

# 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 – Nov. 8, 2011

#### Musings on Occupations

By Elizabeth Fattah, from the Greens newsletter, [www.greenparty.org](http://www.greenparty.org)

"Stop the Machine" in Washington, DC was planned to kick off a sustained occupation and nonviolent civil resistance to corporatism and militarism. This had been building for months with many in the progressive community wondering if it could be sustained. It has been maintained and became one of the initiators for the many occupations that are occurring now. Happenings in the Arab world and Europe, especially Greece and Spain, along with past actions in the US—vigils, demonstrations, and sit-ins, combined with the movement in Wisconsin where people occupied the capitol in Madison—all have led to this moment.

In visiting the occupation sites, one is struck by the constant discussion groups organized in advance or spontaneously as people mingle forming a group solidarity to just being there. Numerous young people are discussing alternatives to our present system and lamenting how unjust and corrupt the political system has become. In places where the occupations encamp, the homeless are there too as an indictment of the present economic system.

The Wall Street occupiers gained a reprieve from a recent crackdown on their site. What stopped Mayor Bloomberg from evicting them was solidarity from the unions and big-name entertainers petitioning him along with thousands of others. Unfortunately, some cities don't have the cachet of New York City. Occupy sites have been shut down and the occupiers harassed. As this was being written, Oakland and San Francisco had been threatened with closure.

To the complaint of the mainstream press that the occupiers are unable to articulate what they want, here is part of a statement from Occupy Wall Street. The following is taken from the Declaration of the Occupation of New York City that was adopted on 30 September.

"...As one people, united, we acknowledge the reality: that the future of the human race requires the cooperation of its members; that our system must protect our rights, and upon corruption of that system, it is up to the individuals to protect their own rights, and those of their neighbors; that a democratic government derives its just power from the people, but corporations do not seek consent to extract wealth from the people and the Earth; and that no true democracy is attainable when the process is determined by economic power. We come to you at a time when corporations—which place profit over people, self-interest over justice, and oppression over equality—run our governments. We have peaceably assembled here, as is our right, to let these facts be known..."

The Declaration goes on to indict corporations for joblessness, homelessness, environmental destruction, and imperialism. The declaration describes the damage done by the capitalist system here and in the rest of the world.

Regardless of when or if these occupations end, this is a historic moment that all of us need to embrace.

**All the Humboldt County occupations need your help & presence.**

*[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, should be available now at local bookstores. The collection, featuring work by twenty local high school students, is also available free at [www.vfp56.org](http://www.vfp56.org).

