

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 – August 10, 2010

How Many Iraqis Did We "Liberate" From Life on Earth?

by Robert Naiman, truthout.com

Is there a man or woman in America today who is willing to stand at noon in the public square and claim that demands to bomb, invade, and occupy other people's countries have anything to do with human liberation?

If such people can be found, let them answer a few simple questions about the US invasion and occupation of Iraq:

- How many Iraqis did we "liberate" from the companionship of their loved ones?
- How many Iraqis did we "liberate" from dwelling in the houses and towns and the country of their birth?
- How many Iraqis did we "liberate" from life on Earth?

If any American who claims to believe that indefinite continuation of the war in Afghanistan—or a US/Israeli military attack on Iran—is justified by humanitarian concerns cannot give a fact-based and intellectually coherent answer to the question of how many Iraqis have lost their lives as a result of the US invasion and occupation of Iraq, do not that person's claims for "humanitarian" war, bombing, and occupation deserve zero credence?

To state that we cannot know how many have died is outrageously false. It is vacuously true that we cannot know exactly how many have died. But in the diverse fields of human inquiry and endeavor, there are many large numbers that are important which we cannot know exactly. If understanding the magnitude of a number is important, we do not throw up our hands and say, "we can never know." Imagine a reference book that said, "we don't know how many humans are alive on Earth today, because no one has counted them all."

If we want to understand the magnitude of a large number that we cannot count, we estimate it. And there have now been several attempts to estimate the death toll. In November 2008, Tim Lambert published the following table comparing several estimates, extrapolating the numbers to October 2008:

Survey	Violent Deaths	Excess Deaths
ILCS	160,000	
Lancet 1	350,000	510,000
IFHS	310,000	740,000
Lancet 2:	1,200,000	1,300,000
ORB:	1,200,000	

If Lambert were to revisit the issue today, he would produce a table that would look something like this:

Survey	Violent Deaths	Excess Deaths
ILCS	180,000	
Lancet 1	400,000	580,000
IFHS	350,000	840,000
Lancet 2	1,370,000	1,480,000
ORB	1,370,000	

These numbers are different from one another. Based on these different numbers, can we say anything meaningful about how many Iraqis have died as a result of the US invasion and occupation beginning in March 2003?

Absolutely we can. We can make the following statement with very high confidence: **"Hundreds of thousands of Iraqis have died as a result of the US invasion."**

So, if you happen to run into any American who claims to support the open-ended war and occupation of Afghanistan, or a US/Israeli attack on Iran, or any other demand to bomb, invade, or occupy someone else's country based on "humanitarian" motivations, ask them to say this sentence: "Hundreds of thousands of Iraqis have died as a result of the US invasion and occupation of their country." If they can't say this sentence, you can safely ignore anything else they have to say.

PEACE NEWS

Saturday, August 14: 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.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday, August 13: Picnics on the Plaza. Picnics on the Plaza is a free, family-friendly event featuring live, local music from 3 Mediums. 11:30 am to 2 pm. Info: 822-4500.

Friday, August 13: Arts Explosion! Display and silent auction of art from the private collections of community members in a benefit for the ArMack Madrigal Choir. Live music, wine available. 6 - 9 pm at 9th and G in Arcata.

Saturday, August 14: 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 14: 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.

Sunday, August 15: Concerts on the Plaza, featuring the Grass Band. 2 - 4:30 pm at the Arcata Plaza. Free. Info: 822-4500.

Friday, August 20: Picnics on the Plaza. Picnics on the Plaza is a free, family-friendly event featuring live, local music. 11:30 am to 2 pm. Info: 822-4500.

Saturday, August 21: 48th Annual Klamath Salmon Festival featuring Yurok cultural events demonstrations, softball tournament, live music, Indian stick games, contests, a salmon dinner, and more. Parade starts at 8 am in Orick. Info: 482-1350.

Saturday, August 21: Afternoon With the Author: Katy Tahja, "Humboldt State University, A Photo History." Former local librarian, historian and Humboldt State alumna Katy Tahja will talk about her new photohistory of Humboldt State University. Free. 2 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Saturday, August 21: Humboldt Wildlife Care Center Rummage Sale. All proceeds go to rehabilitation and release of sick, injured and orphaned native wildlife. 9 am - 3 pm at Umpqua Bank in Arcata. Info or to donate: 822-8839.

Sunday, August 22: Mutt Strut & Woofstock, featuring live music (Quicksilver Messenger Service and Blue Rhythm Revue), dog walk, activities, contests and demonstrations, food, and beer from 10 am - 5 pm at Halvorsen Park in Eureka. Funds support the adoption, spay/neuter, & education programs of the Sequoia Humane Society. Info: 442-1782 or www.woofstock.org.

