

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 25, 2009

Are Conservatives Killing the American Dream? — By Mayer Segal

When I was growing up in LA during the Great Depression, as part of a white, middle class family, my Dad was still hanging on to his diminishing men's clothing store. But we owned our home, we had an old Buick, and we ate well. There was high unemployment, insecurity, and hunger all around us. My older brother graduated from Fairfax High School with nary a job in site. Nationally, it was even worse. Unemployed factory workers stood on street corners with signs "Will work for food." Frantic Wall Street investors were jumping out of windows in high rise buildings. Farmers in the "dust bowl" region were fighting a scorched earth.

The 1932 presidential elections pitted incumbent Herbert Hoover, who promised "a chicken in every pot and a car in every garage," against FDR whose theme song "Happy Days are Here Again" exuded hope. As we all know FDR, like Obama today, won with tremendous popular support, bringing with him a Democratic control of Congress.

FDR lost no time, like Obama, in trying to change the extreme down trend with social changes that gave people hope. He installed a cabinet of people well known for excellence in their fields, including Henry Wallace in Agriculture, and the first woman ever as Secretary of Labor, Frances Perkins. The cabinet was often called the "Brain Trust." There was extremely hard opposition to many of his programs, including nullification decisions by the Supreme Court.

The media (no TV then) was not as biased as it is today. I don't remember listening to hate monger commentators like some of those today who with lies and distortions extort their listeners to Gestapo-like demonstrations, some with guns. FDR's weekly radio address was heard by the majority of the adult population.

So many social programs uplifting the American people were passed under FDR that it is hard to imagine how people existed without them. He was re-elected 4 times—the first and last to do so. Historians say that an impending revolution was deflated by the programs, which included: the 40 hour week, the right of labor to organize, Public works projects, rural electrification, government supported arts and education projects, social security, bank regulation, etc.

With these government agencies in place Americans gradually got used to a higher standard of living than any other country, consuming a disproportionate amount of the world's natural resources—often at the expense of other "less civilized" peoples, and certainly with few environmental considerations. But a conservative and right-wing agenda preaching that "government is the enemy," starting perhaps with President Reagan and concluding with President G.W. Bush, has systematically weakened the agencies that could prevent economic strangulation of state and local governments.

While FDR took the right-wing agenda head on—temporarily losing now and then but winning in the end—Obama, also very aware of the social inequalities in the lives of a good portion of American families, tried a non-partisan approach to solutions, particularly in the matter of health care. He has under-estimated the resolve and rigidity of conservative forces, including some like Sen. Baucus in his own party.

In recent years, states have taken the lead in providing vital social services in response to federal retrenchment on critical safety-net programs. But times have changed. "In this recession, states are in such dire financial straits that they lack the resources to meet the surge in basic human needs." (This week's double issue of *The Nation*, Aug. 17/24, 2009, outlines "**The conservative dream of so weakening civil society that public services & schools no longer function, is on the verge of being realized in states across the U.S.**" including CA, and is "must" reading.)

California, the most populous state in the U.S., which also has the eighth-largest economy in the world and produces 12% of the national GDP, is in a very severe crisis and very close to fulfilling that conservative dream. LA Mayor Villaraigosa says, "The system is broken. It's a state on the brink, families falling through the cracks with IOUs as a safety net."

The Republican minority (but over one-third) legislature combined with a governor who insists on "no new taxes" and who welcomed the crisis to make "structural reforms," forced a budget balanced on the backs of the poor, the elderly, the infirm and students. However, it still left California with a \$15 billion shortfall. Then to add insult to injury, the governor used a questionably legal line item veto to cut the remaining state support for 1. county health clinics, 2. domestic violence shelters, 3. adolescent family life programs, 4. Eureka's new Alzheimer Center & the Senior Brown Bag Program; and also put devastating additional cuts to the State Office of AIDS, child welfare services, Medi-Cal, and CalWorks services. The cuts caused an L.A. City Council staffer to say "it was like Arnold thought he was starring in his own Gunfight at the O.K. Corral movie and didn't give a damn that the movie house was burning down around him."

(Contd. on page 4)



Dorothea Lange's *Migrant Mother*

PEACE NEWS

Saturday, September 12: Barn Dance with Veterans for Peace. All ages are welcome, no experience or partner are necessary! Music by the Striped Pig Stringband and guest fiddler Sam McNeill. 7:30 pm at the Arcata Veterans Hall. \$7, \$6. Refreshments available for purchase. Info: Tara at 822-5394.

Wednesday, September 2: Town Hall Meeting on Health Care Reform with Congressman Mike Thompson. 5:30 - 6:30 pm at the Redwood Acres Home Economics Bldg, 3750 Harris St in Eureka.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

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 Cutten 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.

