

The HOPE Coalition

Humboldt Organized for Peace & the Environment

"Working in partnership toward the development of a diverse, just, & sustainable community."

Calendar of Happenings in Humboldt County Inside

Newsletter Editorial Page – Feb. 22, 2011

Imagine Humboldt!

[courtesy of Humboldt County Association of Governments]

Have Your Input—Please Participate by Taking the Survey: www.imaginehumboldt.org/survey

Imagine Humboldt as it exists today: Humboldt County is a diverse region. It is home to unique rural communities, an abundance of distinct natural and historical resources, a mix of technology, natural resource, and tourist dependent industries, a vibrant agricultural community, and world class recreation. These positive attributes will continue to attract new and retain existing residents. It is expected that there will be approximately 24,500 more people living in Humboldt County by 2050, which is slightly less than the current population of the City of Eureka. This growth presents both opportunities and challenges.

Imagine Humboldt in the year 2050: Residents working collaboratively as a region can most effectively address opportunities and challenges that transcend city, district, tribal, and county boundaries. With a common vision for the next 40 years, community members will capitalize on the unique opportunities that our region presents and guide how it evolves as a place to live, work, learn, and enjoy.

Imagine Humboldt is a new way to look at how we grow: It is a community response to the opportunities and challenges facing Humboldt County now and in the coming years. It's built on a basic principle that residents can make informed decisions today to shape the region of tomorrow.

Imagine Humboldt is about working together: Coordination and collaboration among all population segments is necessary to preserve, and even improve, quality of life in Humboldt County. Imagine Humboldt! involves the public, stakeholders of employment industries, advocacy groups, social services, regional agencies, local governments and Native American Tribes to maximize community participation.

Imagine Humboldt uses a computer-generated visualization process: A spatial projection of regional growth based on current trends, plans, policies and practices will provide a glimpse of Humboldt County in the year 2050. If local residents don't like what they see in the 'status quo scenario,' this will be the basis for envisioning possible new directions.

Imagine Humboldt is based on known relationships: Computer-generated growth visualization won't make value judgments—that assessment is up to us! However, it will consider a wide range of measurable variable inputs and relationships, such as population growth, household demographics, employment statistics, land use, transportation and the environment, that ultimately define the form, function and livability of the Humboldt County region.

Imagine Humboldt is scenario planning: By modifying one or more of the modeling inputs or basic assumptions, a range of future growth scenarios can be developed that better align with shared community values and priorities for the future.

Imagine Humboldt paints a visual picture of the future: It provides the community with an opportunity to visualize the advantages, costs and tradeoffs associated with different future scenarios. What if we set aside more or less open space, increase or decrease the density of housing, or focus new development in one place over another? What if we could better provide for local business, employment, and/or resource management opportunities?

Imagine Humboldt will articulate the community's regional growth vision.

Imagine Humboldt will provide the tools, information, and the forum, but it's up to us to provide the vision!



[All opinions in editorials, action items, & calendar items are those of the writers, submitters, and involved organizations; and not necessarily the opinions of the HOPE Coalition or its volunteers. HOPE will consider rebuttal editorials from the progressive viewpoint.]

PEACE NEWS

The Redwood Coast Peace Poetry Contest: Teens Invited to Submit Peace Poetry. Submissions should focus on peace, the abolition of war, hate or violence, or peace-making in communities. The contest is open to all high school students in Humboldt County. Authors will be honored in a public ceremony and will be considered for one of five cash prizes of up to \$200. Entries must be received by March 7. Info: www.vfp56.org, Jon at 822-4595 or Carl at 616-6405.

Peace Scholarships. The Humboldt Branch of Women's International League for Peace and Freedom is seeking applications for the Edilith Eckart Memorial Peace Scholarship. Up to \$250 will be awarded to projects that promote peace, locally or globally. Info: Humboldt WILPF at P.O. Box 867, Arcata, CA 95518 or WILPF@humboldt1.com, www.sonic.net/~suejh/wilpf by March 1.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday, February 25: Eureka Chamber Music Series: Afiara String Quartet, Graduate String Quartet in residence at the Julliard School. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.

