



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. 9, 2010

Spending Blitz by Outside Groups Helped Secure Big GOP Wins

by Michael Isikoff and Rich Gardella, NBC News

A tightly coordinated effort by outside Republican groups, spearheaded by Karl Rove and fueled by tens of millions of dollars in contributions from Wall Street hedge fund moguls and other wealthy donors, helped secure big GOP midterm victories Tuesday, according to campaign spending figures and Republican fundraising insiders.

Leading the GOP spending pack was a pair of groups—American Crossroads and its affiliate, Crossroads GPS—both of which were co-founded by two former aides in the George W. Bush White House: Rove, and Ed Gillespie.

Together, the groups—which are not formally part of the Republican Party—spent more than \$38 million on attack ads and campaign mailings against Democrats, according to figures compiled by the Sunlight Foundation, a nonpartisan group that tracks campaign spending in congressional races.

A substantial portion of Crossroads GPS' money came from a small circle of extremely wealthy Wall Street hedge fund and private equity moguls, according to GOP fundraising sources who spoke with NBC News on condition of anonymity. These donors have been bitterly opposed to a proposal by congressional Democrats—and endorsed by the Obama administration—to increase the tax rates on compensation that hedge funds pay their partners, the sources said.

A scorecard compiled by NBC News shows the ad barrage appeared to mostly pay off: Republican candidates won nine of the 12 Senate races and 14 of 22 House races where American Crossroads and Crossroads GPS spent money. That had the groups' leaders gloating Wednesday about what they described as their pivotal role in the election results.

"Thank you, America!" read the banner headline on a blog posting by Steve Law, president of American Crossroads, on the group's website. The posting proclaimed that the organizations' team had "struck a decisive blow for freedom" with the election results. "Together we not only retired House Speaker Nancy Pelosi, we also achieved the largest House seat switch since 1938!" Law wrote.

While it is hard to calculate exactly how much of an impact the Crossroads groups had in an election that was tilting Republican for a variety of reasons, their efforts helped fuel an substantial overall spending advantage by outside GOP groups. Overall, outside Republican groups outspent outside Democratic groups, \$245 million to \$191 million—a \$54 million edge.

The Crossroads affiliates and similar groups were formed after a controversial Supreme Court ruling in January that permitted outside political groups to collect unlimited contributions from corporations, labor unions and other wealthy donors and use them directly on campaign ads. In addition, groups that were organized as nonprofit "advocacy" organizations (such as Crossroads GPS) did not have to disclose the identity of their donors.

As a result, the airwaves this campaign season were flooded with millions of dollars in attack ads, paid for by secret donors. Out of nearly \$300 million spent on congressional campaigns ads by both parties, 42% were funded by undisclosed donors, according to a study by the Center for Responsive Politics.

Just behind the Crossroads groups in outside spending on the GOP-side were the Chamber of Commerce (\$31 million) and the American Action Network (\$14 million), according to Sunlight Foundation figures. Neither disclosed the identity of its donors.

While outside Democratic groups belatedly tried to mimic the GOP efforts, they fell short. America's Families First Action Fund, a group founded by a number of former Democratic strategists that operated much like American Crossroads, wasn't organized until last summer and spent just \$5.5 million—\$1 million of which came from a non-disclosing nonprofit affiliate, according to the Sunlight Foundation. The big outside spenders on the Democratic side were labor unions such as AFSME (\$10.7 million) and the SEIU (\$10 million.)

Betty (Elizabeth K. A.) Segal

July 16, 1918 – November 7, 2010

Humanitarian • Peace Advocate • Artist • Writer

- Mother of Mara Segal—Calendar editor HOPE Coalition Newsletter
- Wife to Mayer Segal—Former editor HOPE Coalition Newsletter
- Phi Beta Kappa, Wellesley College
- Spanish Instructor University of Chicago, Urbana, IL
- Active in Women for Peace in Berkeley; Participant on many Peace Marches in San Francisco
- Reporter for Freedom News in Richmond, CA, and for the Berkeley Barb in Berkeley, CA
- Active member of Friends in Berkeley and the Social Action Committee of Unitarians in Bayside
- Lifetime horsewoman and an excellent rider
- Fine artist of ceramics and painting
- Influential, loving mother of four boys, one daughter; and grandmother to nine grandchildren—all responsible citizens, with good sense of humor and much love for one another

(Continued on Page 4)

[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.]

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday, November 12: "Choose Love" Art Show and Benefit for Six Rivers Planned Parenthood, a one night art show with pieces by local artists on their interpretation of love. There will also be a small stage for participants to read poetry, sing, or speak about love. Dutch raffle, silent auction, wine and refreshments. 6 – 9 pm at Redwood Raks in Arcata. \$5. Info: 442-2961.

Friday, November 12: HSU Music Dept. Jazz Combos. Three all-star small ensembles play jazz and pop classics and original tunes. 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.

Friday - Sunday, November 12 - 14: "They Ate Everything But Their Boots" detailing the pleasures, pains and outright madness of searching for a home in Humboldt County and the process of renovating a 100-year-old Victorian in Blue Lake with narrative detours about working at Fred Flintstone's Bedrock City, a phone encounter with writer Charles Bukowski and numerous other stories. 8 pm at Dell'Arte. \$15, \$12. Info: 668-5663 or www.dellarte.com.

Saturday, November 13: Friends of the Library Fall Book Sale. Enjoy a wide selection of hardcover and paperbacks for readers of all ages; proceeds benefit the entire Humboldt County Library System. 10 am – 3:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910.

Saturday, November 13: 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 - 4 pm (or until it's gone) at Redwood Acres Fairgrounds, 3750 Harris St. Eureka. Free admission. Dinner - \$6, \$3, over 55 free. Info: 445-8451 or www.ncidc.com.

