



The HOPE Coalition

Humboldt Organized for Peace & the Environment

"Working in partnership toward the development of a diverse, just, & sustainable community."

Calendar of Happenings in Humboldt County Inside Newsletter Editorial Page – October 13, 2009

Thurs. the 15th is National Don't Nuke the Climate Call-In Day!

[from our friends at www.nirs.org]

Please call both of your Senators offices and tell them to keep nuclear power out of the Senate climate bill. Recent events, like the John Kerry/Lindsay Graham op-ed in Sunday's New York Times calling for more nuclear power in the bill, add to the urgency of this call-in day.

Help keep the Senate's phones ringing all day long! Capitol Switchboard: 202-224-3121.

Post this on your Facebook pages, Tweet it, and spread the word every way possible. More than 4,000 letters already have been sent to the Senate this week—but we'll need more than that to beat the nuclear lobbyists. A lot of us haven't yet taken action, and haven't yet helped reach the millions more people across this country who also want to keep nuclear out of the climate bill.

The basic talking point is simple. If you only get 30 seconds with your Senators' offices, or an answering machine, **just tell them: No nuclear power in the Senate climate bill, no more taxpayer dollars to support the failed nuclear industry.**

But if you get a little more time, below are some talking points you may want to use. These also will be useful for drafting letters to the editor, op-eds, blog postings and the like—all of which will be very helpful as well. The more noise and publicity we can make, the better off we'll be. **Talking Points:**

- Nuclear power already receives a competitive advantage when a price is placed on carbon. If the nuclear industry cannot compete with such an advantage, that's its own problem, taxpayers should not be expected to provide more help to the industry.
- Projected costs for new reactors are stratospheric. In early 2006, the Nuclear Energy Institute predicted costs for the first few new reactors would run \$2,000 per KW, going down to \$1,500 over time. Instead, recent estimates include Turkey Point (Florida) at \$8,200 per KW and Calvert Cliffs-3 (Maryland) and Bell Bend (Pennsylvania) at about \$9,000 per KW, or \$13-15 billion. See: www.bellbend.com/faqs.htm
- Cost overruns have been a constant with the nuclear industry. A 1986 Department of Energy study found the average cost overrun for the first 75 U.S. reactors was 207%. Reactors coming online after 1986 typically experienced even larger overruns. The only two reactors now under construction in the West—Areva reactors in Finland and France—are 75% and 20% over-budget, with years to go before construction completion.
- Electricity from new reactors, as expected with such enormous costs, would make the 1980s concept of "rate shock" seem quaint. An August 2009 report from the California Energy Commission predicts KWH costs for nuclear electricity as high as 27-34 cents—nearly a tripling from today's prevailing rate of less than 12 cents per KWH. See www.energy.ca.gov/2009publications/CEC-200-2009-017/CEC-200-2009-017-SD.PDF
- Nuclear power is not carbon-free. The nuclear fuel chain is responsible for fairly significant carbon emissions—at least three times those of wind power, for example. A recent study by Virginia Tech professor Benjamin Sovacool on this subject is available: www.nirs.org/climate/background/sovacool_nuclear_ghg.pdf
- Nuclear reactors use enormous amounts of water, and water will become an increasingly precious resource in years to come, especially as we grapple with a warming climate. Allocating water to nuclear reactors now means less water for people and agriculture down the road. An August 2009 Virginia Tech study notes 36 states are projected to experience water shortages during the next decade. See www.nirs.org/reactorwatch/water/sr46waterdependency.pdf
- Nuclear power is not the only baseload alternative, as some in the industry claim. As cited in the August 6, 2009 Wall Street Journal, Spain is building large baseload solar thermal power plants for about \$5,200 per KW. While expensive, it's still \$2,000 per KW cheaper than the current low estimates for new reactor construction.
- Congress must not pre-judge the administration's re-evaluation of radioactive waste policy, which has not yet even begun. Specifically, no money should be spent on expensive, dangerous technologies like reprocessing, especially when the future direction of waste policy is unknown.

Tomorrow, NIRS staff will be going door-to-door in the Senate office buildings, delivering the thousands of postcards sent to us (Thanks!) and the list of 629 U.S. organizations that have signed on to the simple statement on nuclear power and climate change. We hope to hear those phones ringing in every office we visit!

Thanks for all you do, but this week, let's all try to do just a little bit more...