Saturday, February 26: Sustainable Ag Expo and Joel Salatin Presentation. Joel Salatin, one of the farmers featured in Michael Pollan's *The Omnivore's Dilemma*, will give a talk on food emancipation and sustainable farming. Talk: 10 am - noon at the Home Economics Bldg. at Redwood Acres. Expo: noon - 4 pm at Francheschi Exhibit Hall. \$35 (\$25 Co-op members) for the talk; the expo is free. Tickets online at www.northcoastco-op.com or at either Co-op. Info: 822-5947, ext 100.

Saturday, February 26: HSU International Cultural Festival. Enjoy martial art, dancing, acrobats, displays, and friendship in this annual festival of culture from around the world. 1 - 5 pm at HSU's University Center. Free. Info: 826-3731.

Saturday, February 26: 20th Annual Indian Island Candlelight Vigil held every February to remember those who lost their lives in the 1860 Massacre and help heal the community. Prayer, song, and poetry. 5 - 6:15 pm at the west end of Woodley Island in Eureka. The community is welcome. Rain or shine. Please bring a candle. A potluck will follow at 6:30 at Runeberg Hall, Wabash and Union in Eureka. Info: 733-5055.

Tuesday - Thursday, March 1 - 3: 13th Annual Latino Film Festival, featuring three outstanding films from Ecuador this year. There will be a half-hour speaker's presentation in Spanish/English at 6 pm, followed by a screening of each film. After the film screening there will be a panel discussion. Minor Theater, Arcata. \$6. Info: CR Professor Ana María Romo de Mease at 476-4324, or HSU Professor Rosamel Benavides-Garb 826-3123, co-directors of the festival.

Thursday, March 3: First Thursday Film Series: "Pushing the Elephant," chronicling the story of Rose Mapendo and how she escaped from the ethnic violence of the Democratic Republic of Congo to become a vital voice to help mend her divided country. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Friday and Saturday, March 4 and 5: 2011 Social Justice Summit "What Do You Want? "Exploring Desire as a Means of Social Liberation. Events take place in the Kate Buchanan Room at HSU. Schedule and info: 826-3369.

Saturday, March 5: Humboldt Pie, the Fourth Helping, a benefit for Tri-County Independent Living, featuring a pie baking contest, pie eating contest, pie walk for prizes, pie and ice cream for sale, silent auction, and live music. Free admission. Info: 445-8404 or 445-8405(TTY).

Saturday and Sunday, March 5 and 6: HSU Music Department: Humboldt Symphony. 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.

CHILDREN, YOUTH & ALL AGES

Saturday, March 5: KEET's Kids Club at the Morris Graves Museum of Art, featuring short stories and art activities geared to youth 2 - 8 years old. Every family takes home a free book. March's book is "Whistle for Willie" Free. Noon - 2 pm. Info: 442-0278.

Student Bird Art Contest. \$500 in prizes will be awarded to students K - 12 who submit a drawing of one of 40 selected bird species. Artwork may be in color or black and white. Any medium may be used. Info at www.arcatamarshfriends.org (click on Education link, then Student Bird Art Contest) or by sending a self-addressed stamped envelope to Louise Bacon-Ogden, 2337 B Street, Eureka 95501. One entry per person. Artwork must be received by Friday, March 25.

Redwood Region Audubon Society Student Nature Writing Contest on the topic, "What nature means to me." Entries should be up to 300 words in length; one entry per person. Cash prizes. Deadline: March 21. Info: tomleskiw@suddenlink.net.

The Redwood Coast Peace Poetry Contest: Teens Invited to Submit Peace Poetry (see "Peace News," above).