Sunday, August 22: Concerts on the Plaza, featuring Full Moon Fever. 2 - 4:30 pm at the Arcata Plaza. Free. Info: 822-4500.

Saturday, August 28: Hops in Humboldt. Taste beer and microbrews from around northern California and Southern Oregon and enjoy live music, crafts and food. Noon - 6 pm at Rohner Park in Fortuna. \$40, \$30 advance. Info: 725-9261.

Sunday, August 29: Concerts on the Plaza, featuring Moonalice. 2 - 4:30 pm at the Arcata Plaza. Free. Info: 822-4500.

Monday, September 6: 25th I-Block Party, a benefit for the Arcata-Camoapa Sister City Project. Special guests from Camoapa, Nicaragua, live music, BBQ dinner, kids' activities, raffle and silent auction, local microbrews. On I Street in Arcata between 10th and 11th from noon - 6 pm. Info: 822- 7130.

Monday, September 6: Annual Labor Day Picnic, at Sequoia Park, Eureka, noon - 3 pm. Free; bring a can of food for Food Bank. Music, speakers, BBQ, salad, drinks, and games. Info: 443-7371 or 442-1751.

CHILDREN, YOUTH & ALL AGES

Mondays - Fridays through August 13: 2010 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.foodforpeopl.org.

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

Wednesday, August 11: Storyteller Dan O'Gara. Dan O'Gara will be bringing his boatload of stories from all over to thrill the Summer Reading Club and anyone else who loves a good story, 1:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

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

Saturday, August 14: Second Saturday Family Arts Day: Tai Chi, Tea and Calligraphy. 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.

Thursday - Wednesday, August 19 - 25: "Kindergarten, Here I Come!" a special program for children entering Kindergarten. Stories, crafts, and a video plus what to expect at school and answer any questions. Check for times at your local library. Info: 269-1910 or www.humlib.org.

Sunday, August 22: Parent & Child Walk to Fay Slough Wildlife Area, Eureka. Bring your children to walk along a state Fish & Game wetland only 2 miles outside Eureka. This 1.5-mile walk is fine for beginners or small children; strollers and friendly dogs welcome. Meet at Wildlife Area trailhead to left of Harper Ford at 9:30 am. Free. Info: Allison at 268-8767.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday and Sunday, August 14 and 15: Volunteer Training for the Arcata Marsh and Wildlife Sanctuary. Learn how to lead tours and/or staff the Interpretive Center's front desk. Local experts will teach attendees about birds, plants, wetlands, invertebrates, marsh history and the wastewater treatment process via lectures and field trips. Free. Pre-registration required. Info: 826-2359.

Saturday, August 21: Forestry Practices, a free public hike on Humboldt Redwood Co. lands with Mike Jani and Tim Metz. This moderate hike is one of many sponsored by Sanctuary Forest to educate the public about the King Range, the Sinkyone Wilderness State Park, and the Mattole River watershed and the work being done to protect them. Info: 986-5415 or 986-1087.

Sunday, August 22: Clam Beach Ecology Walk: Shorebirds. Join naturalist/birder Ken Burton and find out about the variety of shorebirds commonly seen along Clam Beach. Learn about their natural history and how to identify them. Everyone is welcome. No dogs please. Bring water, a snack and binoculars if you have a pair. Meet at 11 am at the southern unpaved parking area for Clam Beach, next to Strawberry creek. Info: 444-1397.

Saturdays and Sundays, Ongoing through the Summer: Humboldt BayKeeper Bay Tours. Free, hour-long tours will explore the natural history of Humboldt Bay aboard a 25-foot Boston Whaler. Reservations are required a least one week in advance. Info: 268-8897 or by email at volunteer@humboldtbykeeper.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.

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

MEETINGS

Monday, August 16: Humboldt Green Party. Special meeting with Humboldt County 5th District Supervisor candidates. All are welcome. Bring your questions and concerns. 6:30 - 8 pm at 425 I St, Arcata. Info: 845-4033 or www.humboldtgreens.org.

WORKSHOPS AND MISCELLANEOUS

Thursday, August 19: League of Women Voters Voter Service Volunteer Training. Everyone who is interested in helping with the many fall candidate forums, whether on KEET or in the community, is encouraged to attend. With 10 ballot propositions on tap for November, there will be a Pros & Cons presentation. Experienced workers can help by adding perspective for the first-time volunteers. Light refreshments. 6 pm at 434 7th St, Eureka. Info: 444-9252.

