



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 – March 9, 2010

Thoughts on the “Tea Party” Phenomenon

by Peter O. Childs

“The preservation of the sacred fire of liberty...(is) justly considered as staked deeply, **perhaps as finally**, upon the experiment entrusted to the hands of the American people.”—George Washington

“The **last**, best hope of mankind.”—Abraham Lincoln

A very significant amount of energy seems to be building around the “Tea Party” movement, and while there is much to sympathize with, there is also much to be concerned about—particularly in connection with the success or failure of the “American experiment,” which appears to be at a critical point.

We can all agree that our government is not serving our needs. This becomes apparent to most of us not when something like climate change threatens disaster (because most of us pay little attention to such things) but when it hits home personally and we lose our job or our home. So many people are now in one or both of these predicaments that we have enormous discontent with our government, which is certainly understandable.

The problem centers around how dangerous a little knowledge can be. The general Tea Party attitude seems to be to blame government per se, because it is seen as draining our personal coffers through taxes which many people feel are used for improper purposes. The solution is therefore to cut back on government by severely reducing government’s power to both undertake what are seen as inappropriate programs and to tax us to pay for them. “Cut it back so it will fit in a bathtub and then drown it,” I believe someone recently said. While this is understandable from an emotional point of view it is dangerously lacking in information.

Our government is not failing because it is intrinsically evil but because of improper corporate influence. Our economy is not in such a shambles because it is a bad system but because of improper corporate influence. Free enterprise and democracy are the best combination of systems ever invented to help us move forward toward our destiny, but both have been nearly destroyed in the U.S.A. by large self-interested and short-sighted corporations, who have come to control our political and legislative processes.

We need to be absolutely clear about this. The way democracy is supposed to work (indeed, the only way it can work) is for the government to be formed and directed by the votes of the human beings who make up the electorate. Influence other than the combined understanding and will of individual voters is fatal to the democratic process, and we have not only allowed great influence over our political and legislative processes to fall into hands that sought to grasp that power, we have almost completely turned our government over to these interests.

Large corporations now influence both the political and legislative processes through lobbyists, PACs, and direct contributions to campaigns, all three of which are fundamentally contradictory to and harmful to the democratic process. What good is your or my vote if it is up against such enormous power that seeks only to advance its own short-sighted self-interest?

If one has any doubt about this let them consider what has just (not) happened with health care reform. Nearly everyone who isn’t making money off it agrees that our health care system is badly broken. It compares very badly with the health care systems in the rest of the “developed world” (see “Sicko” if you have any doubt; the statistics and the feelings of those affected are quite clear), and so many of us have begun to take notice and grumble that our government has begun to consider the matter. But consider this: something like seventy percent of our citizens (and sixty-five percent of our doctors) realize that by far the best way to go is universal, “single-payer” health care—in other words “Medicare for all”. So obviously, single-payer should have been at the top of the list when Congress took up the matter. But it wasn’t even “on the table.” **Why not?** Then even a weak substitute, the “public option” was forced aside. **Why did our elected representatives allow this to happen?** Now it looks as though any meaningful reform at all will be prevented.

Why? How, and by whom? Can there be any doubt as to the answer to these questions? Obviously the power wielded by the insurance and drug industries is what has caused this debacle. They are interested not in providing relief to suffering human beings but primarily in making money—plain and simple. And our elected representatives go along with them for basically the same reason; your contribution to your representative’s campaign (financial or by vote) is simply dwarfed by that of corporate interests like the “health care for profit” industry. If you think that this influence is not significant, then why do you think they’re spending such staggering amounts of money on generating such influence? Because it’s working. Big time.

Should we be angry? Damned right! Should we take action? You bet! But we need to be realistic. **Never in our history have we had a greater need for our government to perform its proper functions (such as protecting us from having our democracy or our economy ruined by special interests), for which it needs our understanding and support.** We need to go directly to the heart of the problem, and realize that *any* corporate influence on our political or legislative processes is completely unacceptable. We must do away with the ridiculous (corporate-generated) notion that corporations are people, with the rights and protection that the Constitution affords.

The best idea I’ve seen for accomplishing this is a Constitutional amendment to put corporate activities in their rightful place in society, and the best draft I’ve seen can be found at www.spiritualprogressives.org.

So go, Tea Party! But go in the right direction, lest you further damage that which you seek to repair.

