



The HOPE Coalition

Humboldt Organized for Peace & the Environment

"Working in partnership toward the development of a diverse, just, & sustainable community."

Newsletter – Editorial Page – June 28, 2005

Mad River Hospital In Danger Of Closing – Only locally owned hospital in the county could trigger a real health care disaster & also a loss of reproductive health services – According to a story in The Times-Standard of June 26, 2005 Mad River hospital's contract with Blue Cross was to expire on July 1. Negotiations have now extended it till August but the danger of not being renewed remains. At issue is that while the hospital's expenses over the last few years have risen dramatically, Blue Cross payments have stayed the same. Not so with St. Joseph, the county's Catholic chain hospital, which collects higher payments for the same services. St. Jo's also has the advantage that goes with being part of a chain – much more clout with insurance companies, and buying supplies in bulk.

The Humboldt-Del Norte County Medical Society, whose membership includes most doctors in both counties, has taken up the cudgels in demanding that Blue Cross recognize that their refusal to make equal payments are likely to cause Mad River's demise. They made note that closure of Mad River could create chaos in Eureka since St. Jo's has neither the beds nor operating rooms. More significantly is the issue that since St. Jo's took over and stopped services in the county's General Hospital a few years ago that now Mad River is the region's only hospital that offers a full range of reproductive health services, not available anywhere within 150 miles. And that's a "biggie"!

Another factor in obtaining fair rates is the influence of employers who buy the health insurance that the hospitals depend on for income. HSU has 700 - 800 employees that use Blue Cross for their health services. But they haven't so far been involved in any of the negotiations. The California State University Chancellor's office in Long Beach does the negotiating.

Tom Ayotte, Mad River Director of Strategic Planning, says that expenses – from staff to worker's compensation to materials – have been rising over the last several years, but Blue Cross hasn't raised its payments. A better reimbursement rate from Blue Cross will certainly be a factor if they have to close.

Dr. Luther Cobb, Medical Society President, said that the Mad River situation is just an example of statewide health care woes, "There are little hospitals all across the state that are closing right and left. ... I don't think people realize how desperate the situation is." In November voters rejected Prop 67, which would have levied a tax on phones to pay for emergency care.

One Solution to the Health Care Crisis

The closing hospital crisis is just one example of the lack of affordable health care in both California and in the U.S., where over 50 million Americans lack insurance. The average health care costs under Bush's term have risen over 50%, and premiums have gone up more than 3 times faster than average wages (about 12% a year). In 2003 total health care spending was \$1.6 trillion, one quarter of which was spent on administrative costs to process the vast number of insurance forms. In contrast, researchers at the Harvard Medical School have determined that slashing administrative costs under a single payer system would be sufficient to provide coverage to every uninsured American.

In California, Senator Sheila Kuehl, D-Santa Monica, has introduced a bill, SB840, creating universal health care through a publicly financed administration. The bill incorporates the following features:

Security – Everyone is covered. No one will ever lose coverage for any reason.

Choice – Everyone can choose their doctors and other providers. Under this single payer plan, health care delivery is in the private sector.

Comprehensive Benefits – Everyone has full benefits that include prescription drug coverage and mental health care.

High Quality – Doctors and patients, not administrators, make medical decisions. Hospitals can afford safe staffing levels for registered nurses. Primary and preventive care are priorities.

Efficient Administration – Huge savings result from removing insurance companies from health care. Provider and patient paper work is slashed.

Fair Cost sharing – Employers & employees pay a modest health care premium, which is less than most pay now.

Fair Reimbursement – Providers receive fair and full compensation for their services.

Cost Controls – Health care inflation is controlled by efficient administration, global health care budgets, bulk purchases of drugs and durable medical equipment, coordination of capital expenditures, and linkage to growth of the state gross domestic product.

PEACE NEWS

Wednesday, June 29: Humboldt Peace Ambassador Tells Of Her Experiences In Washington DC Linda Sorter will describe her experiences last month in Washington DC and show slides of her meetings and activities. Afterwards, the next ambassador will be introduced and will invite questions and messages to be carried from Humboldt County to our government officials in the nation's capital. 7pm at the Humboldt County Office of Education (901 Myrtle Avenue in Eureka). The program is sponsored by Communities for Peace, is free and will include refreshments. Info: Carol Brannan at 443-2873.

