



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 – September 8, 2009

The States We're In — By Hendrik Hertzberg

[After Mayer's wonderful editorial last time, we thought this follow-up about a CA Constitutional Convention would be appropriate. Originally printed in *The New Yorker* August 24th.]

The states of the Union are supposed to be laboratories of democracy, but this summer they have been looking more like toxic-waste dumps of futility. From coast to coast, from tundra to coral reef, state governments are in an awful fix. Their budget gaps are on track to add up to at least a third of a trillion dollars. In half the states, education funding is being cut, which means bigger classes, shoddier facilities, and fewer frills like music, art, languages, and library books. States are closing parks, draining rainy-day funds, and shrinking services for children, the elderly, and the disabled.

Much of this is traceable to the condition of the national economy (and all of it would be worse if it weren't for federal stimulus cash), though it doesn't help that so many state capitals are experiencing abnormally high levels of clownishness. There is a state (New York) whose notoriously dysfunctional legislature—the "Albany bozos" that Ben McGrath touches on elsewhere in this issue [*The New Yorker*—has lately been the scene of various forms of opéra bouffe. There are states where governors have resigned (New York again) or are being importuned to resign (South Carolina) on account of carnal or romantic embarrassments. There is a state (Alaska) whose governor has resigned because she felt like it, and another (Illinois) whose most recently elected governor, having been frog-marched from office, is exploring opportunities as an Elvis impersonator. And there is a state whose governor is a former Hollywood action star with formerly enormous muscles—but that's the least of California's problems, if it's a problem at all.

California, it turns out, is ungovernable. Its public schools, once the nation's best, are now among the worst. Its transportation and water systems are deteriorating. Its prisons are so overcrowded that it has to turn tens of thousands of felons loose. And its legislature has spent most of the year in a farcical effort to pass the annual budget, leaving little or no time for other matters, such as—well, schools, transportation, water, and prisons. This is "normal": the same thing has happened in eighteen of the past twenty-two years. But the addition of economic disaster to legislative paralysis may have brought California to a tipping point.

A good deal of the trouble may be fairly blamed on the Golden State's tarnished initiative process, whereby laws and amendments to the state constitution can be proposed by petition and enacted by referendum. Adopted nearly a century ago as a great progressive reform—at the time, the California legislature was essentially a bought-and-paid-for subsidiary of the Southern Pacific Railroad—the initiative process began to go seriously sour in the mid-nineteen-sixties, when frightened voters nullified a fair-housing law and passed a measure, sponsored by movie-theatre owners, to ban cable television. (Both were voided by the courts.) The nadir, some would say, came in 1978, when Proposition 13 essentially capped property taxes and made California the only state that requires a two-thirds vote of the legislature both to adopt a budget and to raise a tax. The decline in public services was one result. Another has been a distortion of the state's politics. Conservative Republican legislators have little incentive to compromise or even to broaden their appeal; to prevail on most of what is important to them, all they need is one-third plus one.

California's constitution, with its five hundred or so amendments, is so long that its full text would occupy every line of [*The New Yorker*]. Thanks largely to initiatives, many of them well intentioned, it is also wildly at odds with itself. It contains so many set-asides and mandates that the legislature can control only about seven per cent of the state budget even when it deigns to pass one. But California's nemesis could soon become its salvation. Something remarkable is beginning to happen.

It started almost exactly one year ago, modestly enough, with an op-ed piece in the *San Francisco Chronicle*. Echoing Jefferson, the author, Jim Wunderman, wrote, "It is our duty to declare that our California government is not only broken, it has become destructive to our future. Therefore, are we not obligated to nullify our government and institute a new one?" He then called for a "citizens' constitutional convention" to do the nullifying and the instituting. Wunderman heads the Bay Area Council, a business group not normally considered part of the vanguard of the revolution. (Its board consists of C.E.O.s and other executives from companies like Bank of America, McKinsey & Company, Chevron, Google, United Airlines, and the Federal Reserve Bank of San Francisco.) But Wunderman's op-ed manifesto engendered a broad response, and the response has engendered something like a movement.

That movement, called Repair California, is trying to put two initiatives on next year's ballot. One would amend the California constitution to allow the voters to call a constitutional convention by initiative. (As it is, while specific amendments can be passed that way, it takes two-thirds of the legislature to call a convention. That will never happen.) The other would actually call the convention and specify its scope: governance, including the structure of the legislative and executive branches; elections, including the electoral system and the initiative process itself; the budget-making process; and the state's revenue relationship with local government.