PEACE NEWS

- Saturday, March 20: "Pro Peace, Pro Active" National and Local Peace March and Rally.** Gathering at 1 pm at the Humboldt County Courthouse in Eureka. Info: 442-8733.
- Monday, March 22: "Death and Taxes,"** new film about individuals of conscience who refuse to pay for war and contribute that money (war taxes) to life-serving causes instead. 7:15 - 9:15 pm Discussion and mini-workshop follow. Labor Temple, 840 E St. at 9th, Eureka. Sponsored by Veterans for Peace. Info: 825-0822.
- Friday, March 26: Beer and Bread: Benefit Beer Tasting.** Micro brews can be sampled and discussed with brewers from some of the finest breweries in Northern California and Southern Oregon including our local brewers. Breads from local bakeries and a variety of spreads will be served. Proceeds to benefit HCCO/GI Rights Hotline. 5:30 - 7:30 pm at the Arcata Vet's Hall, 14th and J Street, Arcata. Tickets \$15 at the door. 21 and over. Volunteers needed. Info: 499-8301.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday, March 12: "Concert and Desserts,"** presented by Arcata High's Madrigal Choir as a fundraiser for their upcoming trip to an International competition in Verona, Italy. Desserts, live and silent auctions. Doors open at 6 pm, music at 7 pm at Portuguese Hall on 11th St in Arcata. \$15. Info: 267-5671.
- Friday, March 12: Free Public Lecture "Confessions of a Bird Photographer,"** a combined serious and humorous look at photographing birds by Charles "Mike" Anderson. 7:30 pm at the Humboldt County Office of Education at Myrtle and West Avenues in Eureka. Bring a mug to enjoy shade-grown coffee. Info:
- Saturday, March 13: Humboldt Pie, the Third,** a benefit for Tri-County Independent Living's Residential Wheelchair Ramp Construction Program, featuring pie baking and pie eating contests, a pie walk for prizes, pie and ice cream for sale, silent auction, and live folk music by Kara's Lusca. Free admission. Info: 445-8404 or 445-8405(TTY).
- Tuesday, March 16: "Songs of Social Significance" Concert with David Rovics** in an intimate houseparty setting. 7 pm at the Duck House, located on the corner of 14th & M Streets in Eureka. \$5 - \$10. Info: Democracy Unlimited at 269-0984 or info@duhc.org.
- Thursday - Sunday, March 18 - 21: The Humboldt Juggling Festival.** Workshops, demonstrations, games, competitions and more. Free. Doors open each day at 10 am in the East Gym at HSU. Info: www.humboldtjugglingsociety.org/festival.asp.
- Friday, March 19: Eureka Chamber Music Series: The Arianna String Quartet, grand prize winners** at the Fischhoff Chamber Music Competition. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.
- Saturday, March 20: Artware Affair 2010: Elephants & Tigers: A Bollywood Extravaganza!** The major fundraiser for The Ink People Center for the Arts will feature appetizers, desserts, drinks and an auction of art from the North Coast. 5 - 10 pm at the Wharfinger Building, Eureka. \$40. Info: 442-8413.
- Saturday, March 20: Arcata Rotary Spring Wine Festival.** Local wine, food, music, raffle and silent auction. Benefits Backpacks for Kids, area scholarship programs, Sierra Leone anti-malaria campaign. 5:30 - 9 pm at the Kate Buchanan Room, HSU. \$30 advance, \$35 at the door. Tickets at Libation. Info: 822-5117.
- Saturday, March 20: "The Show,"** "an awesome extravaganza of Juggling and Acrobatic prowess." 7 pm in the Van Duzer Theater, HSU. \$7 students, \$10 general, kids under 12 free with an adult. A benefit for Humboldt Juggling Society. Info: www.humboldtjugglingsociety.org/festival.asp.
- Sunday, March 21: Sunday Afternoons at the Graves.** Open jazz jam session and talk featuring Darius Brotman on piano. 2 - 4:30 pm at the Morris Graves Museum, 636 F St, Eureka. Info: 442-0278.
- Friday, March 26: Beer and Bread: Benefit Beer Tasting.** See Peace News, above.
- Saturday, March 27: March Equinox Barn Dance** featuring Tara Stetz and the Striped Pig Band sponsored by the Humboldt Folklife Society and the Emma Center. 7:30 - 11 pm at the Arcata Veterans Hall. \$7 general, \$6 HFS members and students; youth under 16 and seniors admitted free. Info: 822-5394

CHILDREN, YOUTH & ALL AGES

- Saturday, March 13: Young Writers and Illustrators Workshop: How to Write a Story for the KEET Contest** with Natasha Wing! For kids 8 and under who would like to learn more about story writing and enter the KEET Ready To Learn Young Writers and Illustrators Contest. 2 - 4 pm at the Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.
- Saturday, March 13: Second Saturday Family Arts Day: Women's HerStory Month!** Activities for youth and families, including performances, hands-on arts projects, & interactive storytellers. Put on by the Humboldt Arts Council at the Morris Graves Museum. 2 - 4 pm at 636 F St., Eureka. Info: 442-0278.
- Sunday, March 14: Second Sunday Afternoon Dance: Irish Company Dancers.** Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.
- Wednesday, March 17: Family Literacy Night** with Humboldt County's very own storyteller extraordinaire Dan O'Gara. 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.
- Thursday, March 18: Share A Story "A Cozy Countdown,"** 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.
- Student Bird Art Contest,** sponsored by Redwood Region Audubon Society and Friends of the Arcata Marsh. \$500 in prizes will be awarded to students K - 12 who submit a drawing of one of 40 selected bird species. Artwork may be in color or black and white. Any media may be used (e.g., crayons, pastels, paint, pencil, collage). One entry per person. Info at the Arcata Marsh Interpretive Center and Strictly for the Birds in Old Town Eureka, www.arcatamarshfriends.org (click on Education link, then Student Bird Art Contest) or by sending a self-addressed stamped envelope to Louise Bacon-Ogden, 2337 B Street, Eureka 95501. Artwork must be received by Friday, March 26.

