

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 – Jan. 13, 2009

Older, Perhaps a Little Wiser — & A Letter from Peter Schweitzer

[When I reached 90, I found that transferring my progressive thoughts to the printed page lost something in the transition. So when I received the following letter by U.S. mail from Peter Schweiker, Executive Director of **Plenty**, an organization that I had supported for many years, I thought "Gee, that's what I wanted to say too." So, with permission, here it is. Mayer Segal, former editor *HOPE Coalition Newsletter*.]

Now that the US election is over and there is a new administration about to take office with a mandate for change, we're tempted to set our spade a little deeper and our sights a little higher as we think about what really needs to change if we're serious about meeting challenges that seem to grow more daunting every day.

I'm talking about the challenges of world peace, world poverty and hunger, injustice, and global warming—to name some of the biggest ones. Let's agree that war, poverty, hunger, injustice, and global warming are neither inevitable or natural. War and oppression are the result of human choices. No one chooses to be poor or hungry. Global warming, we now understand, is the result, primarily, of human activity. In other words, these are all changeable conditions.

One of the most revered and commonly held tenets of those of us who came together to build the Farm in 1971 and founded Plenty in 1974 is the simple belief that **if you want to change the world, you must first change yourself**. As a matter of fact, the only thing you have very much control over is yourself. If you want peace, be peaceful and so on. The thinking behind taking the name "Plenty" was along the lines of "there is plenty if we share" and "in all fairness, there is enough to go around... plenty." So how is it that the world's economy is in such terrible straits, and millions are losing their jobs and hundreds of millions are going to bed hungry? If the planet earth were a company, we'd have to consider firing the managers. Oops, the managers are us, so let's see how we can be better managers.

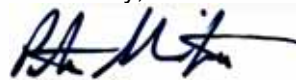
After Plenty was founded, some of our earliest inspiration came from organizations like Food First and its founder, Francis Moore Lappé, author of "Diet for a Small Planet" (1971), which argued that the real causes of world hunger are not related to shortages of food, but rather the way access to food is controlled by the food industry. We read "Small is Beautiful: Economics as If people Mattered" (1973) in which the author, E.F. Schumacher, wrote, "Ever bigger machines, entailing ever bigger concentrations of economic power and exerting ever greater violence against the environment, do not represent progress: they are a denial of wisdom. Wisdom demands a new orientation of science and technology towards the organic, the gentle, the non-violent, the elegant and beautiful."

While the industrial food cycle including the fertilizer and meat industries and the ever expanding distances involved in transporting food from field to table now combine to make this sector of human activity the greatest contributor to greenhouse gases—around a third of all emissions—there is substantial evidence (reported recently by Food First) that "In small-scale organic farming systems... carbon [a major contributor to global warming] is actually stored in the soil at the rate of about four tons per hectare." (2.5 acres.) Another early Plenty influence, the Rodale Institute, has estimated that **"we could save 25% of US greenhouse gas emissions by converting American farmland [and agricultural practices] to organic."**

In a recent article for the magazine *Vegetarian Voice* Plenty's own Lisa Wartinger wrote: "Through the years we have increasingly focused our [development] efforts on sustainable food and agriculture projects to get the resources for food production into the hands of local people. Supporting local food self-sufficiency as opposed to mono-cropping for export is key. This entails... support for small farmers, community, family and school gardens, nutrition education, and organic methods, as well as local food processing. Good nutrition and reduced hunger, in turn, produce better maternal and child health, lowered child mortality and increased productivity, which ease the grip of poverty and reduce negative human pressures on the environment..."

Small is beautiful, but it is also more practical, more healthy, more ecological and more sustainable. It just hasn't been very fashionable over the last few decades that have brought us Hummers and SUVs, big box stores, suburban sprawl, clear-cutting, mountain top mining, and the "fast-food nation." It's apparent that **we still need to think globally—while acting, eating, and living more cooperatively and more locally.**

Yours truly,



Peter Schweitzer

PEACE NEWS

The Redwood Peace & Justice Center Board has closed the Center's doors. Info: staff@rpjc.net or www.rpjc.net.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Thursday - Saturday, January 15 - 17: Crawdaddy's Emporium, incorporating sideshow techniques, musical theatre, puppetry, and physical performance to confront what is "normal." 8 pm at the Arcata Playhouse, 1251 9th St. \$12 - \$20. Info and reservations: 822-1575.