The genius of Repair California's approach is twofold. First, it steers clear of "social issues": no gay marriage, no abortion, no affirmative action. Second, the delegates would be chosen randomly from the adult population. (Appointed delegates, Repair California reasons, would be beholden to whoever appointed them; and if the delegates were elected, the elections would inevitably be low-turnout affairs dominated by money and the organized clout of special interests.) The convention itself would be an exercise in what is called "deliberative democracy." The delegates would spend months studying the issues, consulting experts, debating among themselves, and forging a consensus. The result would be put to a vote of the people, yes or no, in November of 2012.

To have faith in such a process requires a faith in the good sense and sincerity of ordinary people—a faith that just about everybody professes. The beauty part is that no one can know what the delegates would come up with—which is why the idea has won such broad support. Besides the capitalists of the Bay Area Council, the center-left New America Foundation loves it. So does the left-left Courage Campaign, a partner of MoveOn.org. And so does the lame-duck governor. It's "brilliant," Arnold Schwarzenegger says.

The only limitation on the citizen-delegates, within their subject matter, would be the federal Constitution's guarantee to every state of "a republican form of government," which is to say a free and popular one: no hereditary kings, please. But the convention would be at liberty to choose from the full menu of democratic forms and structures, of which the standard eighteenth-century American model—a president or governor, a lower house or assembly, and a senate, all separately elected—is only one. If California has the courage and imagination to become a true laboratory of democracy, the experiment will be something to see.

PEACE NEWS

Saturday, September 12: Barn Dance with Veterans for Peace. All ages are welcome, no experience or partner are necessary! Music by the Striped Pig Stringband and guest fiddler Sam McNeill. 7:30 pm at the Arcata Veterans Hall. \$7, \$6. Refreshments available for purchase. Info: Tara at 822-5394.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

September: Local Food Month, a county-wide celebration of local food, local farmers, and local abundance, intended to raise awareness of agriculture and healthy food systems in Humboldt County. Kick-off soiree on September 13 (see below). Visit CAFF's website for more info: www.caff.org/humboldt/.

Friday and Saturday, September 11 and 12: 10th Annual Storytelling Festival by the Sea. Friday night and all of Saturday at Trinidad Town hall. The event will feature a slate of exceptional storytellers with songs and music. Info: 677-3840 or www.inkpeople.org.

Saturday, September 12: League of Women Voters Annual Membership Brunch, featuring Linda Craig speaking on "Redistricting and Constitutional Reform: What's Happening and What You Can Do to Make It Happen." 8:30 - 11 am at the Wharfinger Building. Advance tickets or info: 444-9252 or email: vote@lwvhc.org.

Saturday, September 12: Fall Pet Festival benefiting animal rescue groups and featuring live music by the Compost Mountain Boys and Pan Dulce. There will be demonstrations to watch, animals for adoption, pet product vendors, a BBQ, raffles, a live auction and more. 10 am – 4 pm at the Farm Store in Eureka off Highway 101. Free entry. Info: 443-7397.

Saturday, September 12: Kneeland VFD 2nd Annual Music Fest and Barbeque, featuring live bluegrass and old-time music, BBQ, local beers and more. Noon – 7 pm at 275 Tim Mullen Road in Kneeland. Tickets are \$5 for a day of music, \$15 for dinner, and are available at the gate. Info and/or directions: 442-4536.

Sunday, September 13: Taste of Place Garden Soiree, featuring garden tours, local hors d'oeuvres, beer, wine and music. 3 - 6 pm at Redwood Roots Farm in Bayside. \$20 advance, \$30 at the door. Info and tickets: 444-3255.

Thursday, September 17: A Community Conversation: "Health Care Quality and Cost in an Era of Reform," presented by the Community Health Alliance. The event is free and includes dinner but is limited to the first 200 respondents. RSVP by September 15th via email: Humboldt@gmmb.com or telephone: 445-2806.

Saturday, September 19: CNPS Fall Native Plant Sale. Experienced gardeners will be on hand to help you choose from a wide variety of plants, from ferns to trees. Bring your empty flower pots for re-use. 10 am – 4 pm at the Arcata Marsh Interpretive Center parking lot, 569 South G St. (5 blocks south of Samoa Blvd.). Info: Sunny: 441-9545.