Sundays, Ongoing: Youth Drum Circle for youth 10 - 21 years old. 5:30 - 7:30 pm at the Raven Project, 523 T St. in Eureka. Free. Info: 443-7099.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, February 26: 33rd Annual Lupine Bash at the Lanphere Dunes Unit of Humboldt Bay National Wildlife Refuge. The Annual Lupine Bash is one of the largest restoration events coordinated by Friends of the Dunes and the US Fish & Wildlife Service. Tools, gloves and snacks will be provided. Bring a mug for coffee, drinking water and wear work clothes including closed-toe shoes. Meet at Pacific Union School in Arcata and carpool to the Dunes. 9:30 am - 12:30 pm. Info: 444-1397.

Saturday, February 26: Trinidad Head to Elk Head Day Hike. It will be dense, lush, coastal scrub, remnant coastal prairie, and spruce forest within sight or sound of the ocean all the way. The walk will go from Trinidad Head through Trinidad State Beach and on to Elk Head, covering several miles on easy paths and seeing some heroic English ivy removal. Bring lunch and water and be ready to be outside all day. Return late afternoon. Meet at 8:30 am at Pacific Union School (3001 Janes Rd., Arcata) or at 9 am at the beach parking lot by Trinidad Head. Info or to RSVP: Carol Ralph 822-2015.

Sunday, February 27: Sierra Club Free Public Hike to Berry Glen Trail in Redwood National Park. This new trail connects Lady Bird Johnson Grove with Elk Meadow Day Use area off Davison Road, where this 6-mile, medium-difficulty hike begins and ends. Preregistration required; contact leader Melinda at 668-4275 or mgroomster@gmail.com.

Thursday - Wednesday, April 14 - 20: 16th Annual Godwit Days Spring Migration Bird Festival, over 100 field trips, workshops, lectures, boat trips, a banquet, and events out of the Arcata Community Center. Visit www.godwitdays.com to review the event schedule and register. Info: 826-7050 or 1-(800)-908-WING (9464).

Now Available: Friends of the Dunes New, Full-Color 60-Page Coastal Naturalist Manual which provides a comprehensive overview of coastal ecosystems around Humboldt Bay, including local geology, native plants, beach, dune and marsh life, human history, and much more. Proceeds from the sale of the manual directly benefit Friends of the Dunes' educational programs. Retail sites or info: 444-1397 or www.friendsofthedunes.org.

Saturdays, Ongoing: Redwood Region Audubon Society Free Public Field Trips at the Arcata Marsh and Wildlife Sanctuary. Rain or shine, docent-led field trips. Meet with binoculars in the parking lot at the south end of I Street in Arcata at 8:30 am.

Saturdays, Ongoing: Friends of the Arcata Marsh Docent-Led Walks. A 90-minute, docent-led walk focusing on different topics of the marsh. 2 pm at the Interpretive Center on South G St. Info: 826-2359.

MEETINGS

Thursday, March 3: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. Anyone with interest in or concerns about human rights in Humboldt County is encouraged to attend. Members of the public are invited. Info: 668-4095.

WORKSHOPS AND MISCELLANEOUS

Saturday, March 5: Household Hazardous Waste Collection. Maximum load limits for residents are 15 gallons or 125 pounds of hazardous waste. The cost for disposal is a flat fee of \$5. 9 am - 2 pm at the Hawthorne Street Transfer Station, 1059 W. Hawthorne Street, Eureka. Info: 441-2005.

Saturday, March 19: "Communication and Conflict Management" Workshop presented by Humboldt Mediation Services. Open to anyone interested in personal and community peace-building. Advance registration required. Info: 445-2505 or www.humboldtmediationservices.org.