PEACE NEWS

Saturday, October 17: Anti-War Rally Observing the Eighth Anniversary of the Invasion and Occupation of Afghanistan, beginning at the Eureka Courthouse at 1 pm. Info: 442-8733.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Thursday, October 15: Art:21 - Art in the 21st Century... Season 5,** a contemporary art film screening and discussion series. Art professor Julie Alderson will discuss topics based upon the films and the theme of Transformation. Free admission. 6 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Thursday - Saturday, October 15 - 17: Live Music, Silent Movie** with the ArMack High School Orchestra. Clara Bow in "IT" accompanied by a full orchestra. At Arcata High, 7 pm each night with a 2 pm matinee on Saturday. \$5. Info: 826-0410.
- Friday, October 16: Empty Bowls World Food Day,** a benefit for the North Coast Resource Center featuring a simple soup and salad meal, silent auction, no-host beer and wine and live music. 5:30 – 9 pm at the Bayside Grange. \$10-50. Info: 822-5008.
- Sunday, October 18: Quarterly Breakfast at the Bayside Grange.** Children are encouraged to wear a Halloween costume, and receive a free locally grown mini pumpkin. Live music provided by Marilyn Page's Classical Violin Students and Sam McNeill's Academy Fiddlers. Gourmet breakfast menu including meat and veggie options. 8 am to noon. Info: 822-9998.
- Tuesday, October 20: "Based on the Book" Classic Film Series: London by Gaslight** featuring "The Lodger" (1944), based on the novel by Marie Belloc Lowndes. Hosted by Wynston Jones. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, October 22: Art:21 - Art in the 21st Century... Season 5,** a contemporary art film screening and discussion series. Art professor Julie Alderson will discuss topics based upon the films and the theme of Systems. Free admission. 6 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Thursday, October 22: Film:"Sea Change: Imagine a World without Fish,"** about the global problem of ocean acidification due to excess carbon dioxide emissions. A discussion and refreshments will follow the movie. 6:45 – 9:15 pm at the Arcata Community Center Senior Room. Info: Jennifer at 822-6171.
- Thursday - Saturday, October 22 - 24: Live Music, Silent Movie** with the ArMack High School Orchestra. Clara Bow in "IT" accompanied by a full orchestra. At McKinleyville High, 7 pm each night with a 2 pm matinee on Saturday. \$5. Info: 826-0410
- Thursday - Saturday, October 22 - 24: Musical: "City of Angels,"** an HSU Music Dept. & Theatre, Film & Dance Dept. collaboration. 8 pm in the Van Duzer Theater, HSU. \$15, \$10, \$8. Info: 826-3456.
- Friday, October 23: Eureka Chamber Music Series: Daedalus Quartet,** quartet-in-residence at Columbia University. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.
- Saturday, October 24: HCBHP Fall Concert "You'll Never Walk Alone,"** a celebration of community presented by the Humboldt Community Breast Health Project. 7 pm at the Arkeley Center. \$25, includes reception. Info and tickets: 825-8345.
- Sunday, October 25: NorthCoast Co-op's Annual Membership Meeting.** 1 - 4 pm at the Adorni Center. All members welcome. Pick up tickets in advance at either Co-op. Election results for the Board of Directors and the General Manager's 5-year plan presentation. Refreshments provided. Info: 826-8670 ext. 132.
- Tuesday, October 27: "Based on the Book" Classic Film Series: London by Gaslight** featuring "The Picture of Dorian Gray" (1945), based on the novel by Oscar Wilde. Hosted by Charlie Myers. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, October 29: Art:21 - Art in the 21st Century... Best of Art:21,** a contemporary art film screening and discussion series. Art professor Julie Alderson will discuss audience favorites. Free admission. 6 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Thursday - Saturday, October 29 - 31: Musical: "City of Angels,"** an HSU Music Dept. & Theatre, Film & Dance Dept. collaboration. 8 pm in the Van Duzer Theater, HSU. \$15, \$10, \$8. Info: 826-3456.

CHILDREN, YOUTH & ALL AGES

- Saturday and Sunday, October 17 and 18: Halloween Harvest Festival** with handmade crafts, local musicians, a pumpkin patch, and family friendly activities. Help non-profits raise awareness and funds through interactive activities. Costumes encouraged. Saturday 10 - 5 and Sunday 10 - 4 at Redwood Acres Fairgrounds. \$1. Info: 443-8267.
- Tuesday, October 20: Share A Story "Dinosaur Days!"** 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.
- Friday, October 23: 24th Annual Science Night at C/R** featuring fun for all ages and including demonstrations, hands-on activities, experiments, and lectures. Free. 5 - 9 pm at College of the Redwoods. Info: 476-4211.
- Sunday, October 25: Boo at the Zoo,** with Halloween treats for the animals and activities for the kids. Costumes encouraged. Games, arts and crafts and prizes. Free with zoo admission. 11 am - 2 pm at Sequoia Park Zoo, Eureka. Info: 442-5649.
- Wednesday, October 28: Family Literacy Night: "Carpathian, the Gentle Ghoul,"** providing thrills and chills for the whole family, with stories to make you giggle, tremble, and wonder. Free book for each family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org

