



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 26, 2009

Results in California Are NOT What You're Being Told by thereisnospoon

[We found this on the blog, The Daily Kos. Makes sense to me, and the pollster, David Binder Research, appears to be reputable.]

As most political junkies are aware, California just held a special election two days ago in which voters were asked to approve measures to close our enormous budget deficit by borrowing against the lottery, stealing from children's education and mental health services programs, and agreeing to a painful spending cap in exchange for moderate, regressive tax increases. Voters overwhelmingly rejected those measures, approving only one proposition denying legislators the ability to raise their own salaries during bad budget years.

It is important to note that both Republicans and progressives were opposed to these measures: Republicans opposed them because Proposition 1A would have extended tax increases for two years, which is anathema to the extremist minority of Republicans in the state. More generally, Republicans have no interest in seeing a reasonable budget passed: they are determined to force a cuts-only budget despite being vastly outnumbered in the legislature, or to see the state run off a cliff financially, in which case they see the opportunity to break the backs of state employee unions. A majority of progressives opposed the measures because they would fail to close the budget gap, while forcing needless and painful cuts, and capping state spending in good years in such a way that the state would be irrevocably harmed for years to come.

Predictably, Republicans are claiming victory, stating that the vote amounts to an anti-tax revolution reminiscent of their Tea Party protests. Also as predictably, the traditional media have completely fallen for this line: the *Los Angeles Times* and the *Washington Post* each have articles framing this result as an anti-tax victory, even as the legislature obediently begins work on what will amount to an all-cuts budget.

The only problem is that **this result is anything BUT an anti-tax revolt.**

This morning (May 21) California bloggers and media were treated to a conference call with Obama focus group maestro David Binder, who presented results of research done on the special election in CA, as well as the president of the California Federation of Teachers and the Assistant Director of AFSCME International. (More details from a presentation of the data can be seen at: www.hopecoalition.org/WhyProp1aLost.pdf, with some selected info from The Daily Kos on page 4 of this newsletter.)

The fact is that Californians view this as a leadership problem—not a tax-and-spend problem. The voters' preferences for progressive policies are clear, based on broad support for increased sin taxes and taxes on the wealthy and corporations, as well as our electing 65% of the legislature as Democrats, and our overwhelming support for Barack Obama in the presidential election. Voters did not see this special election as a good-faith effort on the part of the legislators to balance the budget, but rather as a gimmick placed on the backs of the voters.

In the defense of the legislature, however, their hands are tied by the preposterous 2/3 requirement on the budget and on revenue increases. California is the only state in the nation to require a 2/3 majority for both. It's impossible to lead when one has no tools with which to lead.

Nothing in this state will be resolved until Californians reform our initiative process, and eliminate the 2/3 requirement for budgets and revenue increases.

It is high time that Democratic legislators abandoned fruitless efforts at "bipartisanship" and "compromise" (the provisions in this special election were the result of "compromise" between Schwarzenegger, the Democratic majority, and a couple of "moderate" Republicans), and **focus almost exclusively on ridding the state of the baneful 2/3 requirement on budgets and revenue increases**, as well as a possible constitutional convention should Republicans remain intransigent.

And it is high time that the traditional media looked at actual facts when analyzing election results, rather than transcribing extremist Republican fantasies.

[See page 4 for some more details on the Binder poll.]

PEACE NEWS

The Redwood Peace & Justice Center Board has closed the Center's doors. Info: staff@rpjc.net or www.rpj.net.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Thursday, May 28: "Tidepool Treasures" Lecture** with HSU Biology professor Dr. Sean Craig. Slides and information on the wide array of creatures living in the intertidal zone. 7 - 8:15 pm at the HSU Natural History Museum. Ages 7 - adult. \$4, \$2. Info: 826-4479.
- Thursday, May 28: Free Performance by Spare Change**, a group of young people from Humboldt County high schools who work to educate their peers about healthy relationships and the responsibilities that go with them, a program of Six Rivers Planned Parenthood. 6:30 pm at the Arcata Playhouse, 1251 Ninth Street in Arcata. Info: 822-1575.
- Friday and Saturday, May 29 and 30; The Eureka Symphony Presents "From Russia to Rome,"** the conclusion of their 2008-2009 season with its "Around the World" theme. 8 pm at the Center for the Performing Arts in Eureka. \$16, \$9. Info: 442-1956.
- Saturday, May 30: Brew at the Zoo.** Sample beers from 1 Northern California breweries and groove to live music by Kulica. 6 - 10 pm at the Sequoia Park Zoo in Eureka. \$25. 21 and over. Info: 442-5649.
- Thursday, June 4: First Thursday "Summer of Art—The Life of the Artist" Series: "The Life of Rothko,"** the story of Mark Rothko, known for his abstract expressionism paintings. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Friday, June 5: Arcata and McKinleyville Music Departments Spring Concert** featuring the orchestra, madrigal choir and concert band playing assorted works including a commissioned piece by local composer Halim Beere. 7 pm at the Van Duzer Theater at HSU. \$3. Info: 839-4668.
- Saturday, June 6: Arts Alive!** at various locations in Old Town and Downtown Eureka. Art, food and live music. Pan Dulce Steel Orchestra plays at the Gazebo. 6 - 9 pm. Info: 442-9054.
- Saturday and Sunday, June 6 and 7: 11th 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.
- Saturday and Sunday, June 6 and 7: 33rd 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 <http://www.mateel.org/summerarts.php>. Info: 923-3368.
- Monday, June 8: Open Mike at Poets on the Plaza.** Original poetry, 5-minute time limit, no music. All ages. \$1 donation. 8 pm, sign-up 7:30 pm at the Plaza Grill View Room, 2nd Floor at the Jacoby Storehouse in Arcata.
- Friday, June 12: Arts Arcata** 6 - 9 pm at more than 40 locations in downtown, Northtown, South G St., and HSU. Location maps available at Arcata Mainstreet office in the Jacoby Bldg. Info: 822-4500.
- Saturday, June 13: "The Sound of Moolah"** an info-musical with puppets. Learn about the politics, economics and jargon of health reform so you can take part in the national discussion about how to provide health care for all. 7:30 pm at the Arcata Playhouse, 1251 9th, Arcata. \$3. Info: 822-3986.
- Saturday and Sunday, June 13 and 14: 11th 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.

