



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 – July 12, 2011

Hands Off Social Security

a press release from Senator Bernie Sanders

As Social Security emerged as a target in White House budget negotiations, Sen. Bernie Sanders insisted that the retirement program must not be cut as part of any deficit reduction deal. "Let us be clear," Sanders said. "Social Security has not contributed one nickel to our deficit or our national debt." The program that benefits more than 50 million seniors and disabled has a \$2.6 trillion surplus, he stressed, and will be able to provide full benefits for every eligible American for the next 25 years. "I am especially disturbed that President Obama is considering cuts in Social Security after he campaigned against cuts in 2008," Sanders added.

Obama made his position clear on Sept. 6, 2008, when he said: "John McCain's campaign has suggested that the best answer for the growing pressures on Social Security might be to cut cost of living adjustments or raise the retirement age. Let me be clear: I will not do either," Obama said. "The American people expect the president to keep his word," Sanders said.

According to a coalition of seniors groups, "Social Security Works," a change in the way Social Security cost-of-living adjustments are calculated would cost seniors hundreds of dollars a year in benefits. The Congressional Budget Office estimates adoption of the so-called "Chained-CPI," which would be used to determine Social Security's annual COLA, would cut benefits by \$112 billion over 10 years. The Social Security Administration chief actuary estimates the effects of this change would be that beneficiaries who retire at age 65 and receive average benefits would get \$560 less a year at age 75 than they would under current law and get \$1,000 less a year at age 85 - a 3.7 percent cut and a 6.5 percent cut, respectively. The proposal would cut \$1.6 trillion over Social Security's 75-year valuation period - mainly from the oldest of the old, primarily women and those who are disproportionately poor.

Cutting Social Security is opposed by overwhelming majorities of Americans. A recent survey by Public Policy Polling in swing states echoed findings of other national polls. When voters in Ohio were asked this spring if they would support or oppose cutting spending on Social Security to reduce the national debt, only 16 percent favored that approach compared to 80 percent who were opposed. There were nearly identical results in other states. Meanwhile, strong majorities favor increased revenue from the wealthiest Americans and most profitable corporations should be part of any deficit reduction package. "In poll after poll, the American people agree there must be shared sacrifice," Sanders said.

The Faces of Those Obama is Betraying

by Pat LaMarche

President Barack Obama lost a vote the hard way this past week. My Uncle Paul died. It might not have been Obama's vote to lose if my uncle had just lived a few days longer—long enough to see Obama turn his back on Social Security.

I have to admit I've been a little busy this week, what with all the chaos that accompanies losing someone you love. And my uncle was the perfect guy. I kid you not. There was a little something for everybody in that guy.

Paul Judge was the child of Irish immigrants and my mom's younger brother. He served on the USS Midway as an enlisted seaman, went on to Boston College undergrad and then to Harvard grad school. Paul loved his country, believed in her vigilant defense and once educated, went to work at the Pentagon. After his retirement he settled into the life he'd built for himself as a world-class husband, father, grandfather, and, you guessed it, uncle.

And Paul Judge was politically engaged. He had strong opinions about equal rights for all regardless of race, religion, national origin, gender, or sexual orientation. He believed that a government that was strong enough to protect the free world was only worthwhile if it protected folks back home. He believed that social welfare programs were worth paying for because the children of the poor needed education and opportunity to rise out of poverty much the way he himself had.

Lastly, Paul liked people. He would especially have liked a gentleman who lives on the fourth floor of the shelter where I work. Tall and skinny, the man I'll call Edgar went to work at a scrap yard the year he quit school to help provide for his family. Edgar was 15; it was 1955.

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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

Tuesdays, Ongoing: Arcata Tuesday Farmer's Market—New Location. The Tuesday Market is now in the parking lot of Pacific Outfitters at 7th and G Streets from 3:30 - 6:30 pm. Info: 441-9999.

Thursday - Sunday, July 13 - 17: "Three Trees" at Dell'Arte's Mad River Festival. "Three Trees" tells the story of three circus clowns who defy their country's militarism and lust for war, unleashing the subversive power of laughter through the hilarity of their routines. 8 pm in the Carlo Theater in Blue Lake. \$15, \$12, \$10. Info: 668-5663 or www.dellarte.com.

Friday, July 15: Picnics on the Plaza. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Info: 822-4500.

