



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 – June 10, 2008

The Real Cost of Cheap Food — by Will Allen

(Adapted from www.alternet.org. Will Allen is an organic farmer in Vermont & author of "The War on Bugs.")

He is co-chair of Farms Not Arms & a policy advisory board member of the Organic Consumers Association, & he serves on the board of Rural Vermont.

Sometimes shoppers are confused by the differences in price between food grown organically and food grown conventionally. Usually organic loses the price war argument in comparison to what is called "conventional" food. Of course, we are all mostly aware that organic means grown and processed without chemical fertilizers, antibiotics, hormones, toxic pesticides, sewage sludge, irradiation, and genetic manipulation.

But, what does "conventional" mean? Is food called "conventional" grown and processed with chemical fertilizers, antibiotics, hormones, toxic pesticides, sewage sludge, irradiation, and genetic manipulation? Yes it is. And, this is one reason why the price war argument should be reframed. Instead of comparing the price of organic food with "conventional" foods (which sounds so normal and safe), let's compare organic food prices to the food price of toxic or poisonous food, which is what "conventional" food is.

The vegetables, fruits, and grains that grocers and agribusiness giants label "conventional" are actually loaded with systemic chemicals, which you cannot wash off. The meat is laced with hormones, antibiotics, prions, and multiple resistant bacteria that are difficult or impossible to cook out of beef, lamb, chicken, or pork.

Clearly, something in our food system has gone terribly amiss since a majority of the food is loaded with poisonous pesticides, laced with antibiotics and hormones, and infused with genetically modified growth hormones or genes from rats, bacteria, viruses, and antibiotics; and then—through some bizarre logic—labeled "conventional." Once one realizes how toxic "conventional" food is, it doesn't look that cheap.

Besides the food safety dangers, there are three additional costs that consumers pay for "conventional" food. Estimates are that about half of all the food that U.S. citizens eat is processed. This includes breakfast cereals, breads, flour, tofu, cheese, chicken pot pies, Lean Cuisine, and thousands of other products. Most of the ingredients that make up the processed foods come from soy, cotton, corn, rice, canola, and wheat. More than 75% of these processed foods have genetically modified ingredients. Soy (96%), corn (74%), cotton (95%), and canola (98%) are the most genetically manipulated crops.

Soy, cotton, corn, rice, and wheat are also the most subsidized crops in the U.S. Those five crops receive more than 80% of all the taxpayer subsidies. In addition, many other "conventional" crops also receive government support from the taxpayers, including milk.

Consumers make cheap food cheap when they pay their taxes. "Conventional" food would be impossible without the farm subsidies—which means that consumers pay at least two times for most "conventional" foods they buy. They don't seem so cheap anymore—and that does not include the expenses associated with health issues that occur as the result of eating toxic "conventional" foods.

Unfortunately, everyone pays the second subsidy bill, even the buyer of organic foods, because the subsidy is a tax imposed on all of us by the Farm Bill, which is written by congress and the White House. The current version was just passed by both houses of congress on the 14th and 15th of May, 2008, and most of the current bill is business as usual: billions more for the richest farmers growing the five most subsidized crops.

The third payment for "conventional" food will also be made by the taxpayers, who will pay to clean up chemical spills, cancer-cases, injured farm workers, injured citizens, polluted groundwater, trashed rivers, oceanic dead zones, contaminated wells, and toxic land that result from the toxins used to produce "conventional" food. The environmental clean up record for the chemical corporations is not good, so don't look for help when the time comes to repair the damage.

When faced with judgments against them, the chemical giants always find a loophole, stall the procedure with whatever tactic that works, and spend enormous sums on legal defense teams. More often than not they escape with no punishment or merely a slap on the wrist for the most egregious crimes, including willful groundwater and soil pollution, poisoned food, widespread illnesses, and death. Unfortunately, both "conventional" and organic consumers will foot this bill.

