

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 – October 9, 2007

Universal Single-Payer Health Care by David Cobb

The U.S. health care system is utterly and thoroughly broken. Over 45 million Americans do not have any health insurance at all (approximately 16% of the population). Shamefully, that number includes 10 million children. Another 20 million folks are woefully underinsured, meaning that the insurance they have does not adequately protect them.

The problem does not affect only the working poor. Almost 40% of uninsured Americans live in households that earn over \$50,000 per year. A growing number of middle-income families simply cannot afford health insurance premium payments even when their employer offers some type of coverage. It is obscene to force folks to choose between having enough money for food and shelter or whether to have health care, but that is exactly the dilemma that millions of working Americans face.

In the richest country the world has ever seen, over 40% of the population is without access to affordable health care. And the United States is the **only** industrialized country on the entire planet that does not make access to health care a fundamental right of citizenship.

Despite having the best trained health care providers and the best medical infrastructure on the planet, the U.S. ranks 37th in the World Health Organization's listing of health care systems. Consider these grim specifics:

- The United States ranks 23rd in infant mortality, down from 12th in 1960 and 21st in 1990.
- The United States ranks 20th in life expectancy for women, down from 1st in 1945 and 13th in 1960.
- The United States ranks 21st in life expectancy for men, down from 1st in 1945 and 17th in 1960.
- The United States ranks between 50th and 100th in immunizations depending on the immunization. Overall, US is 67th, right behind Botswana.

At the crux of this crisis is that health care in this country is treated like a commodity to be bought and paid for at a profit, rather than as a human right that should be available to all members of society as part of the social contract.

At the national level both the federal government and the private sector have failed to insure the health of millions of Americans. Private HMOs constantly raise premiums, reduce coverage, resist paying, and cancel policies (making the insurance corporations rich at the expense of both patients and physicians).

The solution is simple—single payer universal health care. Not only is it more just and compassionate, but costs would be significantly lower due to lower administrative costs. The United States spends 50 to 100% more on administration than single payer systems. By lowering these administrative costs the United States would have the ability to provide universal health care, increase benefits and still save money!

The United States spends at least 40% more per capita on health care than any other industrialized country with universal health care. Federal studies by the Congressional Budget Office and the General Accounting office show that **single payer universal health care would save over 100 billion dollars per year** despite covering all the uninsured and increasing benefits. (That is not a typo—billion with a "b.")

Ready to take action? Call Congressperson Mike Thompson's office at 269-9595 and tell him to support John Conyer's National Health Insurance Act (H.R. 676). The National Health Insurance Act provides publicly financed private health care by expanding Medicare to cover all Americans.

This program would cover all medically necessary services, and patients would have their choice of physicians, hospitals, and clinics with no co-pays or deductibles. It would give citizens the same benefit he gets as a member of Congress.

In response to those who oppose such a common-sense approach, I ask: Have you ever heard of anyone refusing to accept the provisions of Medicare when they reach 65? Of course not! We should make the benefits of Medicare available to all Americans.

And I would be remiss if I did not point out that the Green Party includes a demand for single payer universal health care in its platform. You might want to consider that the next time you cast a vote.

David Cobb was the Green Party candidate for President in 2004. He currently works for Democracy Unlimited of Humboldt County (www.duhc.org) He can be reached directly at david@duhc.org.

This is the second of a series on vital health considerations in Humboldt County. Watch for 10/23: "The Community Health Alliance Task Forces on Access to Care, Workforce, & Information Technology in Health Care" and 11/11: "The Future for Mental Health in Humboldt Co."

PEACE NEWS

Saturday, October 13: RPJC Presents Training in Nonviolent Direct Action, facilitated by Peter Bergel. Learn to deal with police, speak truth to power, support activists risking arrest and keep inner peace during conflicts. 11 am - 6 pm at the Studio Theater, HSU. \$10 - \$50 donation requested; no one turned away for lack of funds. Info: 499-8301 or email staff@rpjc.net.

The Redwood Peace & Justice Center, 1040 H St., in Suite B (the back offices off the alley behind skateboard shop). Hours sporadic at present. The RPJC Board is creating a long-term plan and will be launching a fundraising campaign soon for a new, larger space that will better serve the community. Watch this newsletter for further updates. Info: 826-2511 or www.rpjc.net.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Thursday, October 11: "Swing Night at the Blue Light," a swing revue with Rhythmically Challenged and Magnolia. Benefit for Making Headway Center for Brain Injury Recovery. 7 pm at the Arkley Center for the Performing Arts. \$10 advance, \$12 at the door. Info: 442-1956.