Saturday, November 13: the Eureka Sisters of Perpetual Indulgence Present "Beastly Bingo," a benefit for the Humboldt Wildlife Care Center. Bingo, raffle, costume contests and more. Doors open at 5 at the Bayside Grange. \$20. Info: 834-4832.

Saturday, November 13: Arcata House Benefit with the Joyce Hough Band. Doors open at 7:30 pm at the Arcata Theater Lounge, music at 8 pm. Suggested donation is \$20 or two for \$35. Info: 822-4528.

Thursday, November 18: Taste of the Holidays. Food samples from dozens of local vendors as well as tastings from a variety of wineries and breweries, live music and raffle prizes. 5 – 8 pm at the Arcata Community Center. Info: www.arcatasunrise.org.

CHILDREN, YOUTH & ALL AGES

HSU Natural History Museum Re-opens! The museum is now open to the general public Tuesday through Saturday, 10 am - 5 pm. Info: 826-4479.

Saturday, November 13: Redwood Park Family Day. Ropes Course activities, games, arts and crafts and more for ages 4 and up. Two sessions, 9 am - noon or 1- 4 pm. \$10. Pre-registration required. Info: 822-7091 or www.cityofarcata.org/rec.

Saturday, November 13: Second Saturday Family Arts Day: "Nautical November" 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.

Wednesday, November 17: Family Literacy Night: Zippedy the Clown with Professor Marvel's Puppet Show Zippedy is a clown who can juggle games, sing-alongs, knock-knock jokes, and puppet shows with ease, promoting environmental education, critical thinking, and children's self-esteem. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910.

Thursday, November 18: Share A Story " MonkeyShines," 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.

Saturday, November 20: 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.

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, November 14: 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: Jude Power and David Fix at 822-3613.

Sunday, November 14: Humboldt Coastal Nature Center Guided Walk: "Amazing Adaptations of Dune Plants." Join Elliott Dabill and learn about special adaptations that dune plants have developed to endure salt, wind, heat, drought or deluge. Bring water and be prepared for walking up and down in sand. Meet at the Humboldt Coastal Nature Center, 220 Stamps Lane in Manila. Info: 444-1397 or www.friendsofthedunes.org.

Thursday, November 25: 11th Annual Friends Of The Arcata Marsh Thanksgiving Morning Walk. Art Barab will lead a 90-minute meander around the marsh beginning at 10 am. Meet on the porch of the Interpretive Center on South G St. Info: 826-2359.

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.

COMMUNITY THANKSGIVING DINNERS

Wednesday, November 24: The Eureka Rescue Mission; free dinner open to all, served from noon - 4 pm at 110 2nd St., Eureka. Please call to volunteer or donate. Info: 443-4551.

Thursday, November 25: The Salvation Army; free dinner for seniors served at noon at Silvercrest Residence, 2141 Tydd St, Eureka. Reservations required. 445-3141.

Thursday, November 25: St. Vincent de Paul; free dinner for all served from 11 am - 1 pm at 35 W. 3rd St., Eureka. Volunteers and donations of any Thanksgiving type food welcomed. Info: 445-9588.

Thursday, November 25: The Northern Humboldt Ministerial Association; free dinner for all (turkey and vegetarian options) served from noon - 3 pm at the Arcata Veteran's Hall, 14th and J St. in Arcata. The Arcata Interfaith Gospel Choir performs at 11:30 am. Please call to volunteer or donate; specific foods may be requested. Info: Joan at 822-7917.

WORKSHOPS AND MISCELLANEOUS

Mondays and Wednesdays, Ongoing: Art for the Young at Heart, a low-cost opportunity for folks over 50 to express themselves creatively. Set up as an open studio with individualized instruction, participants can experiment in watercolor painting techniques, hand-built low-fire ceramics, silk painting and more. Some introductory supplies will be provided. 6 - 9 pm at Arcata Elementary School, room 7. Instructor: Maureen McGarry. Info: the Ink People at 442-8413.

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, **Nov. 9, '10.** Vol. 16, Number 18. Published semi-monthly on 2nd & 4th Tuesdays; **next Nov. 23, '10.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Nov. 18, '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.

GOP Spending Blitz from Outside Groups—continued from page 1

In addition to the spending advantage, outside GOP groups like the Crossroads groups, Americans for Prosperity and Club for Growth coordinated their efforts, divvying up which groups would spend in which races at which times. The groups' leaders would meet and talk regularly in sessions often led by Rove or one of his associates, according to the two GOP fundraising sources familiar with how the organizations worked.

The coordination could be seen in spending patterns in key Senate races. In Illinois, for example, GOP winner Mark Kirk benefited from \$5.5 million in attack ads from the Crossroads groups targeting his Democratic opponent, Alexi Giannoulias.

In Wisconsin, meanwhile, the Crossroads groups didn't spend any money, but the Chamber of Commerce spent \$748,000 on attack ads that helped defeat Democratic Sen. Russ Feingold. (Feingold, ironically, was co-author of the McCain-Feingold campaign finance law whose restrictions on advertisements by outside groups was overturned by the Supreme Court ruling earlier this year, paving the way for the creation of groups such as American Crossroads.)

The long term impact of the spending by the outside groups during this election will be to lay the groundwork for an even bigger effort during the presidential campaign two years from now. That will substantially diminish the role of the two political parties, according to campaign finance experts.

Other than running primaries, "who needs (political parties)?" asked Brett Kappel, a Washington lawyer who specializes in campaign finance laws. Contributions to the parties remain "heavily regulated," under strict limits and must be publicly disclosed, he noted.

"After this election," Kappel said, "all of that can be outsourced to unregulated entities that don't have to disclose their donors."

- - - 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; 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. 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); 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 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.