DATE CHANGE: Saturday, March 19: Democracy Unlimited Workshop: "Challenging Corporate Rule, Creating Democracy." This introductory workshop teaches the history and context for corporate power and will help participants gain the skills and knowledge necessary to reclaim our democracy from corporations. Cost is \$25 - \$100 sliding scale; Pre-registration is required. Info: 269-0984 or email info@DUHC.org.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

"Thursday Night Talk" hosted by David Cobb of Democracy Unlimited airs every Thursday 7:30 - 8:30 pm on KHSU FM 90.5. It is a live call-in show, so it's a great way to have your opinion heard by thousands of listeners. The studio line is 826-4805.



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Editorial: Page 1, **Calendar:** Pages 2 - 3, **Action Item:** this page.

Newsletter, **Feb. 22, '11.** Vol. 17, Number 4. Published semi-monthly on 2nd & 4th Tuesdays; **next Mar. 8, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Mar. 3, '11.** Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Stand In Support of Wisconsin Labor from Mark Karlin, Editor of BuzzFlash at Truthout.org

Wisconsin Governor Scott Walker knows how to kill jobs. He's already rejected federal government stimulus funds to build a high-speed rail between Madison and Milwaukee, a project that would have created thousands of jobs—and reduced the state's dependence on fossil fuels.

Walker isn't stopping there. It's well known he is in the business of lopping off public workers who provide services to Wisconsin residents. But he's also against virtually any form of alternative energy that would reduce what Wisconsin residents pay, thus imposing a virtual tax by perpetuating a dependency on increasingly costly fossil fuels. As the Milwaukee Examiner reports:

"Wisconsin imports all its coal and oil, yet has the potential to produce all its energy using renewable resources. Scott Walker continues to chase away cleaner energy options. Firmly entrenched in the paradigms of fossil-fuel based automotive transportation, he single-handedly killed high-speed rail between Milwaukee and Madison. Now Walker is setting his sights on killing wind-energy and has proposed legislation would require wind turbines to be constructed with a 1,800-foot setback from neighboring property lines. In response, the Illinois Wind Energy Association (IWEA) invited wind power developers working in Wisconsin to focus their efforts on Illinois, where Governor Pat Quinn and the Illinois General Assembly have worked to streamline regulations for the wind energy business.

Wisconsin's dependence on fossil fuels is one of the highest and most costly in the US. As the Examiner details, "Wisconsin spends about \$16 billion on imported energy—oil, natural gas and coal—coal accounted for \$853 million, the 12th largest amount according to the report released in 2010."

Scott Walker isn't just about busting the back of unions and enriching the likes of the Koch Brothers: he's about killing jobs in Wisconsin and imposing a virtual consumer tax on fossil fuels by trampling on renewable energy projects.

Sign the petition at www.WeAreWisconsin.org

I stand with the people of Wisconsin, against the attack on the rights of middle class workers. Fair pay and safe working conditions can't be sacrificed just to please corporate campaign donors. This isn't about one state's budget, it's about ALL OF US joining together to bring back good jobs for real Americans.

- - - **HOPE Coalition Needs Your Support** - - -

The Objective of the HOPE Coalition:

To synthesize & promote the individual visions of the organizations that make up Humboldt's environmentally & socially just community. These include, but are not limited to, the following organizations: Environmental, Social Justice, Peace, Labor, & Human Service.

Yes, I would like to help support the HOPE Coalition's newsletter and other efforts:

- \$25 \$50 \$100
 \$500 \$15 \$_____ other

Make checks to payable to: HOPE Coalition.

I wish to receive newsletter by

- US mail Email Both

Name _____

Address _____

Email _____

Phone _____

The HOPE Coalition • PO Box 385 Arcata, CA 95518 • hopecoalition@igc.org • www.hopecoalition.org

The HOPE Coalition Newsletter is available in Arcata at: the Co-op, & the Northcoast Environmental Center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

HOPE Coalition Newsletter Insert—this insert contains regularly scheduled events. For special happenings and one-time events, see the regular calendar that follows the page one editorial.

