



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 – July 14, 2009

Taking Shorter Showers Doesn't Cut It: Why Personal Change Does Not Equal Political Change — By Derrick Jensen, Orion Magazine

Would any sane person think dumpster diving would have stopped Hitler, or that composting would have ended slavery or brought about the eight-hour workday, or that chopping wood and carrying water would have gotten people out of Tsarist prisons, or that dancing naked around a fire would have helped put in place the Voting Rights Act of 1957 or the Civil Rights Act of 1964? Then why now, with all the world at stake, do so many people retreat into these entirely personal "solutions?"

Part of the problem is that **we've been victims of a campaign of systematic misdirection**. Consumer culture and the capitalist mindset have taught us to substitute acts of personal consumption (or enlightenment) for organized political resistance. An *Inconvenient Truth* helped raise consciousness about global warming. But did you notice that all of the solutions presented had to do with personal consumption—changing light bulbs, inflating tires, driving half as much—and had nothing to do with shifting power away from corporations, or stopping the growth economy that is destroying the planet? Even if every person in the United States did everything the movie suggested, U.S. carbon emissions would fall by only 22 percent. Scientific consensus is that emissions must be reduced by at least 75 percent worldwide.

Or let's talk water. We so often hear that the world is running out of water. People are dying from lack of water. Rivers are dewatered from lack of water. Because of this we need to take shorter showers. See the disconnect? Because I take showers, I'm responsible for drawing down aquifers? Well, no. More than 90 percent of the water used by humans is used by agriculture and industry. The remaining 10 percent is split between municipalities and actual living breathing individual humans. Collectively, municipal golf courses use as much water as municipal human beings. People (both human people and fish people) aren't dying because the world is running out of water. They're dying because the water is being stolen.

Or let's talk energy. Kirkpatrick Sale summarized it well: "For the past 15 years the story has been the same every year: individual consumption—residential, by private car, and so on—is never more than about a quarter of all consumption; the vast majority is commercial, industrial, corporate, by agribusiness and government [he forgot military]. So, even if we all took up cycling and wood stoves it would have a negligible impact on energy use, global warming, and atmospheric pollution."

Or let's talk waste. In 2005, per-capita municipal waste production (basically everything that's put out at the curb) in the U.S. was about 1,660 pounds. Let's say you're a die-hard simple-living activist, and you reduce this to zero. You recycle everything. You bring cloth bags shopping. You fix your toaster. Your toes poke out of old tennis shoes. You're not done yet, though. Since municipal waste includes not just residential waste, but also waste from government offices and businesses, you march to those offices, waste reduction pamphlets in hand, and convince them to cut down on their waste enough to eliminate your share of it. Uh, I've got some bad news. Municipal waste accounts for only 3 percent of total waste production in the United States.

I want to be clear. I'm not saying we shouldn't live simply. I live reasonably simply myself, but I don't pretend that not buying much (or not driving much, or not having kids) is a powerful political act, or that it's deeply revolutionary. It's not. **Personal change doesn't equal social change.**

So how, then, and especially with all the world at stake, have we come to accept these utterly insufficient responses? I think part of it is that we're in a double bind. A double bind is where you're given multiple options, but no matter what option you choose, you lose, and withdrawal is not an option. At this point, it should be pretty easy to recognize that every action involving the industrial economy is destructive (and we shouldn't pretend that solar photovoltaic modules, for example, exempt us from this: they still require mining and transportation infrastructures at every point in the production processes; the same can be said for every other so-called green technology). So if we choose option one—if we avidly participate in the industrial economy—we may in the short term think we win because we may accumulate wealth, the marker of "success" in this culture. But we lose, because in doing so we give up our empathy, our animal humanity. And we really lose because industrial civilization is killing the planet, which means everyone loses. If we choose the "alternative" option of living more simply, thus causing less harm, but still not stopping the industrial economy from killing the planet, we may in the short term think we win because we get to feel pure, and we didn't even have to give up all of our empathy (just enough to justify not stopping the horrors), but once again **we really lose because industrial civilization is still killing the planet**, which means everyone still loses. The third option, acting decisively to stop the industrial economy, is very scary for a number of reasons, including but not restricted to the fact that we'd lose some of the luxuries (like electricity) to which we've grown accustomed, and the fact that those in power might try to kill us if we seriously impede their ability to exploit the world—none of which alters the fact that it's a better option than a dead planet. Any option is a better option than a dead planet.

(Continued on page 4)

PEACE NEWS

The Redwood Peace & Justice Center Board has closed the Center's doors. Info: staff@rpjc.net or www.rpjc.net.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday Through Saturday, July 17 - 25: The Humboldt Folklife Festival. A weeklong celebration of local music and dance highlighting the talented performers of Humboldt County, featuring performances each night and ending with Folklife Day on 7/25 at Dell'Arte (free all day). Info: 822-5394 or www.humboldtfolklife.org.

Friday, July 17: Picnics on the Plaza. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Music by April Hagans. Info: 822-4500.

