



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 – May 24, 2011

Single Payer Health Care Bill

by Margaret Emerson

If you drop a frog into a pan of boiling water, it will hop right back out. On the other hand, if you put a frog into a pan of cool water on the stove and gradually turn up the heat, the frog will adjust and adjust until finally the water is boiling and the frog is dead. We're like that frog. It's incredible what we've become used to in this country, what we've adjusted to, and what many of us accept as inevitable. We're living with a cruel and inequitable health care system. This despite the examples of humane and equitable systems in all the other industrialized nations. It's bewildering.

What does it say about us that:

- lack of health insurance is the seventh leading cause of death in the U.S.?
- people in this country make life-determining decisions like what job to take, whether to start a business, whether to go to college, whether and whom to marry, and even whether to have children based on if a choice comes with health insurance?
- Americans will remain in a job that is deeply unsatisfying and mentally and physically damaging, solely because it offers health insurance, thus guaranteeing that they will need to use that health insurance?
- living in the richest nation on earth, we accept the fact that when we have a health crisis, we simultaneously have to deal with the prospect of impoverishment and financial ruin—even if we have health insurance?
- our elders (and others) have to choose between paying for bare-bones necessities like food and shelter and paying for life-sustaining drugs?
- we can buy drugs from Canada, a country with single payer health care, for one-fifth the cost that we have to pay out of pocket—after our health insurance company has paid its share?
- the medical profession, which in the early 20th century was a social service profession, has morphed into what is now a 2.5 trillion dollar industry and patients are now referred to as “consumers?”
- ordinary people are so hoodwinked by corporate propaganda that many of us defend the right of insurance companies to pursue private enterprise in health care and make lavish profits by cherry picking the healthy and the wealthy while leaving the taxpayer (those same ordinary people) to provide health care for the poor, the sick, and the elderly?

According to the California Health Insurance Survey of 2007, over a quarter of Humboldt County residents delayed getting health care or didn't get it at all because they either didn't have insurance or what they had was inadequate. The uninsured numbered 12.4% or 32,000 out of a total population of 128,000. 37% of us relied on some form of public insurance—Medicare, MediCal, Healthy Families/CHIP, etc.

That means over half of Humboldt County either didn't have health insurance or was relying on a government program to provide their health care. These figures are four years old. Especially with the recession, they've undoubtedly risen. The current national figure is 60% of what's spent on health care in the U.S. comes from the public sector. Naturally the government (the taxpayer) is providing health care to the people that insurance companies consider too high-risk, making for a very skewed and disadvantageous insurance pool for the government.

The Patient Protection and Affordable Care Act passed by the federal government in 2010 will still leave 23 million people uninsured in the U.S. and likely 3 million in California by 2019 when it's fully deployed, and does nothing to rein in runaway health care costs or reduce administrative confusion or inefficiency.

Single payer (Medicare for all) health care as proposed in SB 810 by Senator Mark Leno recognizes that health care is a right belonging to every human being. It would provide full-coverage health care including mental, dental, vision, and prescription drugs while requiring no new money.

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[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

