

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 – June 23, 2009

A Personal View: The CA State Tax Situation by Mayer Segal

After years of writing editorials for the HOPE Coalition newsletter about labor unions, the environment, peace, justice and other social issues which only indirectly affected my life style, **I find myself confronted with a massive, almost insolvable, legislative crisis that threatens my and my wife Betty's very existence**—along with millions of seniors, disabled, and children in California and Humboldt County.

I am referring to the budget crisis which the Governor and most Republicans in the legislature have held up since early spring. They say a budget proposal is unacceptable if it doesn't cut "vital" services to the seniors (13% of the population in Humboldt) and other social programs, and especially if it proposes higher taxes on the wealthy. Governor Schwarzenegger, even in the face of a \$24 billion deficit, has threatened to veto any legislation that raises taxes. Incidentally, a recent New York Times/CBS News poll found that most Americans would be willing to pay higher taxes so that everyone could have health insurance.

There apparently is no discussion of how we can use federal economic stimulus money to alleviate the cuts—no sense that we have over \$30 billion headed to California from the federal coffers. For some details about amounts available see the California Budget Project report on the ARRA (American Recovery and Reinvestment Act): a document with all the distributions of the over \$50 billion that come to the state proper and to various infrastructure projects (www.cbp.org).

The Governor's proposed cuts include: eliminate all (not just some but all) people on CalWorks, the state version of Temporary Aid to Needy Families. This would leave 1.3 million Californians with no cash for paying for rent and all non-food items. Healthy Families cuts will remove all health coverage for over 900,000 children, and if you couple that with Medi-Cal cuts for which the Governor is asking a federal waiver, we would have a new body of 1.9 million uninsured people.

The proposed cuts are short-sighted and ill-conceived. Slated for elimination are all of the Caregiver Resource Centers in California, along with support services including Adult Day Health Centers, Alzheimer's Research Centers, certain in-home support services, Linkages programs, PACE (Program of All-inclusive Care for the Elderly), and more.

Eighty percent of long-term care is provided at home, not in facilities. If families are unable to serve as the volunteer healthcare workforce, nursing homes will be flooded with patients unable to remain at home, and MediCal, already under attack, will be pushed beyond capacity. Caregivers who work outside the home will be at greater risk of losing their jobs—and their health insurance—as they struggle to provide care.

The Family Caregivers Alliance (FCA) suggests "We need to work together to tell the Governor and our legislators that:

- These cuts are unacceptable and unconscionable.
- That proven support services, such as FCA's, delay nursing home placement by six to nine months, saving the state millions of dollars.
- That California's families cannot be left without support in providing care to a very frail elderly and disabled population."



See Page 4 for where to send your faxes

PEACE NEWS

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

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Thursday, June 25: Sequoia Chamber Music Workshop Free Concerts.** Performances by the student participants of the workshop. 7 pm in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.
- Thursday - Sunday, June 25 - 28: "Intrigue at Ah-Pah"** at Dell'Arte's Mad River Festival. Pre-show performance by Joyce Hough. 8 pm in the outside amphitheater in Blue Lake. \$15, \$12. Info: 668-5663 or www.dellarte.com.
- Friday, June 26: Thrill of the Grill,** lunchtime BBQ benefit to raise money for Food for People's Child Nutrition Programs. 11:30 am – 1:30 pm in the Eureka Coop parking lot. \$5. Live music by Elvis and the Hound Dogs. Info: 445-3166.
- Friday, June 26: the Six Rivers Choral Artists' Fifth Anniversary,** an evening of modern, traditional, classical, African, folk, fast and slow pieces performed by over 70 singers. 7:30 pm at the Arkley Center, Eureka. \$16. Info or tickets: 442-1956.
- Saturday, June 27: Sequoia Chamber Music Workshop Free Concerts.** Performances by the student participants of the workshop. 10:30 am in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.
- Sunday, June 28: Humboldt Botanical Garden Foundation Garden Tour,** a fundraising event for the Humboldt Botanical Gardens Foundation. 13 gardens in Eureka, Cutten and Bayside and will be featured. \$20, \$15. Info: 442-5139.
- Thursday, July 2: First Thursday "Summer of Art—The Life of the Artist" Series: "The Life of Jacques-Louis David."** Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Thursday, Friday and Sunday, July 2, 3 and 5: "Intrigue at Ah-Pah"** at Dell'Arte's Mad River Festival. Pre-show performance by Lila Nelson. 8 pm in the outside amphitheater in Blue Lake. \$15, \$12. Info: 668-5663 or www.dellarte.com.
- Friday, July 4: Old Town Eureka Celebration.** Live performances, kid activities, vendors, food. Carnival at the foot of C St. Starting at 10 am. Fireworks in the evening. Info: 442-9054.
- Friday, July 4: Arcata Plaza Jubilee.** Live performances, food, arts & crafts, information, and kids activities. Starting at 10 am. Fireworks in the evening. Info: 822-3619.
- Tuesday, July 7: "Based on the Book" Film Series: "Born to Kill,"** hosted by Wynston Jones. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday - Sunday, July 9 - 12: "Intrigue at Ah-Pah"** at Dell'Arte's Mad River Festival. Pre-show performance by Jackie Dandeneau. 8 pm in the outside amphitheater in Blue Lake. \$15, \$12. Info: 668-5663 or www.dellarte.com.
- Friday, July 10: Arts Arcata** 6 - 9 pm at more than 40 locations in downtown, Northtown, South G St., and HSU. Location maps available at Arcata Mainstreet office in the Jacoby Bldg. Info: 822-4500.
- Saturday and Sunday, July 11 and 12: 20th Annual WoodFair,** featuring exhibits, workshops, free demonstrations and food. 9 am – 5 pm at Almquist Lumber. Free. Info: 825-8880 or 768-1975.
- Tuesday, July 14: "Based on the Book" Film Series: "Raw Deal,"** hosted by Bob Doran. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, July 16: Third Thursday Theater** with Sean Shadows Puppet Theater. Puppet theater for all ages. Free. 6 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.
- TBA "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. \$3. Info at MySpace "sound of moolah."

