

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 28, 2009

Retort: Taking Personal Action Does Cut It — By C. E. Moné

[Last week we published an editorial by Derrick Jensen that originally appeared in Orion Magazine. Faithful reader Carol Moné takes issue with a basic premise of the original article, which you can find here: www.orionmagazine.org/index.php/articles/article/4801/ .]

Yes, Derrick Jensen is correct in last issue's rant—no contemporary solutions would have affected historic events. Contemporary actions are aimed at contemporary issues. Dumpster diving is aimed at lessening consumer impact, and a signifier of over-consumption in general in that dumpsters often contain perfectly useful items, discarded for frivolous reasons. Composting is aimed at connecting us to the soil that sustains us as well as lessening the landfill load. Chopping wood and carrying water are what most of the world does—the women at least—and it might not be a bad idea to get on board with the rest of the world. Although I don't know what dancing naked around a fire is good for materially, it sounds fun.

And perhaps Jensen is correct that we have been victims of a campaign of systematic misdirection to substitute personal acts for organized political resistance. But folks, personal acts are what make up the system. All of Gore's suggestions about diminishing personal consumption, taken in sum, will have an effect, and will shift power from corporations. If I buy less, the people who manufacture what I buy less of do not make money. So, in theory, if I don't buy any useless future landfill items made by underpaid workers in China, then the company profiting from this practice will fold. And you have to help out.

Individual consumption is only a quarter of all consumption, but that consumption fuels the commercial, industrial, corporate, agribusiness, and government consumption. Can you imagine the overall effect if we all suddenly stopped buying gasoline? Even for only a week it would catch lots of attention. But, as Jensen correctly noted, "...those in power might try to kill us if we seriously impede their ability to exploit the world." Isn't this what wars are about?

Where I lose it with Jensen is really with Kirkpatrick Sale's idea that corporations are not made up of people. Corporations are definitely people, people hiding behind legal protections. We as individuals are indeed creating the problems every time we shop Target or Costco, or buy our coffee in a paper cup with a plastic lid. All of us together are creating the problems, through the accumulation of small actions, insignificant in themselves. The CEOs of the corporations are just benefiting from our mindlessness. Every time I buy something that is cheap because I ignore the hidden costs of the item, every time I buy something triple-wrapped in plastic, every time I fall for the latest electronic future-landfill item, I am the problem. It isn't some "system" out there—that "system" is made up of people like me. I look closely at my good-hearted friends buying their children's clothing at the big box because it is cheap, eating food "products" rather than real food solely because they are convenient, plugging the little ones into videos while they chat on their cell phones or drive their big, inefficient vehicles. These are good people, but they are not awake to the consequences of their actions. Nope, I disagree with Jensen and Kirkpatrick Sale. I go with Pogo—we've seen the enemy and it is us.

The corporate power structure is fed by something. We consume the resources—not just corporations. They only consume resources because of demand for their products. It's like the drug "problem." The problem is demand. Our suppliers are Target or Costco or Wal-Mart or wherever. We feed the monster, sometimes intentionally by not considering our personal actions and sometimes because we are forced by laws or lack of alternatives. **These monsters can be starved. And the way to starve them is through personal action.**

10+ Things YOU CAN DO to Fix America's Broken Health Care System!

Declare your support to Obama NOW! Even though he is not supporting single payer national health insurance, he wants to reduce cost, guarantee choice & ensure quality care for all.

Tell TV networks to stop censoring the health care debate. ABC's recent primetime forum on health care reform, "Prescription for America," did not include a single question from a single-payer advocate.

Sign up in your state with Physicians for a National Health Program www.pnhp.org/stateactions/

Sign up with HealthCare-Now's action site: www.healthcare-now.org/action/

Go to this government site to tell Obama that you support reform this year: www.healthreform.gov/support.html

Call the White House at 800-578-4171 and tell them you want Medicare for all, "Everybody in, nobody out."

Web surf to tell Congress to support HR 676: www.ga1.org/campaign/support_hr676/

Sign the petition Health Care NOT Warfare: We call on members of Congress to bring the troops home from Iraq and to pass H.R. 676, Rep. John Conyers' bill which guarantees comprehensive publicly-funded, privately-delivered health care for everyone in the U.S.: www.thedatabank.com/dpg/309/personal2.asp?formid=healthpet

Activate your U.S. Guaranteed Health Care Card: www.ga1.org/campaign/ghcard

Write Your Newspaper Editor for Guaranteed Health Care: www.ga1.org/campaign/healthcare_letters

Contact the American Medical Association and ask them to STOP supporting the private for-profit health insurance companies, and to support HR 676, the U.S. National Health Insurance Act: 800-621-8335

Visit www.SiCKOCure.org to learn more about the movement towards real universal health care. HR 676 is endorsed by more than 14,000 doctors and would provide comprehensive, universal health care coverage for all Americans.

