

Why the First Amendment Matters to Everyone — Especially in Community Media

By Carl Pride, Pride Haus Media Production & Engineering

The First Amendment guarantees freedom of speech and freedom of the press. These rights are not just for journalists or large news outlets—they belong to everyone, including neighbors who create programs on community (public access) television and radio.

Community media exists so that **all voices can be heard**, not only the popular or polished ones. Sometimes those voices challenge the status quo, express unpopular opinions, or make art that others might find in bad taste. Protecting the right to speak—even when we strongly disagree—protects the right for all of us to share ideas, question government, and tell our own stories.

Why defending “unpopular speech” protects everyone

If the government could punish or silence a broadcaster simply because a message is disliked or offensive, **any voice could be silenced next**. Today it might be a controversial talk show; tomorrow it could be a community update, a

1st Amendment
Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.

faith program, or a neighborhood call-in show. By standing up for everyone’s right to speak, we safeguard the freedom that allows community television and radio to exist at all.

How this shapes Community Media

Open platform: Community TV and LPFM stations are meant to be content-neutral. They provide training, equipment, and cable/streaming access so citizens—not the government—decide what to produce.

Diverse dialogue: Protecting free expression encourages a wide range of perspectives, from local government meetings to music shows to challenging debates.

Resilience against censorship: A station that defends First Amendment principles ensures that programming can’t be threatened with license revocation just because someone dislikes what was said.

Call to Action: In every generation, **free speech survives only if people use it and defend it**. Whether you create programs, watch them, or simply value open dialogue, you have a stake in protecting this freedom. **Support your local community media center, speak up when censorship is proposed, and help keep the First Amendment alive for everyone**

You're Invited to Attend the
 MODESTO PEACE/LIFE CENTER'S
HARVEST
Gathering
OCTOBER 24, 2025
5:00-7:00PM
**A FUNDRAISER FOR THE
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 If you do not have Adobe Reader, download it free from
<http://www.adobe.com/downloads/>

Improve Your Music with Modesto Sound's New Engineer

By Brenda Francis

2025 is shaping up to be an exciting year at Modesto Sound, with fresh talent joining our ranks, and we're thrilled to introduce one of our standout new engineers, **TK Moa**.

Hailing from Oakland, California, TK brings a dynamic blend of West Coast energy and island reggae vibes to every recording. With over **40 million streams** and counting, his work speaks for itself. Whether you're looking for top-tier mixes, professional production, or a creative touch that brings your sound to life, TK is ready to take your music to the next level.

Some of his impressive credits include:

Herb, Whiskey & Reggae by Rebel Souljahz (2023) – 15

million+ streams (Producer).

Back 2 My Roots by Rebel Souljahz (2025) – 5 million+ streams.

Take a Hit by K'Nova (2023) – 12 million+ streams (Producer & Engineer)

We're excited to have TK on board and invite you to book a session with him today. Don't miss out on the chance to work with a rising star in the music industry!

Call us at 209-573-0533 to book your session or reply to this email with any questions.

Also, check out the attached flyer for a **limited-time student discount** — it's the perfect opportunity to bring your music to life without breaking the bank.



MODESTO SOUND
LIVE

PRODUCER ENGINEER
TK MOA

(209) 573-0533
contact@tkmoamusic.com
tkmoamusic@beatstars.com
@tkmoa

ABOUT
Born and raised in Oakland, California, TK Moa brings to Modesto Sound westcoast vibes with island reggae flavor. With over 40 million streams and counting, TK Moa is sure to provide the highest quality sound for your music.

NOTABLE RECORDS

- Herb, Whiskey & Reggae* (Producer) Rebel Souljahz (2023) 15 million+ streams
- Back 2 My Roots* (Producer) Rebel Souljahz (2025) 5 million+ streams
- Take a Hit* (Producer & Engineer) K'Nova (2023) 12 million+ streams

RECORDING, MIXING, MASTERING SERVICES

Recording \$45/hr (students 95¢/hr \$22.50/hr)
Mixing \$45/hr (students 95¢/hr \$22.50/hr)
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PRODUCTION WORK
Please contact for more information on project availability and pricing

STUDENT DISCOUNT OFFERED THROUGH OCTOBER 31ST ONLY!

American Agitators: Ordinary People. Extraordinary Change.

American Agitators tells the powerful story of fighting for change across the United States. Through the efforts of Fred Ross Sr., Fred Ross Jr., Dolores Huerta, Cesar Chavez, and community members, all have dedicated their lives to justice and equality. For over 50 years, Ross Sr. led a groundbreaking organizational approach that transformed the lives of thousands and influenced organizing strategies today. The documentary highlights the effectiveness of member-led movements built through patience and listening.

When: Tuesday, October 7, 2025

Where: [MJC Performing Arts Center](#)

Two Screenings:

1:00 pm - 3:00 pm

5:30 pm - 7:30 pm

Doors open 30 minutes before showtime.

Secure your complimentary ticket in advance: <https://www.mjc.edu/events/americanagitators.html>



IN MEMORIAM

Robert Redford

August 18, 1936 — September 16, 2025
Actor, Filmmaker, Environmental Activist

Modesto Peace/Life Center Receives Stanislaus Community Foundation Grant

Established in 2023, the Civic Solutions Fund seeds and sustains the community news and information ecosystem and boosts civic engagement and discourse in Stanislaus County. This year, SCF awarded \$146,000 to a diverse set of organizations including:

- Civic Leaders of America Student Club at John H. Pitman High School
- Howard Prep Podcast Studio
- McHenry Museum & Historical Society
- Modesto Junior College Foundation
- Modesto Peace/Life Center**
- Modesto Sound
- West Modesto Community Collaborative
- yüda ayuda

