



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 – August 11, 2009

The Prognosis for Health Reform — By Robert Weiner and Jordan Osserman

[Originally published in *The Palm Beach Post*.]

The differences between the House and Senate health care reform bills aren't just for wonky policy experts. They translate to real differences in Americans' lives.

Three committees in the House have completed action, and two in the Senate are moving legislation. There will be votes in both chambers soon after the August recess. The House bill will combine the amended versions from its committees. The Senate is still pondering the differing versions from the Finance and Health committees. Senate leadership will likely name one of those the main bill and the other a "substitute," which can be voted on an amendment.

After both chambers pass their versions, lawmakers will name a conference committee to create a final, single bill that will go back to both floors for final passage before going to President Obama.

House leaders have just completed negotiations with conservative "Blue Dog" Democrats, and all three committees will include a non-profit public insurance option, designed to make private insurance companies compete harder and cheaper. However, the public option will not use Medicare reimbursement rates. All prices will be negotiated with insurance companies. The bill's "cost" thus was reduced by \$100 billion over 10 years, which simply means that Americans will still pay high premiums.

In the Senate, the Kennedy-Dodd bill from the Health Committee has a public option. The Baucus-Grassley bill, worked out among three Democrats and three Republicans on the Finance Committee, provides all coverage only through existing insurance companies. While coverage would improve, it would be a gift to the drug companies and would co-opt reform.

All of these bills would cover most of the 47 million Americans who lack insurance, stop denials for pre-existing conditions, allow job portability, cover the "doughnut hole" in prescription drug coverage that is a problem for the 3 million Floridians on Medicare, and emphasize prevention of illnesses. There would be "no caps" on coverage for "people we know with cancer or diabetes," House Speaker Nancy Pelosi, D-Calif., says. Twenty-five million "underinsured" Americans would receive full coverage, with no co-pays for preventive care. Under the House legislation, the minimum-wage mom who realized only at Stage IV that she had breast cancer would receive an early mammogram.

However, the cost to consumers would depend on whether the House or Senate bill prevails and what kind of compromise is engineered in the conference committee. The House public option, for example, would cut as much as \$265 billion from for-profit companies' "overhead" over 10 years—the money that pays high salaries and bonuses for insurance executives and administrators.

With no public option, the Senate Finance Committee bill would not ensure lower premiums. The House bill requires large employers to provide coverage. Members of the Senate Finance Committee want only "incentives" that would allow a corporation like Wal-Mart to continue denying insurance to 48 percent of its employees.

It's no surprise that Sen. Baucus is promoting a bill that, instead of doing no harm to patients, would do none to business. Five of his former staffers work for health care and insurance companies. He has received \$2.8 million in campaign money from health companies and \$1.2 million from insurers.

Seventy-six percent of Americans support the public option. Without consumer pressure over the next three months of votes in Congress, however, real change will be whittled away. Florida has particular sway as a battleground state renowned for its senior power. It's time for everyone to become active in the debate. Otherwise, the insurance companies will control the outcome.