PEACE NEWS

Sunday, August 2: "The Peace Movement and Hiroshima" presented by David Cobb. 10 am at the Humboldt Unitarian Universalist Fellowship. Free. Info: 822-3793.

The following item will happen only if enough volunteers come forward:

Saturday, August 8: Annual Lantern Ceremony Commemorating Victims of U.S. Atomic Bombing of Japan. 10 am - 1:30 pm, lantern-making at the Plaza; 7:45 pm, ceremony, and lantern float at Klopp Lake at the Arcata Marsh. Volunteers needed at both activities. Info: 616-6405 or carlstancil@gmail.com.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday, July 31: Picnics on the Plaza, a free, family-friendly event featuring live, local music from 11:30 am to 2 pm. Music by Matt Engel and Peace of Mind Orchestra. Info: 822-4500.

Saturday, August 1: HSU Natural History Museum's Annual Plant Sale, plus a lecture on fruit trees and their pests by Pete Haggard and a free seminar on how to harvest rainwater by Keith Hamm. Kids 6 to 12 can take part in a garden art workshop (pre-registration advised). 9 am - 3 pm at the HSU Natural History Museum, 1315 G St, Arcata. Info: 826-4480.

Saturday, August 1: "Zootini" Fundraiser for Sequoia Park Zoo, featuring Pan Dulce Steel Drum Orchestra and Ya Habibi Dance Company, live animal encounters, hors d'oeuvre, live and silent auctions, and martinis. Benefits the red panda exhibit. \$50. Info or reservations: 442-5649.

Saturday, August 1: All Season's Orchestra Summer Concert, featuring works by Paul Simon, Bizet, Sammartini and more. 7 pm at Trinidad Town Hall. Free. Info: 822-4462.

Saturday, August 1: Afro-Cuban Dance and Drum Workshop - Faculty Performance, featuring dances, percussion, and songs of the Afro-Cuban folkloric traditions. 8 pm at the Van Duzer Theater, HSU. \$10. Info: 826-3731.

Saturday and Sunday, August 1 and 2: Elegant Flea Rummage Sale. Giant rummage sale to benefit the scholarship fund at C/R. 8 am - 4pm on Saturday and 9 - 3 on Sunday at the Humboldt Grange, 5845 Humboldt Hill Rd., Eureka. Donations welcome. Info: 445-1044 or 442-9378.

Sunday, August 2: "A History of American Folk Music Through Song," from sea shanties to Bob Dylan. Presented by Sandy Lynn at 10 am at the Humboldt Unitarian Universalist Fellowship. Free. Info: 822-3793.

Sunday, August 2: "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. 6 pm at Grace Good Shepherd Church, 1450 Hiller Road, McKinleyville. \$3. Info: 822-3986.

Thursday, August 6: First Thursday "Summer of Art-The Life of the Artist" Series: "The Life of Caravaggio." Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Friday, August 7: "A Taste of Art," wine brews, food and art from the North Coast. 5 - 8 pm at the Morris Graves Museum, 636 F St, Eureka. \$30. Info: 442-0278.

Saturday, August 8: Sumeg Village Day, celebrating Yurok culture and traditions at Patrick's Point State Park from 10 am - 3 pm. Free parking for the event. Info: 677-3840.

Saturday, August 8: Buddy Brown Blues Festival. Live music 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.bluelakeblues.com.

Saturday, August 8: Yurok Brush Dance Demonstration. 11 am and 2 pm at the Kuchel Visitor Center, one mile south of Orick on Highway 101. Free. Bring blankets or folding chairs for seating. Info: 465-7764.

Monday, August 10: 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.

CHILDREN, YOUTH & ALL AGES

Saturday, August 1: 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 "Make Way for Tooth Decay." Free. Noon to 2 pm. Info: 442-0278.

Saturday, August 8: Second Saturday Family Arts Day. Family Arts Day will celebrate the Language, Geography and Art of Italy including, the Art of Food! Activities for youth and families, including art projects in the style of Caravaggio. 2 - 4 pm at the Morris Graves Museum at 636 F St., Eureka. Info: 442-0278.

Thursday, August 13: Teen Arts: Free Drop-in Art Workshop, a creative environment with art supplies provided for teens 13 - 19. Free. 3 - 5 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Mondays - Fridays through August 21: 2009 Summer Lunch Program: Free sack lunches for children up to age 18. No registration or pre-approval required. Many sites around Humboldt County. Info: Andy at 445-3166, ext 309 or anieto@foodforpeople.org.

Mondays - Fridays, July 6 - August 14: Youth Mural Project, a project for teens in grades 6 - 12. The murals promote environmental appreciation and conservation. Free. 10 am - 2 pm at the Humboldt Wildlife Care Center on Old Arcata Road. Info and sign-up: 822-7091 or City of Arcata Recreation Department, 736 F St.

Wednesdays: Summer Reading Club Craft Program. 1:30 pm at Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, August 1: Sunset Walk at Clam Beach. Walk with naturalists Jay and Denise Seeger and learn about the local plants and animals of the beach. Meet at the northern parking lot at Clam Beach. 7:30 – 8:30 pm. Info: 444-1397.