Saturday, July 18: Tulowa Dance Demonstration of the "Nadosh" or annual world renewal dance. 11 am and 2 pm in the day use area at Jedediah Smith State Park, of Highway 199. Bring blankets or folding chairs for seating. Info: 465-7764.

Sunday, July 19: Quarterly Breakfast at the Bayside Grange; supports the repairs and improvements at Bayside's historic community center. Live music and a gourmet breakfast menu including: meat and veggie options. 8 am to noon. Info: 822-9998.

Sunday, July 19: Sunday Afternoons at the Graves Open jazz jam session featuring guitarist Duncan Burgess. 2 - 4:30 pm at the Morris Graves Museum, 636 F St, Eureka. Info: 442-0278.

Sunday, July 19: Annie and Mary Day beginning with a parade at 11 am from Dell'Arte featuring Samba Allegria, floats and more and continuing with live music, craft and food vendors, games for all ages, and the famous fiddle contest. Noon - 5 pm in Perigot Park, Blue Lake. Info: 668-5567.

Tuesday, July 21: "Based on the Book" Film Series: Dark City Dames, the Women of Film Noir: "Gun Crazy," hosted by Wynston Jones. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Friday, July 24: Assistive Technology Expo: "Going Mobile" Learn about transportation options, bus schedules, routes, transfers, ticket purchasing, and take a 5 minute sample ride. 11 am at Redwood Acres Fairgrounds. Info: Christina at 442-3763.

Friday, July 24: Picnics on the Plaza. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Music by Georgia Ruth Helem-Willits. Info: 822-4500.

Saturday, July 25: Eureka Discovery Walk: Art and Murals Tour, highlighting the public art works and murals featured throughout Old Town and Down Town Eureka. Meet at 9:30 am in front of the Eureka Co-op. Free. Info: 443-4586.

Saturday, July 25: Humboldt Folklife Festival All Day Free Festival. Music and dance, in performances and workshops all day. Inside and out at the Dell'Arte building in Blue Lake. Info and schedule: 822-5394 or www.humboldtfolklife.org.

Sunday, July 26: the Snip and Stitch Craft Extravaganza, Arcata's first indie handmade market. 10 am - 4 pm on 9th St. on the Plaza. Info: 822-4500.

Sunday, July 26: Westhaven Blackberry Festival; blackberry pies, jams, and more as well as games, vendors, rummage sale, hot food and beverages. 10 am - 4 pm on Sixth Avenue in Westhaven.

Tuesday, July 28: "Based on the Book" Film Series: Dark City Dames, the Women of Film Noir: "Laura," hosted by Charlie Myers. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Saturday, August 1: "Zootini" Fundraiser for Sequoia Park Zoo, featuring Pan Dulce Steel Drum Orchestra and Ya Habibi Dance Company, live animal encounters, hors d'oeuvre, live and silent auctions, and martinis. Benefits the red panda exhibit. \$50. Info or reservations: 442-5649.

CHILDREN, YOUTH & ALL AGES

Mondays - Fridays through August 21: 2009 Summer Lunch Program: Free sack lunches for children up to age 18. No registration or pre-approval required. Many sites around Humboldt County. Info: Andy at 445-3166, ext 309 or anieto@foodforpeople.org.

Mondays - Fridays, July 6 - August 14: Youth Mural Project, a project for teens in grades 6 - 12. The murals promote environmental appreciation and conservation. Free. 10 am - 2 pm at the Humboldt Wildlife Care Center on Old Arcata Road. Info and sign-up: 822-7091 or City of Arcata Recreation Department, 736 F St.

Wednesdays: Summer Reading Club Craft Program. 1:30 pm at Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910, www.humlib.org.

Friday, July 17: Ocean-themed Family Sleepover at the Museum, including a scavenger hunt, live animal program, movie and night and morning snacks. 6:30 pm Friday - 9 am Saturday at the Natural History Museum. Info: 826-4479.

Tuesday, July 21: Summer Reading Club: Puppet making. Make puppets with Susan Allan and use the new puppet theater. For ages 3 - 9. Free. 2 - 3:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Tuesday, July 21: Summer Reading Club: "The Very Hungry Caterpillar." Debbie Dew will teach crafts connected with the book. For younger children. Free. 2 - 3:30 pm at the Trinidad Branch Library. Info: 677-0227 or www.humlib.org.

Wednesday, July 29: Make a Collage with Ann Anderson. Free. 2 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, July 18: Sierra Club Free Public Field Trip to Wagon Road North/Coastal Trail Loop in Redwood National Park. This 5-mile, medium-difficulty Del Norte County hike will follow an old roadbed from the Redwood Hostel to the Trees of Mystery, where it connects with the Hidden Beach Trail. Participants will stop for lunch at Hidden Beach and complete the loop on the beautiful and scenic Coastal Trail. Bring cameras, food, and water. Register in advance. Info: Susan, 840-9084.