CHILDREN, YOUTH & ALL AGES

- Mondays – Fridays through August 21: 2009 Summer Lunch Program:** Free sack lunches for children up to age 18. No registration or pre-approval required. Many sites around Humboldt County. Info: Andy at 445-3166, ext 309 or anieto@foodforpeople.org.
- Mondays – Fridays, July 6 – August 14: Youth Mural Project,** a project for teens in grades 6 – 12. The murals promote environmental appreciation and conservation. Free. 10 am – 2 pm at the Humboldt Wildlife Care Center on Old Arcata Road. Info and sign-up: 822-7091 or City of Arcata Recreation Department, 736 F St.
- Wednesdays: Summer Reading Club Craft Program.** 1:30 pm at Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.
- Thursday, July 9: Teen Arts: Free Drop-in Art Workshop,** a creative environment with art supplies provided for teens 13 - 19. Free. 3 - 5 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.
- Saturday, July 11: Second Saturday Family Arts Day.** Family Arts Day will celebrate the Language, Geography and Art of France including, the Art of Food! Activities for youth and families, including art projects in the style of Jacques-Louis David. 2 - 4 pm at the Morris Graves Museum. at 636 F St., Eureka. Info: 442-0278.
- Thursday, July 16: Share A Story;** 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.

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, July 12: Redwood Region Audubon Society Free Public Field Trip to the Humboldt Bay National Wildlife Refuge. This leisurely, 2- to 3-hour trip is intended for people wanting to learn the birds of the Humboldt Bay area. Meet at the Refuge Visitor Center off Hookton Road at 9 am. Info: David Fix or Jude Power 822-3613.

Ongoing Through September: Lost Coast Hikes With Sanctuary Forest; educational hikes that highlight the magnificent diversity of plant and animal life in the Sanctuary Forest, Sinkyone Wilderness State Park, and the King Range National Conservation Area. Info, reservations and schedules: 986-1087, ext 5 or www.sanctuaryforest.org.

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, June 27: Challenging Corporate Rule, Creating Democracy: Democracy Unlimited Introductory Workshop. This introductory workshop teaches the history and context for corporate power and will help participants gain the skills and knowledge necessary to reclaim our democracy from corporations. 10:30 am - 5:30 pm. Pre-registration required. Info: 269-0984.

Monday – Friday Through August 21: 2009 Summer Lunch Program: Free sack lunches for children up to age 18. No registration or pre-approval required. Many sites around Humboldt County. Info: Andy at 445-3166, ext 309 or anieto@foodforpeople.org.

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.

New Group Forming: 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.

MEETINGS

Thursday, July 2: The Humboldt County Human Rights Commission meets at 5 pm in Conference Room A in the county courthouse in Eureka. On the agenda will be further discussion regarding homelessness in Humboldt County and the need for a liaison with inmates of the jail. The public is encouraged to attend. Info: 668-4095.

Sunday, July 5: Humboldt Electric Vehicle Association Monthly Meeting. Find information on EVs (Electric Vehicles) through articles and discussions with members and leaders in the field. Learn about buying, converting, driving and maintaining EV's. 6 - 9 pm at the Arcata Library. Info: Susan at 822-6972 or www.heva.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.

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, June 23, 2009
PO Box 385 Arcata, CA 95518 RETURN SERVICE REQUESTED
 Printed on recycled paper with voluntary labor.

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, **June 23, '09**. Vol. 15, Number 12. Published semi-monthly on 2nd & 4th Tuesdays; **next July 14, '09**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. July 9, '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

FAX Your Letters to Save Medical & Caregiver Aid in the CA State Budget

[Continued from first page.]

... the latest news I have received is that the conference committee has voted to retain \$7 million of the \$10.9 million budget for the Caregiver Resource Centers. They are hearing our pleas and hopefully will make a sound decision.

Jamie Kerr, MSW
 Redwood Caregiver Resource Center

Fax these Senators

- Darrell Steinberg, President pro Tem 916-323-2263 (fax)
- Denise Ducheny, Chair, Budget Committee 916-323-8386 (fax)
- Robert Dutton, Vice-Chair Budget Committee 916-327-2272 (fax)
- Mark Leno, Chair Sub #3, Budget Committee 916-445-4722 (fax)

Fax these Assembly Members

- Karen Bass, Speaker 916-319-2147 (fax)
- Noreen Evans, Chair, Budget Committee 916-319-2107 (fax)
- Roger Niello, Vice Chair, Budget Committee 916-319-2105 (fax)
- Jerry Hill, Chair, Sub #1, Budget Committee 916-319-2119 (fax)

Late Breaking Note:

It turns out the **governor has authority to take out or reduce further any of the caregiver resource programs**. Please concentrate your efforts on the governor by including him in your faxing:

Arnold Schwarzenegger, Governor 916-558-3160 (fax)

--- 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.