Peace Tax Fund Bill, HR 2631, has again been introduced in congress. When passed, it will create conscientious objector status for taxpayers, so we can pay our taxes knowing they will not go into the military pot. Mike Thompson has yet to sign on to it. Please join us in showing him we want it! Look for petitions and postcards to sign on July 4, at the Plaza at the various peace groups' tables. Potluck and strategizing evening, Sunday, July 10, 7 pm. Info: Richard, 826-7774 or Sara, 825-0822

The Redwood Peace & Justice Center (RPJC) at 1040 H St. in Arcata offers events, information services, and meeting space to the public. Fair-trade and local gifts for sale, books and videos available to borrow. Summer hours are 1- 6 pm, Wednesday - Friday; and 10 am to 3 pm Saturday. Info: 826-2511 or www.rpjc.net. Calendar of events at www.rpjc.net/calendar.html.

Southern Humboldt Action Center (SHAC); the Southern Humboldt home to the Redwood Peace and Justice Center, Local Solutions Political Action Committee, and Humboldt Mediation Services is located on Redwood Drive between Denise's Café and the Brass Rail. Info: 923-1116.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Farmer's Markets in Humboldt County For locations and times call North Coast Growers' Association: 441-9999.

Thursday, June 30: Sequoia Chamber Workshop Free Concert student performance at 7 pm in the Fulkerson Recital Hall, HSU. Info: 826-3456.

Thursday, June 30, to Sunday, July 3: NaCl Theatre's "the Confessions of Punch and Judy" part of Dell'Arte's 2005 Mad River Festival, "Punch and Judy is a hilarious, poignant and surreal look at long term relationships. \$13, \$11, \$8. Info and reservations: 668-5663 or www.dellarte.com.

Friday, July 1: Humboldt Folklife Society Presents the Téka Ensemble folk quartet from Budapest. 8 pm at the Unitarian Fellowship in Bayside. \$14 general, \$12 HFS members, students, seniors, \$6 kids. Info: Jack at 822-2652.

Saturday, July 2: Sequoia Chamber Workshop Free Concert student performance 10:30 am, Fulkerson Recital Hall. Info: 826-3456.

Friday, July 8: Pastors for Peace Cuba Caravan Reception and Photo Show Shannon and Woody, bus drivers for the caravan, will talk about their experience with past caravans and this one. RPJC at 1040 H St. in Arcata. Call for more details: Becky 826-9197.

Friday, July 8: An Evening of Stories and Songs Tim O'Gara and Aaron Garrett will perform original songs and Dan O'Gara will tell stories at the Trinidad Presbyterian Church, 426 Trinity St, Trinidad. \$10 at the door. Info: 677-3840.

Friday, July 8, to Sunday, July 10: Sixteenth Annual Wood Fair woodworking exhibits, vendors, demonstrations and displays, celebrating the tradition of woodworking on the North Coast. New location this year: Redwood Acres Fairgrounds, 3750 Harris, Eureka. Info: 445-6726.

Saturday, July 9: "A Single Woman" a nationally acclaimed, two-person play about the life of **Jeanette Rankin**, who cast the single Congressional vote against U.S. entry into both World Wars. 8 pm at North Coast Repertory Theatre, 300 5th St., Eureka. Proceeds benefit the **Humboldt Peace Ambassador** program. Reservations advised. Info: WILPF Humboldt at 826-0515.

Tuesday, July 12: Democracy Film Series Presents "The Corporation" Arcata's Committee on Democracy and Corporations presents new cutting-edge documentaries on democratic struggles around the world the second Tuesday of the month, 7 pm at the Arcata Community Center (Senior Room). Discussion follows. Info: 822-5391.

CHILDREN & YOUTH

Wednesdays: Summer Reading Club Craft Program Each week at 1:30 pm there will be a story and craft program that ties in with the Summer Reading Club. Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Through August 19: Free Summer Lunches for Kids Food for People offers free lunches for kids 18 and under at various sites from Redway to Orick. Call 445-3166 for times and locations.

Some Notes and Dates for Action of the HOPE Coalition, June 28, 2005. p. 3

PROTECT THE EARTH & ITS LIVING CREATURES

Friday, July 15: Northcoast Regional Land Trust Celebration Celebrate the completion of the Land Trust's second conservation project at Freshwater Farms, 5851 Myrtle Ave, Eureka (just south of Three Corners Market). 4 to 7 pm for social time, dedication by supervisor John Woolley, tour of the property and fisheries restoration and refreshments.