Ongoing Through September: Lost Coast Hikes With Sanctuary Forest; educational hikes that highlight the magnificent diversity of plant and animal life in the Sanctuary Forest, Sinkyone Wilderness State Park, and the King Range National Conservation Area. Info, reservations and schedules: 986-1087, ext 5 or www.sanctuaryforest.org.

Friends of the Arcata Marsh Launches Website. Friends of the Arcata Marsh (FOAM) announces that it has launched its website at www.arcatamarshfriends.org. The site contains information about FOAM's educational and community outreach efforts, volunteer opportunities, publications, a membership form, and calendar of events.

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, July 18: Hazardous Waste Collection. Humboldt Waste Management Authority will collect home-generated waste items such as paint, garden products, auto products, cleaners, aerosols, fluorescent bulbs and batteries. No electronic waste at this event. 9 am - 2 pm at 1601 Samoa Blvd., two blocks west of K St. \$5. Info: 441-2005 or www.hwma.net.

Tuesdays, July 21 and 28: Presentations from "Our Journey Together: Memories Lost and Friendships Found," a series of dementia-care related presentations running on Access TV. 8 pm on Tuesdays, replayed at 7 am on Saturdays. Info: Maggie Kraft at 444-8254, ext. 3202.

Tuesday and Thursday, July 21 and 23: Caregiver Support Teleconferences, designed to help family caregivers better understand the dementia patient. Tuesday: "Dementia And The Aging Process;" Thursday: "Managing Difficult Behaviors Of Persons With Dementia." 11 am - 12:30 pm. In order to participate call (800) 675-6694 to register and to receive the access telephone number with access code.

Saturday, July 25: "Preserving the Harvest" Workshop. Learn about a variety of methods of food preservation, including a hands-on canning demo. 1 to 4 pm at Redwood Roots Farm, Bayside, next to the Unitarian Fellowship Church. \$10 - \$20. Info: 269-0984.

North Coast Co-op (Eureka and Arcata Co-ops) Seeks Board Candidates. Board terms are for three years and begin November 1, 2009. Applications can be downloaded from www.northcoastco-op.com or found at Customer Service at both stores. Applications must be returned by August 1. Info: Valerie Davis at 826-8670 ext. 135.

Monday - Friday Through August 21: 2009 Summer Lunch Program: Free sack lunches for children up to age 18. No registration or pre-approval required. Many sites around Humboldt County. Info: Andy at 445-3166, ext 309 or anieto@foodforpeople.org.

Now, In Your Garden: "Plant a Row for the Hungry." Join the national campaign, which encourages backyard gardeners to plant an extra row of food to donate to a local food pantry. Info: 445-3166.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

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

"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, July 14, 2009
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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, **July 14, '09**. Vol. 15, Number 13. Published semi-monthly on 2nd & 4th Tuesdays; **next July 28, '09**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. July 23, '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

Personal Change Does Not Equal Political Change

(Continued from first page.)

Besides being ineffective at causing the sorts of changes necessary to stop this culture from killing the planet, there are at least four other problems with perceiving simple living as a political act (as opposed to living simply because that's what you want to do). The first is that it's predicated on the flawed notion that humans inevitably harm their landbase. Simple living as a political act consists solely of harm reduction, ignoring the fact that humans can help the Earth as well as harm it. We can rehabilitate streams, we can get rid of noxious invasive plants, we can remove dams, we can disrupt a political system tilted toward the rich as well as an extractive economic system, and we can destroy the industrial economy that is destroying the real, physical world.

The second problem—and this is another big one—is that it incorrectly assigns blame to the individual (and most especially to individuals who are particularly powerless) instead of to those who actually wield power in this system and to the system itself. Kirkpatrick Sale again: “The whole individualist what-you-can-do-to-save-the-earth guilt trip is a myth. We, as individuals, are not creating the crises, and we can't solve them.”

The third problem is that it accepts capitalism's redefinition of us from citizens to consumers. By accepting this redefinition, we reduce our potential forms of resistance to consuming and not consuming. Citizens have a much wider range of available resistance tactics, including voting, not voting, running for office, pamphleting, boycotting, organizing, lobbying, protesting, and, when a government becomes destructive of life, liberty, and the pursuit of happiness, we have the right to alter or abolish it.

The fourth problem is that the endpoint of the logic behind simple living as a political act is suicide. If every act within an industrial economy is destructive, and if we want to stop this destruction, and if we are unwilling (or unable) to question (much less destroy) the intellectual, moral, economic, and physical infrastructures that cause every act within an industrial economy to be destructive, then we can easily come to believe that we will cause the least destruction possible if we are dead.

The good news is that there are other options. We can follow the examples of brave activists who lived through the difficult times I mentioned—Nazi Germany, Tsarist Russia, antebellum United States—who did far more than manifest a form of moral purity; they actively opposed the injustices that surrounded them. We can follow the example of those who remembered that **the role of an activist is not to navigate systems of oppressive power with as much integrity as possible, but rather to confront and take down those systems.**

--- 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

Name _____

Address _____

Make checks to payable to: HOPE Coalition.

Email _____

I wish to receive newsletter by

- US mail Email Both

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

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.