CHILDREN, YOUTH & ALL AGES

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- Saturday, June 6: 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 "What a Wonderful World." Free. Noon to 2 pm. Info: 442-0278.
- Saturday, June 13: Second Saturday Family Arts Day.** Family Arts Day will celebrate the Language, Geography and Art of America including, the Art of Food! Activities for youth and families, including performances, hands-on arts projects, & interactive storytellers. Put on by the Humboldt Arts Council at the Morris Graves Museum. 2 - 4 pm at 636 F St., Eureka. Info: 442-0278.
- Saturday, June 13: Live Animal Presentation.** Humboldt Wildlife Care Center volunteers bring non-releasable teaching animals to the Natural History Museum from 1 - 2 pm. Open house style; no tickets needed. All ages. Free for members, \$3 non-members, \$2 children and seniors. 1315 G St, Arcata. Info: 826-4479.

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, May 31: North Group Sierra Club Free Hike to Dry Creek in Humboldt Redwoods State Park. This 4.5-mile, easy hike travels through a mixed forest with a view of the South Fork Eel and a loop through Stephens redwood grove. Bring lunch and water. Must register in advance. Info and registration: Jim at 599-7575.

Sunday, June 14: Redwood Region Audubon Society Free Public Field Trip to the Humboldt Bay National Wildlife Refuge. This leisurely, 2- to 3-hour trip is intended for people wanting to learn the birds of the Humboldt Bay area. Meet at the Refuge Visitor Center off Hookton Road at 9 am. Info: David Fix or Jude Power 822-3613.

Friends of the Arcata Marsh Launches Website. Friends of the Arcata Marsh (FOAM) announces that it has launched its website at www.arcatamarshfriends.org. The site contains information about FOAM's educational and community outreach efforts, volunteer opportunities, publications, a membership form, and calendar of events.

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.

WORKSHOPS, CLASSES, MISCELLANY

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.

Saturday, June 6: The Magic of Plant Propagation from Redwood Roots Farm Community Workshop Series. Join Rita Jacinto of Flying Blue Dog Farm and Nursery for tips on how to create new plants from existing plants and from seed. 1 - 4 pm at Redwood Roots Farm. \$5 -20. Info: 826-0211.

MEETINGS

Thursday, June 4: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. On the agenda are homelessness in Humboldt County and a new program to deal with homelessness proposed by John Shelter, Director of The Arcata Endeavor. The public is welcome. Info: 668-4095.

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.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

Regularly scheduled programs are now listed in the insert. Special programs or specific guests will be listed here.

"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 26, 2009
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Save paper & \$\$\$. Let us know if you would rather receive this by email.

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

Newsletter, **May 26, '09**. Vol. 15, Number 10. Published semi-monthly on 2nd & 4th Tuesdays; **next Jun. 9, '09**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. June 4, '09**. Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

“Chaotic Action is Preferable to Orderly Inaction”—Will Rogers

Let Your State Legislators Hear that You've Had Enough

Here are some more details from the David Binder Research poll:

- The vast majority of voters surveyed said the state should balance both spending cuts and tax increases to address the state budget shortfall. Revenue options supported by a strong majority of voters include:
- Increasing taxes on alcoholic beverages (75% support)
- Increasing taxes on tobacco (74% support)
- Imposing an oil extraction tax on oil companies just like every other oil producing state (73% support)
- Closing the loophole that allows corporations to avoid reassessment of the value of new property they purchase (63% support)
- Increasing the top bracket of the state income tax from nine point three percent to 10 percent for families with taxable income over \$272,000 a year and to eleven percent for families with taxable incomes over \$544,000 a year (63% support)
- Prohibiting corporations from using tax credits to offset more than fifty percent of the taxes they owe (59% support)
- While voters strongly support these options to help California increase its revenue, voters are strongly against specific spending cuts proposed by Governor Schwarzenegger:
- 76% oppose cutting public school spending by \$5.3 billion
- 73% oppose cutting funding for state colleges and universities by \$1.2 billion
- 68% oppose cutting the state's funding for health care services by \$1.1 billion
- 62% oppose cutting the state's funding for homecare services by \$494 million

--- 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

Name _____

Address _____

Make checks to payable to: HOPE Coalition.

Email _____

I wish to receive newsletter by

- US mail Email Both

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

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.

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

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

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

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

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

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

MEETINGS

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.

Cyber Tribe; a local non-profit business where youth can use and gain knowledge in computers. Open to age 12 - 19. Info: 826-1160.

HSU's Natural History Museum, 1315 G St. Arcata. Free drop-in programs on Saturdays at 1 pm. Program info: 826-4479.

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.

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.

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.

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. DOORS lends support to volunteers with disabilities. Info on these and other volunteer opportunities: 442-3711 or www.a1aa.org/VCOR/.

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.