2011 Peace Poetry Anthology Published. The 2011 Redwood Coast Peace Poetry Anthology, published by the Humboldt Bay chapter of Veterans For Peace, will be available soon at local bookstores. The collection, featuring work by twenty local high school students, is also available free at www.vfp56.org/2011Anthology.pdf.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday, May 27: Ryan MacEvoy McCullough** in a rare local solo piano concert to benefit the HSU piano program. Works by Liszt, Beethoven, Debussy and HSU grad Dante DeSilva, plus a finale duet with pianist Daniela Mineva. 8 pm at HSU's Fulkerson Recital Hall. \$10/\$5 from the HSU Ticket Office or at the door. Info: 826-3928.
- Friday and Saturday, May 27 and 28: Family Playhouse Series: Leland Faulkner's "World of Wonder,"** a beautiful and fun-filled tribute to magicians from Old Japan, creating a world of wonder for all who attend All ages. 7 pm both nights and 2 pm on Saturday at the Arcata Playhouse, 1251 Ninth St. \$10, \$7. Info: 822-1575.
- Saturday, May 28: Yard and Plant Sale for Humboldt Mediation Services.** Plants and gently used books, furniture, household goods, clothing, and more! 8 am – 5 pm at 609 J St, Arcata. Info: 445-2505 or www.humboldtmediationservices.org.
- Saturday, May 28: "Flow," an Arcata Arts Institute Runway Event.** Clothing designed, constructed and modeled by Arcata High's AAI students. 8 pm at the D Street Community Center, Arcata. \$ 20. Info: 825-2400.
- Saturday - Monday, May 28 - 30: Kinetic Grand Championship,** starting Saturday with sculpture-viewing at 10:30 am at the Arcata Plaza, race start at noon and continuing through to Ferndale's Main Street on Monday. Schedule and info at: www.kineticgrandchampionship.com.
- Tuesday, May 31: Coming of Age Film Series: "Saving Grace."** A small-town English widow facing financial troubles after her husband's death turns to agriculture of an illegal kind. This film series celebrates Older Americans Awareness Month. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, June 2: First Thursday Film Series: "Two Spirits,"** exploring the cultural context behind the murder of Fred Martinez, a Navajo youth who was part of an honored Navajo tradition - the 'two-spirit', who possesses a balance of masculine and feminine traits. Free admission. 6 – 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Friday, June 3: Arcata and McKinleyville High School Music Departments Spring Concert** featuring the orchestra and madrigal choir performing assorted works. 7 pm at the Van Duzer Theater at HSU. \$5, \$3. Info: 839-4668.
- Friday – Sunday, June 3 – 5: Sanctuary Stage Presents "The Logger Project,"** an original play by Jacqueline Dandeneau created after numerous interviews with local loggers and their families. The play also features original songs accompanying the storytelling. 8 pm (7 pm Sunday) at Blue Ox Mill Works and Historical Park. \$10. Info: www.sanctuarystage.com or 601-1656.
- Saturday and Sunday, June 4 and 5: Summer Arts & Music Festival** at Benbow Lake featuring craft and food vendors, 4 stages of diverse entertainment, a kid zone, and a fine arts show, plus the new Generation Green tent. Entertainment schedule at www.mateel.org. Info: 923-3368.
- Saturday and Sunday, June 4 and 5: North Coast Open Studios Tour.** Showcase for local artists and art businesses, in more than 100 studios, workshops, galleries, and businesses. 11 am - 5 pm at various locations around Humboldt County. Free. Info: 834-6460 or www.northcoastopenstudios.com.
- Thursday, June 9: Ocean Night Film Screening "Sharkwater,"** a documentary that debunks media depictions of sharks as bloodthirsty, man-eating monsters and reveals the reality of sharks as pillars in the evolution of the seas. 7 pm at The Arcata Theater Lounge. \$3. Benefits Humboldt Surfrider and Humboldt Baykeeper. Info: 477-8283.
- Saturday and Sunday, June 11 and 12: North Coast Open Studios Tour.** Showcase for local artists and art businesses, in more than 100 studios, workshops, galleries, and businesses. 11 am - 5 pm at various locations around Humboldt County. Free. Info: 834-6460 or www.northcoastopenstudios.com.
- Monday and Tuesday, June 13 and 14: Sequoia Chamber Music Workshop Free Concerts.** Performances by the student participants of the workshop. 7 pm in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.
- Wednesday, June 15: Sequoia Chamber Music Faculty Free Concerts.** Performances by the faculty of the workshop. 7:30 pm in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.

CHILDREN, YOUTH & ALL AGES

- Friday and Saturday, May 27 and 28: Family Playhouse Series: Leland Faulkner's "World of Wonder."** See listing above.
- Saturday, June 4: 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. June's book is "Lift Off." Free. Noon to 2 pm. Info: 442-0278.
- Sunday, June 5: Tri-Kids Triathlon** for kids ages 7 - 18. Participants swim, bike, and run their way to the finish line and may compete as an individual or on a relay team with two friends. Register by May 31. Info and registration: www.trikids.com or 496-0257.
- Saturday, June 11: Second Saturday Family Arts Day: A Summer of Stories with Jackie Hamilton.** Activities for youth and families, including storybook art. Free. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, May 28: Sierra Club Free Public Hike in Headwaters Reserve. This 11-mile, medium-difficulty hike is level for first 3 miles; last 2 miles are steep and loop through beautiful old-growth section. Return along same route. No dogs, Carpools meet at Herrick Avenue Park & Ride lot off Hwy 101 at 9 am or trailhead at end of Elk River Road 9:30 am. Info: Xandra at 441-0702.