PEACE NEWS

Peace Vigils Fridays 5 - 6 pm on the Arcata Plaza. Mondays at 4 pm at the Courthouse in Eureka, 445-5100 ext. 215, ask for Jack.

Vets for Peace Silent Vigil; Fridays, 5 - 6 pm: SW corner Arcata Plaza.

Vets for Peace, Humboldt Bay Chapter 56 meets 1st Thurs. at 7 pm: at the Arcata Marsh Commons. Info: 826-7124.

Women in Black stand in silent vigil every **Friday 5 - 6 pm** at the **Arcata Plaza**, 8th & G, at the **Humboldt County Courthouse** (also Saturdays at noon), the **McKinleyville Shopping Center** on the grassy area out front, and **Fridays 4 - 5 pm** in **Trinidad** at the intersection of Scenic Dr. and Main St.

TALK SHOWS, WORKSHOPS & COMMENTARY

Access Humboldt: Public, education & government media access. Cable channels 8, 10, 11 & 12. For program schedule, submission policies, and program request forms go to www.accesshumboldt.net. Call or email for further info. 476-1798 or info@accesshumboldt.net.

COMMENTARY on KEET TV Channel 13 445-8013: **Wide Angle** Tues. at 9 pm

NOW with David Brancaccio. Fri. at 8:30 pm:

COMMENTARY on KGOE 1480 am, 442-2000: **Thom Hartmann**, weekdays 9 am - noon.

Peter B. Collins, weekdays 3 - 6 pm. Progressive talk show from San Francisco.

COMMENTARY on KHSU, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.

The Econews Report with Greg King. 1:30 pm Thursdays.

A World of Possibilities locally produced syndicated public affairs program. 1:30 pm Wednesdays. Info: 826-9111 ext. 18.

COMMENTARY on KMUD, 88.3 fm, 923-2513. **Counterspin**, Sunday 1 - 1:30 pm.

Alternative Radio, Mondays 9 am. Boulder-based award-winning weekly series with David Barsamian.

Animal Advocate, 2nd Thursday, 7 - 8 pm. Animal welfare issues. Info: Barbara Shultz at 986-7835, animaladvocate4@yahoo.com.

A World of Possibilities locally produced syndicated public affairs program. 9 am Tuesdays. Info: 826-9111 ext. 18.

Democracy Now! with Amy Goodman; noon, Mon. - Fri. Also 4 pm Access Humboldt Channel 12. Also 11 am on KIDE 91.3 fm. Also on Free Speech TV (FSTV) Mon. - Fri. midnight, 8 am, noon, or 7 pm.

Civil Liberties Monitoring Project Report; 1st Wednesday, 7 - 8 pm. 923-4646.

Politically Correct Week in Review, call-in radio show, 2nd, 4th, & 5th Mondays at 7 pm 923-3911.

All Things Reconsidered with Eric Kirk. 3rd Thursday at 7 pm.

Global Stuff call-in talk show with Jimmy Durchslag, last Friday, 7 - 8 pm.

PROTECT THE EARTH & ITS LIVING CREATURES

Adopt-the-Bay. Participate in a number of tasks aimed at maintaining a healthy Humboldt Bay. All welcome. Info: 443-0801.

Audubon Society Field Trips; Free field trips through the Arcata Marsh and Wildlife Sanctuary every Saturday at 8:30 am at the Klopp Lake parking lot (foot of I St. in Arcata). Bring your binoculars. Rain or shine. Info: 268-8052 or 822-3613.

Campus Center for Appropriate Technology; info: 826-3551.

Friends of the Dunes; Restoration workdays the first 3 Saturdays every month, 9 am - 1 pm. Info: 444-1397 or info@friendsofthedunes.org. Complete calendar: www.friendsofthedunes.org.

Friends of the Marsh guided interpretive walks every Saturday 2 pm at the Interpretive Center on South G St., Arcata. Info: 826-2359.

