

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 – January 26, 2010

Abolish Corporate Personhood—by David Cobb

Yet again the U.S. Supreme Court has sided with the ruling elite against the interests of the American people. Last week in Citizens United vs. FEC they overturned the flimsy federal campaign finance reform laws afforded by the McCain-Feingold law. Corporations can now to spend unlimited money in buying our elections. The Court has legalized corporate bribery of our elected officials.

So if you were already disgusted by the fact that over \$5 billion dollars was spent in the 2008 election, watch out. Because the floodgates are now wide open!

There will be calls to fight back at the legislative level. We need publicly financed elections, we need laws requiring a majority of shareholders to approve corporate political contributions. Those laws would be an immediate improvement, and I support those efforts.

But even if every one of those laws passed, it would not be enough. Because once again, the Court relied on the illegitimate legal doctrine of "Corporate Personhood" in order to justify this profoundly undemocratic decision. Corporate personhood is the notion that a corporation can claim to be a person, and therefore entitled to basic human rights—also described as political and civil rights—and have courts overturn laws.

As this decision clearly demonstrates, corporate personhood is not an inconsequential legal technicality. Consider this—the Supreme Court ruled that a corporation was a "legal person" with 14th Amendment protections before they granted full personhood to African-Americans, immigrants, natives, and women.

And literally hundreds—perhaps thousands—of local, state, and federal laws that attempt to protect our environment, our elections, our safety and health, and our right to organize have been overturned as a result of this erroneous doctrine.

The world is being destroyed, the federal government is engaged in unending war, and we live in an unjust, unsustainable and undemocratic country. It's time to take ourselves seriously—both about what is at stake and what it will require to actually assume and democratically exercise real power. We must address the reality that the federal courts have made real democracy impossible.

It's time to follow the lead of the American Revolutionaries, the abolitionists, the suffragists, the trade unionists, and the Civil Rights activists and to build a broad-based, multi-partisan democracy movement in the United States.

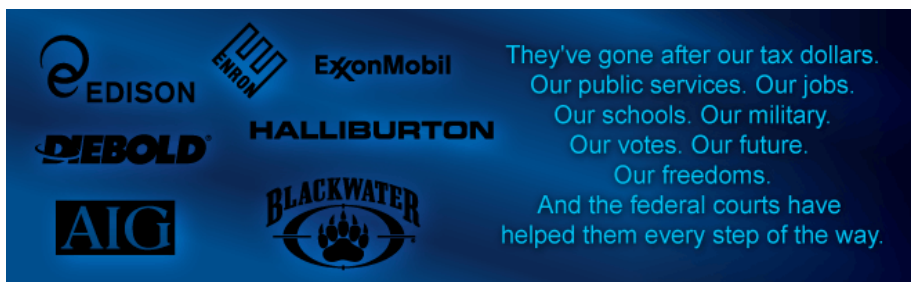
It's time to amend the U.S. Constitution to make it clear that only human beings can claim to be "persons" with constitutional rights.

A broad new coalition of grassroots groups and national organizations—representing diverse public interest, community, and local businesses—are making a bold call to overrule the Supreme Court Citizens United by amending the Constitution to restore the power of people over corporations beyond election law.

We are under no illusion that this approach will "fix" the legal system, the political system, and the economic system. But we believe it is time we confront the entire current Constitutional framework. It's time to make the promise of democracy a reality.

Are you with us? If so, go to the web site www.MoveToAmend.org to join the growing national movement to take our country back. Locally, go to www.duhc.org or call us at 707-269-0984.

David Cobb was the Green Party candidate for President in 2004, and is a member of Democracy Unlimited of Humboldt County. He can be reached at david@duhc.org



Please Help! Go to www.MoveToAmend.org to take back our government from the corporations.

See Page 4 for another petition from Public Citizen that you may sign.

