



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 26, 2011

The Only Social Security Reform Worth Considering: Raising the Ceiling on Income Subject to It

by Robert Reich, www.robertreich.org

The very idea that Social Security might be on the chopping block in order to pay the ransom Republicans are demanding reveals both the cravenness of their demands and the callowness of the opposition to those demands.

In a former life I was a trustee of the Social Security trust fund. So let me set the record straight.

Social Security isn't responsible for the federal deficit. Just the opposite. Until last year Social Security took in more payroll taxes than it paid out in benefits. It lent the surpluses to the rest of the government.

Now that Social Security has started to pay out more than it takes in, Social Security can simply collect what the rest of the government owes it. This will keep it fully solvent for the next 26 years.

But why should there even be a problem 26 years from now? Back in 1983, Alan Greenspan's Social Security commission was supposed to have fixed the system for good—by gradually increasing payroll taxes and raising the retirement age. (Early boomers like me can start collecting full benefits at age 66; late boomers born after 1960 will have to wait until they're 67.)

Greenspan's commission must have failed to predict something. What?

Inequality.

Remember, the Social Security payroll tax applies only to earnings up to a certain ceiling. (That ceiling is now \$106,800.) The ceiling rises every year according to a formula roughly matching inflation.

Back in 1983, the ceiling was set so the Social Security payroll tax would hit 90 percent of all wages covered by Social Security. That 90 percent figure was built into the Greenspan Commission's fixes. The Commission assumed that, as the ceiling rose with inflation, the Social Security payroll tax would continue to hit 90 percent of total income.

Today, though, the Social Security payroll tax hits only about 84 percent of total income.

It went from 90 percent to 84 percent because a larger and larger portion of total income has gone to the top. In 1983, the richest 1 percent of Americans got 11.6 percent of total income. Today the top 1 percent takes in more than 20 percent.

If we want to go back to 90 percent, the ceiling on income subject to the Social Security tax would need to be raised to \$180,000.

Presto. Social Security's long-term (beyond 26 years from now) problem would be solved.

So there's no reason even to consider reducing Social Security benefits or raising the age of eligibility. The logical response to the increasing concentration of income at the top is simply to raise the ceiling.

[This post is drawn from one Mr. Reich posted in February—before Social Security was on the chopping block].

[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

Saturday, August 13: Lantern Ceremony In memory of the victims of the U.S. bombings of Hiroshima and Nagasaki 65 years ago. 7:45 pm to sunset at the Arcata Marsh and Wildlife Sanctuary. Lantern-making at the Arcata Farmers Market from 9 am – 1:30 pm. Info: 826-7233.

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.

Friday, July 29: 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 30: CASA Free Carnival. Midway games, a prize booth, a wine and beer garden, a petting zoo, a climbing wall, a mechanical bull, great food, live music, a magic show and an attempt to break the Guinness World's Record for the longest ice cream sundae (and then eat it)! Noon – 6 pm at Halvorsen Park in Eureka. Info: 443-3197 or www.humboldtcasa.org.

Saturday, July 30: Diabetic Education & Awareness Health Fair, featuring a professional chef, live demonstrations, healthy food options, health coaches, exercise options, massage therapist, acupuncturist and low-cost laboratory panels. 8 am – 4 pm at the Adorni Center. Info: Mobile Lab Services at 599-9761 or mobilelabservices.com.

Saturday, July 30: Afro-Cuban All-Star Dance and Drum Performance, Master percussionists and dance teachers from around the world perform in the culmination of the annual Explorations in Afro-Cuban Dance and Drum workshop. 8 pm at the Van Duzer Theater, HSU. \$10. Info: 826-3731.

Saturday and Sunday, July 30 and 31: Gale McNeely Sings "Over the Rainbow," a tribute to Yip Harburg, the most famous lyricist whose name you may not know. 8 pm Saturday and 2 pm Sunday at the Arcata Playhouse, 1251 9th St. \$10, \$8. Info: 822-1575.

Sunday, July 31: Westhaven Blackberry Festival. Blackberry pies, jams, snow cones and more, as well as kids' activities, vendors, rummage sale, hot food and beer and wine. 10 am - 4 pm on Sixth Avenue in Westhaven. Proceeds from this event fund most of the Westhaven Volunteer Fire Department's expenses. Info: 677-0752.

Sunday, July 31: Senior Sunday at the Morris Graves. Enjoy a Museum Tour with trained docents to learn about the Museum's history, permanent collection, and current exhibitions while sipping tea and meeting new friends! Free. 2 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Thursday, August 4: Eureka Summer Concert Series, featuring Incendio (Afro-Cuban, Latin, Celtic & Middle Eastern music). 6 pm at the C Street Market Square, foot of C St. in Eureka. Free. Info: 442-9054.