Robert Weiner is president of Robert Weiner Associates, a Washington, D.C. public relations company. He was chief of the staff of the U.S. House Committee on Aging under Chairman Claude Pepper, D-Miami. Jordan Osserman is a policy analyst at Robert Weiner Associates. A graduate of Dreyfoos School of the Arts in West Palm Beach, he won the Post's 2007 Pathfinder Award for History/Political Science.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday, August 14: Picnics on the Plaza**, a free, family-friendly event featuring live, local music from Zulu's Petals. 11:30 am - 2 pm on the Arcata Plaza. Info: 822-4500.
- Friday, August 14: Mural Celebration and Video Premiere.** View the completed mural at the Humboldt Wildlife Care Center at the Jacoby Creek Land Trust. Potluck, mural viewing and kids games at 5:30, video presentation at 7 pm. Info: 822-7091.
- Friday, August 14: Book Premiere: "Race Course: Against White Supremacy,"** by Bill Ayers and Bernardine Dohrn. The authors will hold a discussion on the book at 7 pm at Northtown Books in Arcata. Free. Info: 822-2834.
- Friday and Saturday, August 14 and 15: HUUF Rummage Sale.** Friday, noon - 6 pm and Saturday, 9 am - 3 pm at the Humboldt Unitarian Fellowship in Bayside. Info: 822-2320 or 443-4691.
- Saturday and Sunday, August 15 and 16: NEC Moving/Estate Sale.** The Northcoast Environmental Center is downsizing for its move to office space in the Jacoby Storehouse, so must sell excess furniture, kitchen items, merchandise, and miscellany. 9 am - 2 pm at 1465 G Street, Arcata. Info or to volunteer: Sue at 442-5444.
- Sunday, August 16: 47th Annual Klamath Salmon Festival** featuring Yurok cultural events demonstrations, a heavy equipment rodeo, live music, Indian stick games, contests, a salmon dinner, and more. Parade starts at 8 am in Orick. Info: 482-1350.
- Sunday, August 16: Mutt Strut & Woofstock**, featuring live music (Jackie Green and Kulica), dog walk, activities, contests and demonstrations, food, and beer from 10 am - 5 pm at Halvorsen Park in Eureka. Funds raised will go to support the adoption, spay/neuter, & education programs of the Sequoia Humane Society. Info: 442-1782 or www.woofstock.org.
- Friday, August 21: Picnics on the Plaza**, a free, family-friendly event featuring live, local music from Weather Machine. 11:30 am - 2 pm on the Arcata Plaza. Info: 822-4500.
- Saturday, August 22: Humboldt Wildlife Care Center Rummage Sale.** All proceeds go to rehabilitation and release of sick, injured and orphaned native wildlife. 9 am - 3 pm at Umpqua Bank in Arcata. Info or to donate: 822-8839.
- Friday, August 28: Picnics on the Plaza**, a free, family-friendly event featuring live, local music from Josephine and the Trees. 11:30 am - 2 pm on the Arcata Plaza. Info: 822-4500.
- Saturday, August 29: Humboldt Pride Presents "Wild for Equality,"** parade and festival. Parade starts at 3 pm at Redwood Fields in Cutton and ends at the Sequoia Park Zoo, where the festival will continue with speakers, music, kids' activities, and more until 8 pm. Info at www.humboldtpride.org.
- Sunday, August 30: Summer Farm Tour and Open House at Redwood Roots Farm.** Explore a local farm at the height of the season. 1 - 4 pm, guided tour at 1:30 pm. Free. Next to the Unitarian Fellowship in Bayside. Info: 826-0211.
- Sunday, August 30: The Organic Planet Festival.** Californians for Alternatives to Toxics presents a full day of music, great organic food, nationally recognized speakers, informative workshops, an eco-hip fashion show, a kids' village and dozens of exhibitors. 10:30 am - 7:30 pm at Halvorsen Park in Eureka. Info: 445-5100 or www.organicplanetfestival.org.
- Monday, September 7: 24th I-Block Party**, a benefit for the Arcata-Camoapa Sister City Project. BBQ dinner, kids' activities, raffle and silent auction, local microbrews and live music. On I Street in Arcata between 10th and 11th from noon - 6 pm. Info: 822-7130.
- Monday, September 7: Annual Labor Day Picnic**, at Sequoia Park, Eureka, noon - 3 pm. Free; bring a can of food for Food Bank. Music, speakers, BBQ, salad, drinks, and games. Info: 443-7371 or 442-1751.