Saturday, July 16: Memorial Observance for Betty Segal. 2 - 5 pm at the Humboldt Unitarian Universalist Fellowship in Bayside. Friends and family are invited. Info: 822-7130.

Saturday - Saturday, July 16 - 23: The Humboldt Folklife Festival. A weeklong celebration of local music and dance highlighting the talented performers of Humboldt County, featuring performances each night and ending with Folklife Day on 7/23 at Dell'Arte (free all day). Info: 822-5394 or www.humboldtfolklife.org.

Sunday, July 17: Quarterly Breakfast at the Bayside Grange. This quarter's gourmet breakfast features live music with the Tesla Duo, a special fundraiser to revive the Sump pump, and fabulous fresh cinnamon rolls. Meat and veggie options available. 8 am to noon. \$8, \$5. Info: 822-9998.

Sunday, July 17: Annie and Mary Day. Live music, craft and food vendors, games for all ages, and the famous fiddle contest. Noon - 5 pm in Perigot Park, Blue Lake. Info: 668-5567.

Sunday, July 17: Memorial Observance for George Allen. 2 pm at the Humboldt Unitarian Universalist Fellowship in Bayside. Friends and family are invited.

Sunday, July 17: Patient Appreciation Day. Celebrate Open Door Community Health Center's 40th Anniversary with music from Vintage Soul, food from Humboldt Hotdogs, information from community organizations, and free general health screenings. 1 - 4 pm at Mad River Community Hospital. Info: 826-8633 or www.opendoorhealth.com.

Tuesday, July 19: "Based on the Book" Film Series: The Films of Robert Mitchum featuring "Out of the Past" (1947), starring Mitchum, Jane Greer and Kirk Douglas. Hosted by Bob Doran. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday, July 21: Eureka Summer Concert Series, featuring The Neverly Brothers. 6 pm at the C Street Market Square, foot of C St. in Eureka. Free. Info: 442-9054.

Friday, July 22: Picnics on the Plaza. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Info: 822-4500.

Saturday, July 23: Sisters Annual Anniversary Picnic: "A Nuclear Free Picnic." Join the Sisters of Perpetual Indulgence at Freshwater Park as they celebrate 5 years of community service. Bring your picnic basket and something to grill. Music, coals on the grill and games for kids and adults will be provided. This is a family friendly event. 11- 5 pm. Info: 834-4382.

Saturday, July 23: Humboldt Folklife Festival All Day Free Festival. Music and dance, in performances and workshops all day. Inside and out at the Dell'Arte building in Blue Lake. Info and schedule: 822-5394 or www.humboldtfolklife.org.

Tuesday, July 26: "Based on the Book" Film Series: The Films of Robert Mitchum featuring "El Dorado" (1966), starring Mitchum, John Wayne, James Caan and Ed Asner. Hosted by Phillip Wright. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday, July 28: Eureka Summer Concert Series, featuring Side of Blues. 6 pm at the C Street Market Square, foot of C St. in Eureka. Free. Info: 442-9054.

CHILDREN, YOUTH & ALL AGES

Mondays - Fridays through August 19: 2011 Summer Lunch Program: Free sack lunches for children up to age 18. No registration or pre-approval required. Distribution takes place at many sites around Humboldt County. Info: Nicole Gribi at 445-3166 ext. 309 or www.foodforpeople.org.

Saturday, July 16: R.E.A.D. With a Furry Friend. Kids have fun and build confidence as they read to a Reading Education Assistance Dog. Please sign up ahead of time to reserve a space. 1:30 - 3 pm at the Humboldt County Library, 1313 3rd St, Eureka. Info: 269-1910, www.humlib.org.

Saturday July 23: Special Library Event: Sid the Science Kid "Camp Out," a campout at the library with Sid the Science Kid! Video, stories and activities such as putting stars in the sky, going on a scavenger hunt and singing around the "campfire." Drop in anytime from 11 am - 4 pm at the Humboldt County Library, 1313 3rd St, Eureka. Info: 269-1910, www.humlib.org.