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

GALLO CENTER REPERTORY COMPANY PRESENTS

DIAL M FOR MURDER

ADAPTED BY **JEFFREY HATCHER**
FROM THE ORIGINAL BY **FREDERICK KNOTT**
DIRECTED BY **JEWEL WHITAKER**

FRIDAY, OCTOBER 10, 2025 · 7PM
SATURDAY, OCTOBER 11, 2025 · 2PM
SUNDAY, OCTOBER 12, 2025 · 2PM
THURSDAY, OCTOBER 16, 2025 · 7PM
FRIDAY, OCTOBER 17, 2025 · 7PM
SATURDAY, OCTOBER 18, 2025 · 2PM

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

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Hear ye, hear ye! The 37th Annual Peace Essay & Art Contest Has Arrived

September 21st, International Day of Peace, marked the Contest launch at Pierstorff's Queen Bean Coffee House, MCed by Mitchell Dill, of Dill Live Music, with a sing-along from a group of kids from Fremont Open Plan. They led us in a few verses of "This Land Is Your Land." If you missed it, you missed an amazing time.

This year's Peace Essay & Art Contest is something you want to be part of

"What makes this contest special?" It is that which is NEW for our 2025–2026 contest: ART! This year's contest includes a submission category for ART that covers a wide range of fields, from poetry to painting, sculpture to dance, song to video, and everything in between.

We want this to be a celebration of our kids and their varied talents! We have:

- Judging panel led by experts throughout our community.
- People's Choice Awards, where the public can vote for standout pieces.
- Public recognition, gallery exhibitions, and cash/gift prizes for winners.
- Workshops for participants.

The contest has two age-appropriate themes and is open to kids in grades 5th through 12th, including interested participants from kids' clubs. This year's topic centers on social media and nonviolence. More information can be found at www.modestoplcessayandart.org.

How can you be part of this important happening? We have big fish to fry. We need your help! There are those of you who have helping hands – we have many volunteer positions from ushering to social media. There are those of you who have resources, spaces, supplies, etc. We can use those. Those who want to contribute needed funds and those who want to do all of the above. We have room for all. You can find information on our website at www.modestoplcessayandart.org.

Sponsor Opportunities

Choose one or make your own category; ALL PARTICIPATION is welcome! This gives you an idea of how we can work together:

Visionary Sponsor – \$1,000+

- Helps underwrite a full prize track and awards ceremony.
- Name/logo on all event materials, flyers, and press releases.
- Recognition during award ceremony.
- Opportunity to present an award on stage. Featured on social media as a lead sponsor.

Peacebuilder Sponsor – \$500

- Funds one full category of student awards (writing, visual arts, or performance).
- Name/Logo in event program.
- Opportunity to present an award on stage. Recognition during award ceremony.

Creative Spirit Sponsor – up to \$250. Any amount is appreciated!

- Supports venues, spaces for student workshops, Galleries, or partial prize funding.
- Helps purchase art supplies, student certificates and overall award ceremony expenses.

All sponsors will receive recognition in group thank-you messages on social media and in our monthly Stanislaus Connections newsletter.

Get Involved!

Now is more critical than ever. Choose your own adventure, volunteer, offer up pertinent resources OR send money and we will make this the best year ever for our kids, for our community.

Current Sponsors: Modesto Artist Movement supports the creation of great art and cultivates the next generation of great artists through events, education, mentorship, and support. <https://www.modestoartistsmovement.org>

Stanislaus Humanist, Science, Arts & Compassion, striving for a society guided by reason,

empathy, and our growing knowledge of the world, www.stanislaushumanist.org

Fundraising Organizers: Maria Arevalo & John Frailing, Harvest Gathering.

Launch Participants: Megan Parravano, Modesto Peace/Life Center Board Member and MPLC Peace Camp Director, Fremont Open Plan Parents & Students

Mitchell Dill, Owner/Operator, "Dill Live Music," specializing in sound production, sound technician work, live, solo acoustic performances, weddings, private events, and larger venues. Mitchdillmusic95@gmail.com, socials: [dill_live_music](https://www.instagram.com/dill_live_music) - Instagram, 209.450.3956

Us 4 Love - Tyler, Christina & Andru, Specializing in live music for venues and private events, find us on Instagram: [us4lovemusic](https://www.instagram.com/us4lovemusic)

Queen Bean Coffee House, Coffee, Creativity & Community, <https://www.facebook.com/queenbeancoffeehouse/>

Recognition and thanks to our scrappy Essay & Art Contest Team:

Chris Davidson, Peace Essay & Art Contest Interim

See page 5-6 for entry and award information



Chair, long-time community advocate/facilitator, Member of the group that put together the first Modesto Peace/Life Center Peace Essay Contest, 1987.

Linda Knoll, arts advocate and educator, is a long-time PLC supporter.

Adriana Felix, resource queen, community lover & budding organizer, Modesto Peace Life Center board member.

John Frailing, Community builder, Harvest Gathering Host, Modesto Peace/Life Center Chair.

Dave Tucker, Retired City Engineer for Merced, Fellow, American Society of Civil Engineers, Member - Stanislaus County Democratic Central Committee, long-time Treasurer - Peace Center, former Chairperson- Peace Essay Contest.

Deena Elliott, community champion & advocate dedicated to education for all; empowering girls & vulnerable families.

Tuolumne River Regional Park

By Elaine Gorman

On this early Sunday morning in mid-July, I meet Diane and Jeanne in the newly reopened parking lot of the Tuolumne River Regional Park (TRRP) off Tioga Dr. near the Modesto Airport. This section of the TRRP was closed for a couple of years while some new picnic areas were constructed. I was anxious to see the renovations as I had not visited the park during that time. I am happy to share this part of Modesto with my gal pals, as neither has previously visited TRRP.

The TRRP is managed by the Joint Powers Authority which includes City of Modesto, City of Ceres, and Stanislaus County. For several decades, this agency has managed the 500+ acres of parklands adjacent to the Tuolumne River, from the Mitchell Road bridge to just west of the Carpenter Road bridge, a distance of approximately 7 miles. Activities have gone through several cycles of “boom and bust” and have included festivals, boating, fishing, races, and soccer. Arson destroyed the American Legion Memorial Hall at the west end of Legion Park in 2022. Homeless encampments and trash have contributed to this area getting a bad reputation.

