

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 – May 12, 2009

Doctors & Single Payer Activists Arrested, Make History at Senate Finance Roundtable

 by Donna Smith

Citizens who believe healthcare is a human right have been arrested and are being processed like criminals through the Southeast District of Columbia police station. Their crime? Asking that single payer healthcare reform—publicly funded, privately delivered healthcare—be discussed during the Congressional hearings on reform.

Doctors and other single payer activists were handcuffed and went to jail speaking up for single payer to be at the table in the Senate finance Committee's roundtable discussion on healthcare access and coverage. In stark contrast, Karen Ignagni, head of the industry lobby group American Health Insurance Plans (AHIP) was escorted into the room like royalty by staff members of the Senate committee. Clearly, the position of the United States Senate is not with the majority of Americans who support a national, public insurance system.

It made me physically ill to see Maryland pediatrician Margaret Flowers cuffed like a criminal and pushed out the door as the Senators waited to begin their staged roundtable discussion. It made me want to scream. It made me proud of them for being bold but ashamed that not one Senator spoke up for their own citizen-protestors and asked that they at least be allowed to speak. But the insistence that the citizens rising in protest be arrested continued from the chair with each incident.

Simply asking to have single payer be included and fully vetted is a crime. Profiting as the for-profit health insurance companies do at the expense of 22,000 American lives every year, however, gets you a run of the table in this healthcare reform discussion. Just ask the Senators who are drafting what this nation's health system will look like—and watch their behavior—if you want evidence of how your voice will be heard in the process.

The protestors were stoic and respectful but direct. One by one they stood. One by one they asked why single payer reform was not "at the table" of 15 witnesses Senator Max Baucus and his finance Committee gathered to map out what sort of coverage Americans might expect in the Senate reform bill now being crafted.

Sen. Baucus eventually spoke and indicated that he was respectful of those who believe in single payer—as he acknowledged many of his constituents in Montana do—but he made no attempt to explain why no single payer voice has been included in any Senate discussion to date. He urged any others in the audience who might have any designs on speaking up like the protestors to not do so, and then he moved on to his roundtable discussion.

Top 10 Reasons to Support H.R. 676, The U.S. National Health Insurance Act

- 1. Everybody In, Nobody Out.** Universal means access to health care for everyone, period.
- 2. Portability.** If you are unemployed, or lose or change jobs, your health coverage stays with you.
- 3. Uniform Benefits.** No Cadillac plans for the wealthy and Pinto plans for everyone else, with high deductibles, limited services, caps on payments for care, and no protection in the event of a catastrophe. One level of comprehensive care for everyone, regardless of the size of your wallet.
- 4. Prevention.** By removing financial roadblocks, a universal health system encourages preventive care that lowers an individual's ultimate cost and pain and suffering when problems are neglected and societal cost in the over-utilization of emergency rooms or the spread of communicable diseases.
- 5. Choice.** Most private insurance restricts your choice of providers and hospitals. Under the U.S. National Health Insurance Act, patients have a choice, and the provider is assured a fair payment.
- 6. No Interference with Care.** Caregivers and patients regain their autonomy to decide what's best for a patient's health, not what's dictated by the billing department. No denial of coverage for preexisting conditions or cancellation of policies for "unreported" minor health problems.
- 7. Reducing Waste.** One third of every private health insurance dollar goes for paperwork and profits, compared to about 3% under Medicare, the federal government's universal system for senior citizen healthcare.
- 8. Cost Savings.** A guaranteed health care system can produce the cost savings needed to cover everyone, largely by using existing resources without the waste. Taiwan, shifting from a U.S. private health care model, adopted a similar system in 1995, boosting health coverage from 57% to 97% with little increase in overall health care spending.
- 9. Common Sense Budgeting.** The public system sets fair reimbursements applied equally to all providers, private and public while assuring that appropriate health care is delivered, and uses its clout to negotiate volume discounts for prescription drugs and medical equipment.
- 10. Public Oversight.** The public sets the policies and administers the system, not high priced CEOs meeting in private and making decisions based on their company's stock performance needs.

[Courtesy of the Leadership Conference for Guaranteed Health Care.]

[cont'd. on page 4]

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, May 14: Old Age Ain't for Sissies Film Series: "Surfing for Life," featuring ten of the world's best surfers, ranging from 60 to 93 years old,. 6 pm at the Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

Saturday, May 16: Humboldt Folklife Society and Surfrider Present a Barn Dance with caller Tara Stetz and the Striped Pig Stringband. 7:30 - 11 pm at the Arcata Veteran's Hall. \$7, \$6, youth and seniors free. Info: 822-5394.