PEACE NEWS

Funds Available for Peace Projects: The Humboldt Branch of Women's International League for Peace and Freedom is seeking applications for the Edilith Eckart Memorial Peace Scholarship. Up to \$500 will be awarded to projects that promote peace, locally or globally. Mail information about your project to: Humboldt WILPF at PO Box 867, Arcata, CA 95518, by January 30 (deadline may be extended). Info: WILPF@humboldt1.com

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday, January 29: Eureka Chamber Music Series: The San Francisco Opera Center Singers.** Enjoy SF Opera right here in Eureka. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.
- Saturday, January 30: Sequoia Humane Society's "Humane Gourmet,"** a Mid-Winter Mediterranean feast featuring fine wines, gourmet vegetarian cuisine (vegan options), and live entertainment. 6 - 9:30 pm at the Eureka Women's Club. Info: 442-1782.
- Sunday, January 31: 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, February 4: First Thursday Film Series: "The Eyes of Me."** Director Keith Maitland takes an extraordinary peek into the world of four blind high school students. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Friday, February 5: "From Humboldt to Haiti," an Earthquake Relief Benefit** featuring live local music, BBQ and veggie dishes, local wine and beer, a raffle and silent auction and more. 6 pm - midnight at the Bayside Grange. \$10, \$5. Donations and helpers welcomed. Info: 362-6715.
- Saturday, February 6: "An Evening of Dancing and Delectables."** Dancing, baked potato bar, desserts, silent and Dutch auctions, dance lesson and live music from Eureka High's Jazz Ensemble. \$15 (includes food and a drink). Proceeds benefit the Ensemble's trip to Seattle to play in the Heritage Music Festival. Info: 442-7751.
- Wednesday, February 10: "Poisonous Plants of Northwestern California."** Professor Emeritus Dr. James P. Smith, curator of the HSU Herbarium, will explain what makes certain plants poisonous or toxic, and the various ways we come into contact with them. 7 pm at Six Rivers Masonic Lodge, 251 Bayside Road near 7th and Union. Info: 786-9701.
- Friday, February 12: "Sweets and Tweets" Valentine's Benefit Dance.** Swing dance instruction, live jazz with the ArMack Jazz Band, appetizers, desserts, and silent auction. \$5 students, \$10 general, with couple's tickets discounted if purchased in advance. 6 - 9 pm at McKinleyville High. Proceeds help the band attend the San Jose Jazz Festival in March. Info: 839-6400.
- Saturday, February 13: HSU Music Dept. Faculty Artist Series: Daniela Mineva, Piano with Cindy Moyer, Violin.** 8 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.

CHILDREN, YOUTH & ALL AGES

- Saturday, February 6: KEET's Kids Club at the Morris Graves Museum of Art,** featuring short stories and art activities geared to youth 2 - 8 years old. Every family takes home a free book. April's book is "Tikki Tikki Tembo." Free. Noon to 2 pm. Info: 442-0278.
- Saturday, February 13: Second Saturday Family Arts Day: Celebrate Black History Month.** 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.
- Sunday, February 14: Second Sunday Afternoon Dance: Humboldt Capoeira.** Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Student Bird Art Contest, sponsored by Redwood Region Audubon Society and Friends of the Arcata Marsh. \$500 in prizes will be awarded to students K - 12 who submit a drawing of one of 40 selected bird species. Artwork may be in color or black and white. Any media may be used (e.g., crayons, pastels, paint, pencil, collage). One entry per person. Info at the Arcata Marsh Interpretive Center and Strictly for the Birds in Old Town Eureka, www.arcatamarshfriends.org (click on Education link, then Student Bird Art Contest) or by sending a self-addressed stamped envelope to Louise Bacon-Ogden, 2337 B Street, Eureka 95501. Artwork must be received by Friday, March 26.

