



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 25, 2010

Judi & John in Cuba

by Judi Rose

My partner John Schaefer and I recently returned from a trip with Global Exchange to attend "Cubasolar," a solar conference held in Bayamo, Cuba. The trip also included some sightseeing in Havana and Bayamo with our small Global Exchange group and after the conference a few days of independent exploring. I write my impressions of Cuba as a first time visitor to the country and as a U.S. citizen with very little background knowledge of Cuba's history, politics, or culture.

Up to the moment I set foot on Cuban soil and met our Cuban tour guide I had doubts and fears about this trip. I wasn't even sure I was allowed to legally travel there even though I knew Global Exchange had a license to participate in educational Cuban programs. I had told only a few people I was going to Cuba. Friends and family I did tell, had only been informed a couple weeks before our departure for Cuba, via Cancun.

I grew up in the midst of the "Cuban Missile Crisis". My only association with Cuba had been the memories of diving under my desk in elementary school during "air raid" drills. We elementary students all knew Cuba as the "enemy." They were going to shoot missiles at us all the way on the west coast, Southern California, obliterating life as we knew it. We would have no warning! When it happened, those desks would protect us from communist missiles!

Years of ingrained "cubaterror" melted away as I immersed myself in my Cuba experience. Attending "Cubasolar" taught me about the conscientious, innovative, and necessary measures the Cuban people and the Cuban government have taken and continue to implement, to provide a sustainable life and future for Cuba and the world. We visited communal organic gardens in the middle of Havana. We traveled into rural villages of Cuba and interacted with community members who live off the grid—but power schools, medical clinics, and homes with solar energy.

We learned that in just 6 months in 2008 every incandescent light bulb in Cuba was replaced with an energy efficient compact fluorescent light. Similar programs have been implemented to provide energy efficient refrigerators and kitchen appliances. Not only are lights and appliances replaced but the population is educated about the necessity and benefits.

In Cuba all people, regardless of their status, race, age, or religion (yes, religion) have health care. All children from preschool through college have access to education. 90% own a home. Every man, woman, and child has a roof over their head. The outward appearance of homes can be deceiving, many need a coat of paint—a luxury not a priority. You won't find slums in Cuba.

John and I had the privilege of intimate visits with friends in their homes. The interior of homes were modest, clean, comfortable, and beautiful. There is a billboard in Cuba that says something to this affect: "Millions of homeless children in the world, and not one of them is Cuban." Only 10% of the population owns a car. Children as young as five years old assist with democratic elections. 16 year-olds have the right to vote. 90% of the population exercises their right to vote. A rainbow of ethnicities; African, Hispanic, and Caucasian; live, work and play side by side in color-blind communities. Many adjectives describe the Cuban people; strong, patriotic, ethical, creative, resourceful, compassionate, and inclusive.

Cuba is a socialist country. I have limited knowledge of socialism which limits my judgment of it as a political system or way of life. Since the early 60s the U.S. has imposed a blockade on Cuba causing its people many hardships. The blockade has not discouraged socialism and will not work. We met a group of older Norwegian tourists who said to us, after learning we were Americans, "tell your president to lift the blockade." Even our bordering neighbors, Canada and Mexico, refuse to honor the blockade. Unfortunately too many countries fear our repercussions and meekly bow to economic threats of the U.S. government.

My short visit was only a glimpse into the island nation of Cuba, its people, and its government. I am fortunate to have participated in this experience. The terror instilled in me as a child has been lifted. Perhaps in the 60s there was a real threat but when there is no longer a threat, why is the perceived threat still perpetuated? Why have we not been re-educated? Only the U.S. prohibits travel to Cuba. The Cubans love when Americans and people of all nations visit, educate themselves, and make their own judgment. Travel is a necessary form of education. Cuba is on my list of repeat travel destinations.

PEACE NEWS

Friday, June 4: Humboldt Disability Action Day, a march/rally intended for people with disabilities, seniors, care providers, family members, veterans and anyone else concerned with proposed CA state budget cuts that target programs/services for people with disabilities, seniors and others. 5 pm at the Humboldt County Courthouse. Info: 445-8404.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Saturday, May 29: "Flow," an Arcata Arts Institute Runway Event. Clothing designed, constructed and modeled by Arcata High's AAI students. 8 pm at the D Street Neighborhood Center, Arcata. \$20. Info: 825-2400.

Saturday – Monday, May 29 - 31: 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.

Thursday, June 3: Summer of Art Film Series: "Helvetica," a film about typography, graphic design and global visual culture. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Friday, June 4: Humboldt Disability Action Day, a march/rally intended for people with disabilities, seniors, care providers, family members, veterans, and anyone else concerned with proposed CA state budget cuts that target programs/services for people with disabilities, seniors, and others. 5 pm at the Humboldt County Courthouse. Info: 445-8404.

Saturday, June 5: "Trail Mix" Benefit for Trails Trust of Humboldt Bay. Live music from Rooster McClintock, Cadillac Ranch and Bayside Bandemonium, beer, wine and snacks, and a raffle and silent auction. 6:30 pm to midnight at the Bayside Grange. \$12 advance, \$15 at the door, free admission with a new membership at the door. Info: www.trailstrust.org.

Saturday, June 5: Arts Alive! at various locations in Old Town and downtown Eureka. Art, food, and live music. Pan Dulce Steel Orchestra plays at the Gazebo. The Romano Gabriel Sculpture Garden (314 Second St.) will be uncovered for the evening. 6 - 9 pm. Info: 442-9054.

Saturday and Sunday, June 5 and 6: 34th 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 5 and 6: 12th Annual North Coast Open Studios Tour, showcasing 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.