Saturday, January 17: Lecture: "Get To Know Humboldt's Herps" with Steven Krause. Come learn about the huge variety of amphibians and reptiles that live on the north coast. 1 - 2:30 pm at the HSU Natural History Museum, 1315 G St, Arcata. \$2, \$4. Info: 826-4479.

Saturday, January 17: An Evening of Music and Storytelling with Baba Jamal Koram, internationally known storyteller. 7:30 pm at the Arcata Presbyterian Church, 11th and G streets in Arcata. All ages. Info: 269-1910.

Sunday, January 18: Quarterly Breakfast at the Bayside Grange; supports the repairs and improvements at Bayside's historic community center. Live music and a gourmet breakfast menu including: meat and veggie options. 8 am to noon. Info: 822-9998.

Sunday, January 18: HSU Music Dept. Northcoast Wind Ensemble at 8 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.

Monday, January 19: Volunteer Opportunity: Make MLK Day a Day On, Not a Day Off. Help Americorps and the Manila Community Services District build a playground in a day. Volunteers will be fed breakfast and lunch. 300 people are needed to paint, clean, build, photograph and more. 8 am - 5 pm at Manila Community Park. Info: 269-2026.

Monday, January 19: Martin Luther King Jr. Birthday Observance. Noon - 2 pm at the Adorni Center in Eureka. Music, speakers, and more. All ages. Free. Info: 443-1389.

Monday, January 19: 9th Annual Bowl of Beans Benefit and Martin Luther King Jr. Celebration. 5 - 8 pm at the Arcata Community Center. Dinner, performances by local musicians and dancers, and raffle for art and gift certificates. \$5, \$2 for kids. Proceeds go to the Arts in the Afternoon and Arcata Elementary School's Art Program. Info: 825-2028.

Tuesday, January 20: Based on the Book Film Series: "Gold Diggers of 1933." Classic 1930s musical that offers some of Busby Berkeley's most spectacular choreography. Discussion hosted by Charlie Myers. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Friday, January 23: 27th Annual Choices Breakfast, commemorating the 36th anniversary of Roe v. Wade. Guest speaker: Jennet Arcara, international health policy specialist. 7:45 - 9:30 am at the Baywood Country Club. Reservations recommended by January 20. \$25. Info: 442-2961.

Friday, January 23: 4th Friday Film Flicks: W. C. Fields in "My Little Chickadee." Classic films projected on the big screen--the way they were made to be seen. Free. 7 pm at WCA, 501 S. Westhaven Drive. Refreshments available. Info: 677-9493.

Tuesday, January 27: Based on the Book Film Series: "Sullivan's Travels." A director of escapist films goes on the road as a hobo to learn about life, which gives him a rude awakening. Discussion hosted by Bob Doran. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday, January 29: Lecture: "Relativity for Dummies" with Dr. Dave Kornreich of HSU's Physics Dept. Learn about the strange effects of the speed of light. 7 - 8:15 pm at the HSU Natural History Museum, 1315 G St, Arcata. \$2, \$4. Info: 826-4479.

Friday, January 30: Eureka Chamber Music Series: The San Francisco Opera Center Singers. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.

CHILDREN & YOUTH

Thursday, January 15: Share A Story " Mitten Weather," short video, stories, and crafts. A free book, "One Mitten," by Kristine George, is available for each participating family. 6:30 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.

Tuesday, January 20: Share A Story " Mitten Weather," short video, stories, and crafts. A free book, "One Mitten," by Kristine George, is available for each participating family. 6:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Wednesday, January 21: Family Literacy Night presents a special evening with Sean Powers and his Shadow Puppets. 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.

Saturday, January 24: Live Animal Presentation. Humboldt Wildlife Care Center volunteers bring a selection of non-releasable teaching animals to the Natural History Museum from 1 - 2 pm. Four 15-minute programs; free tickets (with admission) on the day of the event at the front desk. Seating is limited. All ages. 1315 G St, Arcata. Info: 826-4479.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, January 17: Winter Gull ID Field Trip. Redwood Region Audubon Society is sponsoring a free public field trip to hone winter gull ID skills. Plumages of common species will be pointed out, while searching for rarer gulls at the mouths of the Mad and Little Rivers and Redwood Creek. Meet leader Rob Fowler at the Hiller Park parking lot in McKinleyville at 8 am. Pack a scope if you have one and lunch and be prepared for some beach walking. Info: 822-5095.