One of the worst examples of chemical corporation irresponsibility occurred in Bhopal, India in 1984. A chemical plant that produced cotton pesticides leaked a nerve gas; more than 28,000 people were killed and 250,000 blinded and seriously injured. That plant was owned by the chemical and battery giant Union Carbide. When its CEO offered to pay reparations to families of the deceased and to the injured, the corporation decided that such a move, though laudable and charitable, was not in the best interests of the stockholders, so no compensation was paid by the corporation.

The fourth payment for "conventional" food is often made at the doctor's office to treat obesity, diabetes, heart disease, high cholesterol, cancer, birth defects, Parkinson's, and a hundred other ailments related to pesticides or poisoned food.

Pundits and scientific hacks will say anything to protect big chemical and factory farming, refusing to discuss these "irrelevant" external costs of our modern food system, including subsidies, environmental cleanup, and skyrocketing medical bills. Instead, they argue that we need cheap food to feed starving people around the world.

We have had a long history of public resistance against dangerously toxic food in this country. We have also had a long history of chemical corporation smokescreens that hide just how dangerous and deadly cheap food is.

As early as the 1870s, farmers and householders got sick from using arsenic and ingesting arsenic in their food and beer, and they began to protest aggressively. However, the FDA continued to protect the large-scale farmers and the chemical corporations from attacks by small farmers, food safety advocates, consumer protection proponents, and environmental groups through the teens, the 1920s, and the 1930s.

(Continued on page 4)

PEACE NEWS

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.

Saturday, June 14: Palestinian Peace Activist Speaks in Eureka. Palestinian literary scholar, peace activist and poet Dr. Hanan Ahmad Awwad will speak and read from her original works. The lecture will be followed by questions and answers, and refreshments. 7pm at Temple Beth El, Hodgson and T Streets in Eureka. Info: 826-9197.

Sunday, June 15: "Building Bridges of Understanding: Women's Role in Peacemaking," a presentation by Dr. Hanan Ahmad Awwad. Her talk will weave together her experiences as a human rights activist and as a poet and writer in an attempt to build bridges of understanding between the Arab world and our own. 10 am at the Humboldt Unitarian Universalist Fellowship in Bayside. Info: 826-9197.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Saturday, June 14: the 17th Annual Arcata Bay Oyster Festival on the Arcata Plaza. Live music, oysters from many local restaurants, wine, and entertainment. 10 am - 6 pm. Free admission. Info: 822-4500 or www.oysterfestival.net.

Monday and Tuesday, June 16 and 17: Sequoia Chamber Music Workshop Free Concerts. Performances by the student participants of the workshop. 7 pm in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.

Tuesday, June 17: Potluck Party For Marriage Equality. The Humboldt Unitarian Universalists invite the community at large to join together in celebrating local committed same-sex couples and their success in obtaining civil marriage licenses! 6 pm at 24 Fellowship Way (off Jacoby Creek Rd.) in Bayside. Bring musical instruments and a potluck dish. Info: Pat at 826-7107.

Wednesday, June 18: Sequoia Chamber Music Faculty Free Concerts. Performances by the faculty of the workshop. 7:30 pm in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.

Wednesday - Saturday, June 18 - 21: The Laramie Project by Moises Kaufman and members of Tectonic Theater Project. Benefit 2008 Humboldt Pride Parade and Festival. 8 pm at the Arcata Playhouse, 1251 9th St, Arcata. \$15 - \$30. Info: 822-1575.

Thursday, June 19: Sequoia Chamber Music Workshop Free Concert. Performances by the student participants of the workshop. 7 pm in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.

Friday and Saturday, June 20 and 21: Friends of the Redwood Libraries Book Sale. Friday 5 - 7:30 pm for members only (with memberships available at the door) and Saturday 10 am - 4 pm for everyone. Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910

Saturday, June 21: Benefit Concert For Deborah Clasquin and a celebration of her contribution to North Coast music as she continues treatment for cancer. 7 pm at the Fulkerson Recital Hall at HSU, followed by a reception with Deborah. \$20 advance or at the door. Info: 826-3928 or www.HSUMusic.blogspot.com.

Saturday, June 21: Sequoia Chamber Music Workshop Free Concerts. Performances by the student participants of the workshop. 10:30 am in the Fulkerson Recital Hall at HSU. Free. Info: Felicia at 839-4515 or Cindy at 826-3563.