Sunday, May 29 "Wetlands and Working Lands" Interpretive Walk through the meadows, wetlands, and estuary of the Freshwater Farms Reserve. Learn about the natural history of the bottomlands, and about the historic and current land use practices around the bay. This event is free and families are encouraged. Rain or shine: dress appropriately for weather conditions. Meet at Freshwater Farms Nursery on Myrtle Ave. in Eureka. The walk is approximately one mile over uneven terrain. Space is limited. Reservations and info: Suzie at 444-1397 or suzie@friendsofthedunes.org.

Saturday, June 4: Jacoby Creek Redwood Ecology Hike. Join a City of Arcata botanist to see this rich forest that is normally closed to the public. 11 am – 2 pm. Meet in the parking lot behind Arcata City Hall to carpool to the Jacoby Creek Forest. Bring water and wear sturdy hiking shoes. Moderate hike with two stream crossings. Info: 822-8184 or eservices@cityofarcata.org

Friends of the Arcata Marsh Forming Marsh Work Day "On-Call Brigade." The organization hopes to schedule one day a month devoted to removing invasive plants, picking up garbage, or other clean-up tasks that need to be done at the Marsh. Times are being worked out. If you have an interest in participating at all, contact George at 826-9240 or geoz@humboldt1.com.

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.

WORKSHOPS AND MISCELLANEOUS

Saturday, June 4: A "Taste Of Rowing" with experienced junior and Master rowers in Olympic-style crew boats. 2 hour sessions with brief introduction to the sport of rowing. Perfect opportunity to give it a try and spend a morning on beautiful Humboldt Bay! 2 sessions available: 8 – 10 am or 10 am – noon. \$30. Benefits Humboldt Bay Rowing Associations programs for teens and adults. Info: 822-7130 or www.hbra.org.

Saturday, June 4: Household Hazardous Waste Collection - Eureka. 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, June 11: Household Hazardous Waste Collection - Arcata. 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 Arcata High School Info: 441-2005.

Now, In Your Garden: "Plant a Row for the Hungry." Join the national campaign, which encourages backyard gardeners to plant an extra row of food to donate to a local food pantry. Sponsored locally by Food for People. Info: 445-3166.

Brochure Regarding Donating and Recycling. The City of Arcata has produced a brochure (intended for departing college students) that lists many local options for donating, recycling or disposing of an assortment of household items. You can find "Hey Students; Don't Dump and Run" at Arcata City Hall, the library, local Laundromats or www.cityofarcata.org. Info: 822-8184.

MEETINGS

Thursday, July 2: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. Commissioners will discuss, among other things, federal recognition of Native Americans, county budget hearings, and homelessness in the county. Members of the public are encouraged to speak to the commission on these items or on any items related to human rights in the county. Time is set aside at the beginning of the meeting for this purpose. Info: 668-4095.

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, **May 24, '11.** Vol. 17, Number 10. Published semi-monthly on 2nd & 4th Tuesdays; **next June 14, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. June 9, '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.

Support California Bill SB810, Single Payer Health Care for All

[continued from page 1]

This bill will slash administrative costs from the 33% of every dollar paid to private insurance companies to under 5% (the same as Medicare) by eliminating profits for stockholders, ending obscene salaries for executives, cutting out marketing costs, and paying at least 40% less for prescription drugs and durable medical equipment by using bulk purchasing power. Our health care system will be redirected toward primary care and prevention, thus heading off more serious illnesses and the ruinous costs of emergency care. Thousands of jobs will be created due to the expansion of California's health care system to actually meet the needs of the people. SB 810 leaves the decisions on a patient's health care to the patient and his or her health care provider. Hospitals and medical professionals continue to operate privately.

SB 810 has passed the legislature twice and been vetoed twice by former Governor Schwarzenegger. With Jerry Brown as governor, we have a real chance. This remaking of our health care system will come up for a state-wide vote. We have to make sure Californians are educated on this issue and will vote in their own self-interest. In a way, single payer health care is an easy sell. It doesn't matter whether people are your bottom line or money is your bottom line—single payer health care (Medicare for all) is the answer to our lethal health care system. But private insurance companies will be fighting it and will spend hundreds of millions of dollars to misinform people. Only an overwhelming grassroots movement will allow us to prevail.

All progressive organizations have to work together on this. It's part of a wider movement to protect individuals and our very democracy against the growing corporate feudalism. We can pull ourselves out of this hot water we're in. We don't have to live with it—or die from it.

Sign the petition:

<http://californiaonecare.org>

--- 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 550 Union St. Arcata in the Common Room (next door to Equinox). 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 Durchschlag, 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 Kloop 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. Support groups Thurs. eves and Fri. afternoons, with therapeutic childcare offered. 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.