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

Sunday, January 18: Book Review and Basket Weaving Demo. Ned Simmons will review the book "The Four Ages of Tsuru," a history of Trinidad beginning with the Yurok village of Tsuru. This will be followed by a talk on Yurok baskets and basket weaving by Shirley Laos. Free. 3 - 5 pm at WCA, 501 S. Westhaven Drive. Info: 677-9493.

Monday, January 19: Volunteer Opportunity: Make MLK Day a Day On, Not a Day Off. Help Americorps and the Manila Community Services District build a playground in a day. Volunteers will be fed breakfast and lunch. 300 people are needed to paint, clean, build, photograph and more. 8 am - 5 pm at Manila Community Park. Info: 269-2026.

Wednesday, January 21: Free "Quit Tobacco" Class, offered by the American Cancer Society. Participants will be aided in making a quit plan that meets their individual needs. 6 - 9 pm at the American Cancer Society office, 2942 F St, Eureka. Info: 442-1436, option 3.

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.

MEETINGS

No notices had been received by our deadline. Send info to hopecoalition@igc.org.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

Regularly scheduled programs are now listed in the insert. Special programs or specific guests will be listed here.

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.

Access Humboldt (Channels 10 & 12, public access TV, was ACAT, was APEG, was HCMC). For program schedule, submission policies and program request forms, go to www.accesshumboldt.net. Info: 476-1798.

Thursdays at 1:30 pm: Econews Report on KHSU, 90.5 FM. Info: 822-6918 or www.yournec.org.



HOPE Coalition Newsletter & Calendar, Jan. 13, 2009 Page 4
 PO Box 385 Arcata, CA 95518 **RETURN SERVICE REQUESTED**
 Printed on recycled paper with voluntary labor.

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

Newsletter, Jan. 13, '09. Vol. 15, Number 1. Published semi-monthly on 2nd & 4th Tuesdays; **next Jan. 27, '09.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Jan. 22, '09.** Write or e-mail for sample newsletter. Newsletter staff: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

“Chaotic Action is Preferable to Orderly Inaction”—Will Rogers

Potluck/Letter Writing Monthly: First Friday, next Feb. 6, 6 pm at 2322 Golf Course Rd., Bayside. Bring change for postage and optionally info on issues. For more info: call Wendy at 822-9377. For monthly reminders: mobilmed@igc.org.



HOPE Needs Your Help

Last year the *HOPE Coalition Newsletter* with calendar barely made it through the year, financially. We provide the newsletter to anyone that wants it, regardless of ability to pay.

In fact, there were a couple of times when our trusty volunteers had to inject funds into the organization from their own wallets.

While things are not quite as bad for us as the fellow on the left (but that does look like a nice barrel), we could use some help.

This year we are hoping to get enough funds early in the year so that we do not have to fret later on. Our volunteers promise to keep at it, as long as you are willing to pay for our postage and copying.

If you haven't helped us out recently, please take the time to pop a check into the mail for us.

You can use the form at the bottom of this page, or just pop a check into the mail to the address below.

We thank you in advance for anything you can do.

New Report Describes Shattered Lives of Released Guantánamo Detainees

[See CCR's complete article in their newsletter at www.ccrjustice.org]

A new report by human rights experts at the University of California, Berkeley, describes in searing detail the experience of detainees at Guantánamo and Afghanistan, from capture to release. The report, entitled *Guantánamo and Its Aftermath: U.S. Detention and Interrogation Practices and Their Impact on Detainees*, is based on a two-year study of 62 released detainees currently living in nine different countries

The UC Berkeley report, done in partnership with CCR and including interviews of CCR clients, also has interviews with government officials, military experts and camp personnel.

The report concludes the U.S. government's policy of paying cash bonuses for prisoners had the effect of creating an "indiscriminate and unscrupulous dragnet" in Afghanistan that resulted in the detention of many people who had no connection to Al Qaeda or the Taliban and posed no threat to U.S. security. [More: www.ccrjustice.org]

[Ed. Note. On a positive note, the Obama transition team reported that a document is being prepared intended to close Guantánamo.]

- - - 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 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 (Channels 10 & 12, public access TV). For program schedule, submission policies, and program request forms: www.accesshumboldt.net. Channel 12 schedule posted weekly in the Arcata Eye. Info:476-1798.
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; 1st Tues. 6:30 pm at Arcata City Hall, 736 F St. 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.
Health Insurance and Advocacy Program (HICAP) provides objective information, help, and advocacy for people relying on Medicare. Info and appointments: 444-3000.
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.