Saturday, June 21: Dell'Arte's Mad River Festival Begins. Schedules and info: 668-5663 or www.dellarte.com.

Sunday, June 22: HBGF Annual Garden Tour & Tea. This event has been cancelled for 2008. See www.hbgf.org for details.

Monday - Saturday, June 23 - 28: Sequoia Chamber Music Workshop Free Concerts. Same schedule as previous week, above.

Wednesday - Saturday, June 25 - 28: The Laramie Project by Moises Kaufman and members of Tectonic Theater Project. Benefit 2008 Humboldt Pride Parade and Festival. 8 pm at the Arcata Playhouse, 1251 9th St, Arcata. \$15 - \$30. Info: 822-1575.

Thursday - Sunday, June 26 - 29: "Korbelt IV: The Accident." Humboldt's longest running soap opera continues as part of Dell'Arte's Mad River Festival. 8 pm in the outside amphitheater in Blue Lake. \$15, \$12. Info: 668-5663 or www.dellarte.com.

CHILDREN & YOUTH

Saturday, June 14: Second Saturday Family Arts Day: Summer of A.R.T., Art, Rhythm and Thought with Gamelan Sekar Sequoia. Activates 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.

Saturday, June 14: Live Bat Presentation. Humboldt Wildlife Care Center volunteers bring their non-releasable bat to the Natural History Museum from 1 - 2 pm. Four 15-minute programs; first come, first served. Seating is limited to minimize stress on the birds. All ages. Free with museum admission. 1315 G St, Arcata. Info: 826-4479.

Saturday, June 14: Summer Reading Club Kickoff Party with Storyteller Paul Woodland. Join the Summer Reading Club and play the Summer Reading Game. 2 pm in the Jane Stein Reading Corner, a special new area in the Children's Room. Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Wednesday, June 18: Summer Reading Club Kickoff Party with Shantaram the Magician. 2 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.

Wednesdays, June 18 and 25: Summer Reading Club Craft Program. Stories, activities, and colorful and fun craft projects. 1:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday, June 26: Quack and Wabbit Puppets in "Froggie and the Ribbits Speak Out!" Local puppeteers present their show at 2 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Our House Temporary Youth Shelter, a project of RCAA's Youth Services Bureau. A safe place for youth 12 - 17 providing temporary shelter, counseling, and crisis management. Info: 444-2273.

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, June 15: "Plants on the Dunes' Inner Edge" at Mad River Beach. Join Pete Haggard to see blooming beach buckwheat, seaside daisy, sand verbena, and other dune plants where the sand meets the firmer, damper soil of the willowy, rushy swale. This is an easy, gentle walk and an interesting comparison to the Lanphere Dunes. Meet at the beach parking lot at the very end of Mad River Rd. 839-0208.

Saturday, June 21: Dry Creek Loop Hike with the North Group Sierra Club. This is a medium-difficulty 5-mile hike in Humboldt Redwoods State Park through magnificent redwoods. Call to reserve a spot and to get detailed directions: Susan at 840-9084.

Saturday, June 21: "Bugs & Blossoms" Walk at the Arcata Marsh. Meet naturalist Jenny Hanson at the Interpretive Center on South G Street for a free 90-minute walk sponsored by Friends of the Arcata Marsh (FOAM). 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

Thursday, June 19: "Breast Cancer 2008 and Beyond," presented by Dr. Susan Love and Dr. Ellen Mahoney. Newest screening techniques, latest treatment options and a current research study will be discussed, followed by a question and answer period. 7 - 9 pm at the Van Duzer Theatre at HSU. Benefit for Humboldt Community Breast Health Project. \$25. Info: 825-8345.

Saturday, June 21: Everything You Ever Wanted to Know About Land Trusts, from Redwood Roots Farm Community Workshop Series. Join sociologist Jayme Buckley to learn about the land trust movement in America, with a focus on the Jacoby Creek Land Trust. 1 - 4 pm at Redwood Roots Farm. Info: 826-0211.