## ENTERTAINMENT, CELEBRATIONS, &amp; CULTURE

- Friday, November 11: Humboldt Folklife Society Barndance,** with the Striped Pig String Band and Tara Stetz calling. All dances will be taught and no partner or experience is needed. 7:30 – 11 pm at the Bayside Grange. \$7, \$6, kids free. Info: 822-5394.
- Saturday, November 12: 30th Annual Northwest Intertribal Gathering and Elders Dinner** featuring tribal dance demonstrations, salmon and turkey dinner, elders' honoring ceremony, Indian arts and crafts, fry bread and tacos. Gates open: 10 am – 6 pm; dinner: noon – 3 pm (or until it's gone); elders gifting ceremony at 3 pm at Redwood Acres Fairgrounds, 3750 Harris St. Eureka. Free admission. Dinner - \$6, \$3, over 55 free. Info: 445-8451 or [www.ncidc.com](http://www.ncidc.com).
- Saturday, November 12: 21st Annual Hemp Fest** with music, dance, vendors, speakers, comedy and more. Doors open at 11 am at the Mateel Community Center in Redway. Suggested donation \$20. Info: 923—3368 or [www.mateel.org](http://www.mateel.org).
- Saturday, November 12: The Ink People Presents Sahaja,** an experience with meditative music and instruments from around the world - gongs, bamboo flutes, Tibetan temple horns, bells and much more. All ages welcome. 8 pm at Redwood Raks, 9th & L in Arcata. \$5. Info: Michael at 677-1923 or the Ink People at 442-8413.
- Saturday, November 12: St. Vincent de Paul Benefit Dinner Dance.** Mexican food, salsa dancing and zumba (instruction provided). Put on by the Arcata High National Honor Society. 7 – 10 pm at the Bayside Grange. \$5, \$10. Info: 825-2400
- Saturday, November 12: Burlesque for Breasts,** vaudeville by Blue Angels Burlesque, music, dancing, a silent auction, snacks and drinks. Benefit for the Humboldt County Breast Health Project. 8 pm at the Eureka Theater. \$20, \$15 advance. Info: 825-8345.
- Saturday, November 12: Club Shampoo, a Playhouse Comedy Music Revue,** featuring Cirque du Soleil clown and physical comedienne, Mooky Cornish and many more zany characters and musicians plus live hair styling by Felicite Hair. Doors open at 7:30 pm at the Arcata Playhouse, 1251 Ninth St. \$15, \$12, \$10. Info: 822-1575.
- Sunday, November 13: HSU Music Dept. Jazz Combos.** Original compositions and jazz classics; gypsy jazz to post-bop with four jazz combos. 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.
- Tuesday, November 15: Native American Month Film Series** featuring "Frozen River," Courtney Hunt's powerful film about Ray, a white woman, and Lila, a Mohawk, both single mothers facing desperate circumstances, who decide to smuggle illegal immigrants across the U.S. - Canada border. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, [www.humlib.org](http://www.humlib.org).
- Tuesday, November 15: Family Arts Night,** a free event for students, adults and local educators to spend an evening exploring the art making process including workshops in Mask Making, Print Making, Cartooning, Origami Sculptures, Matisse Cut Paper Designs, Instrument Making, and Puppetry. 5 – 7:30 pm at the Arcata High Multipurpose Room. Info: 825-2400.
- Thursday - Saturday, November 17 - 19: Two Old Birds or Tripping on the Tipping Point,** A comedy about climate change from Humboldt's own theater company, Human Nature. After Arcata, the show will be performed for audiences connected to the United Nations World Climate Change Conference in South Africa. 8 pm at the Arcata Playhouse. \$15, \$12. Info: 822-1575.
- Saturday, November 19: Last Farmers Market of the Season!** Stock up for winter with local produce, grains, beans and more. 9 am – 2 pm at the Arcata Plaza. Music by "Falling Rocks." 10 am – 1 pm. Info: 441-9999.
- Saturday, November 19: Tellabration! A Worldwide Storytelling Celebration,** featuring members of OLLI. Since 1988, the National Storytelling Network has promoted a day of storytelling, starting with groups within the United States sharing stories with their communities. 6 – 8 pm at the Humboldt Bay Aquatics Center (next to the Adorni Center). \$10, \$5. Info: 826-5880.
- Sunday, November 20: Humboldt Mycological Society Mushroom Fair.** Vendors, exhibits and more. 11 am – 4 pm at the Redwood Acres Fairgrounds. Info: 822-8856.

## CHILDREN, YOUTH &amp; ALL AGES

- Saturday, November 12: Earth Science Day.** Join HSU Geosciences students at the Natural History Museum for hands on experiments and demonstrations about the earth and its processes, including earthquakes, tsunamis, gems and minerals, stargazing and more. Free admission. 11 am – 3 pm at 1315 G St, Arcata. Info: 826-4479.
- Saturday, November 12: Second Saturday Family Arts Day: Aesop's Fables,** with the For Educational Purposes Only (FEPO) Theatre Company performing "The Tortoise and the Hare" and art activities for youth and families. Presented by the Humboldt Arts Council at the Morris Graves Museum. 2 - 4 pm at 636 F St., Eureka. Info: 442-0278.
- Tuesday, November 15: Family Arts Night,** see listing above.
- Wednesday, November 16: Family Literacy Night** presents a special musical evening with Ali Freedlund. Many of her stories are a celebration of this beautiful area and the many creatures that live here. Through her stories, she hopes to empower people of all ages to love and appreciate this place and each other. 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](http://www.humlib.org).

## PROTECT THE EARTH & ITS LIVING CREATURES

**Sunday, November 13: Audubon Society Free Public Field Trip to the Humboldt Bay National Wildlife Refuge.** This leisurely, 2- to 3-hour trip is intended for people wanting to learn birds of Humboldt Bay area. Meet at Refuge Visitor Center off Hookton Road at 9 am. Info: leaders Jude Power 822-3613 or David Fix (825-1195).

**Sunday, November 13: Friends of the Dunes Lichen Tour.** Join lichenologist Tom Carlberg for an exploration of the diverse lichen flora at the Ma-le'l Dunes North. Bring a hand lens if you have one. 1 – 4 pm at the Ma-le'l Dunes Unit in Manila. To get there, turn west onto Young Lane in Manila, then follow the signs north, driving one mile on a dirt road. Info: 444-1397.