Thursday - Saturday, October 11 - 13: Homo Expo, a queer theatre extravaganza. 7:30 pm at the Gist Hall Theatre, HSU \$10, \$8. Info: 826-3928.

Friday and Sunday, October 12 and 14: HSU Music Dept. Humboldt Symphony 8 pm in the Fulkerson Recital Hall, HSU. \$6, \$2. Info: 826-3456.

Thursday - Saturday, October 18 - 20: "My Name is Rachel Corrie," a one-woman show about the 23-year-old American college student and human rights activist killed in Palestine. Presented by Women's International League for Peace and Freedom and Veterans For Peace Chapter 56. 8 pm at the Studio Theatre, HSU. \$10 - \$20, sliding scale. Info: 826-0515.

Friday, October 19: Eureka Chamber Music Series: The Raphael Trio; 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.

Saturday, October 20: "Circle of Caring," a musical celebration presented by the Humboldt Community breast Health Project. 7 pm at the Fulkerson Recital Hall, HSU. \$20, includes dessert and wine. Info and tickets: 825-8345.

Saturday, October 20: 2nd Annual "Celibates" Band Reunion Party; benefit for Redwood Alliance's Climate Action Project. Dancing, beer, and wine. 9 pm - midnight at Trinidad Town Hall. \$10. Info and reservations: 822-5247.

Saturday, October 20: 18th Annual Soroptomist Walk to benefit the new Alzheimer's center. The two-mile walk leaves the Adorni Center at 11 am. \$25 entry fee includes an umbrella or a T-shirt and a BBQ lunch. Info: 442-8224.

Sunday, October 21: Quarterly Breakfast at the Bayside Grange; supports the repairs and improvements at Bayside's historic community center. Live music and a gourmet breakfast menu including: meat and veggie options. 8 am - noon. Info: 822-9998.

Thursday - Saturday, October 25 - 27: " My Name is Rachel Corrie," a one-woman show about the 23-year-old American college student and human rights activist killed in Palestine. Presented by WILPF and Veterans For Peace Chapter 56. 8 pm at the Arcata Playhouse, 501 9th St, Arcata. \$10 - \$20, sliding scale. Info: 826-0515.

Friday, October 26: West African Highlife Band in a benefit for Humboldt Baykeepers. 9 pm at the Arcata Community Center. \$10 - \$25, sliding scale. Info: 268-8897.

Saturday, October 27: KMUD BOO-gie. Music, food, drinks, games, and children's and adult's costume contests. Doors open at 6 pm at the Mateel Community Center in Redway. \$10 donation to KMUD. Info: 923-2513 or www.kmud.org.

CHILDREN & YOUTH

Saturday, October 13: Second Saturday Family Arts Day: Dia de los Muertos. Activities for youth and families, including folkloric dancing, bilingual song with Lisa Monet, Frida Kahlo retablo-style family portraits, and a community altar. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Saturday, October 13: The 4th Annual Medieval-Styled "Festival of Courage" sponsored by Northcoast Charter School main campus as a benefit for several local schools and organizations. Stories, amusements, an enchanted forest, food, animals, and more. 10:30 am - 6 pm at the Manila Community Center. Costumes encouraged. \$4. Info: 822-4331.

Tuesday, October 16: Share A Story " Scarecrow Adventures," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Wednesday, October 17: Family Literacy Night. Spooky and funny stories told by Carpathian, the Gentle Ghoul. A free book will be available for each family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Wednesday - Saturday , October 17 - 20: Authors, Agents of Intrigue: Humboldt County Children's Author Festival. Exhibits, book signings, and school visits. Info: Humboldt County Library, 269-1910 or www.authorfest.org/calendar/.

Thursday, October 18: Share A Story " Scarecrow Adventures," 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.

Saturday and Sunday, October 20 and 21: Halloween Harvest Festival with handmade crafts, Zu-Kenya's Real Food, local musicians, a pumpkin patch, face painting booth, and other family friendly activities. Help non-profits raise awareness and funds through interactive activities. Young children in costume are invited 1 - 3 Sunday afternoon to trick or treat the vendors. Saturday 10 - 5 and Sunday 10 - 4 at Redwood Acres Fairgrounds. Info: 443-8261.

PROTECT THE EARTH & ITS LIVING CREATURES

Friday, October 12, "The Impacts Of Global Climate Changes On Bird Communities," free public lecture by Jeff Price from the Department of Geological and Environmental Sciences, CSU, Chico. 7:30 pm at the Humboldt County Office of Education, at Myrtle and West in Eureka. Info: 822-6171.