SINGING VALENTINE FUNDRAISERS

- Arcata-McKinleyville High's Valentunes** available 2/11, 2/12, 2/13, and 2/14 from Trinidad to Humboldt Hill. The ArMack Orchestra and the Arcata Madrigal Singers deliver a card and romantic tune for \$15. Flowers, chocolates and extra songs available. Proceeds benefit student travel to music festivals. Info: 822-7130.
- Humboldt Light Opera Company Trios** available all day 2/13 and 2/14 from Fortuna to Trinidad. Options include flowers and candy. Six songs to choose from. \$15 - 25. Info: 668-4299 or www.hloc.org.
- Humboldt Harmonaires Barbershop Chorus.** Four-part barbershop harmony. Valengram comes with card and rose. \$25 - 40. Info: 442-1549 or info@humboldtharmonaires.com.
- Eureka High School's Vocal Jazz Ensemble.** Complete details not available at press time. Info: 441-2508

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, February 7: Little River State Beach Restoration. Help restore Little River State Beach. Get involved with yellow bush lupine and European beachgrass removal. Gloves, tools, and training provided. Meet at the paved, northern parking lot of Clam Beach off Hwy 101. 9:30 am - noon. Info: 444-1397.

Wednesday, February 10: "Poisonous Plants of Northwestern California." Professor Emeritus Dr. James P. Smith, curator of the HSU Herbarium, will explain what makes certain plants poisonous or toxic, and the various ways we come into contact with them. 7 pm at Six Rivers Masonic Lodge, 251 Bayside Road near 7th and Union. Info: 786-9701.

Saturday, February 13: Free Public Hike to Headwaters Forest Reserve with the North Group Sierra Club. This 11-mile, medium-difficulty hike begins at the trailhead at the end of Elk River Road. The hike is level for the first 3 miles, passing through a scenic second-growth redwood forest along the river then the next 2 miles is a steep climb through a beautiful old-growth section. Carpools meet 9 am at Herrick Park and Ride lot or trailhead at 9:30 a.m. No dogs allowed. Info: Xandra at 441-0702.

Sunday, February 14: Free Public Field Trip to the Humboldt Bay National Wildlife Refuge. Join the Redwood Region Audubon Society for a leisurely, 2- to 3-hour trip intended for people wanting to learn the birds of the Humboldt Bay area. Meet at the Refuge Visitor Center off Hookton Road at 9 am. Info: Jude Power or David Fix at 822-3613.

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

Monday, February 1: Humboldt Helps Haiti. Eureka orthopedic surgeons Nathan Shishido and Asa Stockton are travelling to Haiti as part of a team to provide medical and surgical care. The team will be coordinated by ACTS World Relief Organization. They are seeking cash donations to purchase and transport medical supplies. Additional information and donation instructions are available online at www.humboldthelpshaiti.com or by calling Taffy at 834-6460.

Ongoing: Help Organize to prevent the legislative assault on in-home health care. The Northcoast Arts & Disabilities Network is organizing both in-home care givers and their clients to educate the public and prevent further erosion of funding and support for home health care. For Support Groups, networking, and an email list server, contact Kelly at 822-7128.

MEETINGS

Thursday, February 4: The Humboldt County Human Rights Commission meets at 5 pm in Conference Room A in the county courthouse in Eureka. The Commission acts as "the eyes and ears" of the County Board of Supervisors and makes recommendations to The Board regarding issues of human rights in the county. At the beginning of each Commission meeting, time is set aside to hear from members of the public regarding human rights issues. The public is encouraged to attend. Info: 668-4095.

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.

"Conversation with Paul Mann," a new public affairs program covering national and international issues with local guests and callers. Tuesday evenings from 7:30 - 8:30 on KHSU FM 90.5. Studio line: 826-4805.

Bill Moyers Journal Interviews and news analysis on a wide range of issues. PBS, KEET TV Channel 13 on Fridays at 9 pm and Wednesdays at 11:30 am, or on the Internet at www.pbs.org/moyers/journal. Info: 445-0813 or www.keet.org.