**Saturday, November 19: North Group Sierra Club Hike to Table Bluff /Mouth of Eel River.** This 9-mile trip starts by walking south along beach or alternatively on utility road through dunes between ocean and sloughs, estuaries, and marshlands of Eel River. Return varies along dunes and McNulty Slough. Free and for the general public. Bring lunch and water. Rain or tsunami warning cancels. Carpools: Meet 9 am at Park & Ride lot Herrick Ave/Hwy 101 or 9:30 am on beach below Table Bluff. Info: Xandra at 441-0702 or xandralydia@yahoo.com.

**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: 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.

**Wanted: Board Members for the North Coast Stand Down.** Four seats are open; seeking energetic and committed members to serve on this Board and help organize, coordinate and execute this event which provides services for all veterans, including dental care, massage treatment, haircuts, legal assistance, a job fair, VA referrals, and other services. Veterans are encouraged to serve on the Board, but it is not a requirement. Applicants are invited to submit a letter of interest via email to allan.dollison@us.army.mil or via mail to: North Coast Stand Down, PO Box 1012 Arcata, CA 95518-1012

**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.



**HOPE Coalition Newsletter & Calendar, Nov. 8, 2011** **Page 4**  
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Newsletter, **Nov. 8, '11.** Vol. 17, Number 21. Published semi-monthly on 2nd & 4th Tuesdays; **next Nov. 22, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to [hopecoalition@igc.org](mailto:hopecoalition@igc.org). **Next deadline. Nov. 18, '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](http://www.hopecoalition.org).

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## Support the California GMO Labeling Ballot Initiative

California is poised to be the first state with mandatory GMO labeling laws through the 2012 California Ballot Initiative process. They need to make sure they have 505,000 signatures to get it on the ballot. Please help.

- ♥ Polls show support to get this initiative on the ballot & voted in. Over 80% of those polled supported mandatory labeling.
- ♥ A win for the California Initiative would be a huge blow to biotech and a huge victory for food activists.
- ♥ Monsanto and their minions have billions invested in GMOs and they are willing to spend millions to defeat this initiative.
- ♥ California is the 8th largest economy in the world. Labeling laws in CA will effect packaging and ingredient decisions nation-wide.
- ♥ The bill has been carefully written to ensure that it will not increase costs to consumers or producers.

**Please help collect signatures for the campaign: [www.bit.ly/GMOsignatures](http://www.bit.ly/GMOsignatures)**



- - - **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** \_\_\_\_\_

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The HOPE Coalition • PO Box 385 Arcata, CA 95518 • [hopecoalition@igc.org](mailto:hopecoalition@igc.org) • [www.hopecoalition.org](http://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](http://www.accesshumboldt.net). Call or email for further info. 476-1798 or [info@accesshumboldt.net](mailto: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](mailto: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](mailto:info@friendsofthedunes.org). Complete calendar: [www.friendsofthedunes.org](http://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](mailto:climatechange@redwoodalliance.org); [www.redwoodalliance.org](http://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](http://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](http://www.clarkemuseum.org).

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

**Morris Graves Museum**; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. [www.humboldtarts.org](http://www.humboldtarts.org)

**The Ink People**; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 [www.inkpeople.org](http://www.inkpeople.org).

**Westhaven Center for the Arts**; 501 S. Westhaven Dr. Info: 677-0860, [www.westhavenarts.org](http://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](http://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](http://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/](http://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](http://www.EurekaGreens.com).

**Green Wheels;** Mondays 6:30 pm at the Northcoast Environmental Center. Info: [mail@green-wheels.org](mailto:mail@green-wheels.org) or [www.green-wheels.org](http://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](http://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](mailto:sheds@humboldt1.com).

**Mother Jones Club & Humboldt Communist Alliance.** Call for meeting times: [ncalview@igc.org](mailto: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](mailto:arcata@greens.org).

**Redwood Chapter ACLU** meets 3rd Tuesday at noon at 917 Third St. in Eureka. Info: 336-2258, [redwoodaclu@hotmail.com](mailto:redwoodaclu@hotmail.com).

**Sequoia Greens** of southern Humboldt. Call for meetings: 923-4488 or [encimer@hotmail.com](mailto: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 4<sup>th</sup> Wednesday, location varies. Info: Sue at 822-3405 or [suejh@humboldt1.com](mailto: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.** 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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](http://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](http://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/](http://www.a1aa.org/VCOR/).

**The Area 1 Agency on Aging** sponsors many senior programs. Info: 442-9591 or [www.a1aa.org](http://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](mailto:info@emmacenter.org) or [www.emmacenter.org](http://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](http://www.lighthouse-sf.org).