The parking area by Picnic Area “B” is almost empty when we arrive. We walk over the bridge that connects the parking lot with the picnic area. The tables and BBQs appear to be brand new. The adjacent playground looks clean and inviting; we resist the urge to clamber around on the equipment. I am happy to see that the restrooms are open and clean.

We walk downstream (west) on the paved path to check out the Mary Grogan Grove. Grogan was a past director of Modesto’s Park and Recreation Dept. We dodge the sprinklers and admire the beautiful Valley oaks and other trees in the grove. We head over to the riverbank to see what’s happening along the edge and notice that the water level is fairly low.

When we reach Legion Park Dr., we turn around and head back upstream. We chat while I make avian observations of Scrub Jays, Acorn Woodpeckers, Black Phoebes, and Mourning Doves. As we move east past the picnic area, the manicured lawn is replaced by natural vegetation, and the wild aspect of the land and river is more evident. An old picnic area is begging to be reinvigorated. Berry bushes, wild tobacco, and feral grape vines hug the banks. We catch a lucky glimpse of a fox moving through the brush (I’m hoping it’s a kit fox, but I can’t verify). We see a large turtle (likely a non-native red-eared slider) in the river, which is spooked by our voices and dives underwater. We wait five minutes for it to resurface, but it holds its breath longer than we hold our patience.

As we walk, we meet cyclists, a family fishing from the riverbank, and people walking their dogs. Shade from the oaks, California black walnuts, and Fremont cottonwoods, keep us comfortable. We reach the end of the trail (near the Mitchell Ave. bridge) after about 1.5 miles. We chat with



three fishermen in kayaks. They are enjoying the morning on the river and catching bass. Hawks and vultures keep an eye on things as they soar over the Tuolumne and surrounding land.

The trail makes a parallel loop and we walk right next to the airport. Occasional aircraft interrupt our conversation. There is NO shade on this loop, so after a bit of walking in the direct sun, we cut back over to the original trail. We return to the picnic area after 2 hours and approximately 3 miles of walking. It has been a beautiful morning for strolling along our beloved Tuolumne River.

Notes: Several organizations are assisting the cities and counties in improving the TRRP. Tuolumne River Trust,

Operation 9-2-99/Modesto Outdoor Recreation Alliance, and Urban Forest Modesto are worth checking out. Get involved and be a part of efforts to polish the shine on Modesto’s natural jewel.

<https://www.modestogov.com/2957/Park-Information>

<https://www.tuolumne.org/>

<https://www.modestoutdoor.org/operation-9299/>

Getting there — 3 miles from downtown Modesto, 10-minute drive. Drive east on Highway 132/Yosemite Blvd. Turn right/south on S. Santa Cruz Ave. Go about 1 mile, turn left as the road becomes Legion Park Dr. After about 1 mile, the road will turn left and becomes Tioga Dr. Look for the entrance into the parking lot on the right.

Topic: Social Media & Non-Violence

The Peace Essay & Art Contest is open to all fifth through twelfth grade students who live in Stanislaus County, attend any public, private, or home school in Stanislaus County, and/or participate in extracurricular activities such as Girl or Boy Scouts, or Boys & Girls Club. Only one entry is accepted per participant, regardless whether writing or art category.

Grades 9th-12th

Violence is commonly used to manage people in conflict. Through the media, we see evidence of this in the United States, in California, Stanislaus County and its cities. In the United States violence has always been used by government against people that look different, speak other languages or act differently; such as poor people, non-white people, immigrants, women and/or LGBTQ identifying people. Bullying those with less power has become normalized in our country and in our communities. **Does social media encourage or discourage non-violence as an approach to managing conflict?**

INSTRUCTIONS

Please respond to this prompt by choosing a specific conflict depicted in social media. All contestants must choose a real-life situation. It can be from any place on earth. If the post promotes the use of violence as a solution, suggest a non-violent response. If the post promotes a non-violent solution, describe if it is effective. Your response can be through writing, or the arts - music, song, poetry; visual art such as drawing, painting, photography, sculpture or film. Essays should be at least 750 words and no more than 1,000.

References are required. References should include sources and people of inspiration, with a minimum of 3 for all mediums, writing, painting, photography, music, etc. Sources need to be a variety of people from groups representing more than one gender, race and/or ethnicity.



Grades 5th-8th

Art is all around us. We see it, hear it and experience it, for example in video games, books, posters, songs, social media, movies and tv. **Can ART be a tool to help people understand and imagine solutions to problems such as bullying, people without homes, poor people or people that use fighting to solve their problems?**

INSTRUCTIONS

Describe a problem you see in the world, and share how you think the arts may or may not help us resolve this problem. Write an essay, a poem, write and sing or play a song, draw or paint a picture, make a collage, or other creative expression to demonstrate your idea. Essays should be at least 500 words and no more than 750.

References are required. References should include sources and people of inspiration, with a minimum of 2 for all mediums, writing, painting, music, etc. Sources need to be a variety of people from groups representing more than one gender, race and/or ethnicity.



Guidelines for Judging Essays & Poetry

ESSAY/POETRY Submission Guidelines

1. Writing must be original, unpublished, written by one student and should not contain any images.
2. Complete the Entry Form and submit it online at modestoPLCessayandart.org/application. The entry form must contain a correct PLC E- ID code.
3. Save and name your essay as a pdf file using the PLC E- ID code. Your name, school or any other identifying information should not be on or in the essay. One submission per student only.
4. **IMPORTANT:** Place the word count at the end of your essay. Essays that are 25 words outside the designated word limit will not be included as a finalist.
5. Refer to your sources for any quotations, borrowed ideas, and facts that are not general knowledge by placing the name of the source in parentheses in the text of your essay, AND by creating a bibliography listing authors of books, location of articles or addresses of websites you used to get your information. Do not base your entire essay on one source. Suggestions about how to choose reliable internet sources and correctly cite them are provided at modestoPLCessayandart.org/resources
6. You must do your own work. **Use of AI will disqualify your entry**, however; you may ask a teacher, parent, or friend for constructive criticism.
7. Essay may be one of the following types: (A) Informative Essay, (B) Narrative Story, or (C) True Story.
8. The Modesto Peace/Life Center reserves the right to reprint entries.