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

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

Newsletter, **Jan. 26, '10**. Vol. 16, Number 2. Published semi-monthly on 2nd & 4th Tuesdays; **next Feb. 9, '10**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Feb. 4, '09**. Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Free Speech for People Amendment Petition
 (from Public Citizen, another petition you can sign at www.citizen.org)

WHEREAS, the First Amendment to the United States Constitution was designed to protect the free speech rights of people, not corporations;

WHEREAS, for the past three decades, a divided United States Supreme Court has transformed the First Amendment into a powerful tool for corporations seeking to evade and invalidate democratically-enacted reforms;

WHEREAS, the United States Supreme Court's ruling in Citizens United v. FEC overturned longstanding precedent prohibiting corporations from spending their general treasury funds in our elections;

WHEREAS, this corporate takeover of the First Amendment has reached its extreme conclusion in the United States Supreme Court's recent ruling in Citizens United v. FEC;

WHEREAS, the United States Supreme Court's ruling in Citizens United v. FEC will now unleash a torrent of corporate money in our political process unmatched by any campaign expenditure totals in United States history;

WHEREAS, the United States Supreme Court's ruling in Citizens United v. FEC presents a serious and direct threat to our democracy;

WHEREAS, the people of the United States have previously used the constitutional amendment process to correct those egregiously wrong decisions of the United States Supreme Court that go to the heart of our democracy and self-government;

Now hereby be it resolved that we the undersigned voters of the United States call upon the United States Congress to pass and send to the states for ratification a constitutional amendment to restore the First Amendment and fair elections to the people.

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--- 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.

Name _____

Address _____

I wish to receive newsletter by

- US mail Email Both

Email _____

Phone _____

The HOPE Coalition - PO Box 873 Arcata, CA 95518 - hopecoalition@igc.org - www.hopecoalition.org

The HOPE Coalition Newsletter is available in Arcata at: the Co-op, & the Northcoast Environmental Center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

HOPE Coalition Newsletter Insert—this insert contains regularly scheduled events. For special happenings and one-time events, see the regular calendar that follows the page one editorial.

PEACE NEWS

Peace Vigils Fridays 5 - 6 pm on the Arcata Plaza. Mondays at 4 pm at the Courthouse in Eureka, 445-5100 ext. 215, ask for Jack.
Vets for Peace Silent Vigil; Fridays, 5 - 6 pm: SW corner Arcata Plaza.
Vets for Peace, Humboldt Bay Chapter 56 meets 1st Thurs. at 7 pm: at the Arcata Marsh Commons. Info: 826-7124.
Women in Black stand in silent vigil every **Friday 5 - 6 pm** at the **Arcata Plaza**, 8th & G, at the **Humboldt County Courthouse** (also Saturdays at noon), the **McKinleyville Shopping Center** on the grassy area out front, and **Fridays 4 - 5 pm** in **Trinidad** at the intersection of Scenic Dr. and Main St.

TALK SHOWS, WORKSHOPS & COMMENTARY

Access Humboldt: Public, education & government media access. Cable channels 8, 10, 11 & 12. For program schedule, submission policies, and program request forms go to www.accesshumboldt.net. Call or email for further info. 476-1798 or info@accesshumboldt.net.
COMMENTARY on KEET TV Channel 13 445-8013: **Wide Angle** Tues. at 9 pm
NOW with David Brancaccio. Fri. at 8:30 pm:
COMMENTARY on KGOE 1480 am, 442-2000: **Thom Hartmann**, weekdays 9 am - noon.
Peter B. Collins, weekdays 3 - 6 pm. Progressive talk show from San Francisco.
COMMENTARY on KHSU, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.
The Econews Report with Greg King. 1:30 pm Thursdays.
A World of Possibilities locally produced syndicated public affairs program. 1:30 pm Wednesdays. Info: 826-9111 ext. 18.
COMMENTARY on KMUD, 88.3 fm, 923-2513. **Counterspin**, Sunday 1 - 1:30 pm.
Alternative Radio, Mondays 9 am. Boulder-based award-winning weekly series with David Barsamian.
Animal Advocate, 2nd Thursday, 7 - 8 pm. Animal welfare issues. Info: Barbara Shultz at 986-7835, animaladvocate4@yahoo.com.
A World of Possibilities locally produced syndicated public affairs program. 9 am Tuesdays. Info: 826-9111 ext. 18.
Democracy Now! with Amy Goodman; noon, Mon. - Fri. Also 4 pm Access Humboldt Channel 12. Also 11 am on KIDE 91.3 fm. Also on Free Speech TV (FSTV) Mon. - Fri. midnight, 8 am, noon, or 7 pm.
Civil Liberties Monitoring Project Report; 1st Wednesday, 7 - 8 pm. 923-4646.
Politically Correct Week in Review, call-in radio show, 2nd, 4th, & 5th Mondays at 7 pm 923-3911.
All Things Reconsidered with Eric Kirk. 3rd Thursday at 7 pm.
Global Stuff call-in talk show with Jimmy Durchslag, last Friday, 7 - 8 pm.