Saturday, August 29: Gardeners "Farmers" Market. 10 am - 2 pm at the Manila Community Center, 1611 Peninsula Drive. Community Currency accepted. \$1 table registration fee. Legal, homegrown items only, no processed or prepared food. Info: Dan Ihara at dmi1@humboldt.edu.

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, kids' village and dozens of exhibitors. 10:30 am - 7:30 pm at Halvorsen Park in Eureka. Info: 445-5100 or www.organicplanetfestival.org.

September: Local Food Month, a county-wide celebration of local food, local farmers, and local abundance, intended to raise awareness of agriculture and healthy food systems in Humboldt County. Kick-off soiree on September 13 (see below). Visit CAFF's website for more info: www.caff.org/humboldt/.

Thursday, September 3: First Thursday Film Series: "D Tour," a tale of an indie rock musician who continues to perform while searching for solutions to his failing kidneys. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.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.

Friday and Saturday, September 11 and 12: 10th Annual Storytelling Festival by the Sea. Friday night and all of Saturday at Trinidad Town hall. The event will feature a slate of exceptional storytellers with songs and music. Info: 677-3840 or www.inkpeople.org.

Saturday, September 12: League of Women Voters Annual Membership Brunch, featuring Linda Craig speaking on "Redistricting and Constitutional Reform: What's Happening and What You Can Do to Make It Happen." 8:30 - 11 am at the Wharfinger Building. Advance tickets or info: 444-9252 or email: vote@lwwhc.org.

Sunday, September 13: Taste of Place Garden Soiree, featuring garden tours, local hors d'oeuvres, beer, wine and music. 3 - 6 pm at Redwood Roots Farm in Bayside. \$20 advance, \$30 at the door. Info and tickets: 444-3255.

CHILDREN, YOUTH & ALL AGES

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.

Wednesday, September 9: Share a Story "Out of This World," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, 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.

Wednesday, September 9: Share a Story "Out of This World," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at Azalea Hall, McKinleyville, by the McKinleyville Library. Info: 839-4459 or www.humlib.org.

Saturday, September 12: Second Saturday Family Arts Day: "WonderFALL: A Celebration of Modern Art." Activities for youth and families, including performances, hands-on arts projects, & interactive storytelling. 2 - 4 pm at the Morris Graves Museum at 636 F St., Eureka. Info: 442-0278.

PROTECT THE EARTH & ITS LIVING CREATURES

Thursday, September 3: "Slow-Speed" Tour of the Arcata Marsh, geared to persons with limited mobility. The tour will be led by Friends of the Arcata Marsh Board members Bob Rasmussen and Art Barab, both seniors who know lots about Marsh history, ecology, and birds and will be happy to answer questions. No advance registration required; meet at the Interpretive Center on South G Street. Tour length depends on desires of participants, but is expected to be 60 - 90 minutes. The tour paths are surfaced and level. Info: 826-2359.

Sunday, September 6: Free Redwood Region Audubon Society Field Trip to coastal Crescent City. Wildlife biologist Craig Strong will lead a morning of coastal birding and marine mammal viewing. Meet at 9 am in the Crescent City Harbor behind the Chartroom Restaurant on Anchor Way. Info: 465-8191.

Saturday, September 12: Volunteer Training Session for the Arcata Marsh and Wildlife Sanctuary. Local experts will teach attendees about birds, plants, wetlands, invertebrates, marsh history, the wastewater treatment process, and how to lead tours via lectures and field trips. Free. Pre-registration required. Info: 826-2359.

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.

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 29: Gardeners "Farmers" Market. 10 am - 2 pm at the Manila Community Center, 1611 Peninsula Drive. Community Currency accepted. \$1 table registration fee. Legal, homegrown items only, no processed or prepared food. Info: Dan Ihara at dmi1@humboldt.edu.

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Saturday, September 26: "Communication and Conflict Management," a one-day workshop presented by Humboldt Mediation Services. Understand conflict, communicate effectively and resolve disputes at home and at work. \$65 before August 26, \$75 after. Registration and info: 445-2505.

MEETINGS

Thursday, September 3: The Humboldt County Human Rights Commission meets at 5 pm in Conference Room A in the county courthouse in Eureka. The public is encouraged to attend. Info: 668-4095.

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. 25, 2009
PO Box 873 Arcata, CA 95518 RETURN SERVICE REQUESTED
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Save paper & \$\$\$. Let us know if you would rather receive this by email.

