

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 – Nov. 13, 2007

A Turning Point: Toward a New Health Care/Living Paradigm

by Marianne Pennekamp

For me, it all began crystallizing with my learning about and observing the Humboldt County Breast Health Project (HCBHP). I see it as a strong and vibrant peer support system for women (and men) from the earliest point of diagnosis throughout the life that follows for them and their families. Breast cancer is scary -- seen in the past as a potential death sentence, and a taboo subject. Now, it is reframed as a chronic illness, with variable outcomes, which no longer has to be faced in isolation. Through peer support, individually and in groups, those who have been through the experience volunteer to become supporters, daily life advisors, buddies, sisters to those starting this journey, no longer alone. This support is available as close as your phone, with a warm line volunteer at the other end—and the service is free to all. Many turn their experiences into volunteering. Fundraisers provide the resources to keep the center open and the services available.

Also available at the HCBHP is the help of a navigator, the person who helps you and your family to learn about available resources—medical providers, insurance, and whatever else it will take to live your life with cancer. And finally, there is a consultation service which helps you formulate your individual questions and to convey them to your doctor so that your next medical visit will be a true interchange/partnership between you and your medical provider. Support for your loved ones, spouses, partners, and children is also available.

This process allows you to become an active partner in your own care and empowers you. Rather than feeling impotent or victimized by the disease, members report a heightened sense of “feeling alive and creative.” They get great joy from helping others, passing on the gift they received. All these resources can be accessed by phoning 825-8345, at www.hcbhp.org, and on site at 987 8th St., Arcata. Should you want to help them as well, they will match your interests to Project needs.

Why do I think this may represent a healthcare model for the future? The health issue is emerging as not only personal/familial but also a community/social issue. Diabetes care already uses a similar approach. Obesity, which relates to prevention of multiple diseases, is clearly another chronic personal as well as societal issue.

So is mental illness, now working on developing systems similar to the HCBHP. All those involved might well look to that project for a model of living with mental illness, which also requires overcoming stigma—breaking the taboo, replacing it with open discussion, and requiring peer support. The Wellness Center approach is currently in development in Humboldt County's Mental Health Branch. Family support is available through the local branch of the National Association for the Mentally Ill (NAMI). NAMI offers family to family classes, navigation help through the system by a client/Mental Health Branch services liaison and through individual consultation at the Branch to help each diagnosed person develop their own living/recovery plan, including medication stabilization. NAMI can be reached by calling 444-1600; Lea Nagy, the family/client/Mental Health Branch liaison's office phone is 268-2919, and her cell phone is 407-7059; the Mental Health Branch's general number is 268-2800

Why does this approach toward illness speak so loudly to me? As a former school social worker, working with children preschool to 18 years, their families, their teachers, and community helpers, I saw the same model empowering them to learn and thrive within their own cultural frames of reference, with peer support, navigation help, and personal consultation along the way.

Now as an elder, I too, value peer support, navigation help, and personal consultation as the tools that empower me to address the chronicity of my aging process so that it allows me to be someone who elders well. So our crisis in caring—too many people needing care and too few professionals to help them—may be the basis for a major shift in how we live our lives, in community, empowered, vibrant, and with partners—all of us living more integrated lives along our life span.

Marianne Pennekamp is a retired social work practitioner and university teacher, and a community volunteer.

PEACE NEWS

Saturday, November 17: Planning Session For Upcoming Demonstrations At Recruitment Centers with local "The World Can't Wait" group. 1 pm in front of the Eureka Library on 3rd St. A banner-making party will follow. Bring snacks. Info: 442-8733 or 923-4488.

Grant Applications Sought: The Nonviolent Action Community of Cascadia is seeking grant applications from grassroots groups for activist organizing and education on issues of peace, social justice and community empowerment. Funding limit is \$2,000 per recipient group. Application deadline is January 15, 2008. Grants will be awarded March 1, 2008. Contact: NACC, 4554 12th Ave. NE Seattle, WA 98105, (206) 547-0952, www.seanacc.org, nacc@drizzle.com

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

Saturday, November 17: Joyce Hough Band Reunion For Arcata House. Dance party benefit to support operating costs for Arcata House. Bayou Swamis also perform. 8 pm - midnight at the Bayside Grange. \$10 - \$50. Info: 822-4528.