Redwood Alliance Climate Action Project. (Public meetings temporarily suspended until after the election.) Info: 822-6171, climatechange@redwoodalliance.org; www.redwoodalliance.org.

Wild Urban Gardeners! Meets Wednesdays at 7 pm, 1552 Spear Ave. in Arcata. Promoting food & native plant species, information about compost, greenhouses, seed banks, and community gardens. Info: 822-5861.

ARTS

Arcata Artisans Cooperative Gallery; H St. on the Plaza. Mon. - Sat. 10 - 6, Sun. 12 - 5. Info: 825-9133, www.arcataartisans.com.

Arts Alive! Eureka; first Saturday of the month at venues around town. Art, music, dance, refreshments. Info: 442-9054.

Arts! Arcata; second Friday of the month at venues around town and at HSU. Art, music, dance, refreshments. Info: 822-4500.

Clarke Historical Museum; 240 E St., Eureka. Info: 443-1947 or www.clarkemuseum.org.

First Street Gallery; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or www.humboldt.edu/~first.

Morris Graves Museum; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. www.humboldtarts.org

The Ink People; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 www.inkpeople.org.

Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860, www.westhavenarts.org.

MEETINGS

Arcata's Committee on Democracy & Corporations meets the third Tuesday of each month and was established in response to Arcata's Measure F. Info: 822-5951 or www.cityofarcata.org.

Arcata's Nuclear Weapons Free Zone and Peace Commission. On indefinite hiatus due to lack of a quorum. Applications available at www.cityofarcata.org or at city hall. Info: 822-5951.

Commission on Status of Women meets 3d Tuesday at 6 pm. Call for place: 822-2502 or www.co.humboldt.ca.us/commissions/csw/.

Eureka Greens meet 3rd Saturday of every month. 3:30-5pm. 321 Coffee (321 Third St. in Old Town). Info: www.EurekaGreens.com.

Green Wheels; Mondays 6:30 pm at the Northcoast Environmental Center. Info: mail@green-wheels.org or www.green-wheels.org.

Humboldt County Human Rights Commission meets 2nd Tues. City Courthouse, Rm. B, Eureka, 6 pm. Info: 268-2548.

Humboldt Democratic Central Committee; 2nd Wednesday at 7 pm. 129 Fifth St. Info: 445-3366 or www.humboltdemocrats.org.

Humboldt Exchange Community Currency Project. Call for meetings: 269-0984.

Humboldt Watershed Council at NEC, 2nd and 4th Wednesdays, 7 - 9 pm. Info: sheds@humboldt1.com.

Mother Jones Club & Humboldt Communist Alliance. Call for meeting times: ncalview@igc.org or 839-3824.

NAACP; Monthly meetings: 3rd Sunday at 3:30 pm, Boys & Girls Club, 3015 J St., Eureka. Info: 268-8287.

North Coast IWW, the Wobblies meets every 3rd Wed. 6:30 - 8 pm at the Labor Temple, 840 E St., Eureka. Info: 725-8090.

Northern Humboldt Greens meet 2nd Tuesday of the month, 7 - 8 pm. Info: Shaye, 237-2790 or email arcata@greens.org.

Redwood Chapter ACLU meets 3rd Tuesday at noon at 917 Third St. in Eureka. Blog at redwoodaclu.blogspot.com. Info: 215-5385.

Sequoia Greens of southern Humboldt. Call for meetings: 923-4488 or encimer@hotmail.com.

Veterans for Peace (SoHum Chapter); 1st Tuesday of Each Month at 7pm at Haynes Vets Hall, Garberville.

Vets for Peace (Humboldt Chapter 56); 550 Union St. Arcata in the Common Room (next door to Equinox) first Thursday of the month. Info: 826-7124.

Women's International League for Peace and Freedom (WILPF); meets the last Monday, 7 - 9 pm at the Arcata Public Library, 500 7th St., Arcata. Info: Carol at 668-1901.