Sunday, August 9: Free Public Field Trip to Humboldt Bay National Wildlife Refuge. Redwood Region Audubon Society is sponsoring this leisurely, 2 - 3 hour trip 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: Jude Power or David Fix at 822-3613.

Ongoing Through September: Lost Coast Hikes With Sanctuary Forest; educational hikes that highlight the magnificent diversity of plant and animal life in the Sanctuary Forest, Sinkyone Wilderness State Park, and the King Range National Conservation Area. Info, reservations and schedules: 986-1087, ext 5 or www.sanctuaryforest.org.

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

Wednesday, August 5: Free Workshop "Reverse Mortgages Explained" with John Moore of the Senior Finance Center. Information will include who can qualify, common uses and benefits of reverse mortgages, and the difference between reverse mortgages and home equity loans. 11 am – noon at Champion Advocates LLC, 539 G Street, Eureka. Info: 442-5300.

North Coast Co-op (Eureka and Arcata Co-ops) Seeks Board Candidates. Board terms are for three years and begin November 1, 2009. Applications can be downloaded from www.northcoastco-op.com or found at Customer Service at both stores. Applications must be returned by August 1. Info: Valerie Davis at 826-8670 ext. 135.

Monday - Friday Through August 21: 2009 Summer Lunch Program: Free sack lunches for children up to age 18. No registration or pre-approval required. Many sites around Humboldt County. Info: Andy at 445-3166, ext 309 or anieto@foodforpeople.org.

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

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, July 28, 2009
PO Box 385 Arcata, CA 95518 RETURN SERVICE REQUESTED
Printed on recycled paper with voluntary labor.

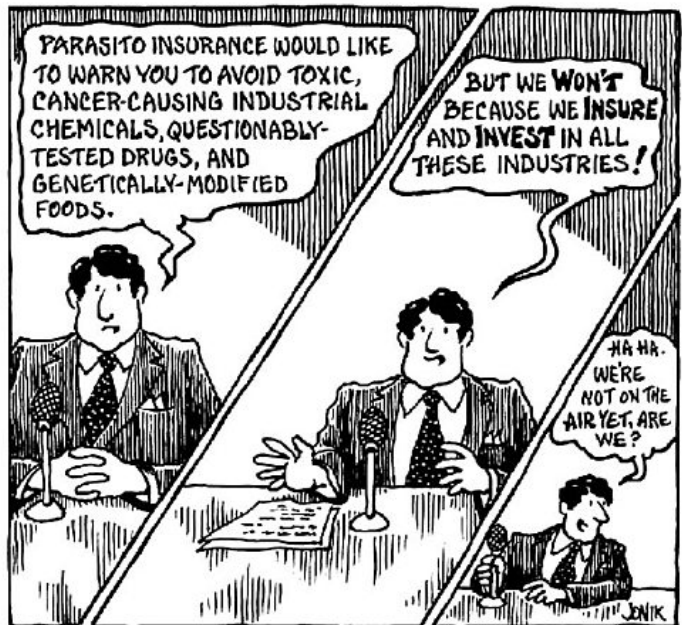
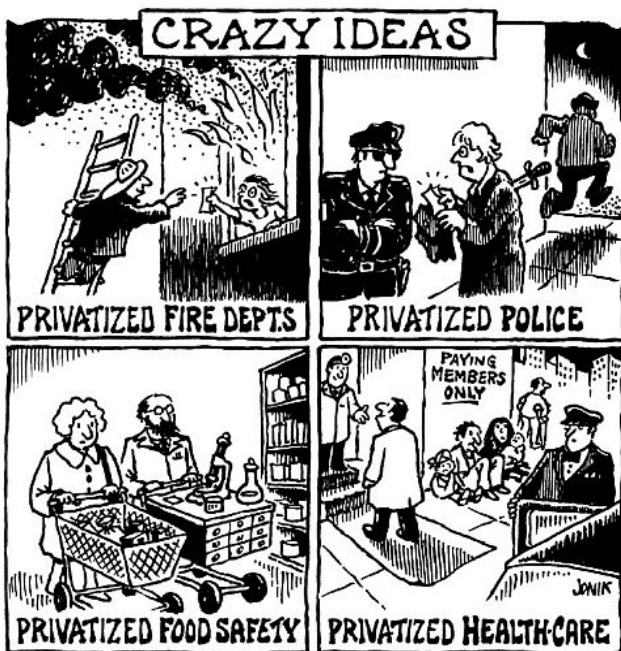
Save paper & \$\$\$. Let us know if you would rather receive this by email.

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

Newsletter, July 28, '09. Vol. 15, Number 14. Published semi-monthly on 2nd & 4th Tuesdays; next Aug. 11, '09. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org.
Next deadline. Aug. 6, '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

Health Care Reform NOW!



--- 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.

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.

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.