Friday, August 5: 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, August 6: Buddy Brown Blues Festival. Live music, food, beer, and wine from 11 am – 6 pm at Perigot Park in Blue Lake. \$10, \$8, kids 12 and under free. Presented by the Humboldt Folklife Society. Info: 822-5394 or www.humboldtfolklife.org.

Monday, August 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.

Thursday, August 11: Eureka Summer Concert Series, featuring the Kay Bohler Band (Rhythm and Blues). 6 pm at the C Street Market Square, foot of C St. in Eureka. Free. Info: 442-9054.

Saturday, August 13: Lantern Ceremony In memory of the victims of the U.S. bombings of Hiroshima and Nagasaki 65 years ago. 7:45 pm to sunset at the Arcata Marsh and Wildlife Sanctuary. Lantern-making at the Arcata Farmers Market from 9 am – 1:30 pm. Info: 826-7233.

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, August 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. August's book is "Everything Dolphin." Free. Noon to 2 pm. Info: 442-0278.

Saturday, August 13: Second Saturday Family Arts Day: A Summer of Stories featuring the Chamber Readers 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.

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@humboltdbaykeeper.org.

Saturday, July 30: Arcata Marsh Evening Jogging Tour. Megan McCue will lead jogging tours of the Marsh trails – between four and five miles including the Marsh proper and the oxidation ponds. Participants should bring water and must sign a waiver of liability. Pace will be adjusted to accommodate participants. 7:30 am at the Klopp Lake parking lot at the foot of South I Street. Info: Megan at 826-7487.

Saturday, July 30: “Insects of the Dunes” Interpretive Walk. Join naturalist Pete Haggard for a guided walk focusing on the insects of the dunes, with an emphasis on looking for and observing pollinators. Dress for the weather and bring water. This class will meet at 11 am at the Humboldt Coastal Nature Center, 220 Stamps lane, Manila. Info: 444-1397 or www.friendsofthedunes.org.

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

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

WORKSHOPS AND MISCELLANEOUS

Saturday, July 30: Safe Kids Now, a workshop for parents on children's safety. 11:30 am – 1:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

Saturday, July 30: Diabetic Education & Awareness Health Fair, featuring a professional chef, live demonstrations, healthy food options, health coaches, exercise options, massage therapist, acupuncturist and low-cost laboratory panels. 8 am – 4 pm at the Adorni Center. Info: Mobile Lab Services at 599-9761 or mobilelabservices.com.

Saturday, August 6: 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.

Board Seats Open: Access Humboldt is a non-profit, community based, public service media organization formed in 2006 to manage local franchise benefits on behalf of Humboldt County, California and the cities of Eureka, Arcata, Fortuna, Rio Dell, Ferndale and Blue Lake. They are currently seeking applicants for two open seats on the board of directors for three-year terms beginning in October. The deadline for applications is August 1. Info: 476-1798 or admin@accesshumboldt.net.

Now, In Your Garden: “Plant a Row for the Hungry.” Have a surplus? The food bank would be happy to take it off your hands. Info: Food for People at 445-3166.

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.

Thursday, August 4: The Humboldt County Human Rights Commission meets in Conference Room A in the County Courthouse in Eureka. Anyone with interest in or concerns about human rights in Humboldt County is encouraged to attend. Members of the public are invited. Info: 668-4095.

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

Tell Congress: Reject the Biggest Assault Ever On Our Air, Lands, Water, & Wildlife

[From the League of Conservation Voters]

Re: Oppose H.R. 2584

Dear Representative [Thompson],

I strongly urge you to vote **No on H.R. 2584**, the Interior and Environment Appropriations bill, and to oppose all anti-environmental amendments and support all pro-environmental amendments. This bill is the biggest assault on the air we breathe, the water we drink, and the wildlife and wild places we hold dear to ever come before Congress.

The Interior and Environment Appropriations bill contains more than three dozen anti-environmental policy riders that have absolutely no place in a budget measure, won't save the country a penny, and are nothing more than giveaways to various special interest polluters. The egregious riders include measures that -- if enacted into law -- would threaten Americans' lives and well-being by blocking limits on harmful air pollution, would increase pollution in sources of drinking water for 117 million Americans, would cause animal and plant species to become extinct by denying them Endangered Species Act protections, and would threaten the iconic Grand Canyon with toxic pollution from uranium mining.

To send this message to your Congressional Representative, go to:

<http://bit.ly/RejectAssault>

--- 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.