1st, 2nd and 3rd Saturdays of the Month: Dunes Restoration with Friends of the Dunes Join the Friends for discounted coffee and treats from 9 - 9:30 am (optional) at a local coffee house, then work at one of the local dune areas from 10 am - 1 pm. Through the summer every participant will be entered in a drawing for nice prizes each time they help with a restoration. Info: 444-1397 or www.friendsofthedunes.org.

Low-Cost Spay & Neutering. Friends For Life assistance for pet owners who cannot afford to spay or neuter dogs. Info: 442-5999.

WORKSHOPS, CLASSES, MISCELLANY

Wednesday, June 29: Introduction to the Voter Confidence Resolution 6 - 8 pm at the Redwood Peace and Justice Center, 1040 H St., Arcata. This will be an introduction to the Voter Confidence Committee, the VC Resolution, current VCC campaigns, as well as a free screening of the movie "Votergate." Info: info@voterconfidencecommittee.org or Beth at 616-2779.

Farmers Market Aids Food Project Needs Volunteers In conjunction with local farmers for the past 13 years, the Arcata Farmers Market Food Project has provided fresh organic produce during the summer months to individuals and families in Humboldt County affected by HIV/AIDS. The Food Project is currently looking for volunteers to help collect and deliver food this summer. If you can spare 1-2 hours on a Saturday afternoon, please call. Info: Michael Weiss 834-4832 or email: mweissdtr@aol.com.

The Campus Center for Appropriate Technology (CCAT); at the rear of the parking lot at 14th and B Street, Arcata. Every Friday noon till dark: Volunteer Day with a tour at 2 pm. All are welcome. Info: 826-3551, ccat@humboldt.edu, or www.humboldt.edu/~ccat.

Thursday, July 7: Cob Oven Cooking Demonstration 12 pm - 6 pm at CCAT (info above). Demonstrations of baking all kinds of delicious foods in their newly completed cob oven! Bring your favorite bread recipe and your appetite.

MEETINGS

Regularly scheduled meetings are now listed in the insert. Special topics, speakers, or events will be listed here.

NAACP will not hold meetings July and August, back in September.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

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

Thursdays at 1:30 pm: **Econews Report** with NEC Director **Tim McKay**; on KHSU, 90.5 FM. **Guests:** 6/30 Barbara Miller on air pollution and environmental justice; 7/7 Chris Peters, executive director of the Arcata-based Seventh Generation Fund, will talk about the recent Traditional Knowledge and Environmental Stewardship Conference. Info: 822-6918 or www.yournec.org.

Mondays at 5 pm and Thursdays at 6 pm: "Seeking Solutions" a new locally produced series on HCTV, Public Access Channel 12. Seeking Solutions focuses on the exploration of community issues from a progressive, solutions-oriented perspective and provides a forum for in-depth discussions with local people working together to provide their community with alternative models for a healthy, sustainable future.

HFRA 99.9 FM Humboldt Free Radio Alliance broadcasts live on 99.9 FM. Tune in Monday, Wednesday, Thursday, and Friday evenings; and Saturday and Sunday all day. Call for a complete schedule of programs. Info: 502-0175.

FOOD AND SHELTER

The California Tribal Temporary Assistance for Needy Families Partnership. The CTTTP provides cash assistance, education, youth programs, and other supportive services to eligible Indians and their families in Humboldt County. The McKinleyville office is at 2720 Central Ave. and the Fortuna office is at 1136 Main St., Suite 102. Contact the CTTTP Central office for info: 274-3180.

Multiple Assistance Center (MAC); 1st & Y St., Eureka. Info: 269-9590, Ext. 203.

Arcata House temporary transitional housing for people. Limited space available to qualified clients. Info: 822-4528.

The **Arcata Endeavor**, 822-5008, and **Food for People** at 445-3166, serve & distribute food at various times during the week.

Humboldt Community Switchboard can direct anyone to services in Humboldt County. Call **441-1001** or toll-free 887-460-6000.



HOPE Coalition Newsletter & Calendar, June 28, 2005 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, **Write a Letter:** this page.

