Instagram: Thegapmodesto

Ongoing meditation class based on Qi Gong Principals. Practice a 3 Step Guided Meditation Process I have been doing for over a decade. Fun and Easy. JOIN ME! Donations accepted but optional. Call 209.495.6608 or email Orlando Arreygue, CMT RYT, orlando@arreygue.com

Merced LGBT Community Center offers a variety of monthly meetings and written materials. Volunteers, on-site **Wed-Fri**, offer support. Ph: 209-626-5551. Email: mercedboard@gaycentralvalley.org - 1744 G St. Suite H, Merced, CA. www.mercedlgbtcenter.org

Merced Full Spectrum meets the second Wednesday of every month, 6 p.m. 1744 G St., Suite H, Merced <http://www.lgbtmerced.org/> Merced Full Spectrum is a division of Gay Central Valley, a 501(c)(3) nonprofit organization. <http://www.gaycentralvalley.org/>

MODESTO PEACE LIFE CENTER ACTIVITIES

Modesto Peace/Life Center VIGILS: Held THE FIRST TUESDAY (except for January) of the month at McHenry Ave. and J St. (Five points), 4:00-5:00 pm. Call the Center for info: 529-5750.

MEDIA: Listen to **KCBP 95.5 FM** Community Radio, the "Voice of the Valley" also streaming at <http://www.KCBPradio.org>

PEACE LIFE CENTER BOARD MEETING, FIRST Thursdays, 829 13th St., Modesto, 6:00 pm, 529-5750. Meetings on Zoom. Email Jim Costello for login information, jcostello@igc.org

PEACE/LIFE CENTER MODESTO, 829 13th St. Call 529-5750. We'll get back to you with current info on activities.

TRANSGENDER SUPPORT GROUP, 2nd & 4th Wed., 7:30 to 9 pm. Info: (209) 338-0855. Email info@stanpride.org, or tgsupport@stanpride.org

THURSDAYS

CA10 Progressive Coalition Monthly Meeting, third Thursdays. Inclusive group of progressive activists to share resources, ideas, and information in order to support all the great organizing work happening in the Valley! Feel free to invite trusted allies. Meet-up and social hour: 5:30 pm-6:30 pm. Meeting: 6:30 pm-8:00 pm. Follow group on Facebook. Info: Tim Robertson, tim@nvlf.org

Attention Veterans: Join us for **Free Coffee & Donuts Meet & Greet** at the Stanislaus Veterans Center, 3500 Coffee Rd., Modesto, Suite 15, 7 am - 11 am

IMCV Grupo de Meditación en Español, cada semana 7:30 pm - 9:00 pm, 2172 Kiernan Ave., Modesto (edificio trasero al final del estacionamiento este de UUFSC). Ofrecido libremente, las donaciones son bienvenidas. Info: Contacto Vanessa, 209-408-6172.

LGBTQ+ Collaborative Meetings are on the 2nd Thursday of the month, unless noted. Evening meeting, 1pm to 2 pm, Central Valley Pride Center, 400 12th St., Suite 2, Modesto, CA. Information: John Aguirre at cell/text - (559) 280-3864/ e-mail: jpamodesto@gmail.com

Green Team educational meetings the 3rd Thursday of each month, 10 to 11 am, Kirk Lindsey Center, 1020 10th St. Plaza, Suite 102, Modesto. www.StanislausGreenTeam.com

3rd Thursday Art Walk, downtown Modesto, third Thursdays, 5 to 8 pm. stroll to art displays and galleries. Info: <https://visitmodesto.com/arts-entertainment/#art-walk>

VALLEY HEARTLAND ZEN GROUP: every Thurs 6:30 to 8:30 pm, Modesto Church of the Brethren, 2310 Woodland Ave. Meditation. Newcomers welcome. Info: 535-6750 or <http://emptynestzendo.org>

Pagan Community Meeting. 1st Thursday, Cafe Amore, 3025 McHenry Ave, Suite S., Modesto, 8 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

FRIDAYS

Friday 7:30-9:30 pm (Sept thru May) **International Folk Dancing** with Village Dancers, Carnegie Art Center, 250 N. Broadway, Turlock \$7. No experience or partner needed. 209-480-0387 for info.