Saturday, October 20: "Fall Colors Day Trip." Explore 299, Horse Mountain, and points east with the California Native Plant Society. Meet at 9 am at Pacific Union School to carpool, or arrange another meeting place. Dress for the weather; bring lunch, water, and walkie-talkie radios. Any car may head for home any time; all will be home by dark. Info: 822-2015.

More Activity Listings:

www.friendsofthedunes.org/calendar
www.northcoastcnps.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: Free Tours of the Arcata Marsh. A 90-minute, docent-led walk focusing on different topics of the marsh birds, ecology, history, or wastewater treatment. 2 pm at the Interpretive Center on South G St. Info: 826-2359.

WORKSHOPS, CLASSES, MISCELLANY

Sunday, October 14: Standard First Aid and Adult CPR, noon to 5 pm at the South Lounge, HSU. \$37 general, \$32 HSU students. Info: 826-3357.

Now Through October 17: Registration for the 4th Artists Challenge. This annual fundraiser for The Ink People Center for the Arts and local artists challenges artists to create 15 new works of art in a limited time frame. The works are then displayed at The Ink People Galleries and the artwork is sold, with artists being paid 2/3 of the sale price and the remaining going to The Ink People. Info and registration: Jules at 442-8413 or Ink People at 411 12th St., Eureka.

Saturdays, Ongoing: Arcata Bicycle Library. Open every Saturday in the Arcata Co-op Employee parking lot, across the street from the Co-op.

MEETINGS

Green Wheels has formed an off-campus branch that meets weekly on Mondays at 6:30 pm at the Northcoast Environmental Center, Arcata. All are welcome to attend. Info: 826-9175 or www.green-wheels.org.

Redwood Alliance Climate Action Project New Location. Meetings second and fourth Mondays at 5:30 pm at the Arcata Public Library Conference Room. Info: 822-6171, climatechange@redwoodalliance.org; www.redwoodalliance.org.

ELECTION INFO

Candidate Forums for the November 6 Election

Wednesday, October 17: Redwoods Community College District Board of Trustees. 7 pm on KEET-TV, Channel 13.

Wednesday, October 24: Humboldt Bay Harbor, Recreation, and Conservation District Board. 7 pm on KEET-TV, Channel 13.

Thursday, October 25: Northern Humboldt Union High School District Governing Board. 7 pm at the McKinleyville High School Multipurpose Room.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

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

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.

Access Humboldt (Channels 10 & 12, public access TV, was ACAT, was APEG, was HCMC). For program schedule, submission policies and program request forms, go to www.accesshumboldt.net. Info: 476-1798.

Thursdays at 1:30 pm: **Econews Report** is back on the air with hosts Greg King and Erica Terence; on KHSU, 90.5 FM. Info: 822-6918 or www.yournec.org.



HOPE Coalition Newsletter & Calendar, Oct. 9, 2007 **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, **Eureka Justice cartoon** this page.

Newsletter, **Oct. 9, '07**. Vol. 13, Number 18. Published semi-monthly on 2nd & 4th Tuesdays; **next Oct. 23, '07**. For calendar items Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Oct. 17, '07**. Write or e-mail for sample newsletter. Newsletter staff: Mayer Segal, Michael Welch, Dave Keniston, Fhyre Phoenix, Mara Segal, Paloma Orinoco. Web site: www.hopecoalition.org.



“Chaotic Action is Preferable to Orderly Inaction” Will Rogers

Potluck/Letter Writing Monthly: First Friday, next Nov. 2, 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.

Cartoon courtesy of Bob Filbey, the cactus dude at the Arcata Farmers Market every Saturday on the Plaza.

--- 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

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

Name _____
Address _____
Email _____
Phone _____

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, & the Northcoast Environmental Center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

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 (Channels 10 & 12, public access TV). For program schedule, submission policies, and program request forms: www.accesshumboldt.net. Channel 12 schedule posted weekly in the Arcata Eye. Info: 476-1798.

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 Kloop 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. Join others to promote the solutions to global warming. 2nd & 4th Mondays at 5:30 pm at the Arcata Public Library Conference Room. 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; 1st Tues. 6:30 pm at Arcata City Hall, 736 F St. 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 Alliance Climate Action Project, promoting solutions to human-caused climate change. Meet 2nd & 4th Mondays, 5:30 pm
1175 G St. Arcata, upstairs. Info: 822-6171, climatechange@redwoodalliance.org or www.redwoodalliance.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, transexual) 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.
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.