Essay/Poetry Judging

IMPORTANT: Essays that are 25 words outside the designated word limit will not be considered for judging. A distinguished group of local writers, educators and peacemakers will judge the essays. Weighted judging guidelines include:

1. Content
 - A. Does the essay clearly address the assigned topic?
 - B. Does the essay show that the student researched their category and/or specific area of concern?

- C. Has the writer used relevant facts, definitions, concrete details, quotations, or other information and examples to fully develop their ideas?

2. Style

- A. Is the essay original and interesting?
- B. Does the voice of the writer come through?

3. Clarity of Expression

- A. Does the essay have a distinguishable introduction and conclusion? Is it well organized with clear transitions from one idea to the next?
- B. Are the ideas clearly stated with factual support?

4. Mechanics

- A. Has the writer attempted to use appropriate transitions, precise language, and an engaging style?
- B. Are grammar, spelling, and punctuation reasonably correct?
- C. Does the author cite all quotations, borrowed ideas, and facts that are not general knowledge? Is the source of information listed in the essay itself and in a bibliography at the end of the essay?

Guidelines for Judging Art & Creative Expression

ART & Creative Expressions Submission Guidelines

1. Entry form is available online at modestoPLCessayandart.org/application Each artwork must have a PLC-A ID code and short artist's statement including references.
2. Art works are accepted in the following categories: drawing, painting, collage, digital painting/photography. Original music or drama pieces may be submitted by audio or video link. **NO AI generated pieces will be accepted.** There are no size restrictions on visual art.
3. Photos of visual art works must be accompany the entry form and can be upload to modestoPLCessayandart.org/application. Please make sure photos are clear, well-lit, high resolution and avoid skewing the image.
4. Original artworks may be requested during the final judging process. Participants will

be informed a week in advance with drop off details. Winners will be asked for their original pieces to display at the awards ceremony.

Art & Creative Expression Judging Criteria

A jury of art professionals will assess the works with the following criteria:

1. Creativity and Originality: is the work innovative and unique?
2. Relevance to the Theme: does it communicate the idea of non-violence as a way of resolving conflict?
3. Visual impact and composition: is the image well composed and memorable?
4. Overall impression and emotional impact: evokes emotion and leaves a lasting impression
5. Technical skill and execution: good use of materials, well-executed

Awards and Reception

Winners will be notified through the student's teacher/contact and/or through the contest portal in March, 2026.

Prizes will be presented at an Awards Reception in April, 2026.

Top creative expressions will be read, displayed or performed at the awards ceremony.

All participants, teachers, judges, and sponsors will be invited as guests of honor.

AWARDS

First, Second, and Third prizes will be awarded in each division of Essay & Art Contest having at least 15 entries.

If there are fewer than 15 entries, any prizes in that division will be awarded at the discretion of the judges.

Top three places and three honorable mentions for each category of participants will have their names published on our website and will receive their prizes at the award ceremony.

Peace Essay & Art Contest Committee Members reserve the right to award multiple prizes.

Amounts:

1st place: \$500

2nd place: \$300

3rd place: \$200

Up to 3 Honorable Mentions may be awarded in each division – no cash prizes are awarded in this category.

Valley Residents Have The Most To Lose With Planned Federal Cuts To Food Stamps

The San Joaquin Valley region has the highest rate of households in California that use CalFresh, which helps low-income residents buy groceries.

By **Marijke Rowland**, The Merced Focus

San Joaquin Valley residents already bracing for possible federal cuts to Medicaid could be hit with a one-two punch as Congressional Republicans plan to slash another \$230 billion, much, or all, of which could come from the federal food stamps program.

SNAP (Supplemental Nutrition Assistance Program, which is called CalFresh in California) helps low-income residents buy groceries. House Republicans approved a budget that strips \$230 billion over the next decade from the Agriculture Committee, which oversees the SNAP program.

As with the proposed cuts to Medicaid, which could total up to [\\$880 billion](#), the SNAP cuts would offset extensions

to tax cuts enacted under the first Trump administration in 2017, which largely went to corporations and [the top 5% of earners](#).

Cuts to SNAP, which Californians access using EBT cards, would have a significant impact in the San Joaquin Valley because the region has the highest percentage of households enrolled in the program across the state, [according to U.S. Census data](#). The eight-county region is also home to the state's [highest percentage of people on Medicaid](#), which provides health coverage to low-income residents and is called Medi-Cal in state.

"These programs are lifelines for millions of families, and reducing them would increase hardship, deepen economic and racial inequities, and hurt local businesses and the economy," said Senior Policy Analyst Adriana Ramos-Yamamoto, with the nonprofit [California Budget & Policy Center](#). "In places like the Central Valley, where enrollment in both Medicaid and SNAP are high, many would lose access to essential health care services and face greater risk of hunger. These cuts would push more people into poverty at a time when the cost of living is already out of reach for so many."

The San Joaquin Valley's high SNAP usage rate ranges from 14% of households in Stanislaus County to 23% of households in Tulare County. An analysis by the [Center on Budget and Policy Priorities](#) found that in 2024 SNAP recipients in California received an average of \$189 a month, which must be spent on [food and other groceries](#).

While lawmakers have not released final proposals for how cuts will be made, Ramos-Yamamoto said one plan includes a roughly [20% reduction in SNAP benefits](#). That would mean a household receiving \$200 a month in CalFresh benefits would see a \$40 drop in its EBT credits.

