

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 – Sept. 13, 2011

Reaching the “Depression Mentality”

by Mayer Segal

These days, at 94, I sit around the house, grateful for the tender care of an old man’s ailments graciously given by Home Health backed up by Medicare. I grieve for the coming demise of Adult Day Health Care which had been a most exciting, beneficial treatment of my late wife, Betty, over the last ten years. I am angry with Gov. Brown who, in his unsuccessful attempt to reduce the deficit, cut to the bone or eliminated many social services that made life bearable for many seniors, disabled and poor. The crowning blow for me came when he vetoed a watered down version of the Adult Day Health Care which would have cost the State of CA nothing.

Now I sit in my comfortable home in Bayside with its pasture and vegetable garden. I survive using Social Security benefits and a loan on my house, once paid for but now a life-saver after having exhausted all our life savings. Reading a letter in the AARP Sept. 2011 Bulletin reminded me of the depression years that I witnessed in the thirties. Judy Evans of Brooklyn, NY wrote about how her mother used to save little scraps of soap to use later in washing the dishes. Evans said her mother had what was called a “**Depression Mentality**”. Like so many in her generation, the “Great Depression” had put its mark on her.

Evans goes on to say “I fear we are being groomed for that same fearful state of mind. Why should working people, older people, regular middle-class people, have to scrimp just to get by while the wealthiest Americans, with their low tax rates, are partying all the way to the bank? How much soap can we possibly save?” Then she goes on to quote FDR. “**The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.**”

FDR had as much opposition to his programs from conservative Republicans, the press, and even the Supreme Court, as there is today. The difference was that he had a thoughtful Democratic majority who were more interested in the welfare of their constituents than getting re-elected. He also had advisers and Cabinet members who were experts in their fields.

One of Roosevelt’s first actions on assuming the presidency was to solve a major bank crisis by shutting down nationwide all banks for 5 days and setting up new regulations. Later Congress also created the Federal Deposit Insurance Corp. to insure individual deposits up to \$5,000. Following this, FDR proposed legislation that showed his willingness to spend federal money in order to jump-start the economy. Next came the Agriculture Adjustment Act aimed at restoring farm income and reducing surpluses. Days later the Civilian Conservation Corps was created, putting over 250,000 young men to work on conservation projects. On the same day the Federal Emergency Relief Administration was created and put under the able leadership of Harry Hopkins, a former social worker. Hopkins allotted over 3 billion dollars in direct dole payments or wages for work to the States. The next month Congress passed the Tennessee Valley Authority (TVA). This public power project of 640,000 square miles brought low-cost electric power, along with employment, housing, restoration of eroded soil, and reforestation to a desperately poverty-stricken area along the Tennessee river.

All this legislation was passed in the first “Hundred Days” of FDR’s presidency. It made huge progress in jumpstarting the economy, and gave hope to millions of desperate people. Historians credit FDR with preventing a Revolution. One very complex piece of legislation meant to help labor, industry and the unemployed, the National Industry Recovery Act (NIRA) finally passed amid much controversy, but was declared unconstitutional by the Supreme Court.



Not a good way to, as FDR says, “provide enough for those who have too little.”

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[All opinions in editorials, action items, & calendar items are those of the writers, submitters, and involved organizations; and not necessarily the opinions of the HOPE Coalition or its volunteers. HOPE will consider rebuttal editorials from the progressive viewpoint.]

PEACE NEWS

2011 Peace Poetry Anthology Published. The 2011 Redwood Coast Peace Poetry Anthology, published by the Humboldt Bay chapter of Veterans For Peace, will be available soon at local bookstores. The collection, featuring work by twenty local high school students, is also available free at www.vfp56.org/2011Anthology.pdf.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

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. Info: www.caff.org/humboldt/.

Friday, September 16: Picnics on the Plaza, featuring music by Mirage. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Info: 822-4500.

