



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 27, 2009

Leaderless: Senate Pushes For Public Option Without Obama's Support

by Sam Stein and Ryan Grim [from the *Huffington Post*]

President Barack Obama is actively discouraging Senate Democrats in their effort to include a public insurance option with a state opt-out clause as part of health care reform. In its place, say multiple Democratic sources, Obama has indicated a preference for an alternative policy, favored by the insurance industry, which would see a public plan "triggered" into effect in the future by a failure of the industry to meet certain benchmarks.

The administration retreat runs counter to the letter and the spirit of Obama's presidential campaign. The man who ran on the "Audacity of Hope" has now taken a more conservative stand than Senate Majority Leader Harry Reid (D-Nev.), leaving progressives with a mix of confusion and outrage. Democratic leaders on Capitol Hill have battled conservatives in their own party in an effort to get the 60 votes needed to overcome a filibuster. Now tantalizingly close, they are calling for Obama to step up.

"The leadership understands that pushing for a public option is a somewhat risky strategy, but we may be within striking distance. A signal from the president could be enough to put us over the top," said one Senate Democratic leadership aide. Such pleading is exceedingly rare on Capitol Hill and comes only after Senate leaders exhausted every effort to encourage Obama to engage.

"Everybody knows we're close enough that these guys could be rolled. They just don't want to do it because it makes the politics harder," said a senior Democratic source, saying that Obama is worried about the political fate of Blue Dogs and conservative Senate Democrats if the bill isn't seen as bipartisan. "These last couple folks, they could get them if Obama leaned on them."

But with fundamental reform of the health care system in plain sight for the first time in half a century, the president appears to be siding with those who see the Senate and its entrenched culture as too resistant to change. Administration officials say that Obama's preference for the trigger, which is backed by Maine Republican Sen. Olympia Snowe, is founded in a fear that Reid's public option couldn't get the 60 votes needed to overcome a GOP filibuster. More specifically, aides fear that a handful of conservative Democrats will not support a bill unless it has at least one Republican member's support.

The president's retreat leaves Reid as the champion of progressive reform -- an irony that is not lost on those who have long derided the Majority Leader as too cautious. "Who knew that when it came down to crunch time, Harry Reid would be the one who stepped up to the plate and Barack Obama would shy away from the fight," emailed one progressive strategist.

On Thursday evening, after taking the temperature of his caucus, Reid told Obama at a White House meeting that he was pushing a national public option with an opt-out provision. Obama, several sources briefed on the exchange, reacted coolly.

Story continues below

"He certainly didn't embrace it and he seemed to indicate a preference for continuing to work on a strategy that involved Senator Snowe and a trigger," said one aide briefed on the meeting. Several other sources, along with independent media reports, confirmed the exchange.

On Saturday, the activist group Progressive Change Campaign Committee -- which just days earlier had targeted Reid in a separate campaign -- took out a new television advertisement in Maine accompanied by an "emergency petition." Titled, "Time to Fight," the spot featured a former Obama campaign volunteer pleading with the president not to abandon the public plan.

"If this once-in-a-generation opportunity to pass a public option goes down the drain after we were just a couple votes away in each house of Congress, everyone will remember exactly who was and was not willing to fight when it counted," said the group's co-founder, Adam Green, when asked why he aired the ad. "Our grassroots pressure is an attempt to get President Obama to live up to the mandate for sweeping change that was given to him in the 2008 election."

MoveOn.org rallied its base on Friday. "The President has said many, many times that a public option is the best way to keep insurance companies honest and lower skyrocketing health care costs. Senate Democrats are ready to fight for a public option -- if the White House gives up now, it would be a tragic mistake," said an e-mail to the group's membership.

White House aides responded to the pressure not by embracing Reid's more aggressive stance, but by denying reports that he was discouraging the opt-out proposal.

"The report is false," Dan Pfeiffer, a top White House aide whose portfolio includes health care, said of a story in Talking Points Memo. "The White House continues to work with the Senate on the merging of the two bills. We are making good progress toward enacting comprehensive health reform."

But the push-back, say sources with direct knowledge of deliberations between leadership and the administration, does not square with Obama's private indications to Senate leaders. The sources say that the president has left little doubt about his apprehension regarding an opt-out approach.