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

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

"Thursday Night Talk" hosted by David Cobb of Democracy Unlimited airs every Thursday 7:30 - 8:30 pm on KHSU FM 90.5. It is a live call-in show, so it's a great way to have your opinion heard by thousands of listeners. The studio line is 826-4805.

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

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



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PO Box 873 Arcata, CA 95518

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

Newsletter, Aug. 10, '10. Vol. 16, Number 13. Published semi-monthly on 2nd & 4th Tuesdays; next Aug. 24, '10. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. Next deadline. Aug. 19, '10. Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Tell the State Senate: Ban Plastic Bags An Environment California Alert

We've got until the end of August to pass the ban on single-use plastic bags, or the bill will be dead. That means we have just a few short weeks to get the support we need—we are really close.

Can you e-mail your state senator right now, calling for their support? <http://tinyurl.com/BanPlasticBags>

Your e-mails show the on-the-fence senators that their constituents support the ban (AB 1998), as well as encourage those already with us to keep fighting.

The reason we're cutting it so close is that plastic bags have rich friends ... rich friends who hire lobbyists. Lobbyists from the American Chemistry Council are working hard to defeat the ban on single-use plastic bags.

Check out some of the **ridiculous claims** from a lobbyist-written opinion piece in the Sacramento Bee:

- Banning bags would, in effect, "create a 'bag police.'" Obviously, the notion of special bag enforcement officers is ridiculous—and somewhat insulting to our intelligence.
- Our bill would "dismantle bag recycling programs." I wasn't aware the American Chemistry Council lobbyists were such environmentalists, so I will take this opportunity to reassure them (as I know they get these e-mails): there will still be plastic to recycle—just a lot less of it.

Our overuse of single-use plastic bags and other plastic trash has lead the formation of a giant swirling mass of plastic in the Pacific twice the size of Texas. We've got to keep pushing until we win.

Take action, and tell your senator to support the bill to ban plastic bags, today:

<http://tinyurl.com/BanPlasticBags>

From Environment California Legislative Director

--- HOPE Coalition Needs Your Support ---

The Objective of the HOPE Coalition:

To synthesize & promote the individual visions of the organizations that make up Humboldt's environmentally & socially just community. These include, but are not limited to, the following organizations: Environmental, Social Justice, Peace, Labor, & Human Service.

Yes, I would like to help support the HOPE Coalition's newsletter and other efforts:

- \$25 \$50 \$100
 \$500 \$15 \$_____ other

Make checks to payable to: HOPE Coalition.

I wish to receive newsletter by

- US mail Email Both

Name _____

Address _____

Email _____

Phone _____

The HOPE Coalition • PO Box 385 Arcata, CA 95518 • hopecoalition@igc.org • www.hopecoalition.org

The HOPE Coalition Newsletter is available in Arcata at: the Co-op, & the Northcoast Environmental Center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

HOPE Coalition Newsletter Insert—this insert contains regularly scheduled events. For special happenings and one-time events, see the regular calendar that follows the page one editorial.

PEACE NEWS

Peace Vigils Fridays 5 - 6 pm on the Arcata Plaza. Mondays at 4 pm at the Courthouse in Eureka, 445-5100 ext. 215, ask for Jack.

Vets for Peace Silent Vigil; Fridays, 5 - 6 pm: SW corner Arcata Plaza.

Vets for Peace, Humboldt Bay Chapter 56 meets 1st Thurs. at 7 pm: at the Arcata Marsh Commons. Info: 826-7124.

Women in Black stand in silent vigil every **Friday 5 - 6 pm** at the **Arcata Plaza**, 8th & G, at the **Humboldt County Courthouse** (also Saturdays at noon), the **McKinleyville Shopping Center** on the grassy area out front, and **Fridays 4 - 5 pm** in **Trinidad** at the intersection of Scenic Dr. and Main St.

TALK SHOWS, WORKSHOPS & COMMENTARY

Access Humboldt: Public, education & government media access. Cable channels 8, 10, 11 & 12. For program schedule, submission policies, and program request forms go to www.accesshumboldt.net. Call or email for further info. 476-1798 or info@accesshumboldt.net.

COMMENTARY on KEET TV Channel 13 445-8013: **Wide Angle** Tues. at 9 pm

NOW with David Brancaccio. Fri. at 8:30 pm:

COMMENTARY on KGOE 1480 am, 442-2000: **Thom Hartmann**, weekdays 9 am - noon.

Peter B. Collins, weekdays 3 - 6 pm. Progressive talk show from San Francisco.

COMMENTARY on KHSU, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.