PROTECT THE EARTH & ITS LIVING CREATURES

Sunday, October 18, Free Public Field Trip To The Eureka (aka PALCO) Marsh. Join Redwood Region Audubon Society for the first of this season's monthly walks for some great birding in downtown Eureka. This excursion will last 1-2 hours on a flat loop through a variety of habitats, from bay and mudflat to riparian and marshland. Meet in parking lot at foot of West Del Norte Street at 8:30 a.m. Info: Kerry Ross 839-4365.

Saturday, October 24: Invasive Plant Removal Workday at the Marsh. Sponsored by Friends of the Arcata Marsh (FOAM) and the City of Arcata. Community members are invited to meet on South I Street at 9 am for up to 4 hours of volunteer labor. Dress to get dirty and bring work gloves. The City will provide tools, bags, drinks, and snacks. Info: Dennis at 825-2163.

Saturday, October 24: Free Public Field Trip To Hiller Park In McKinleyville, sponsored by Redwood Region Audubon Society. Join leader Kerry Ross to bird a variety of habitats, including shore pines, willows, marshes, ponds at the treatment plant, and a sea-watch from the bluff. Meet at 8:30 am in the parking lot, off Hiller Road. Info: 839-4365.

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

Wednesday, October 21: League of Women Voters Candidate Forum: Harbor District, Divisions 3 and 4. 7 – 8 pm on KEET-TV, Channel 13. Voters are encouraged to call in questions starting at 6:45. Info: www.lwvhc.org , 444-9252 or email: vote@lwvhc.org.

Thursday, October 22: "Frank Language about Our Water," a community discussion about long term planning around water rights and rates, featuring an overview of the water district's history and current situation and discussion of impacts, community values and decision-making criteria. The goal of these meetings is to develop criteria, generate options, and evaluate those options to assist the HBMWD board in developing broadly accepted and understood recommendations for long-term planning. 6 - 8:30 pm at the Wharfinger Building in Eureka. Info: 443-5018.

MEETINGS

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

Wednesday, October 21: League of Women Voters Candidate Forum: Harbor District, Divisions 3 and 4. 7 – 8 pm on KEET-TV, Channel 13. Voters are encouraged to call in questions starting at 6:45. Info: www.lwvhc.org , 444-9252 or email: vote@lwvhc.org.

"Thursday Night Talk" hosted by David Cobb of Democracy Unlimited airs every Thursday 7:30 - 8:30 pm on KHSU FM 90.5. It is a live call-in show, so it's a great way to have your opinion heard by thousands of listeners. The studio line is 826-4805.

"Conversation with Paul Mann," a new public affairs program covering national and international issues with local guests and callers. Tuesday evenings from 7:30 - 8:30 on KHSU FM 90.5. Studio line: 826-4805.

Bill Moyers Journal Interviews and news analysis on a wide range of issues. PBS, KEET TV Channel 13 on Fridays at 9 pm and Wednesdays at 11:30 am, or on the Internet at www.pbs.org/moyers/journal. Info: 445-0813 or www.keet.org.



HOPE Coalition Newsletter & Calendar, Oct. 13, 2009
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Page 4 Save paper & \$\$\$. Let us know if you would rather receive this by email.

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

Newsletter, **October 13, '09**. Vol. 15, Number 19. Published semi-monthly on 2nd & 4th Tuesdays; **next Oct. 27, '09**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Oct. 22, '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

ALL HANDS ON DECK!!!

We are needed now more than ever! The floor vote is expected this Thursday on the Weiner Amendment. Please go to: <http://www.johnconyers.com/hr676faq> to read more about the Weiner Amendment (HR676).

Please call your Congress member to support the vote on the House floor on the Weiner amendment to protect, expand and improve Medicare for All. AND...PLEASE call and email everyone on your email lists to have them do the same!