Saturday, November 17: Hobart Brown's Eclectic "Celebration of Life." Shared memories, candlelit procession down Main Street, and shrine contributions at the Hobart Gallery. 5:17 pm at Fireman's Hall, 100 S. Berding St, Ferndale. Volunteer help sought. Info: Shaye at 499-0643 or rutabagaqueen@gmail.com.

Monday, November 19: Middle East Scholar To Discuss Iran. Iranian-American scholar Sanaz Meshkinpour provides a firsthand report on the changing developments in Iran. Free, donations welcomed. 7 pm pm at the Marsh Commons, 101 H Street, Arcata. Sponsored by the Humboldt Branch of WILPF and Veterans For Peace Chapter 56. Info: 826-9197.

Friday, November 23: Buy Nothing Day, an informal day of protest against consumerism observed by social activists, traditionally observed on the day after Thanksgiving, one of the 10 busiest shopping days of the year. Outside of North America, Buy Nothing Day is celebrated on the following Saturday.

Friday, November 23: "Give Thanks," Reggae Showcase. A benefit to re-hire key Mateel Community Center Staff, featuring reggae music, an Italian dinner, beer and wine. 7 pm at the Mateel Community Center. Sliding scale \$12 and up. Info: 923-3368.

Friday and Saturday, November 23 and 24 and Through December 8: Dell'Arte's Holiday Show "The Hunting of the Snark" 27th annual holiday show will be at Dell'Arte's Carlo Theatre at 7:30 pm. Bring a non-perishable food donation. The show will be performed at a variety of free venues around the county. Ticket locations and other info: 668-5663.

Friday and Saturday, November 23 and 24: The Blue Ox Craftsman's Days: Living History and Artisan Faire featuring traditional artisans as they set up shop, display their wares, and interact with the public. Fundraiser for KKDS & Blue Ox Youth Radio for Humboldt Bay. 10 am - 4 pm. Blue Ox Millworks, 1 X St, Eureka. Info: 444-3437 or www.blueoxmill.com/craftsmans_days.html.

Saturday, November 24: Trinidad Holiday Artisans Festival. Crafts, gifts, wine, bread, cheese, and music to benefit Trillium Charter School. 10 am - 5 pm at Trinidad Town Hall. Info: 677-3976.

Saturday, December 1: Opening Night For The Fourth Annual Artists' Challenge at the Ink People Center for the Arts. Viewing and sale of 900 new, original works of art by 58 Humboldt artists. Sales benefit The Ink People and area artists. 6 - 9 pm, free, or 5 - 6 pm, \$10 for early birds. 411 12th St., Eureka. Info: Fhyre Phoenix at 826-7367.

Saturday, December 1: World AIDS Day Benefit Concert featuring The True Gospel Singers with Earl Thomas. 6 pm at the Eureka Theatre. \$10. Info: 442-2970.

Monday, December 3: "Women, Power, and Autonomy: The Intersections of Sex, Race, and Class," presentation by Selma James, founder of the International Wages for Housework Campaign, and guest Andaiye, co-founder and international coordinator of Red Thread in Guyana. 2:30 pm in BSS 162, HSU, Arcata. Info: 826-4216 or www.globalwomenstrike.net.

Thursday, December 6: First Thursday Film Series: "An Unreasonable Man" by Steven Skrovan and Henriette Mandel, an unsparing look at Ralph Nader, one of the most important and controversial political figures in our time. 7 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

COMMUNITY THANKSGIVING DINNERS

Wednesday, November 21: The Arcata Endeavor. Donations needed. Call for more info: 825-5008.

Wednesday, November 21: The Eureka Rescue Mission, free dinner open to all served from noon - 4 pm at 110 2nd St., Eureka. Please call to volunteer or donate. Info: 443-4551.

Thursday, November 22: The Salvation Army free dinner for seniors served at noon at Silvercrest Residence, 2141 Tydd St, Eureka. Reservations required. 445-3141.