CHILDREN, YOUTH & ALL AGES

- Wednesday, August 19: "Animals Are Creative,"** a special free presentation by Kristin Pope of the HSU Natural History Museum. Live animals doing interesting things. 2 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.
- Wednesday, August 19: "Kindergarten, Here I Come-McKinleyville!"** a special program for children entering Kindergarten. Stories, crafts, and a video plus what to expect at school and answer any questions. 6:30 pm at the McKinleyville Branch Library. Info: 839-4459 or www.humlib.org.
- Saturday, August 22: "Kindergarten, Here I Come-Arcata!"** a special program for children entering Kindergarten. Stories, crafts, and a video plus what to expect at school and answer any questions. 2 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.
- Saturday, August 29: Parent & Child Walk to Fay Slough Wildlife Area, Eureka.** Bring your children to walk along a state Fish & Game wetland only 2 miles outside Eureka. This 1.5-mile walk is fine for beginners or small children; stroller friendly. Meet at Wildlife Area trailhead to left of Harper Ford at 10:30 am. Free. Info: Allison at 268-8767.
- Tuesday, August 25: "Kindergarten, Here I Come-Trinidad!"** a special program for children entering Kindergarten. Stories, crafts, and a video plus what to expect at school and answer any questions. 6:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.
- Saturday, September 5: 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. August's book is "Pirates Ahoy!" Free. Noon to 2 pm. Info: 442-0278.
- 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.

PROTECT THE EARTH & ITS LIVING CREATURES

Wednesday, August 19: North Group Sierra Club Free Hike: Cathedral Trees-Rhododendron-Cal Barrel-Foothill Trail Loop.

This medium-difficulty, 5-mile hike in Prairie Creek Redwoods State Park ascends from prairie and creek-side into old-growth redwood featuring "goose pens" and cathedral groves. Info and pre- registration: Melinda, 668-4275.

Saturday, August 22: North Group Sierra Club Free Hike: Table Bluff/Mouth of Eel River Loop. This 8-mile hike in the Eel River Wildlife Area begins on the beach below Table Bluff, follows the beach south 4.5 miles between ocean and sloughs, estuaries, and marshlands of Eel River. View abundant flora, occasional birds and wildlife. Info and pre- registration: Xandra, 441-0702.

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, August 15: Redwood Roots Community Workshop Series: Essentials of Flower Arranging. Turn wild and garden flowers into lovely arrangements. 1 - 4 pm at Redwood Roots Farm, Bayside. \$5 - 20. Info or registration: 826-0211.

Saturday, August 22: Redwood Roots Community Workshop Series: Cooking Outside the Box. Creative seasonal cooking. 1 - 4 pm at Redwood Roots Farm, Bayside. \$10 - 20. Info or registration: 826-0211.

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.

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, Aug. 11, 2009
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Editorial: Page 1, **Calendar:** Pages 2 - 3, **Action Item:** this page.

Newsletter, **August 11, '09**. Vol. 15, Number 15. Published semi-monthly on 2nd & 4th Tuesdays; **next Aug. 25, '09**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org.
Next deadline. Aug. 20, '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

Phone Bank from Home to Strengthen and Support National Energy/Climate Legislation

By Jennifer Berman, Redwood Alliance

Please sign up on-line for phone banking with the Sierra Club this Wednesday, August 12th and on Wednesdays for the next month or so. This Wednesday's phone bank will focus on Senators on the Environment and Public Works Committee whose votes are critical to strengthening the bill in committee.

www.tinyurl.com/SierraClubPhoning

At Redwood Alliance's Climate Action Project, we have had an ongoing discussion whether to support the Waxman-Markey bill or ACES (the American Clean Energy and Security Act) as it was passed by the House last month. We all have misgivings about many of the concessions that were made in Washington to win passage: the insufficient near-term emissions reduction target and massive amounts of offsets and free allowances.

After deliberation, we decided there are enough good parts to the bill to justify support, in light of the upcoming Kyoto talks in Copenhagen and the short political window that exists in Washington.

And, it may still be possible to get stronger provisions in the Senate, so your voice is needed. Please phone bank with the Sierra Club this Wednesday and on Wednesdays for the next month or so.

www.tinyurl.com/SierraClubPhoning

For more background, here are some pro- and con- opinions on ACES and how to move forward:

Pro:

| | |
|---|--|
| Climate Progress blog on Waxman-Markey | www.tinyurl.com/climateprogress |
| 1 Sky wrap-up on ACES and how to move forward in the Senate | www.tinyurl.com/1skyACES |

Con:

| | |
|---------------------------------------|--|
| Friends of the Earth on Waxman-Markey | www.tinyurl.com/FoEwe-can-do-better |
| Greenpeace opposes ACES | www.tinyurl.com/GPaces |

--- 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.

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. 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.