Other cost-cutting options include requiring states to [pay for a portion of the program](#), something the federal government has never required. House Republicans are also considering [expanding existing work requirements](#) for SNAP recipients.

"Cuts to SNAP would overwhelmingly harm Californians of color, who are more likely to participate in the program, widening the inequities in our state," said Monica Saucedo, a senior policy fellow at the Budget Center. "SNAP is the state's most powerful tool to fight hunger, however, it also helps fight poverty, generates local economic activity, and supports farming communities."

Indeed, those receiving benefits would not be the only Valley residents to feel the effects of cuts to the program.

Late last month the nonprofit public affairs organization [The Commonwealth Fund](#) and George Washington University [Milken Institute School of Public Health](#) issued a report projecting the economic impacts in each state – [calculating potential jobs and revenue lost](#) – from the proposed \$1.1 trillion in combined SNAP and Medicaid cuts.

The study found that California would feel the [heaviest impact of all the states](#), with a potential in the next year to

THE MERCED FOCUS

lose 139,600 jobs and for gross domestic product (GDP, or overall economic output) to shrink by some \$17 billion.

The SNAP program provides significant revenue to the state's grocery stores, food producers and manufacturers. California has some [24,000 authorized retailers](#), including supermarkets, convenience stores and specialty markets, that accept SNAP.

Milken Institute Director of the Center for Health Policy Research Leighton Ku, the report's lead author, said the



Oct. 3 Shapely Lecture Series and NASA Present: Exploring the Universe. Dr. Natasha Batalha

Learn how we can explore the climate and chemical compositions of distant planet atmospheres. Dr. Batalha leads the largest exoplanet guest observing campaign with the James Webb Space Telescope, targeting a mysterious class of planets sized between Earth and Neptune to unlock new insights into their atmospheres: **5:30 pm, Sierra Hall, Rm 132.**

Oct 24: Advances in neuro-engineering, neural networks and interfacing the human brain with technology, the future is now! What has become possible in biomedical engineering, the brain-machine interface and what advances are on the horizon? Learn about the work in Dr. Karen Moxon's UC Davis Biomedical Engineering Lab which has potential applications in understanding, treating, and restoring function after neurological injuries or diseases such as spinal cord injury, stroke, epilepsy, Parkinson's, and Alzheimer's disease: **7:30 pm, Sierra Hall, Rm 132.**



Modesto Certified Farmers Market Manager Shiela Burch speaks with residents about the CalFresh benefits match program on April 17, 2025. Credit: Marijke Rowland / Central Valley Journalism Collaborative

San Joaquin Valley could be particularly vulnerable to the "domino effect" that could be triggered by SNAP cuts.

Not only could the 1.3 million Valley households that rely on CalFresh from Stockton to Bakersfield receive less aid, the grocery stores where those families shop could see a decline in revenue. In turn, those stores might purchase less from producers and manufacturers. As a result, producers and manufacturers might reduce production and have to lay off staff.

"At the same time when food is increasingly unaffordable, suddenly your benefits are going down by about 20%," Ku said.

"That means you go a little hungrier, or you are less able to pay your rent that month, or you have to cut back on something else. It's a vicious cycle, right? It's a domino effect. And again, these things have repercussions. If the food stores, the food producers and the agriculture firms, if they have to cut back, they can't employ as many people, and so that means there are more poor people who therefore, in principle, would get SNAP benefits."

For the original article with charts and graphics, visit [The Merced Focus](#).

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The Bill of Rights

by James Madison (1789)

Reinterpreted as Haiku

by Sheila D. Landre (2021)

- I. Can't stop me from saying any d**n thing I please if I don't hurt you.
- And you can't censor what I write for publication like some people do.
- Can't tell me what to believe, and I can't tell you. Government neither.
- We can hang out here to protest as long as we assemble in peace.
- If we complain to those powers that be, maybe they will change their ways.
- II. We won't infringe on your rights if you just regulate your militia well.
- Carry those firearms if you can bear to slaughter, but don't go nuclear.
- Watch out for your dear posterity. Lock up your arms, perhaps your kids.
- Did you know we have the biggest Army now, Navy, Air Force and Marines?
- What do we need with Minutemen now that the Coast Guard prowls the shores?
- III. Remember when those soldiers took over your mansion? They can't anymore.

- IV. If you Search and Seize, you're gonna need a warrant. Leave that stuff alone.
- V. If you do it right, you won't have to do it over. No Double Jeopardy.
- Don't incriminate yourself. You can plead the Fifth over and over.
- You can't use my stuff without just compensation. (Emphasis on "just").
- Due Process is what's at root of equal justice. Innocent till then.
- It says so clearly— The Bill of Rights is for the People, all of us.
- VI. Just tell me up front what I've done and make it quick. Don't take all decade.
- Impartial jury? Who decides? Who will have a say in proving my guilt—
- or my innocence? Witnesses for the defense, Lawyers on my side.
- VII. Word is "excessive". How much exactly is that? Bails, fines, dinner out?
- Provide examples please. What is cruel? Unusual? Death can be most kind—
- Life can be cruel. Comfortable prisons still lock out freedom. No due process or signed warrant or just cause? Cruel and illegal!

- IX. Rights granted in the Constitution should not infringe on other rights.
- X. Powers not granted the Federal Government belong to States or US.

There are 16 more amendments.

The Constitution is a work in progress. Look how we have added on!

Look how we have changed our collective minds, made mistakes, taken back false moves.

Nearly a quarter century. How we have grown! But what have we learned?

What's a dollar worth these days? A human being? Do people matter?

What is not in the Constitution?