It is not philosophical, one White House aide explained, but is a matter of political practicality. If the votes were there to pass a robust public option through the Senate, the president would be leading the charge, the aide said. But after six months of concern that it would be filibustered, the bet among Obama's aides is that Reid is now simply being too optimistic in his whip count. The trigger proposal, said Democratic aides, has long been associated with White House Chief of Staff Rahm Emanuel.

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PEACE NEWS

Tuesday, November 3: VFP Wage Peace Film Event featuring “Sir! No Sir!,” “This Is Where We Take Our Stand” and the locally produced “Boys To Men” with panel discussions and more. Doors open at 5 pm and movies start at 5:15 at the Arcata Theatre Lounge, 1036 G St. All ages. \$5 to \$10 sliding scale. Info: 826-7124.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Thursday, October 29: “Listen to the Grandmothers,” a documentary featuring interviews with Native elders who speak to the problem of violence against Native women. 6 - 9 pm at the Ink People Center for the Arts. Dinner provided. Free. Info: 441-5553.

Thursday - Saturday, October 29 - 31: Musical: “City of Angels,” an HSU Music Dept. & Theatre, Film & Dance Dept. collaboration. 8 pm in the Van Duzer Theater, HSU. \$15, \$10, \$8. Info: 826-3456.

Sunday, November 1: 7th Annual Dia de los Muertos Community Celebration, featuring Mexican brass band music, Folklorico dancers and indigenous Danza as well as traditional craft activities. Bring a picture, story or memento of a loved one to place on the community altar. Traditional foods will be available. 1 - 6 pm at the Bayside Grange. Free. Info: 442-3320.

Sunday, November 1: Queer Film Festival featuring “The Celluloid Closet” and “JunJou Romantica.” Doors open at 5 pm, films start at 5:30 at the Arcata Theater Lounge. Free; donations welcome. Presented by the HSU MultiCultural Center. Info: 822-1220.

Thursday, November 5: First Thursday Film Series: “Between the Folds.” Between the Folds chronicles the stories of ten fine artists and intrepid theoretical scientists who have abandoned careers to forge unconventional lives as modern-day paperfolders. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Friday, November 6: Eureka Chamber Music Series: Parker String Quartet. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.

Saturday, November 7: Arcata Interfaith Gospel Choir’s Annual Harvest Concert with special guests True Gospel Singers. 7 pm at the Arcata Presbyterian Church, 11th and G St., Arcata. \$10, \$8. Info: 822-4444.

Saturday, November 7: Torch Song Summit, featuring eight local singers in a benefit for the Reading Service of the Redwoods, a local radio reading service for the blind. 7:30 pm at the Eureka Women’s Club, 1531 J St. \$20. Info: 826-1247.

Saturday, November 7: HSU Music Dept. Humboldt Bay Brass Band. 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.

Sunday, November 8: Second Sunday Afternoon Dance: The Dancer’s Studio. Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Sunday, November 8: “Eat From Your Watershed - An Awesome Autumn Feast,” a benefit for the Jacoby Creek Land Trust - Conservation & Education. The event will feature a dinner of local pasture-raised turkey and local veggies as well as a pie auction. 5:30 at the Bayside Grange. \$25 adults, \$10 for ages 5 - 16. Info: 822-0900.

Monday, November 9: Open Mike at Poets on the Plaza. Original poetry, 5-minute time limit, no music. All ages. \$1 donation. 8 pm, sign-up 7:30 pm at the Plaza Grill View Room, 2nd Floor at the Jacoby Storehouse in Arcata.

Friday, November 13: EPIC’s Annual Dinner and Dance, featuring a slide show of the year’s accomplishments, lifetime achievement award presentation, music by Trever Jones and Rooster McKlintock. 6:30 at Beginnings in Briceland. \$40, \$15. Info: 822-7711.

Saturday, November 14: Northwest Intertribal Gathering and Elders Dinner featuring tribal dance demonstrations, salmon and turkey dinner, elders’ honoring ceremony, Indian arts and crafts, fry bread and tacos. Gates open: 10 am - 6 pm; dinner: noon - 4 pm (or until it’s gone) at Redwood Acres Fairgrounds, 3750 Harris St. Eureka. Free admission. Dinner - \$6, \$3, over 55 free. Info: 445-8451 or www.ncidc.com.