Saturday and Sunday, September 19 and 20: The North Country Fair featuring a Samba parade on Saturday and The All-Species Parade on Sunday as well as 200 craft, food, and information booths, two stages and a grass performance area. 10 am – 5 pm on the Arcata Plaza. Many local crafters & non-profit groups will be represented. Come out and support them. Info: 822-5320.

Sunday, September 20: Taste of Willow Creek. Tour wineries and farms for a taste of local produce, wine, and art. Tickets \$30 (less for kids and designated drivers). Info: 530-629-3488.

CHILDREN, YOUTH & ALL AGES

Saturday, September 12: Second Saturday Family Arts Day: "WonderFALL: A Celebration of Modern Art." Activities for youth and families, including performances, hands-on arts projects, & interactive storytelling. 2 - 4 pm at the Morris Graves Museum at 636 F St., Eureka. Info: 442-0278.

Sunday, March 8: Second Sunday Afternoon Dance: North Coast Dance Dancers. Free dance performances from local dance companies. 2 – 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Tuesday, September 15: Share A Story "Out of This World," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Thursday, September 17: Share A Story "Out of This World," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, September 12: Volunteer Training Session for the Arcata Marsh and Wildlife Sanctuary. Local experts will teach attendees about birds, plants, wetlands, invertebrates, marsh history, the wastewater treatment process, and how to lead tours via lectures and field trips. Free. Pre-registration required. Info: 826-2359.

Saturday, September 12: Groves Prairie Day Trip. At 4,000 ft. there could still be blooms in this mountain meadow in the Trinity Mountains northeast of Willow Creek in Six Rivers National Forest. The old growth Douglas-fir grove should have rattlesnake orchids and remains of coralroot and a different wood sorrel. Meet at 8:30 am at Pacific Union School (3001 Janes Rd., Arcata). Bring lunch, water, and lots of layers of clothing, including rain gear. Free. Call to confirm attendance: Carol at 822-2015.

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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.

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

Saturday, September 12: Volunteer Training Session for the Arcata Marsh and Wildlife Sanctuary. Local experts will teach attendees about birds, plants, wetlands, invertebrates, marsh history, the wastewater treatment process, and how to lead tours via lectures and field trips. Free. Pre-registration required. Info: 826-2359.

Thursday, September 17: A Community Conversation: "Health Care Quality and Cost in an Era of Reform," presented by the Community Health Alliance. The event is free and includes dinner but is limited to the first 200 respondents. RSVP by September 15th via email: Humboldt@gmmb.com or telephone: 445-2806.

Saturday, September 26: "Communication and Conflict Management," a one-day workshop presented by Humboldt Mediation Services. Understand conflict, communicate effectively and resolve disputes at home and at work. \$65 before August 26, \$75 after. Registration and info: 445-2505.

MEETINGS

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, Sept. 8, 2009
PO Box 873 Arcata, CA 95518 RETURN SERVICE REQUESTED
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Save paper & \$\$\$. Let us know if you would rather receive this by email.

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

Newsletter, **September 8, '09**. Vol. 15, Number 17. Published semi-monthly on 2nd & 4th Tuesdays; **next Sept. 22, '09**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Sept. 17, '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 NOT Warfare

Call & write your Congressional Rep., Mike Thompson. Maybe (just maybe) he will do the right thing in the movement for true health care reform. So far, he has not been open to good reform but, anything is possible.

Here is what "our" representative Thompson had to say about a Single Payer health plan when asked about it:

"There is no public support for it," and "If 2,000 of you had been here to ask, I might have thought there was."

So, let's get him the 2,000 letters he says he needs:

Washington, DC Office
 231 Cannon Office Building
 Washington, DC 20515
 Phone: (202) 225-3311
 Fax: (202) 225-4335

Humboldt District Office
 317 3rd Street, Suite 1
 Eureka, CA 95501
 Phone: (707) 269-9595
 Fax: (707) 269-9598

Also send your demands for Single Payer health care to our Senators:

Sen. Barbara Boxer
 112 Hart Senate Office Building
 Washington, D.C. 20510
 Phone: (202) 224-3553
 Fax: (202) 224-0454

Sen. Diane Feinstein
 331 Hart Senate Office Building
 Washington, D.C. 20510
 Phone: (202) 224-3841
 Fax: (202) 228-3954

--- 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 873 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.