- The Pledge of Allegiance
- The National Anthem
- Any mandated religion
- Any mandated language
- People other than White men.
- The Electoral College
- The Internet
- Nuclear power
- Climate change



Family Portrait

My only family photograph
contains two coffins
with my first word inside one
and in the other his brother

In the bedroom where we slept
In the house that he built

A one-year-old with bed hair,
who will only wish her mother hadn't suffered so much
A four-year-old for just three days,
who will remember fishing with his father
and the only one I ever heard want him alive
A six-year-old who will forget he's dead and say,
"I'll ask my dad instead" to buy a toy
A nine-year-old who wouldn't tell me the name of the
culprit
and simply holds him dear
A ten-year-old whose emotions manifested in mysterious
illnesses,
loss turned into stomachaches
An eleven-year-old who would move to a new country
alone to give them all the life he couldn't
And a 34-year-old widow,
the strongest woman on Earth

You hide your scars
like it is an embarrassment to have survived
You hide your scars like stains
when I use my scars as ink
I pick them up,
hold between my fingers
and write them on a page
I make them poems
that birth in you a smile,
that'll keep the wounds
still on your skin some company

Escondes tus cicatrices
como si fuera vergonzoso haber sobrevivido
Escondes tus cicatrices como manchas
cuando yo uso las mías como tinta
Las recojo,
guardo entre mis dedos
y las escribo en una página
Las hago poemas
que dan en ti vida a sonrisas
y le harán compañía
a las heridas en tu piel

Physics

The law of conservation of energy states
that energy cannot be created or destroyed
Instead it is converted from one form to another
Like water changes states
No, not like water into wine
Like a liquid into solid,
water freezing into ice
and like your heart may too
Like fire when you burned our love
and converted future into past
When my love for you died
and I began to love myself
Like I turned pain into art
I call that
the law of conservation of self.

Física

La ley de conservación de energía dice
que la energía no puede ser creada de la nada
ni destruida por completo
En vez, se transforma
Cambia de una forma a otra
Como en agua cambia estados
No, no de agua a vino
Como un líquido a sólido,
agua solidificándose a hielo
como le puede suceder al corazón
Como el fuego con el que quemaste nuestro amor
y convertiste un futuro en pasado
Cuando mi amor por ti murió
y me comencé a amar
Como cuando convertí dolor a arte
Le llamo
la ley de conservación de sí misma.

Las Peñitas

Quiero dormir en la playa de mi niñez
al costado del mar
bajo una noche serena

Quiero sentir la brisa cálida
que me seque la humedad de la frente
la que tiene a las palmas valsando

Quiero que me arrulle
el sonido blanco de las olas
en una hamaca colgada entre dos palmas

Poet Paloma Contreras: Unleashing the Power of Poetry Across Languages

Paloma Contreras is a 27-year-old Mexican immigrant, teacher, and graduate student of Translation Studies. She graduated magna cum laude with a B.S. in Business Administration and a B.A. in Spanish from CSU Stanislaus in 2020 and has been teaching ESL and GED to adults for two years now. She has been translating poetry for years and hopes to become a literary translator. *A Gathering of Voices* is very pleased that Ms. Contreras is sharing several of her powerful, heartfelt poems in this issue of *Stanislaus Connections*.



Birthday

I stopped counting the years you wouldn't turn
Now I have to stop looking for you in someone else's
mom
And I have to stop looking for you as if I don't know
where you are buried

You haven't aged a day
You don't look a day over fifty-five
Now who do I tell I found death:
the elixir of youth
and will it pay enough to give you the life for which I ran
out of time?
the elixir of youth
and will it pay enough to give you the life for which I ran
out of time?
I want to fall apart
come back in three days
when I'm feeling like existing

Run ahead and I'll catch up
when my legs learn to move again

I will learn to paint you in the dark
for when that is the only color I can see

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. And Mondays at 4:00 p.m.

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

Food Sleuth - Dietitian Melinda Hemmelgarn helps listeners “think beyond their plates,” connecting the dots between food, health, and agriculture to uncover the truth about food. Wednesdays at 8 a.m., Saturdays at 6 a.m.

Moccasin Tracks - in Solidarity with Traditional Original Peoples, prioritizes the voices of the original peoples and the issues confronting them today, including the decolonization of our minds, workplaces, and institutions. Includes contemporary and traditional music from Native artists, news, views, and interviews. Tuesdays at 8:00 am.

The Ralph Nader Hour: Citizen advocate Ralph Nader and guests discuss topics important for consumers and our nation on Saturdays at 4 p.m.

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-renowned 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.

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.

Alternative Radio - 4:00 pm – Tuesdays. Interviews by David Barsamian focusing on national and international issues.

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

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

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

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

Sprouts — Mondays at 7:00 pm and Sundays at 7:00 am. Produced in collaboration with community radio stations and independent producers, featuring radio productions of national interest. Coordinated and distributed by Pacifica Radio.

LOCALLY PRODUCED PROGRAMS

The Well-Being of the Community, Your Family, and You 11:00 am to 1:00 pm Thursdays.

Live, Bilingual in Spanish & English. Hosted by Jose Higareda-Lopez and Nico Torres.

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.

Vibn with the West Modesto Collaborative -Hosted by Likhi Rivas and Oscar Vasquez. Engage, Educate, and Advocate on behalf of the West Modesto Community Collaborative. Showcases Voices of the West Modesto Community – Wednesdays, 7 pm.

AREA 5150 UFO RADIO – Old radio shows, music & sounds out of this world, Friday nights, 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. Interviews on the theme of social justice.

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

Faithful Fridays – inspirational Black Gospel 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.

Bars 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. Boyatt, 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/>

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.

Letter from A Listener

Hello,

Thank you for your wonderful, informative, and unique radio station. KCBP is one of the best aspects of life here in Modesto.