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, March 14: Free Public Field Trip to the Humboldt Bay National Wildlife Refuge. Join the Redwood Region Audubon Society for a leisurely, 2- to 3-hour trip intended for people wanting to learn the birds of the Humboldt Bay area. Meet at the Refuge Visitor Center off Hookton Road at 9 am. Info: Jude Power or David Fix at 822-3613.

Sunday, March 21: Arcata Community Forest Day Hike. Reaches of this great city park are beyond the casual stroll. Explore some of the farthest trails. Observe trillium, false azalea, at least five conifers and five ferns, fetid adder's tongue (aka slinkpod) and other early signs of spring. Meet at 9 am at the trailhead at the top of Diamond Drive. Plan on walking about 4 miles on dirt roads and paths. Bring lunch and water. Return mid- or late afternoon. Info: Carol 822-2015.

Saturday and Sunday, March 27 and 28: Free Volunteer Training Workshop at Arcata Marsh, a training session for those interested in volunteering at the Arcata Marsh & Wildlife Sanctuary. Experts will teach attendees about birds, plants, wetlands, invertebrates, history, wastewater treatment process, and how to lead tours via lectures and field trips. Pre-registration required. Info: 826-2359.

Friends Of The Dunes Announces The Release Of The 2010 Humboldt Bay Beaches, Dunes And Wetlands Map And Guide. The free map and guide highlights natural areas where people can enjoy a variety of coastal habitats while providing in-depth information about local natural history and the importance of conserving the beauty and diversity of our coast. Free guides are available at area visitor locations or on-line at: www.friendsofthedunes.org. The public may also request a free guide by sending a self-addressed, #10 envelope with 61¢ postage to: Friends of the Dunes, P.O. Box 186, Arcata, CA 95518. Info: 444-1397.

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, March 13: Electronic Waste (E-Waste) Amnesty Day, sponsored by Humboldt Waste Management Authority. Both the public and businesses are invited to attend. They will take any amount of E-Waste for no charge. 9 am - 2 pm at Redwood Acres Fairgrounds at the Franceschi Building. Info: 268-8030 or www.hwma.net.

Saturday, March 20: Tire Waste Amnesty Day, sponsored by Humboldt Waste Management Authority. The public can drop off up to 9 tires. Fees vary by size of tire. 9 am - 2 pm at Pierson Park in McKinleyville. Info: 268-8030 or www.hwma.net.

Ongoing: Help Organize to prevent the legislative assault on in-home health care. The Northcoast Arts & Disabilities Network is organizing both in-home care givers and their clients to educate the public and prevent further erosion of funding and support for home health care. For Support Groups, networking, and an email list server, contact Kelly at 822-7128.

MEETINGS

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.



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

Newsletter, Mar. 9, '10. Vol. 16, Number 5. Published semi-monthly on 2nd & 4th Tuesdays; next Mar. 23, '10. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. Next deadline. Mar. 18, '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.

MOVE TO AMEND

a project of the CAMPAIGN TO LEGALIZE DEMOCRACY



Please sign the petition at:

www.movetoamend.org

Motion to Amend

We, the People of the United States of America, reject the U.S. Supreme Court's ruling in Citizens United, and move to amend our Constitution to:

- Firmly establish that money is not speech, and that human beings, not corporations, are persons entitled to constitutional rights.
- Guarantee the right to vote and to participate, and to have our vote and participation count.
- Protect local communities, their economies, and democracies against illegitimate "preemption" actions by global, national, and state governments.

--- 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.

I wish to receive newsletter by

- US mail 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 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

Arcata Artisans Cooperative Gallery; H St. on the Plaza. Mon. - Sat. 10 - 6, Sun. 12 - 5. Info: 825-9133, www.arcataartisans.com.
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.
Clarke Historical Museum; 240 E St., Eureka. Info: 443-1947 or www.clarkemuseum.org.
First Street Gallery; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or www.humboldt.edu/~first.
Morris Graves Museum; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. www.humboldtarts.org
The Ink People; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 www.inkpeople.org.
Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860, www.westhavenarts.org.

MEETINGS

Arcata's Committee on Democracy & Corporations meets the third Tuesday of each month and was established in response to Arcata's Measure F. Info: 822-5951 or www.cityofarcata.org.

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 (321Third 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.

HSU's Natural History Museum, 1315 G St. Arcata. Closed to public, available for classroom visits. Info: 826-4478.

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.

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.

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.

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. Info on these and other volunteer opportunities: 442-3711 or www.a1aa.org/VCOR/.

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.