CHILDREN & YOUTH

Arts in the Afternoon; a free art studio for teens (6th - 12th grade). Open week days during the school year, 3 - 6 pm at Arcata Community Center. Sponsored by City of Arcata's Recreation Division. Info: 825-2028.

HSU's Natural History Museum, 1315 G St. Arcata. Closed to public, available for classroom visits. Info: 826-4478.

Humboldt County Library in Eureka Story Hour: 10 am Fridays & other programs. Info: Jo Ann Bauer, 269-1900.

Humboldt County Teen Court is looking for teen volunteers. Info: 444-0153.

Mondays, Fridays, & Saturdays: PULSE, new Teen Recreation Center; regular programming from 6 - 9 pm at the John Ryan Youth Center, 1653 J St, Eureka. Info: 268-1858.

Raven Project Queer Coffee House for Youth; Tuesday, 6:30 - 9 pm. Also, girls & women 10 - 24 years meet Wednesdays from 6:30 - 8:30 pm, 523 T St., Eureka, 443-7099.

COMMUNITY & WELL-BEING SERVICES

Buddhist Queers (lesbian, gay, bi, transsexual) Vipassana, Zen, etc. Beginners welcome. phone 269-7044.

Eureka Mindfulness Buddhist Meditation & Discussion. 2nd and 4th Wednesdays of each month. 7:15 pm First Christian Church 730 K St. Wheelchair accessible, fragrance free, beginners welcome. Info: 269-7044.

Fridays, Ongoing: Depression and Bipolar Support Alliance: Arcata Support Groups; free, voluntary, and open peer-support groups for those experiencing depression (seasonal, situational, or chronic) and/or mood swings. Open to the public. Family and friends are also welcome. 6 pm at the Arcata Library Conference Room. Info: 443-9659 or dbsahumb@sbcglobal.net.

Health Insurance and Advocacy Program (HICAP) provides objective information, help, and advocacy for people relying on Medicare. Info and appointments: 444-3000.

Healthy Kids Humboldt Enrollment Headquarters offers health care insurance by assisting with Medi-Cal, Healthy Families, and Cal Kids applications for children. 517 3rd Street, Eureka. 442.6066.

Humboldt Community Switchboard can direct anyone to services in Humboldt County. Info: 441-1001 or www.theswitchboard.org.

Humboldt Domestic Violence Services Support Groups; all services are free. Info & child care: 444-9255. 24-Hour Crisis Line: 443-6042 or toll free 866-668-6543.

Humboldt Literacy Project, to improve adult reading skills necessary to function on the job, in the family, & in the community. Free & confidential. Info: 445-3655 or www.humlit.org.

Nature-Based Spiritual Queers (GLBT) pagan, Native American traditions, etc. Newcomers welcome. phone 269-7044.

North Coast Rape Crisis Team; 24 hour crisis line: 445-2881. Business phone: 443-2737.

Ongoing: Drop-in Grief Support Groups. Hospice offers free, drop-in grief support groups in Arcata, Eureka, Fortuna and McKinleyville. These groups are open to anyone in the community experiencing grief and loss of a loved one. Info and schedules: 445-8443.

Ongoing: Volunteer Center of the Redwoods (VCOR): The Drop of a Hat Brigade connects volunteers of all ages with one time and short-term events. RSVP provides benefits such as limited mileage reimbursement for volunteers ages 55 and older. Info on these and other volunteer opportunities: 442-3711 or www.a1aa.org/VCOR/.

The Area 1 Agency on Aging sponsors many senior programs. Info: 442-9591 or www.a1aa.org.

The Emma Center Advocacy, support, referral services, library, and classes for trauma and abuse survivors. 920 Samoa Blvd. Suite 207, Arcata. Info: 825-6680 or info@emmacenter.org or www.emmacenter.org.

Vision Loss Services; Lighthouse of the North Coast, solutions for living with vision loss. Info: 268-5646 or www.lighthouse-sf.org.