"Deep summer is when laziness finds respectability."  
—Sam Keen

**Birthdays**

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<tr>
<th>Star</th>
<th>Name</th>
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<td>♠</td>
<td>Larry O.</td>
<td>7/4</td>
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<td>♠</td>
<td>Mary O.</td>
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<td>Amani L.</td>
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**What’s New?**

**Welcome** to our new Staff—Adrian, and welcome back to our client—Juan A.! Adrian is bilingual & is Juan’s full time tutor. Juan is so happy to return to his program here at the center.

**August 1st—SUMMER DANCE**

**HCAR Presents**

**“TIKI-TIKI ALOHA LUAU”**

**More details next week!!!**

**Nutrition Recipe—Zucchini Pasta**

**Ingredients:**
- 8 oz. rotini pasta
- 3 small zucchini, sliced
- 1/4 cup olive oil
- 2 cloves garlic, minced
- 1 pinch crushed red pepper flakes
- 1/4 cup chopped fresh parsley
- Salt and pepper to taste
- 1/3 cup grated Parmesan cheese

**Directions:**
2. Fill a MED sauté pan with water. Add zucchini & salt—boil about 10 minutes.
3. In a LG skillet, sauté garlic in oil & pepper flakes. Add drained zucchini & parsley. Mix together and simmer 5-10 min.

Bon Appetite!

Serve with crusty bread and sliced tomatoes!

**It’s a Date:**

- **7/4**—HAPPY 4th INDEPENDENCE DAY HOLIDAY CLOSURE
- **7/5**—ARTS ALIVE! (6—9pm)
  The Studio presents:
  “How the Cookie Crumbles”

- **7/17**—Food for People
  307 W. 14th St., Eureka
  Noon to 2pm
  Free Farmers Market-Style Produce Distribution
EMOTIONAL GROWTH CLASS

Yummy—Susie A. is whipping up some stuffed potato skins!

Adina F. helping Stephine prepare appetizers!

Extracurricular
THE STUDIO ~ by Tawny M.

A couple months ago I changed my schedule and started going to The Studio on Wednesdays and Thursdays. It's lots of fun going to the art studio, and I made new friends. They have a band and you can sing.

I made lots of hearts. I made a heart vase on my 1st day painting. Recently I made a clay cookie jar for the Arts Alive (July 5th—August 20th). Some people made tea pots.

We can sell our paintings and sculptures and the staff is very nice. They help when you ask them.

Gerri S. is walking in the “Relay For Life” again this year. It all happens at the College of the Redwoods on July 12th and 13th starting at 10am.

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Stars
~By Chris B.

Stars in the air. Star fish in the Bay. Stars in eyes from fireworks in the sky. Stars from wars on winning freedom for all. Stars on a flag that is still there. See stars when bumped on ones head! See the true stars...the ones we will love with.

That's a real Star...just like all of us.
The Clipboard

One sunny day . . .

Did You Know??

“211 Humboldt” is now part of HCAR???

Local resident’s who have questions or need information about health and human services can dial 2-1-1 and get the assistance they need!

So the next time you need a little help finding that number, for anything from food, clothing, shelter, physical & mental health resources, employment, to support for seniors & persons with disabilities, and more. Give it a try.

2-1-1 It’s free, easy to remember, and a “real person” will help you!

PEOPLE FIRST OF EUREKA
JULY MEETING!
WEDNESDAY, JULY 16, 2014
AT 6PM
AT THE VANCE HOTEL IN EUREKA!

Please join our upcoming meeting. We will be discussing some volunteer opportunities as well as many fundraising ideas we have for 2014.

- All members please remember your dues $1
- Please bring a friend! All are welcome

People First of Eureka is an organization ran by and for individuals with developmental disabilities.

We contribute to our community, speak up for ourselves, know our rights & responsibilities, solve problems and make decisions for ourselves, and empower other individuals with developmental disabilities.