Overcoming Depression: small group for men & women. Every Friday, 7:15 pm. Cornerstone Community Church, 17900 Comconex Rd, Manteca, CA 95366, (209) 825-1220.

Ukulele On Funstrummer Fridays: Every Friday morning from 9 am to 10:30 am Play Along Easy Songs from the Funstrummers Songbooks of over 500 songs. Funstrummers Performing Band Practice from 10 to noon and afternoon gig. Unitarian Church, 2172 Kiernan Ave., Modesto, 209-505-3216 for details. Donations accepted. <https://www.youtube.com/watch?v=mej3gD0ZD40&list=LLB8Y19zZg660qHCXGoC6ojQ&index=1>

SIERRA CLUB: Yokuts group. Regular meetings, third Friday, College Ave. Congregational Church, 7 pm. Info: 300-4253. Visit <http://www.sierraclub.org/mother-lode/yokuts> for info on hikes and events.

SATURDAY

Free Community Drum Circle every third Saturday, 11 am to 12:30 pm, Gallo Center for the Arts, 10th & I St., Modesto. No experience or drums necessary to participate. All levels welcome. <https://drum-love.com/>

Refuge Recovery: A Buddhist Approach to Recovery from Addiction. @Friends Coming of Age., 1203 Tully Rd., Ste. B., Modesto. Saturdays 8-9 am. FREE (donations accepted). Info: RefugeRecoveryModesto@gmail.com

Divine Feminine Gathering. Join us for a time of ritual, song and conversation as women come together to celebrate one another and the Divine among us and within us. 3rd Saturday of the month, 3:30-5:00 p.m. Stockton, CA. Contact Rev. Erin King, 209-815-0763, orkingenne@gmail.com

CalPride Stanislaus EVENTS

1202 H St., Suite C, Modesto, 209-408-8848.
Open Monday-Friday, 10 am-6 pm.

ONSITE GROUPS & PROGRAMS (Hosted at CalPride Stanislaus)

QUEER POINT: CalPride's harm reduction program supports individuals who use drugs and the broader community and provides on-site syringe services, safer injection kits, fentanyl test strips, and Narcan for overdose prevention. Available Monday through Friday, 10 AM to 6 PM.

FOLX Group for LGBTQ+ Individuals between the ages of 25-49, 2nd and 4th Tuesdays, 1-2 pm.

Women's Group, run by women for ALL women every Wednesday, Noon-1 pm.

Dreams and Solutions Drugs and Alcohol Support Group, 1st and 3rd Wednesdays, 1-2 pm.

Writing Group Peer Support Group for anyone looking to explore themselves through creativity every Friday, 4:30 pm-6 pm.

BEADiFULL Peer Support Group focusing on organic, peer-lead conversation and connection while making friendship bracelets and beaded jewelry, 1st and 3rd Fridays, 11:30 am-1 pm

Wellness Wednesdays, every Wednesday from 1-5 pm, for any individual receiving services in-center to be in community, create art, play games, etc.

Legal Name Change Clinic, every Tuesday and Thursday, 10 am-4 pm, and Monday, Wednesday, and Friday by appointment only.

Affirmation Station FREE Clothing Closet, open during business hours, Monday-Friday, 10 am-6 pm.

FREE HIV/HCV Testing and Counseling available Monday-Friday, 11 am-5 pm.

OFFSITE GROUPS (Hosted Elsewhere)

The Men's Senior Group meets every Thursday at 1 p.m. at the Queen Bean Coffee House, 1126 14th St, Modesto.

We Thrive POZ Art Group meets every Wednesday from 6 to 8 p.m. at The Dragonfly-Art for Life Studio, 1210 J St, Modesto.

DEADLINE to submit articles to CONNECTIONS: Tenth of each month.

Submit peace, justice, environmental event notices to [Jim Costello, jcostello@igc.org](mailto:jcostello@igc.org) Free Calendar listings subject to space and editing.