Sunday, May 17: CAFF Farm Tour, an intimate view of the inner workings of three Arcata Bottoms farms led by the farmers themselves. The tour starts at 3 pm at Tule Fog Farm. Light refreshments included. Suggested donation \$10. Info:444-3255.

Sunday, May 17: Redwood Roots Spring Farm Tour and Open House. Explore the farm and learn about spring garden preparation. 1 - 3 pm at Redwood Roots Farm. Guided tour at 1:30 pm. Free. Info: 826-0211.

Sunday, May 17: "The Sound of Moolah" an info-musical with puppets. Learn about the politics, economics and jargon of health reform so you can take part in the national discussion about how to provide health care for all. 6 pm at Westhaven Center for the Arts, 501 S. Westhaven Drive. \$3. Info:822-3986.

Tuesday, May 19: Statewide Special Election see last issue for voter guide, or email Michael.

Wednesday, May 20: Bike to Work Day: Eureka. Ride a bike, wear a helmet for free cup of coffee and pastry from 6 - 8 am at the Eureka Co-op. There will also be a noon rally at the Gazebo with free prizes and snacks. Info: 826-3776.

Thursday, May 21: Old Age Ain't for Sissies Film Series: "Sweet Old Song," featuring Howard "Louie Blueie" Armstrong, at 91 years old, still delightful, creative and outrageous. 6 pm at the Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

Saturday, May 23: 40th Annual NAACP Soul Food Dinner. Dinner, coffee, and dessert. 4 - 7 pm at the Veterans Memorial Building, H & 10th, Eureka. \$15. Info: 268-8287.

Saturday, May 23: "Flow," an Arcata Arts Institute Runway Event. Clothing designed, constructed and modeled by Arcata High's AAI students. 8 pm at the D Street Community Center, Arcata. \$ 20. Info: 825-2400.

Saturday - Monday, May 23 - 25: Kinetic Grand Championship, starting Saturday with sculpture-viewing at 10:30 am at the Arcata Plaza, race start at noon and continuing through to Ferndale's Main Street on Monday. Schedule and info at: www.kineticgrandchampionship.com.

Thursday, May 28: "Tidepool Treasures" Lecture with HSU Biology professor Dr. Sean Craig. Slides and information on the wide array of creatures living in the intertidal zone. 7 - 8:15 pm at the HSU Natural History Museum. Ages 7 to adult. \$4, \$2. Info: 826-4479.

CHILDREN, YOUTH & ALL AGES

Tuesday, May 19: Share A Story " Lots of Llamas," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Wednesday, May 20: Family Literacy Night presents a special musical evening with Lisa Monet. 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.

Thursday, May 21: Share A Story " Lots of Llamas," 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.

Thursday, May 28: "Tidepool Treasures" Lecture with HSU Biology professor Dr. Sean Craig. Slides and information on the wide array of creatures living in the intertidal zone. 7 - 8:15 pm at the HSU Natural History Museum. Ages 7 - adult. \$4, \$2. Info: 826-4479.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, May 16: Shay Park Clean-up Day. Help with trash and non-native plant removal. City of Arcata will provide gloves, tools, first aid kit, snacks and beverages. Wear work clothes and boots. 9 am - 1 pm at Shay Park in Arcata. Info: 725-1066.

Saturday, May 16: North Group Sierra Club Free 4-Mile Hike on Hope Creek-Ten Taypo Loop, Prairie Creek Redwoods State Park. This medium-difficulty hike is a beautiful, quiet trail with nice stands of redwoods. Bring camera, food, and water; wear appropriate footwear and layered clothing. Info and meeting areas: Susan at 840-9084.

Sunday, May 17: Redwood Region Audubon Society Free Public Field Trip to Alderpoint. Enjoy the birds, plant life, and reptiles of the Eel River canyon on this half-day trip along the railroad tracks about 2 miles to Cain Rock trestle and back. Bring sun protection, layered clothing, lunch, and water. Meet in Ray's Food Place parking lot in Garberville at 8:30 am. Info: David Fix or Jude Power 822-3613.