AJ Martelli



Stanislaus County Behavioral Health & Recovery Services

and

KCBP 95.5 FM

“The Voice of The Valley”

Presents A Live Bi-lingual Program:

“THE WELL-BEING OF THE COMMUNITY, YOUR FAMILY AND YOU”

THURSDAYS 11:00 AM to 1:00 PM



Former Modesto Physician's Odyssey to Climate Fiction Writer

By James Costello

Some of you may remember Dr. Sandy Lawrence, who worked in the Scenic General Hospital clinics, treating AIDS patients, delivering babies alongside his Certified Nurse-Midwife partner, Barbara Schickler, and teaching medical residents as part of the University of California, Davis Family Practice Residency Program in the 1980s. After 16 years of full-time teaching, he and Barbara moved to Bellingham, Washington.

Retired from medicine, Dr. Lawrence has lectured widely over the past decade at various venues, exploring topics such as the climate system, energy systems, epidemiology, and the electric grid. This set of lectures, comprising approximately fourteen talks, forms the basis for many of the chapters in his new climate fiction novels.

Lawrence's trilogy of climate fiction, or cli-fi novels, explores disaster without descending into apocalypse, offering a thread of optimism rather than despair. Set in present-day Washington, D.C., the stories unfold in a world teetering on the edge of ecological crisis. Here, dragons are not fantasy creatures, but powerful metaphors for the climate-driven catastrophes hurtling toward us—fierce, urgent, and impossible to ignore.

"*Climate Dragon* brings both humor and humanity to a suspenseful storyline set against a backdrop of climate chaos and clean energy progress. You'll learn a ton about climate and energy—and you'll want to keep turning the pages."

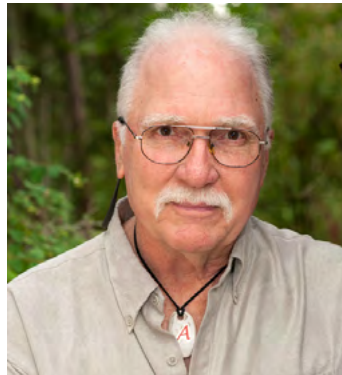
Lisa Hymas, Executive Editor at Canary Media.

"If discussions about climate usually make you tune out, *Climate Dragon: Treachery, Pestilence, and Weirding Weather* by S. W. Lawrence is a must-read. This novel blends climate change, cyber warfare, and pandemics into a compelling story."

Emmanuel Ebinum, Goodreads four-star review.

CLIMATE DRAGON, published in February 2024 by Sidekick Press, was short-listed for the Cygnus Award in Science Fiction by [Chanticleer](#) in Washington State for 2024. An audiobook version with matched male and female narrators is available on Spotify and Audible.

CLOUD DRAGON, released in June 2025 and long-listed for the Cygnus Award. The book may be purchased



on Sand's website. An audiobook is expected to be available in November 2025.

FOSSIL DRAGON is anticipated in 2026 and is the last book in the Trilogy of Dragons.

Dr. Lawrence maintains a blog that reflects his intense interest in climate science and environmental issues. You can sign up for his blog as well as find out more about his climate fiction at <https://swlawrence.com/> and on social media:

LinkedIn: <https://www.linkedin.com/in/sandy-w-lawrence-ClimateDragon>

Mastodon: [@swlawrence@aus.social](https://www.mastodon.social/@swlawrence@aus.social)

Facebook: <https://www.facebook.com/sandy.lawrence.7967>

Substack: <https://sandywlawrence.substack.com/>

Medium: <https://medium.com/@sandy.george.lawrence>

Instagram: <https://www.instagram.com/swlawrence2/>

An interview with Dr. Lawrence by Jim Costello will air on KCBP Community Radio soon.

You can order his books at your favorite bookstore (Bookish), or online.



HOMELESS IN MODESTO II

DOCUMENTARY FILM PREMIERE + COMMUNITY ROUNDTABLE

THURSDAY, NOVEMBER 13, 2025 | STATE THEATRE MODESTO

DOORS OPEN AT 5 PM | EVENT BEGINS AT 6 PM

featuring emcee
Sam Pierstorff

HomelessInModesto.com

TICKETS | \$10

all sales benefit Family Promise of Greater Modesto

Thank you!



Two board members of the Modesto Peace Life Center, Ken Schroeder and Adriana Felix, including one who participated as a novice in the *What a Drag* fundraiser, received a donation check of \$3,380.00 from Kappa representatives who were part of organizing the event. The show paired local community members with experienced drag performers to celebrate the art of drag while raising funds for important organizations.

Kruse Lucas Art Gallery Exhibit

Kruse Lucas Art Gallery welcomes Jonathan Troxler for his upcoming exhibit in October and November. Jonathan, a California native and Modesto resident, is a lifelong artist who works with acrylics, inspired by everyday places and recognizable objects. He finds beauty in the history of rustic roadside signs, abandoned buildings, and local businesses that have unique age or charm. The gallery is located at 525 Tully Road, Modesto, and is open Monday through Thursday, 7 am to 6 pm, except holidays.

MRB

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MODESTO, CALIFORNIA 95354

calendar

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

OCTOBER 2025

MAPS - Modesto Area Partners in Science: Free MJC science programs on Fridays in MJC West Campus, Sierra Hall, Rm 132.

Oct. 3: Shapely Lecture Series and NASA Present: Exploring the Universe. Dr. Natasha Batalha. Learn how we can explore the climate and chemical compositions of distant planet atmospheres. Dr. Batalha leads the largest exoplanet guest observing campaign with the James Webb Space Telescope, targeting a mysterious class of planets sized between Earth and Neptune: 5:30 pm, Sierra Hall, Rm 132.

Oct 24: Advances in neuro-engineering, neural networks and interfacing the human brain with technology, the future is now! What has become possible in biomedical engineering, the brain-machine interface and what advances are on the horizon? Learn about the work in Dr. Karen Moxon's UC Davis Biomedical Engineering Lab which has potential applications in understanding, treating, and restoring function after neurological injuries or diseases. 7:30 pm.

Modesto Science Colloquium, Wednesdays, 3:15-4:15 p.m., MJC West Campus, SCC 115. Free and open to the public. Talks are recorded for the Science Colloquium's YouTube channel.