Here are just a few of the problems with the current legislation regarding the Insurance and Pharmaceutical Industries:

- No cost controls on insurance companies. The coming sharp increases in premiums, deductibles, co-pays, co-insurance, etc. will quickly outpace any projected protections from caps on out-of-pocket costs.
- Insurance companies will continue to be able to use marketing techniques to cherry-pick healthier, less costly enrollees.
- No restrictions on insurance denials of care that insurers don't want to pay for.
- No challenge to insurance company monopolies, especially in the top 94 metropolitan areas, where one or two companies dominate, severely limiting choice and competition.
- A massive government bailout for the insurance industry through the combination of the individual mandate requiring everyone not covered to buy insurance, public subsidies which go for buying insurance, no regulation on what insurers can charge, and no restrictions on their ability to decide what claims to pay.
- No controls on drug prices. The White House deal with Big Pharma, which won bipartisan approval in the Senate Finance Committee, opposes the use of government leverage to negotiate real cost controls on inflated drug prices.

THERE IS STILL TIME TO ACT !!! - Let's make a difference - PLEASE CALL YOUR REPRESENTATIVE!!!

Mike Thompson • 202-225-3311 • 707-251-9800

--- 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 873 Arcata, CA 95518 - hopecoalition@igc.org - www.hopecoalition.org

The HOPE Coalition Newsletter is available in Arcata at: the Co-op, & the Northcoast Environmental Center; at the main Humboldt, Arcata, McKinleyville, and Trinidad libraries; and at the Senior Center in Eureka.

HOPE Coalition Newsletter Insert—this insert contains regularly scheduled events. For special happenings and one-time events, see the regular calendar that follows the page one editorial.

PEACE NEWS

Peace Vigils Fridays 5 - 6 pm on the Arcata Plaza. Mondays at 4 pm at the Courthouse in Eureka, 445-5100 ext. 215, ask for Jack.
Vets for Peace Silent Vigil; Fridays, 5 - 6 pm: SW corner Arcata Plaza.
Vets for Peace, Humboldt Bay Chapter 56 meets 1st Thurs. at 7 pm: at the Arcata Marsh Commons. Info: 826-7124.
Women in Black stand in silent vigil every **Friday 5 - 6 pm** at the **Arcata Plaza**, 8th & G, at the **Humboldt County Courthouse** (also Saturdays at noon), the **McKinleyville Shopping Center** on the grassy area out front, and **Fridays 4 - 5 pm** in **Trinidad** at the intersection of Scenic Dr. and Main St.

TALK SHOWS, WORKSHOPS & COMMENTARY

Access Humboldt: Public, education & government media access. Cable channels 8, 10, 11 & 12. For program schedule, submission policies, and program request forms go to www.accesshumboldt.net. Call or email for further info. 476-1798 or info@accesshumboldt.net.

COMMENTARY on KEET TV Channel 13 445-8013: **Wide Angle** Tues. at 9 pm
NOW with David Brancaccio. Fri. at 8:30 pm:

COMMENTARY on KGOE 1480 am, 442-2000: **Thom Hartmann**, weekdays 9 am - noon.

Peter B. Collins, weekdays 3 - 6 pm. Progressive talk show from San Francisco.

COMMENTARY on KHSU, 90.5 fm, 826-6089. **Democracy Now!** with Amy Goodman: weekdays 9 - 10 am.

The Econews Report with Greg King. 1:30 pm Thursdays.

A World of Possibilities locally produced syndicated public affairs program. 1:30 pm Wednesdays. Info: 826-9111 ext. 18.

COMMENTARY on KMUD, 88.3 fm, 923-2513. **Counterspin**, Sunday 1 - 1:30 pm.

Alternative Radio, Mondays 9 am. Boulder-based award-winning weekly series with David Barsamian.

Animal Advocate, 2nd Thursday, 7 - 8 pm. Animal welfare issues. Info: Barbara Shultz at 986-7835, animaladvocate4@yahoo.com.

A World of Possibilities locally produced syndicated public affairs program. 9 am Tuesdays. Info: 826-9111 ext. 18.

Democracy Now! with Amy Goodman; noon, Mon. - Fri. Also 4 pm Access Humboldt Channel 12. Also 11 am on KIDE 91.3 fm. Also on Free Speech TV (FSTV) Mon. - Fri. midnight, 8 am, noon, or 7 pm.

Civil Liberties Monitoring Project Report; 1st Wednesday, 7 - 8 pm. 923-4646.

Politically Correct Week in Review, call-in radio show, 2nd, 4th, & 5th Mondays at 7 pm 923-3911.

All Things Reconsidered with Eric Kirk. 3rd Thursday at 7 pm.

Global Stuff call-in talk show with Jimmy Durchschlag, 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.