The Econews Report with Greg King. 1:30 pm Thursdays.

A World of Possibilities locally produced syndicated public affairs program. 1:30 pm Wednesdays. Info: 826-9111 ext. 18.

COMMENTARY on KMUD, 88.3 fm, 923-2513. **Counterspin**, Sunday 1 - 1:30 pm.

Alternative Radio, Mondays 9 am. Boulder-based award-winning weekly series with David Barsamian.

Animal Advocate, 2nd Thursday, 7 - 8 pm. Animal welfare issues. Info: Barbara Shultz at 986-7835, animaladvocate4@yahoo.com.

A World of Possibilities locally produced syndicated public affairs program. 9 am Tuesdays. Info: 826-9111 ext. 18.

Democracy Now! with Amy Goodman; noon, Mon. - Fri. Also 4 pm Access Humboldt Channel 12. Also 11 am on KIDE 91.3 fm. Also on Free Speech TV (FSTV) Mon. - Fri. midnight, 8 am, noon, or 7 pm.

Civil Liberties Monitoring Project Report; 1st Wednesday, 7 - 8 pm. 923-4646.

Politically Correct Week in Review, call-in radio show, 2nd, 4th, & 5th Mondays at 7 pm 923-3911.

All Things Reconsidered with Eric Kirk. 3rd Thursday at 7 pm.

Global Stuff call-in talk show with Jimmy Durchslag, last Friday, 7 - 8 pm.

PROTECT THE EARTH & ITS LIVING CREATURES

Adopt-the-Bay. Participate in a number of tasks aimed at maintaining a healthy Humboldt Bay. All welcome. Info: 443-0801.

Audubon Society Field Trips; Free field trips through the Arcata Marsh and Wildlife Sanctuary every Saturday at 8:30 am at the Klopp Lake parking lot (foot of I St. in Arcata). Bring your binoculars. Rain or shine. Info: 268-8052 or 822-3613.

Campus Center for Appropriate Technology; info: 826-3551.

Friends of the Dunes; Restoration workdays the first 3 Saturdays every month, 9 am - 1 pm. Info: 444-1397 or info@friendsofthedunes.org. Complete calendar: www.friendsofthedunes.org.

Friends of the Marsh guided interpretive walks every Saturday 2 pm at the Interpretive Center on South G St., Arcata. Info: 826-2359.

Redwood Alliance Climate Action Project. (Public meetings temporarily suspended until after the election.) Info: 822-6171, climatechange@redwoodalliance.org; www.redwoodalliance.org.

Wild Urban Gardeners! Meets Wednesdays at 7 pm, 1552 Spear Ave. in Arcata. Promoting food & native plant species, information about compost, greenhouses, seed banks, and community gardens. Info: 822-5861.

ARTS

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

Arts Alive! Eureka; first Saturday of the month at venues around town. Art, music, dance, refreshments. Info: 442-9054.

Arts! Arcata; second Friday of the month at venues around town and at HSU. Art, music, dance, refreshments. Info: 822-4500.

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

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

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

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

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

MEETINGS

Arcata's Committee on Democracy & Corporations meets the third Tuesday of each month and was established in response to Arcata's Measure F. Info: 822-5951 or www.cityofarcata.org.

Arcata's Nuclear Weapons Free Zone and Peace Commission. On indefinite hiatus due to lack of a quorum. Applications available at www.cityofarcata.org or at city hall. Info: 822-5951.

Commission on Status of Women meets 3d Tuesday at 6 pm. Call for place: 822-2502 or www.co.humboldt.ca.us/commissions/csw/.

Eureka Greens meet 3rd Saturday of every month. 3:30-5pm. 321 Coffee (321 Third St. in Old Town). Info: www.EurekaGreens.com.

Green Wheels; Mondays 6:30 pm at the Northcoast Environmental Center. Info: mail@green-wheels.org or www.green-wheels.org.

Humboldt County Human Rights Commission meets 2nd Tues. City Courthouse, Rm. B, Eureka, 6 pm. Info: 268-2548.

Humboldt Democratic Central Committee; 2nd Wednesday at 7 pm. 129 Fifth St. Info: 445-3366 or www.humboltdemocrats.org.

Humboldt Exchange Community Currency Project. Call for meetings: 269-0984.

Humboldt Watershed Council at NEC, 2nd and 4th Wednesdays, 7 - 9 pm. Info: sheds@humboldt1.com.

Mother Jones Club & Humboldt Communist Alliance. Call for meeting times: ncalview@igc.org or 839-3824.