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

Newsletter, **August 25, '09**. Vol. 15, Number 16. Published semi-monthly on 2nd & 4th Tuesdays; **next Sept. 8, '09**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org.
Next deadline. Sept. 5, '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

Are Conservatives Killing the American Dream? — By Mayer Segal
 (Contd. from first page)

California's political and economic crisis "could go back to 1933, with the requirement approved by voters that you need a 2/3 majority to approve the budget," said political scientist Sherry Jeffe, "Obviously there's Prop 13, ... ballot-box budgeting, ... and runaway gerrymandering. It all makes flexibility impossible, and it empowers the special interests." SF Mayor Gavin Newsom said, "The budget challenge facing the state is not just about increasing taxes and cutting spending to cover a deficit. It is also about achieving this goal without further damaging basic infrastructure, [like meals for low-income children.]"

Prop 13, passed in 1978, reduced property tax to a painless 1% a year and thus became a "sacred cow." Little does the public know that loopholes have allowed large corporations to pay less property tax than Ma & Pa. Corporations also pay very little on profits they accumulate in CA. Surprisingly 55 % of CA revenue comes from personal (not corporate) income tax, 45% of which comes from the top bracket, and the bottom 85% of taxpayers contribute only 16% of income tax.

Thus it seems obvious to me that people already suffering hardships, anticipatory or present, are unwilling to financially support a legislature or governor they don't trust. Interestingly, a recent national survey showed that a majority of taxpayers in the nation supported an increase in their taxes to pay for decent health care. So if Obama can hang in there, stop being so conciliatory and non-partisan, and force his own party members to support a health bill which he visualized and for which voters brought him and Congress to office, then the Conservative Dream will be on the way to being replaced by the American Dream.

--- 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 873 Arcata, CA 95518 - hopecoalition@igc.org - www.hopecoalition.org

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

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

PEACE NEWS

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

TALK SHOWS, WORKSHOPS & COMMENTARY

Access Humboldt: Public, education & government media access. Cable channels 8, 10, 11 & 12. For program schedule, submission policies, and program request forms go to www.accesshumboldt.net. Call or email for further info. 476-1798 or info@accesshumboldt.net.

COMMENTARY on KEET TV Channel 13 445-8013: **Wide Angle** Tues. at 9 pm
NOW with David Brancaccio. Fri. at 8:30 pm:

COMMENTARY on KGOE 1480 am, 442-2000: **Thom Hartmann**, weekdays 9 am - noon.

Peter B. Collins, weekdays 3 - 6 pm. Progressive talk show from San Francisco.

COMMENTARY on KHSU, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.
The Econews Report with Greg King. 1:30 pm Thursdays.

A World of Possibilities locally produced syndicated public affairs program. 1:30 pm Wednesdays. Info: 826-9111 ext. 18.

COMMENTARY on KMUD, 88.3 fm, 923-2513. **Counterspin**, Sunday 1 - 1:30 pm.

Alternative Radio, Mondays 9 am. Boulder-based award-winning weekly series with David Barsamian.

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

A World of Possibilities locally produced syndicated public affairs program. 9 am Tuesdays. Info: 826-9111 ext. 18.

Democracy Now! with Amy Goodman; noon, Mon. - Fri. Also 4 pm Access Humboldt Channel 12. Also 11 am on KIDE 91.3 fm. Also on Free Speech TV (FSTV) Mon. - Fri. midnight, 8 am, noon, or 7 pm.

Civil Liberties Monitoring Project Report; 1st Wednesday, 7 - 8 pm. 923-4646.

Politically Correct Week in Review, call-in radio show, 2nd, 4th, & 5th Mondays at 7 pm 923-3911.

All Things Reconsidered with Eric Kirk. 3rd Thursday at 7 pm.

Global Stuff call-in talk show with Jimmy Durchslag, last Friday, 7 - 8 pm.

PROTECT THE EARTH & ITS LIVING CREATURES

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

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

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

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

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

Redwood Alliance Climate Action Project. (Public meetings temporarily suspended until after the election.) Info: 822-6171, climatechange@redwoodalliance.org; www.redwoodalliance.org.

Wild Urban Gardeners! Meets Wednesdays at 7 pm, 1552 Spear Ave. in Arcata. Promoting food & native plant species, information about compost, greenhouses, seed banks, and community gardens. Info: 822-5861.

ARTS

Arts Alive! Eureka; first Saturday of the month at venues around town. Art, music, dance, refreshments. Info: 442-9054.

Arts! Arcata; second Friday of the month at venues around town and at HSU. Art, music, dance, refreshments. Info: 822-4500.

The Ink People; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 www.inkpeople.org.

Arcata Artisans Cooperative Gallery; H St. on the Plaza. Mon. - Sat. 10 - 6, Sun. 12 - 5. Info: 825-9133, www.arcataartisans.com.

Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860, www.westhavenarts.org.

First Street Gallery; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or www.humboldt.edu/~first.

Clarke Historical Museum; 240 E St., Eureka. Info: 443-1947 or www.clarkemuseum.org.

Morris Graves Museum; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. www.humboldtarts.org

MEETINGS

Arcata's 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.