Friday, September 16: All-Species Ball. Dress as your favorite species and enjoy organic food, microbrews and wine, an auction, a costume contest, face and body painting and a supervised kid's corner. Live music by the Sky Miller Quartet, the Singing Nettles, and the Miracle Show, All ages. \$20, \$15 and \$10. 6 – 11:30 pm at the Arcata Vets Hall. Info: 822-6918 or rain@yournec.org.

Friday and Saturday, September 16 and 17: Pi: The Physical Comedy Troupe presents "Slices for All," a clown show that will have audiences of all ages rolling in the aisles. 7 pm at the Arcata Playhouse, 1251 9th Street, Arcata. \$10 - \$15. Info and tickets: 822-1575 or brownpapertickets.com.

Saturday, September 17: 27th Annual Coastal Clean-up. Join with thousands of people across the state for the biggest volunteer event of the year. 9 am - noon. Sign up to clean a beach, river, marsh or slough by calling the Northcoast Environmental Center at 822-6918.

Saturday, September 17: Friends of the Dunes Yard Sale Fundraiser. 9 am – 3 pm at 16th and H Streets in Arcata. Info: 444-1397 or www.friendsofthedunes.org.

Saturday and Sunday, September 17 and 18: Glimmer of Hope Afghan School Project Fundraiser. Proceeds from this fourth annual, multi-family yard sale will purchase much needed school supplies for young students in Kabul, Afghanistan. 9 am – 3 pm at Union Street Charter School, 470 Union St. Arcata. Info: 822-2142.

Saturday, September 17: Treasures From Collectors: An Exhibition and Auction, featuring local wines, hors d'oeuvres and a gourmet dinner by Hurricane Kate's as well as silent and live auctions featuring artwork from local private collections. 6 – 9 pm at the Morris Graves Museum of Art, 636 F St., Eureka. Proceeds benefit Humboldt Art Council. Info: 442-0278.

Saturday and Sunday, September 17 and 18: 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 - 6 pm on the Arcata Plaza. Local crafters & non-profit groups will be represented. Come out and support them. Info: 822-5320.

Friday, September 23: Picnics on the Plaza, featuring music by Bump Foundation. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Info: 822-4500.

Saturday, September 24: Taste of Willow Creek. Tour wineries and farms for a taste of local produce and wine, music and art. \$30. Info: 530-629-3488.

Saturday, September 24: 14th Annual Farm Store Pet Festival. Animals for adoptions, raffles, demonstrations to watch (including Splash Dogs), food, fun and music. 10 am – 4 pm at The Farm Store, 3956 Jacobs Ave, Eureka. Proceeds benefit animal rescue groups. Info: 443-7397.

Sunday, September 25: 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, September 29: Local Filmmakers Night: "Letters Home." FilmHUMBOLDT in collaboration with Access Humboldt, will be featuring the documentary filmmakers of "Letters Home," Wendy Lestina and Melissa Lema. Letters Home is a production of the Ferndale Museum based on letters written to the Ferndale Enterprise during World War II by soldiers that were stationed overseas. Q & A session will follow excerpts of the film, along with movie trivia, prizes, and a reception to follow. 7 pm in the Lecture Hall Screening Room on the Eureka High Campus. \$5. Info: 476-1798.

CHILDREN, YOUTH & ALL AGES

Saturday, September 17: Read With a Furry Friend. Kids have fun and build confidence as they read to a Reading Education Assistance Dog. Please sign up ahead of time to reserve a space. 1:30 – 3 pm at the Humboldt County Library, 1313 3rd St, Eureka. Info: 269-1910, www.humlib.org.

Wednesday, September 21: Family Literacy Night with The Chamber Readers. Chamber Readers invite listeners to engage their imaginations and enter the magical world of literature by bringing to life stories of every genre and every age. A free book will be available for each family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

PROTECT THE EARTH & ITS LIVING CREATURES

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: 986-5415 or 986-1087 or www.sanctuaryforest.org.

Saturday, September 17: 27th Annual Coastal Clean-up. Join with thousands of people across the state for the biggest volunteer event of the year. 9 am - noon. Sign up to clean a beach, river, marsh or slough by calling the Northcoast Environmental Center at 822-6918.