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

North Coast IWW, the Wobblies meets every 3rd Wed. 6:30 - 8 pm at the Labor Temple, 840 E St., Eureka. Info: 725-8090.

Northern Humboldt Greens meet 2nd Tuesday of the month, 7 - 8 pm. Info: Shaye, 237-2790 or email arcata@greens.org.

Redwood Chapter ACLU meets 3rd 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 7pm at Haynes Vets Hall, Garberville.

Vets for Peace (Humboldt Chapter 56); 1st Thursday at 7 pm in Arcata. Info: 826-7124.

Women's International League for Peace and Freedom (WILPF); meets the last Monday, 7 - 9 pm at the Arcata Public Library, 500 7th St., Arcata. Info: Carol at 668-1901.

CHILDREN & YOUTH

Arts in the Afternoon; a free art studio for teens (6th - 12th grade). Open week days during the school year, 3 - 6 pm at Arcata Community Center. Sponsored by City of Arcata's Recreation Division. Info: 825-2028.

HSU's Natural History Museum, 1315 G St. Arcata. Closed to public, available for classroom visits. Info: 826-4478.

Humboldt County Library in Eureka Story Hour: 10 am Fridays & other programs. Info: Jo Ann Bauer, 269-1900.

Humboldt County Teen Court is looking for teen volunteers. Info: 444-0153.

Mondays, Fridays, & Saturdays: PULSE, new Teen Recreation Center; regular programming from 6 - 9 pm at the John Ryan Youth Center, 1653 J St, Eureka. Info: 268-1858.

Raven Project Queer Coffee House for Youth; Tuesday, 6:30 - 9 pm. Also, girls & women 10 - 24 years meet Wednesdays from 6:30 - 8:30 pm, 523 T St., Eureka, 443-7099.

COMMUNITY & WELL-BEING SERVICES

Buddhist Queers (lesbian, gay, bi, transsexual) Vipassana, Zen, etc. Beginners welcome. phone 269-7044.

Eureka Mindfulness Buddhist Meditation & Discussion. 2nd and 4th Wednesdays of each month. 7:15 pm First Christian Church 730 K St. Wheelchair accessible, fragrance free, beginners welcome. Info: 269-7044.

Fridays, Ongoing: Depression and Bipolar Support Alliance: Arcata Support Groups; free, voluntary, and open peer-support groups for those experiencing depression (seasonal, situational, or chronic) and/or mood swings. Open to the public. Family and friends are also welcome. 6 pm at the Arcata Library Conference Room. Info: 443-9659 or dbsahumb@sbcglobal.net.

Health Insurance and Advocacy Program (HICAP) provides objective information, help, and advocacy for people relying on Medicare. Info and appointments: 444-3000.

Healthy Kids Humboldt Enrollment Headquarters offers health care insurance by assisting with Medi-Cal, Healthy Families, and Cal Kids applications for children. 517 3rd Street, Eureka. 442.6066.

Humboldt Community Switchboard can direct anyone to services in Humboldt County. Info: 441-1001 or www.theswitchboard.org.

Humboldt Domestic Violence Services Support Groups; all services are free. Info & child care: 444-9255. 24-Hour Crisis Line: 443-6042 or toll free 866-668-6543.

Humboldt Literacy Project, to improve adult reading skills necessary to function on the job, in the family, & in the community. Free & confidential. Info: 445-3655 or www.humlit.org.

Nature-Based Spiritual Queers (GLBT) pagan, Native American traditions, etc. Newcomers welcome. phone 269-7044.

North Coast Rape Crisis Team; 24 hour crisis line: 445-2881. Business phone: 443-2737.

Ongoing: Drop-in Grief Support Groups. Hospice offers free, drop-in grief support groups in Arcata, Eureka, Fortuna and McKinleyville. These groups are open to anyone in the community experiencing grief and loss of a loved one. Info and schedules: 445-8443.

Ongoing: Volunteer Center of the Redwoods (VCOR): The Drop of a Hat Brigade connects volunteers of all ages with one time and short-term events. RSVP provides benefits such as limited mileage reimbursement for volunteers ages 55 and older. Info on these and other volunteer opportunities: 442-3711 or www.a1aa.org/VCOR/.

The Area 1 Agency on Aging sponsors many senior programs. Info: 442-9591 or www.a1aa.org.

The Emma Center Advocacy, support, referral services, library, and classes for trauma and abuse survivors. 920 Samoa Blvd. Suite 207, Arcata. Info: 825-6680 or info@emmacenter.org or www.emmacenter.org.

Vision Loss Services; Lighthouse of the North Coast, solutions for living with vision loss. Info: 268-5646 or www.lighthouse-sf.org.