Oct. 8: Regulatory Affairs and Compliance Programs in the Alcohol Beverage Sector and General Manufacturing in CA. Chris Savage, Vice President, Global EHS and Sustainability, Gallo Winery, and Tim Ryan, Sr. Director, Product Compliance and Regulatory Affairs, Gallo Winery. A review of regulatory compliance in the alcoholic beverage sector, its translation to other manufacturing operations, and the potential to create a pipeline of students to fill future roles. **Oct. 22: Trends in Cetacean Evolution - A Whale of a Tale.** Guy Van Cleave, Retired Professor of Biology, MJC and CC. Whales are arguably the most highly modified mammals. Details of their evolutionary history are remarkable in fossil evidence and transitional forms. Major players in this amazing 50-million-year journey will be introduced, along with aspects of cetacean natural history.

The Prospect Theatre: 25/26 season has continuing offerings. Visit <https://prospecttheaterproject.org/2024-2025-season/>

4-5 SAT/SUN: Stanislaus Artist Open Studios, 11-5 both days. Download map guide at [StanislausAOS.com](https://stanislausaos.com)

8 WED: PEACE LIFE CENTER BOARD MEETING, 829 13th St., Modesto, 6:00 pm, 529-5750. Meetings on Zoom and in person. Email Jim Costello for login information, jcostello@igc.org. NEW DAY FOR OCTOBER.

14 TUES: VIGIL: DEFEND OUR DEMOCRACY at McHenry Ave. and J. St. (Five Points), 5:00-6:00 pm. Info: Call the Center at 209-529-5750 or email jcostello@igc.org.

19 SUN: The State Theatre and Modesto Film Society present Alfred Hitchcock's *Notorious*, 2 pm. Join the State Theatre. Have fun, get perks, and

support Modesto's historic non-profit theatre. Visit <https://thestate.org/films/notorious-102025/>

24 FRI: MPLC's Harvest Gathering. See p.1.

28 TUES: VIGIL: DEFEND OUR DEMOCRACY at McHenry Ave. and J. St. (Five Points), 5:00-6:00 pm. Info: Call the Center at 209-529-5750 or email jcostello@igc.org.

LOOKING AHEAD

January 12, 2026 John McCutcheon Concert.

February 7: 32nd Martin Luther King, Jr. Commemoration with Ilyasah Shabazz, Daughter of Malcolm X.

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

CENTRAL VALLEY DEMOCRATIC CLUB, 3rd Monday of the month, except November and December, 7:00 to 8:30 PM. McHenry Bowl, 3700 McHenry Ave., Modesto. Info: Contact contact@centralvalleydemocraticclub.com

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: tcfmmodestoriverbank@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, nandrews6863@charter.net.

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.naacpmolestostanislaus.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/>

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.

Merced LGBT Community Center offers a variety of

MODESTO PEACE LIFE CENTER ACTIVITIES

Modesto Peace/Life Center **VIGILs:** held 2ND AND 4TH TUESDAYS of the month at McHenry Ave. and J. St. (Five Points), 5:00 - 6:00 pm. Call the Center for info: 209-529-5750.

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 Wednesdays, 829 13th St., Modesto, 6:00 pm, 529-5750. Meetings on Zoom and in person. 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.

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/>

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

THURSDAYS

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>

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.

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, Office of Valley Improvement Projects, 1224 K St. Modesto., 6:45 pm. Info: 209-632-5473. 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/>

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

StanCountyClubs.com was recently created to foster a stronger sense of community in Stanislaus County and the surrounding areas, by helping individuals connect with clubs and groups that align with their interests. Visit to find out more!

CALPRIDE STANISLAUS

Peer Support Groups

Hosted at CalPride Stanislaus
1202 H Street #C, Modesto, CA 95354
209-408-8848

<https://www.facebook.com/CalPrideStanislaus/>

Transcendence: Every Friday, 2:00 pm-3:00 pm. A peer support group for transgender individuals ages 18 and older, providing a safe and judgment-free space to connect and share experiences.

Senior Gay Men's Group: Every Thursday, 1:00 pm. Senior Gay Men's Group is a space to connect, share, and build community. For individuals aged 55+.

Writing Group: Every Friday, 3:30 pm-5:00 pm. This group provides an affirming and confidential queer space to craft poetry and short stories. For individuals aged 18+.

Folk Group: 2nd & 4th Tuesday of the month, 4:00 pm-5:00 pm. An inclusive LGBTQ+ peer support group for individuals ages 25 to 45, providing a welcoming space to connect, share experiences, and build community. Hosted at CalPride Stanislaus 1202 H Street #C, Modesto, CA, 95354.

Dreams & Solutions, 1st & 3rd Wednesdays of the month, 11:00 am-12:00 pm. A supportive space for those navigating challenges with drugs and alcohol to connect, share, and heal together. For individuals aged 18+.

We Thrive: Every Wednesday of the month, 3:30 pm-5:00 pm. A space to explore your journey through art, connect with others, and create in a welcoming and supportive environment. This group is for individuals aged 18+.

Heart to Heart: First Tuesday of the month, 4:00 pm-5:00 pm. A supportive, peer-led group dedicated to exploring and nurturing healthy, respectful relationships within the LGBTQ+ community. For individuals aged 18+.

Strength in Solidarity: Third Tuesday of the month, 4:00 pm-5:00 pm. A safe and supportive space for sexual assault survivors to connect, share experiences, and find healing. For individuals aged 18+.

Closet Abierto: First and Last Thursday of the month, 4:00 pm-5:00 pm. A welcoming and affirming space for LGBTQ+ Latinx individuals to share experiences, find support, and build connections. For individuals aged 18+.

Queer Karaoke Night: Last Friday of Every Month: 4:00 pm-5:00 pm. Sing along to your favorite tunes with your friends at CalPride! For individuals aged 18+.