PROTECT THE EARTH & ITS LIVING CREATURES

Adopt-the-Bay. Participate in a number of tasks aimed at maintaining a healthy Humboldt Bay. All welcome. Info: 443-0801.
Audubon Society Field Trips; Free field trips through the Arcata Marsh and Wildlife Sanctuary every Saturday at 8:30 am at the Klopp Lake parking lot (foot of I St. in Arcata). Bring your binoculars. Rain or shine. Info: 268-8052 or 822-3613.
Campus Center for Appropriate Technology; info: 826-3551.
Friends of the Dunes; Restoration workdays the first 3 Saturdays every month, 9 am - 1 pm. Info: 444-1397 or info@friendsofthedunes.org. Complete calendar: www.friendsofthedunes.org.
Friends of the Marsh guided interpretive walks every Saturday 2 pm at the Interpretive Center on South G St., Arcata. Info: 826-2359.
Redwood Alliance Climate Action Project. (Public meetings temporarily suspended until after the election.) Info: 822-6171, climatechange@redwoodalliance.org; www.redwoodalliance.org.
Wild Urban Gardeners! Meets Wednesdays at 7 pm, 1552 Spear Ave. in Arcata. Promoting food & native plant species, information about compost, greenhouses, seed banks, and community gardens. Info: 822-5861.

ARTS

Arts Alive! Eureka; first Saturday of the month at venues around town. Art, music, dance, refreshments. Info: 442-9054.
Arts! Arcata; second Friday of the month at venues around town and at HSU. Art, music, dance, refreshments. Info: 822-4500.
The Ink People; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 www.inkpeople.org.
Arcata Artisans Cooperative Gallery; H St. on the Plaza. Mon. - Sat. 10 - 6, Sun. 12 - 5. Info: 825-9133, www.arcataartisans.com.
Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860, www.westhavenarts.org.
First Street Gallery; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or www.humboldt.edu/~first.
Clarke Historical Museum; 240 E St., Eureka. Info: 443-1947 or www.clarkemuseum.org.
Morris Graves Museum; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. www.humboldtarts.org

MEETINGS

Arcata's 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; Regular 3rd Sunday at 3:30 pm, **PAC** at 2:30 pm, Cooper Gulch Ctr., 8th & Myrtle, Eureka. Info: 268-8287 or 442-2638.

North Coast IWW, the Wobblies meets every 3rd Wed. 6:30 - 8 pm at the Labor Temple, 840 E St., Eureka. Info: 725-8090.

Northern Humboldt Greens meet 2nd Tuesday of the month, 7 - 8 pm. Info: Shaye, 237-2790 or email arcata@greens.org.

Redwood Chapter ACLU meets 3rd Thursday at noon at 917 Third St. in Eureka. Blog at redwoodaclu.blogspot.com. Info: 215-5385.

Sequoia Greens of southern Humboldt. Call for meetings: 923-4488 or encimer@hotmail.com.

Veterans for Peace (SoHum Chapter); 1st Tuesday of Each Month at 7pm at Haynes Vets Hall, Garberville.