Tuesday, June 24: Democracy Unlimited Volunteer Training: "How To Have A Good Meeting". Learn the basics of meeting planning, agenda design, facilitation, note-taking and being a productive meeting participant even if you're not the facilitator. Includes an overview of the consensus process for better understanding of how to use this decision-making method in a way that helps your group gain trust and make sound decisions so that everyone's voice is heard. 6 - 7:30 pm. Free; pre-registration requested. Info: 269-0984 or email info@DUHC.org to register for the training.

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.

MEETINGS

Tuesday, June 17: Humboldt County Independent Business Alliance Volunteer Meeting. HumIBA is publishing a directory of all the local businesses our community has to offer. Help is needed for business outreach and research. Help organize events and activities for Independents Week July 1-7. Info: 476-8475 or www.HumIBA.org.

New Group Forming: Community Group from North and South Humboldt concerned about ongoing raids on public and private lands that are displacing community members. Info: in SoHum: Kathy Epling, 923-4488; in Northern Humboldt: Kathy Anderson, 444-3155; or email: peoplesarc@gmail.com.

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, June 10, 2008 **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, **Editorial Continued:** this page.

Newsletter, **June 10, '08**. Vol. 14, Number 10. Published semi-monthly on 2nd & 4th Tuesdays; **next June 24, '08**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. June 19, '08**. Write or e-mail for sample newsletter. Newsletter staff: Mayer Segal, Michael Welch, Dave Keniston, 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 July 4, 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.

The Real Cost of Cheap Food (continued from page 1)

From 1933 to 1937, the founders of Consumer Reports and Consumer Research warned the U.S. public that they were being poisoned by a steady diet of arsenic, lead, cyanide, fluorine, and sulfuric acid. Those organizations continued their efforts to protect the consumers from toxic food through the 1940s and 1950s, and they continue their efforts still.

In 1962, Rachel Carson advised that we must stop damaging and degrading our natural landscape. She warned us to stop eating food poisoned with DDT, lead-arsenic pesticides, and other chemical sprays. Such "buyer beware" and nature protection advisories from earlier days are even more urgently needed today. Things have gotten much worse. Our current food supply is more toxic than ever before and our environment more damaged. Many pesticides no longer work because the pests have become tolerant of the poison. So, only the most toxic chemicals kill the bugs, which have developed a resistance to the less poisonous chemicals. Consequently, today the most toxic chemicals are the most used pesticides and fertilizers.

Beyond the external costs of "conventional" cheap food, an important aspect of the real price of organic food is the care and commitment to balanced soil health that is a major requirement when transitioning to organic farm management. In organic, the goal is to restore and feed soil life. That requires applying composted manures or vegetables to inoculate the soil with microorganisms. It also means providing organic (vegetable) matter so that the soil microorganisms have plenty to eat. To effect this balancing act, organic farmers add lime, compost, fertilizer crops, gypsum, a bit of phosphorous, and some potash. The fertilizer crops are the hardest element for new organic growers to include because they must take land out of production to grow the fertilizer crops. This is good for the next crop but hard for the farmer to adjust to growing a crop that he or she plows in.

Instead of using pesticides, organic farmers closely monitor their crops and release beneficial insects, plant trap- or companion-crops to confuse the pests, or plant when pests are not such a scourge.

While "conventional" food is usually cheaper in the supermarket, and is easier to manage on the farm, it comes with a dangerous load of pesticide and fertilizer residues that are causing cancers, illness and death. When we analyzed pesticide and fertilizer data for the book "The War on Bugs," we concluded that the corporations call chemical food "conventional" to conceal the fact that the food they produce is grown with the most toxic chemicals on the planet.

If the question about the real price of food was rephrased to ask what is the difference between the price of toxic and organic foods, we would not be marveling about the high cost of organic food, nor advocating to send toxic "conventional" surplus food to the starving millions. Instead, we should be asking, "How cheap would poisonous food have to be to be a good deal?"

--- HOPE Coalition Membership Application ---

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.

Membership: Renewal: [] New: []
 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 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 (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.