Newsletter **June 28, '05**. Vol. 11, Number 11. Published semi-monthly on 2nd & 4th Tuesdays; **next July 12, '05**. For calendar items call Mayer, 826-9313, or e-mail to hopecoalition@cox.net or mscd@humboldt1.com. **Next deadline July 9**. Write or e-mail for sample newsletter. Newsletter staff: Mayer Segal - editor (and responsible for all editorials unless stated otherwise); Dave Keniston - treasurer & mail distribution; Michael Welch - e-mail distribution & web master; Mara Segal - calendar. Web site: www.hopecoalition.org.

There is an old Quaker saying, "Better to light a single candle than curse the darkness."

WRITE A LETTER

Potluck/Letter Writing Monthly: First Friday, next 7/1, 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.

Oppose new nuclear weapon funding – The Bush Administration has once again asked for money to conduct research into a new generation of nuclear weapons: a “nuclear bunker buster.” The Senate may vote on the issue by mid- July. Senator Dianne Feinstein (D-California) and Edward Kennedy (D-Massachusetts) are expected to offer an amendment to eliminate the funding for the bunker buster included in the Energy and Water Appropriations bill.

Senator Feinstein has declared that “by reopening the nuclear door, we send the wrong message to the rest of the world about our commitment to nuclear non-proliferation and only encourage other nations to follow our lead.”

The Bush Administration has requested \$8.5 million to research these new weapons. The funding is split into two pieces: \$4 million in the Department of Energy and \$4.5 in the Department of Defense. The Senate committee in charge of the request has approved the money for the weapons.

Proceeding with these new nuclear weapons would damage U.S. non-proliferation efforts, with devastating consequences for the world. Furthermore, the United States should be reducing its nuclear stockpiles dramatically, instead of building new ones.

A new study by the National Academy of Sciences has concluded that “earth penetrating nuclear weapons cannot go deep enough to avoid massive casualties at ground level, and they could still kill a million people or more if used in heavily populated areas.” Clearly, contrary to Administration claims, these weapons are NOT usable. To ensure that funding for new nuclear weapons is taken out of the budget, SUPPORT THE FEINSTEIN-KENNEDY AMENDMENT.

----- **HOPE Coalition Membership Application** -----

The Objective of the HOPE Coalition:

To synthesize and promote the individual visions of the organizations that make up Humboldt's environmentally and socially just community. These include, but are not limited to, the following types of organizations: Environmental, Social Justice, Peace, Labor, and Human Service.

Membership: Renewal []
Individual memberships: \$13 - \$25 per year.
Organizational memberships: \$25 - \$100 per year.
Make checks to HOPE Coalition. Amount: \$ _____
Scholarships are available

Name _____

Address _____

Email _____

Phone _____

I can volunteer some time []
Receive newsletter by US mail []; By email []; Both []

The HOPE Coalition - PO Box 385 Arcata, CA 95518 - hopecoalition@igc.org - www.hopecoalition.org

The HOPE Coalition Newsletter is now available in Arcata at: the Co-op, NEC, & the RP&J center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

HOPE Coalition Newsletter Insert – April 26 - June 28, 2005

PEACE NEWS

The Redwood Peace & Justice Center at 1040 H St. in Arcata offers office space, message services, & meeting space to participating members. Hours for the RPJC are 11 am - 6 pm, Mon. - Sat. Info: 826-2511, www.rpjc.net.

Activities at the Center:

1st Wednesday at 6 pm **Bar None!**, a prison support/activism group. 443-8805.

Tuesdays at 6 pm **The Educators Working Group** meets. Info: Jerome 442-7573.

4th Thursday at 6:30 pm **Humboldt Green Genes** meets. Info: Mike or Angela at 826-1031, or soydeva@hotmail.com.

Northern California Coalition for Women Prisoners meets. Call for meeting dates. Info: Stormy 442-3895 or Karen 825-7460 or email nccwp@earthlink.net.

Free fax to members of Congress on Fridays.

Not at the Center:

1st Thursday at 7 pm: **Vets for Peace, Humboldt Bay Chapter 56** at the Arcata Marsh Commons. Info: 826-2992.

Peace Vigils every Friday: 5 - 6 pm on the Arcata Plaza. Mondays at 4 pm at the Courthouse in Eureka, 445-5100 ext. 215, ask for Jack.