Vets for Peace (Humboldt Chapter 56); 1st Thursday at 7 pm in Arcata. Info: 826-7124.

Women's International League for Peace and Freedom (WILPF); meets the last Monday, 7 - 9 pm at the Arcata Public Library, 500 7th St., Arcata. Info: Carol at 668-1901.

CHILDREN & YOUTH

Arts in the Afternoon; a free art studio for teens (6th - 12th grade). Open week days during the school year, 3 - 6 pm at Arcata Community Center. Sponsored by City of Arcata's Recreation Division. Info: 825-2028.

Cyber Tribe; a local non-profit business where youth can use and gain knowledge in computers. Open to age 12 - 19. Info: 826-1160.

HSU's Natural History Museum, 1315 G St. Arcata. Free drop-in programs on Saturdays at 1 pm. Program info: 826-4479.

Humboldt County Library in Eureka Story Hour: 10 am Fridays & other programs. Info: Jo Ann Bauer, 269-1900.

Humboldt County Teen Court is looking for teen volunteers. Info: 444-0153.

Mondays, Fridays, & Saturdays: PULSE, new Teen Recreation Center; regular programming from 6 - 9 pm at the John Ryan Youth Center, 1653 J St, Eureka. Info: 268-1858.

Raven Project Queer Coffee House for Youth; Tuesday, 6:30 - 9 pm. Also, girls & women 10 - 24 years meet Wednesdays from 6:30 - 8:30 pm, 523 T St., Eureka, 443-7099.

COMMUNITY & WELL-BEING SERVICES

Buddhist Queers (lesbian, gay, bi, transsexual) Vipassana, Zen, etc. Beginners welcome. phone 269-7044.

Eureka Mindfulness Buddhist Meditation & Discussion. 2nd and 4th Wednesdays of each month. 7:15 pm First Christian Church 730 K St. Wheelchair accessible, fragrance free, beginners welcome. Info: 269-7044.

Health Insurance and Advocacy Program (HICAP) provides objective information, help, and advocacy for people relying on Medicare. Info and appointments: 444-3000.

Healthy Kids Humboldt Enrollment Headquarters offers health care insurance by assisting with Medi-Cal, Healthy Families, and Cal Kids applications for children. 517 3rd Street, Eureka. 442.6066.

Humboldt Community Switchboard can direct anyone to services in Humboldt County. Info: 441-1001 or www.theswitchboard.org.

Humboldt Domestic Violence Services Support Groups; all services are free. Info & child care: 444-9255. 24-Hour Crisis Line: 443-6042 or toll free 866-668-6543.

Humboldt Literacy Project, to improve adult reading skills necessary to function on the job, in the family, & in the community. Free & confidential. Info: 445-3655 or www.humlit.org.

Nature-Based Spiritual Queers (GLBT) pagan, Native American traditions, etc. Newcomers welcome. phone 269-7044.

North Coast Rape Crisis Team; 24 hour crisis line: 445-2881. Business phone: 443-2737.

The Area 1 Agency on Aging sponsors many senior programs. Info: 442-9591 or www.a1aa.org.

The Emma Center Advocacy, support, referral services, library, and classes for trauma and abuse survivors. 920 Samoa Blvd. Suite 207, Arcata. Info: 825-6680 or info@emmacenter.org or www.emmacenter.org.

Vision Loss Services; Lighthouse of the North Coast, solutions for living with vision loss. Info: 268-5646 or www.lighthouse-sf.org.

Ongoing: Drop-in Grief Support Groups. Hospice offers free, drop-in grief support groups in Arcata, Eureka, Fortuna and McKinleyville. These groups are open to anyone in the community experiencing grief and loss of a loved one. Info and schedules: 445-8443.

Ongoing: Volunteer Center of the Redwoods (VCOR): The Drop of a Hat Brigade connects volunteers of all ages with one time and short-term events. RSVP provides benefits such as limited mileage reimbursement for volunteers ages 55 and older. 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.