Sunday, September 25: Free Public Hike Around Scenic Trinidad, sponsored by North Group Sierra Club. The 7-mile, medium-difficulty trek incorporates loops around Elk Head, Trinidad Head, and Indian (Tsurai) Beach. Bring water and lunch. No dogs. Meet at noon at Trinidad State Beach parking lot on Stagecoach Road beside Trinidad School. Info: Bill 839-5971. Rain cancels.

Tuesday, September 27: Arcata Marsh Morning 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.

Thursday, September 29: Arcata Marsh Evening Jogging Tour. Same as above except starting at 7 pm at the Klopp Lake parking lot at the foot of South I Street. Info: Megan at 826-7487.

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

Every Other Wednesday, Starting September 21: Corporate Personhood Study Group. Democracy Unlimited is hosting a five session bi-monthly community study group, People Challenging Corporate Power. The anti-corporate personhood workshop will provide all the tools required for cerebral liberation, covering everything from the history of the rise of corporate power to the subjugation of our democracy through the elimination of regulations and the abuse of private property. Info: 269-0984 or email info@duhc.org.

Various Dates, Starting in September and October: Our Pathways to Health, presented by the Community Health Alliance. This free chronic disease self-management workshop will be offered at various locations around Humboldt County. Developed by Dr. Kate Lorig of The Stanford Patient Education Research Center, these workshops are designed to help people gain self-confidence in their ability to control the symptoms of chronic disease and change how their health problems affect their lives. The small, curriculum-based workshops are given in community settings for two and a half hours per week for six weeks. Call for dates in your area. Info: 445-2806, ext 4.

Now, In Your Garden: Extra Produce? Have a surplus? The food bank would be happy to take it off your hands. Info: Food for People at 445-3166.

MEETINGS

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, **Sept. 13, '11.** Vol. 17, Number 17. Published semi-monthly on 2nd & 4th Tuesdays; **next Sept. 27, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Sept. 22, '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.

Depression Mentality *[continued from page 1]*

In later years (FDR was the only 3-term President in U.S. history) FDR and Congress passed legislation that gave hope to a desperate nation to have a more secure and rewarding life. Some of these, which until recently, we had taken for granted, include the Social Security Act and many social services; the Fair Labor Standards Act and other support for the labor movement, bringing electric power to rural areas; and the Public Utility Holding Company Act breaking up utility monopolies. In my opinion, the most effective agency was the Works Project Administration. The WPA provided jobs and income to 8 million. Projects included the construction of public buildings and roads in almost every community in the U.S., and operating large arts, drama, media, and literacy programs. I could go on for pages enumerating the WPA's remarkable success in its 4 year existence. Needless to say by the time WPA ended there was very little "Depression Mentality" among the U.S. population.

FDR certainly had his failures, But his enemies in Congress, big corporations, and the press could not sway the majority of voters that his New Deal legislation was not successful in bringing the country out of the Depression. But today's "conservatives" have learned a lot since those days. For one thing large corporations and big money can influence Congress by giving them huge sums of money towards their election or re-election and then count on their sympathetic voice on legislation. We used to call these bribes, but now the U.S. Supreme Court says that Corporations have the same rights as people and don't have to reveal their donations. The same thing holds true for their influence with some of the press and radio and TV commentators.

The other change in which politicians of today differ from those in FDR's day deals with truth vs fiction. The early Conservatives based their rhetoric on honest differences in values. Today's Republicans refuse to discuss issues on merit—for example, taxes.. Their unanimous NO vote on most issues shows a clear intent to destroy Obama's presidency. Republican candidates for the presidency resort to fiction in their campaign talks. Leader of the pack, Rick Perry, made an outrageous attack last week on Social Security, the most successful program of the New Deal era, calling it a Ponzi scheme, a financial swindle. In truth, Social Security has not only been a life saver, including yours truly, but it has been so financially sound that other government agencies have been borrowing from its coffers.

Have we yet reached that "Depression Mentality?"

- - - **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

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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. Info: 336-2258, redwoodaclu@hotmail.com.

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.