Saturday, May 24: Growing Your Awareness of Birds from Redwood Roots Farm Community Workshop Series. Join local bird-book authors David Fix and Jude Power. Bring binoculars if you have them. 1 - 4 pm at Redwood Roots Farm. \$5 -20. Info: 826-0211.

Friends of the Arcata Marsh Launches Website. Friends of the Arcata Marsh (FOAM) announces that it has launched its website at www.arcatamarshfriends.org. The site contains information about FOAM's educational and community outreach efforts, volunteer opportunities, publications, a membership form, and calendar of events.

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

Saturday, May 16: Plant a Row! Food for People Gardening Workshop. Participate in a free gardening workshop with presentations by Eddie Tanner of Deep Seeded Community Farm and by Neighborhood Farms and Victory Gardens presenting the benefits of local food production and practical gardening tips for Humboldt County. Free seeds and starts donated by Pierson Building Center. Space is limited. Info and reservations: Katie or Mike at 445-3166.

Now, In Your Garden: "Plant a Row for the Hungry." Join the national campaign, which encourages backyard gardeners to plant an extra row of food to donate to a local food pantry. Info: 445-3166.

Tuesday, May 19: Workshop On PG&E Waveconnect Project. First of a series of public meetings for the proposed pilot project that would allow several wave energy technologies to provide power to the coastal communities while demonstrating the potential for this clean renewable energy resource. An open house format to learn about the project, ask questions of staff, and learn about how to get involved. 6 - 8:30 pm at the Wharfinger Building, Eureka. Info: 415-973-0192 or ixc8@pge.com.

Saturday, May 24: Growing Your Awareness of Birds from Redwood Roots Farm Community Workshop Series. Join local bird-book authors David Fix and Jude Power. Bring binoculars if you have them. 1 - 4 pm at Redwood Roots Farm. \$5 -20. Info: 826-0211.

MEETINGS

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.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

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

"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.



HOPE Coalition Newsletter & Calendar, May 12, 2009
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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, **May 12, '09**. Vol. 15, Number 9. Published semi-monthly on 2nd & 4th Tuesdays; **next May 26, '09**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. May 21, '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.

"Chaotic Action is Preferable to Orderly Inaction"—Will Rogers

Doctors & Nurses Arrested in Senate Hearings

The press seated comfortably at the press table first looked amused and then puzzled by the procession of protest in the chamber. The C-SPAN cameras fixed on both the Committee's table at the front of the room and the witness table directly across from them could have easily picked up the protests but the network chose to keep their cameras fixed only on Chairman Baucus—though the protestors' words could be heard in the audience. Only two reporters of the 20 or so assembled were curious enough or industrious enough to rise and exit the room to see the arrests being carried out in the hallway.

While neither the Finance Committee or the press allowed their proceedings to be disrupted for very long, the air in the room and the atmosphere had changed -- the giddy and gleeful assembly of industry lobbyists who had been chattering in rapt anticipation of the coming of their carefully chosen witnesses could not deny that some brave and patriotic fellow citizens had just been hauled out for arrest for nothing more than demanding that a point of view held by a majority of patients, nurses, physicians and other healthcare providers be included in the national discussion.

While this Congress may pass something very different than single payer reform, it will not do so without hearing the cries of the people left so openly exposed to personal health and financial ruin by the corrupt system that celebrates only profit. The citizens who stood for the thousands and thousands of dead today will not let this democracy give itself completely over to the big money interests in healthcare. Not without a fight. Not on their lives or yours or mine.

[Here is a list of all Senators on the Finance Committee, including at least a couple who might be considered "liberals." Where are their progressive voices? Is there not just one of who will stand up and say, "No wait a minute, we need to hear what the single payer advocates have to say?"]

[They need to hear from you now.]



Max Baucus, MT
 John Rockefeller IV, WV
 Kent Conrad, ND
 Jeff Bingaman, NM
 John F. Kerry, MA
 Blance L. Lincoln, AR

Ron Wyden, OR
 Charles E. Schumer, NY
 Debbie Stabenow, MI
 Maria Cantwell, WA
 Bill Nelson, FL
 Robert Menendez, NJ

Thomas Carper, DE
 Chuck Grassley, IA
 Orrin G. Hatch, UT
 Olympia J. Snowe, ME
 Jon Kyl, AZ
 Jim Bunning, KY

Mike Crapo, ID
 Pat Roberts, KS
 John Ensign, NV
 Mike Enzi, WY
 John Cornyn, TX

--- 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: 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 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.

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. 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.