Sunday, June 6: Friends of the Trinidad Library Chamber Music Concert. 3 pm at Trinidad Town Hall. Info: 677-9242.

Monday, June 7: Arcata and McKinleyville 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.

CHILDREN, YOUTH & ALL AGES

Wednesday, June 2: Share A Story "I Ain't Gonna Paint No More," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Saturday, June 5: Storyteller Paul Woodland. Stories for all ages. Free. 11 am at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Saturday, June 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. June's book is "Fun Dog, Sun Dog." Free. Noon to 2 pm. Info: 442-0278.

Sunday, June 6: Tri-Kids Triathlon for kids ages 7 - 18. Participants get to swim, bike, and run their way to the finish line and may compete as an individual or on a relay team with two friends. Info and registration: www.trikids.com or 826-9250.

Wednesday, June 9: Music with "V" The Gypsy Cowbelle. Her campfire vocals, homemade banjo and acoustic guitar mix the flavors of classic country, old-time Appalachian stomp, dusty cowboy and traditional folk tunes. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday, June 10: Music with "V" The Gypsy Cowbelle. Her campfire vocals, homemade banjo and acoustic guitar mix the flavors of classic Country, old-time Appalachian Stomp, dusty Cowboy and traditional Folk tunes. Free. 6:30 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, May 29: Beach Ecology Walk. Explore the sandy beach at low tide and discover the diversity of life beneath your feet. This free workshop is one of a series being conducted throughout the summer by Friends of the Dunes, Audubon Society, and the Western Snowy Plover Working Group. Meet at the northern paved parking area for Clam Beach and Little River State Beach. Info: 444-1397 or visit www.friendsofthedunes.org.

Saturday, May 29: Audubon Field Trip To Potawot Health Village. Join leader Mark Morrissette for a half-day trip. Bird the trail system that winds through the integrated landscape around the clinic. See wildlife using the Ku' wah-dah-wilth Restoration Area, organic permaculture garden, and storm water system that maintains wetlands. Meet at 8 am in the Potawot parking lot at end of Weott Way in Arcata (just north of Mad River Hospital on Janes Rd). Info: 839-3424.

Saturday, June 12: Birds of the Lost Coast, a free public hike at Jones Beach on the Lost Coast. This hike is one of many sponsored by Sanctuary Forest to educate the public about the King Range, the Sinkyone Wilderness State Park, and the Mattole River watershed and the work being done to protect them. Info: 986-5415 or 986-1087.

Sunday, June 13: Blooms and Bugs at Mad River Beach. Join Pete Haggard to see blooming beach buckwheat, seaside daisy, sand verbena, and others where the sand meets the firmer, damper soil of the willow, rushy swale. Easy walking. Meet at the beach parking lot at the very end of Mad River Rd. Free. Info: 839-0208.

Friends Of The Dunes Announces The Release Of The 2010 Humboldt Bay Beaches, Dunes, and Wetlands Map and Guide. Free guides are available at area visitor locations or on-line at: www.friendsofthedunes.org. The public may also request a free guide by sending a self-addressed, #10 envelope with 61¢ postage to: Friends of the Dunes, PO Box 186, Arcata, CA 95518. Info: 444-1397.

Saturdays, Ongoing: Free tours of 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, June 3: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. On the agenda are Immigration as it affects Humboldt County, homelessness in the county, and ways to collaborate with Access Humboldt to increase residents' knowledge and awareness of human rights. Members of the public are invited and encouraged to attend the meeting. Info: 668-4095.

WORKSHOPS AND MISCELLANEOUS

Saturday, June 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.

Ongoing: Avoid Foreclosure. Redwood Community Action Agency is offering one-on-one assistance with mortgage default and foreclosure information. RCAA will also provide homeowners with financial guidance on budgeting and money management. Info: Windy Scott at 269-2043.

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. Info: 445-3166.

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.

"Conversation with Paul Mann," a new public affairs program covering national and international issues with local guests and callers. Tuesday evenings from 7:30 - 8:30 on KHSU FM 90.5. Studio line: 826-4805.

"Bill Moyers Journal." Interviews and news analysis on a wide range of issues. PBS, KEET TV Channel 13 on Fridays at 9 pm and Wednesdays at 11:30 am, or on the Internet at www.pbs.org/moyers/journal. Info: 445-0813 or www.keet.org.



HOPE Coalition Newsletter & Calendar, May 25, 2010 Page 4
 PO Box 873 Arcata, CA 95518 **RETURN SERVICE REQUESTED**
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Editorial: Page 1, **Calendar:** Pages 2 - 3, **Action Item:** this page.

Newsletter, **May 25, '10**. Vol. 16, Number 8. Published semi-monthly on 2nd & 4th Tuesdays; **next June 8, '10**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline, June 3, '10**. Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Time to End the U.S. Embargo of Cuba

Cuban schoolchildren say, "Bienvenidos! Come on down!"



www.GlobalExchange.org

Since 1989, Global Exchange has played a leading role in the effort to normalize relations with Cuba, our Caribbean neighbor. Their primary goals are:

- **End the U.S. embargo of Cuba**
- **End travel restrictions between the U.S. and Cuba**
- **Get Cuba removed from the U.S. list of potential terrorist countries**
- **Support and learn from Cuba's struggles and successes in achieving sustainable development!**

- - - 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; Regular 3rd Sunday at 3:30 pm, **PAC** at 2:30 pm, Cooper Gulch Ctr., 8th & Myrtle, Eureka. Info: 268-8287 or 442-2638.

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 Thursday 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); 1st Thursday at 7 pm in Arcata. 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.