CHILDREN, YOUTH & ALL AGES

Wednesday, October 28: Family Literacy Night: “Carpathian, the Gentle Ghoul,” providing thrills and chills for the whole family, with stories to make you giggle, tremble, and wonder. Free book for each family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Wednesday, November 4: Share A Story " Swamp Stomp," 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, November 7: 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. November’s book is “An Eye for Color.” Free. Noon to 2 pm. Info: 442-0278.

Sunday, November 8: Second Sunday Afternoon Dance: The Dancer’s Studio. Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

Saturday, November 14: Second Saturday Family Arts Day: Whales! Storytelling, art activities and a performance by KidCo for youth and families. Free. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, November 7: Ammon Ranch Day Hike with the California Native Plant Society. Ammon Ranch is a prairie at 1,800 ft. elevation in Six Rivers National forest on the west side of South Fork Trinity River. The hike will include the meadow, along the stream, beside the deep pond, in the ephemeral pond, and at the old home site. Participants will be spotting fruits, berries, capsules, colored leaves, new silhouettes, and maybe green seedlings. If the weather is too wet or threatening for a mountain outing, the hike will be in Arcata Community Forest on some trail we've never been on, 2-4 miles, and look for false azalea or something new. In either case, meet at 9 am at Pacific Union School (3001 Janes Rd., Arcata) or arrange another place. Bring lunch, water, and rain gear. Call Carol 822-2015 to learn the final plan.

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, October 31: Free Community Garden Workshop for community garden managers, home gardeners and those interested in starting and maintaining community garden spaces. This workshop will introduce the recently formed North Coast Community Garden Collaborative. A seasonal and local lunch will be provided to participants as well as transplants for winter gardens. 10 am - 2 pm at the Agricultural Center in south Eureka. Info and registration: 445-7351.

Wednesday, November 11: Free Workshop: The Future of Humboldt's Sustainability: Can We be a World Model? HSU instructor Lonny Grafman will talk about various cities, including a few in Humboldt, that have come together to promote sustainability in water usage, energy, transportation community building, local food and agriculture development, and physical resources which include forestry, land use and fisheries. Space is limited; please pre-register. Info: 269-1700.

MEETINGS

Sunday, November 1: Humboldt Electric Vehicle Association meets at 7 pm in the Arcata Library Conference Room. The public is welcome to come and discuss electric vehicles. Info: 822-6972 or www.heva.org.

Thursday, November 5: 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

"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, Oct. 27, 2009
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Page 4 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, **October 27, '09**. Vol. 15, Number 20. Published semi-monthly on 2nd & 4th Tuesdays; **next Nov. 10, '09**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Nov. 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

Leaderless [continued from Page 1]

"He's been so convinced by his political people from the beginning that we can't get a bill with a public option, he's internalized it. Even though it's now become obvious we can get a bill without selling out the public option, he's still on that path," said a top Democratic source. The White House, he said, continues to assure progressives it'll improve the bill in conference negotiations between the Senate and House, but advocates are unconvinced. "If we're this close in the Senate and they're not helping us, I have a feeling they could screw us in the conference," said one.

Advocates of a public option largely consider a "trigger" the equivalent of no public option at all. A trigger would implement a public option only if insurance companies failed to meet certain benchmarks over time and it would only be implemented in the regions of the country where those benchmarks weren't met. The Medicare prescription drug proposal passed in 2003 includes a "trigger," but the public provision has never been activated despite soaring drug costs. The industry can help craft the trigger language and can game its stats to prevent it from becoming reality.

"The current state of our health system should be trigger enough for anyone who's paying attention," said a congressional aide in the middle of the health care battle. "The American people pulled the 'trigger' in November."

The intellectual father of the public option, Yale Professor Jacob Hacker, told HuffPost that the trigger proposal is a betrayal. "The trigger is an inside-the-beltway sleight of hand that would protect private insurers from the real competition that a strong public health insurance option would create," he said in an e-mail. "It is unworkable in the current Senate bills, unwise as public policy, and unwanted by the substantial majority of Americans who say they want a straight-up public option." — end of Huffington article —

Let President Obama know ASAP that you want Single Payer health care, & let Congress know to reject Obamacare:

The White House
 1600 Pennsylvania Avenue NW
 Washington, DC 20500
 Comments: 202-456-1111
 Switchboard: 202-456-1414

Congressional SwitchBoard: 202-224-3121

--- 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

Make checks to payable to: HOPE Coalition.

Name _____

Address _____

Email _____

Phone _____

I wish to receive newsletter by

- US mail Email Both

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 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. (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.