Women in Black stand in silent vigil every Friday 5 - 6 pm at the Arcata Plaza, 8th & G, at the Humboldt County Courthouse, and at the McKinleyville Shopping Center on the grassy area between Luzmilla's and Blockbuster. They also stand every Friday from 4 - 5 pm in Trinidad at the intersection of Scenic Dr. and Main St. Also, Saturdays at noon at the Humboldt County Courthouse.

Vets for Peace Silent Vigil; Fridays, 5 - 6 pm: SW corner Arcata Plaza.

TALK SHOWS & COMMENTARY

COMMENTARY on KMUD, 88.3 fm, 923-2513.

Counterspin, Sunday 1 - 1:30 pm.

Animal Advocate, 2nd Thursday, 7 - 8 pm. Current animal welfare issues. Info: Barbara Shultz at 986-7835, animaladvocate4@yahoo.com.

Democracy Now! with Amy Goodman; 12 - 1 pm, Monday - Friday. See also APEG Cox, Channel 12. Also www.democracynow.com. Also on KIDE 91.3 fm, 1 - 2 pm, Monday - Friday.

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 with Jimmy Durchslag, last Friday, 7 - 8 pm.

COMMENTARY on KHSU, 90.5 fm, 826-6089.

Econews Report with NEC Director **Tim McKay**. Thursdays at 1:30 pm. Info: 822-6918.

Thursday Night Talk with Jamie Flowers; 7:30 - 8:30 pm. Call-in: 826-4805. Info: KHSU office: 826-4807.

Democracy Now! with Amy Goodman; weekdays 9 - 10 am.

COMMENTARY on KGOE 1480 am, 442-2000: Thom Hartmann, weekdays 9 - 12 am. Liberals' answer to Rush Limbaugh type.

COMMENTARY on KEET TV Channel 13, Sun. at 10 am: **Living Biographies**. Fri. at 9 pm: **NOW** with David Brancaccio. Info: 445-8013.

Was APEG, now HCMC Channel 12 (Public Access TV): **Every Sunday and Monday** from 6 - 7 pm **The Humboldt Magazine Show** news magazine program. Info: **Redwood Media News Group** at 825-6618. **Amy Goodman's Democracy Now** recognized best news on the air 5 - 6 am & 9 - 10 pm, Monday - Friday. Sunday nights at 9: **Outside the Box** "News & Views." **Classic Arts Showcase**, 12 - 4 pm, Monday - Friday. **INN Report from RadioFreeAmerica**, Friday and Saturday nights 9 - 10 pm.

PROTECT THE EARTH & ITS LIVING CREATURES

Forest Defenders Hotline and info: 825-6598.

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.

Adopt-the-Bay. Participate in a number of tasks aimed at maintaining a healthy Humboldt Bay. All welcome. Info: 443-0801.

Friends of the Marsh guided interpretive walks every Saturday 2 pm at the Interpretive Center on South G St., Arcata. Info: 826-2359.

Audubon Society Field Trips; Free public field trips through the Arcata Marsh and Wildlife Sanctuary every Saturday at 8:30 am at the Klopp Lake parking lot (foot of I Street in Arcata). Bring your binoculars. Rain or shine. Info: 268-8052 or 822-3613.

Friends of the Dunes; Restoration workdays the first 3 Saturdays every month, 9 am - 1 pm. Info: 444-1397 or info@friendsofthedunes.org. Check web site for complete calendar: www.friendsofthedunes.org.

Campus Center for Appropriate Technology; Info: 826-3551.

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 thru Saturday, 11 am - 4 pm. Info: 442-8413.

Arcata Artisans Co-operative Gallery, H St. side of the Plaza. Hours: Tuesday - Saturday 10 - 6, Sunday 12 - 5. Info: 825-9133.

Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860.

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.

HOPE Coalition Calendar Insert, p. 2

MEETINGS

NAACP; no meetings July and August Regularly 3rd Sunday at 3:30 pm, **PAC** at 2:30 pm. at the Cooper Gulch Ctr., 8th & Myrtle, Eureka. Info: 268-8287 or Priscilla at 442-2638.

Redwood Chapter ACLU, 3rd Tuesday at 6 pm, call for meeting places. Info: 476-1263 or www.acluredwood.org.

Vets for Peace (Humboldt Chapter 56); 1st Thursday at 7 pm at Marsh Commons, Arcata. Info: 826-2992.