Wednesdays, Ongoing: Summer Reading Club Activities. All children are welcome to join this free program. Children in the club stretch their minds and keep up their reading skills over the summer while reading, doing crafts, hearing stories and songs and enjoying visiting performers. 1:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturdays and Sundays in July: Free Humboldt Bay Exploration Tours. Humboldt Baykeeper invites you aboard their Boston Whaler for free natural history tours of Humboldt Bay. Knowledgeable community volunteers share their expertise and enthusiasm for Humboldt Bay in an hour-long tour. Great for kids or visitors; sign up early. Info or to reserve a tour: 268-8897 or email vanessa@humboldtbykeeper.org.

Saturday, July 16: Work Day at the Arcata Marsh. Volunteers will focus on removing non-native plants from restored salt marsh sites. Dress to get dirty and bring work gloves. Tools, garbage bags, snacks, and drinks provided. 9 am - 1 pm. Meet at the first parking lot on the left heading down South I Street. Info: Dennis Houghton at 825-2163.

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, July 16: Communication and Conflict Management Workshop, an interactive experience of community peace-building. Learn how to harness the power of conflict as a positive force for growth and improved relationships at Humboldt Mediation Services' workshop. 8:45 am - 4 pm at Mad River Hospital's Minkler Room. Info: 445-2505 or humboldtmediationservices.org.

Saturday, July 16: Access Humboldt Community Media Center (CMC) Orientation. This 2-hour overview of the CMC is a prerequisite for all certifications and includes an introduction to the community resources and common procedures at Access Humboldt. 10 am - noon. Info and reservations: 476-1798 or email info@accesshumboldt.net.

Saturday, July 16: Access Humboldt Basic Field Certification. Learn proper use and handling of the basic field production equipment available for check out from AH. The camera packages available to members consist of Canon HV20 & HV40 Hi-Def cameras, a variety of microphones (stick, lavalier & shotgun), tripods, and more. 2 - 5 pm. Info and reservations: 476-1798 or email info@accesshumboldt.net.

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

Sunday, July 31: Humboldt WILPF (Women's International League for Peace and Freedom) Monthly Meeting. 3 pm at a private home. Please call 822-5711 for location or more info.

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, **July 12, '11**. Vol. 17, Number 13. Published semi-monthly on 2nd & 4th Tuesdays; **next July 26, '11**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. July 21, '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.

The Faces of Those Obama is Betraying [continued from page 1]

I asked Edgar to come to my office—I work in a homeless shelter that provides emergency, transitional, and permanent housing—so that I could ask him a few questions about his life. He lives in our permanent housing program which caters mostly to very poor elderly folks in the area. While we house a number of families, the vast majority of our permanent residents are older folks who worked all their lives but whose benefits aren't enough to provide decent housing.

Edgar can't remember not working. He does remember his favorite job. When he was about 24 he got a job working for U.S. Steel in Kansas City, MO. It was a union job and the pay was the best he can ever remember getting. Eventually the plant was closed and with his limited education he never had a job that good again.

Now at age 71, Edgar receives a Social Security check each month for \$573 and \$200 a month in food stamps. His Medicare benefit allows him to get many of his prescription drugs for a low co-pay of about \$3 per scrip and because of the generosity of folks in the area he can live here at our shelter for about \$180 a month. The going rate for a one-room efficiency apartment not connected to our homeless shelter is \$500 a month: an amount he could never afford.

Perhaps now you can understand why a man who spent his entire life working, serving his country, paying his taxes, and being a vital part of our national defense might have walked away from a president who has suddenly turned his back on a man who likewise spent the last 55 years struggling to do the thankless menial tasks that keep our nation running. Uncle Paul would never have approved of President Obama bailing on Edgar.

Vermont Sen. Bernie Sanders, in his article "Hands off Social Security," [ed. note. See article above] summed up the frustration so many on the left feel with President Obama's abandonment of his ideals: "Let us be clear, Social Security has not contributed one nickel to our deficit or our national debt ... I am especially disturbed that President Obama is considering cuts in Social Security after he campaigned against cuts in 2008."

President Obama has forgotten who got him elected in 2008—people like Uncle Paul. And while there's no winning Paul's vote back, by being untrue to his word he's losing the rest of our votes the old-fashioned way.

- - - 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

GI Rights Hotline; provides accurate, helpful military counseling and information on military discharges, AWOL and UA, and GI Rights. [www. Glrightshotline.org](http://www.Glrightshotline.org) or 877-447-4487.

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 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 7 pm 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 4th Wednesday, location varies. Info: Sue at 822-3405 or suejh@humboldt1.com.

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.