Thursday, November 22: St. Vincent de Paul, free dinner for all served from 11 am - 1 pm at 35 W. 3rd St., Eureka. Volunteers and donations of any Thanksgiving type food welcomed. Info: 445-9588.

Thursday, November 22: The Northern Humboldt Ministerial Association, free dinner for all (turkey and vegetarian options) served from noon - 3 pm at the Arcata Veteran's Hall, 14th and J St. in Arcata. The Arcata Interfaith Gospel Choir performs at 11:30 am. Food provided by local congregations. Info: 822-7917.

Calendar editor's note: The groups listed above that offer food services all year long can use donations and volunteers at other times of the year as well as Thanksgiving and Christmas.

CHILDREN & YOUTH

Tuesday, November 20: Share A Story "Fun With Food," 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, November 21: Family Literacy Night With Sean Powers And His Shadow Puppets, shadow plays based on stories from around the world. 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.

Every Friday and Sunday: 4-H Garden Group at the Raven Project. Lessons in gardening for youth ages 12 - 21. 1 - 4 pm at 523 T St., Eureka. Info: 443-7099.

Spiral Scouts: Alternative Scouting Program for boys and girls, ages 3 - 18. Info: Sarah at 812-0486.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, November 17: Free Public Field Trip To The Potawot Health Village. Join Redwood Region Audubon Society for a half-day trip birdwatching and touring the trail system. See wildlife using the restoration area, organic permaculture garden, and storm-water system that maintains wetlands on the village conservation easement. Meet at 8 am. Info: Mark at 822-8150.

Sunday, November 18: Mushroom Fair. The Humboldt Bay Mycological Society presents the annual event at the Redwood Acres Fairgrounds. HBMS is a non-profit organization devoted to the appreciation, understanding, and enjoyment of fungi. Learn about local mushrooms and fungi. Info: 825-4175.

Thursday, November 22: Thanksgiving Day Walk at the Arcata Marsh. Join Art Barab for a holiday "leg stretcher" around the Arcata Marsh, focusing on history, ecology, and birds. Meet at 10 am on the porch of the Interpretive Center (building will be closed for the holiday). Free. Info: 826-2359.

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

Thursdays, 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. Info: 443-9659 or dbsahumb@sbcglobal.net.

Saturday, November 17: Nonviolent Direct Action Training. 11 am - 5 pm at the Unitarian Fellowship in Bayside. Free. Please bring snacks to share. Info: 442-8733.

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.

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, Nov. 13, 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, **Stop Cluster Bombs** this page.

Newsletter, **Nov. 13, '07**. Vol. 13, Number 20. Published semi-monthly on 2nd & 4th Tuesdays; **next Dec. 10, '07**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Dec. 4, '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 Dec. 7, 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.

Call Now: Important national Energy Bill is moving in the wrong directions

1. **Keep the solar tax credits IN** the Energy Bill!
2. **Keep loans of public money for new nuclear power plants OUT** of the Energy Bill

Senate and House Democratic Leaders are now considering a plan to leave renewable energy out of the Energy Bill. There are widespread reports that a provisional decision has been made to move energy legislation without a tax title that extends the Solar Investment Tax Credits (ITC). The solar investment tax credits are critical to our nation's energy future and must be part of the energy bill this year!

The loan bailouts for nuclear energy would be yet another giveaway to the nuclear industry that would be dead if it were not for massive amounts of public money being showered upon it every year. Don't believe the industry lies that nuclear power can be the answer to human-caused climate change. (For more info on nukes & global warming, see: www.ieer.org/carbonfree/CarbonFreeNuclearFree.pdf)

Please call your Representative and both Senators and ask them to urge House Speaker Nancy Pelosi (D-Calif.) and Senate Majority Leader Harry Reid (D-Nevada) to keep the ITC extension in the Energy Bill and loans to new nuke plants out.

To locate your Representative and Senators' Washington phone number, go to www.congress.org/congressorg/directory/congdir.tt and type in your Zip Code. Or you can reach your Representative and Senators through the Capitol Switchboard at 202-225-3121.

- - - 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, transsexual) 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.