Veterans for Peace (SoHum Chapter); 4th Wednesday at 7 pm at Haynes Vets Hall, Garberville. 943-1874.

Women's International League for Peace and Freedom (WILPF); meets the last Monday 7 - 9 pm (6:30 - 7 social time) at the Marsh Commons, 101 H Street, Arcata. Info: Becky at 826-9197 or bluening@cox.net.

Humboldt Democratic Central Committee; 3rd Tuesday at 7 pm. 129 Fifth St. (across the street from Denny's). Info: 445-3366 or www.humboltdemocrats.org.

Eureka Greens meet 4th Tuesday at the Water Dept. Building, 7th and J St., Eureka. Info: Xandra at 441-0702.

Humboldt Greens; Info: 444-5050, sillywiz@reninet.com, www.arcata.com/green/.

Mother Jones Club & Humboldt Communist Alliance meets 2nd and 4th Saturdays at 3 pm at the Peace and Justice Center in Arcata. Call to confirm meeting times. Info: humboldtcommunistalliance@hotmail.com or 839-3824.

Democracy Unlimited of Humboldt County; open meeting 3rd Thursday at 1402 M St, Eureka. Info: info@DUHC.org or 269-0984.

Humboldt Green Genes: 2nd Wednesday at CATS, 315 P St., Eureka at 6 pm. Info: Martha Devine soydeva@webtv.net or 442-3481.

Arcata's Nuclear Weapons Free Zone Commission; 4th Thursday at 6:30 pm at Arcata City Hall, 736 F St. Info: 822-5951.

Humboldt Watershed Council at NEC, 2nd and 4th Wednesdays, 7 - 9 pm. Info: sheds@humboldt1.com.

McKinleyville Skate Park; 2nd Wednesday, 6:45 - 8 pm, 1540 Harper Ave. Info: Pat: 839-8241, www.mckskatepark.com.

The Tenants Union for renters' rights meets every other Thurs., at 321 Coffee Shop, 321 3rd St. Eureka from 4:30 - 6 pm. Info: 476-1919.

Humboldt County Human Rights Commission meets 2nd Tues. City Courthouse, Rm. B, Eureka, 6 pm. Info: 268-2548.

Commission On Status of Women meets 2nd Thursday at 6 pm, conference room A of the Humboldt County Courthouse, 825 Fifth St., Eureka. The public is welcome. Info: Julie 822-2502 or <http://co.humboldt.ca.us/commissions/csw/>.

CHILDREN & YOUTH

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

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

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.

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.

Fridays: Human Rights Education For Kids Project; 3:30 pm, Redwood Peace and Justice Center, 1040 H St, Arcata. Info: 826-2511.

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.

Cyber Tribe; a local non-profit business where youth can use and gain knowledge in computers. Open to anyone age 12 - 19. No experience necessary. Info: 826-1160.

Humboldt County Main Library Humboldt County Teen Law Clinic provides legal information & resources to area teens & their parents. The clinic is located in Rm. 1 of the Marshall Bldg. on the Humboldt Bay/Eureka H.S. campus. The office is open 8 - 9 am & 3 - 5 pm every Tues. & Thurs. Info: Kyle or Lynn at 444-0153, or Georgeanne at 441-2549.

COMMUNITY & WELL-BEING SERVICES

Humboldt Community Switchboard can direct anyone to services in Humboldt County. Call 441-1001 or 1-887-460-8000.

Humboldt Literacy Project, Adults over 16 meet weekly at the Humboldtmain library, Eureka with family literacy tutors to improve their reading skills necessary to function on the job, in the family, & in the community. Free & confidential. Info: 445-3655.

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

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

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/emma.

LesBohemian Coffee House; An all women's space. Meets 2nd Saturday 7 pm, 1901 Calif. St., Eureka. 444-1061.

Vision Loss Services; Lighthouse of the North Coast will orient people to local, state, and national services on the last Tuesday of every month. 2127 Harrison Ave #3. Reservations preferred. Info: 268-5646.

The Care Givers Support Project provides information, referral & coordination services to help care for seniors over 55 of all incomes. Services include vision & hearing screening, blood testing for diabetes & anemia, screening for skin & oral cancer, review of & planning for personal health history. Free, but donations OK. To schedule appointments & info: 268-2107.

The Area Agency on Aging sponsors many of the senior programs listed here. Info: 442-3763.