



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 – February 23, 2010

Resurrect the HOPE

by Mayer Segal

Is it too late to resurrect the HOPE that Obama brought to the presidency for an end to the despair, lack of health care, unemployment, foreclosure of small businesses—all left over from the Bush administration?

I and many others believe that the time has come for the President and progressive Democrats in Congress to abandon the path of "bipartisanship" while the Republicans have unanimously waged the most vigorously partisan and obstructionist strategy in recent history.

"No" to economic stimulus ... "No" to health care reform ... "No" to addressing climate change ... "No" to every single major initiative the Democrats have tried to advance. This includes blocking the appointment of well-qualified Edward Chen to become a U.S. District Judge in Northern CA; and Republican Richard Shelby of Alabama placing a blanket hold on more than 70 administration nominees until he gets funding for his home-state projects.

Instead of making it clear that the first two years of the Obama administration would be digging the country out of the incredible mess the Bush administration left us in (financial collapse, deep recession, record-breaking deficits, disintegrating health care systems, two wars, lack of respect from the international community, neglect of the environment) President Obama, incredibly, has enabled tens of millions of Americans to now believe that Bush's failures are his as well. See the recent polls—an ominous sign for the approaching elections coming this year.

Unlike Franklin Roosevelt in 1933, who consistently denounced Herbert Hoover's Republican policies as the cause of the country's perilous condition, Obama appears very reluctant to be partisan and point out to the American people, as Roosevelt did in 1932, "I welcome the hatred of the economic royalists whose greed has devastated the country."

By the time FDR assumed the presidency on March 4, 1933, the Great Depression seemed to have no bottom. Beginning with the stock market crash in late 1929, the nation had plunged into an economic catastrophe. Thousands of banks and businesses had shut down. 15 million Americans—a third of the work force—were out of jobs. Agricultural prices had dropped below the cost of production, leaving millions of farmers on the edge of insolvency. The political crisis had resulted in a strong, liberal congress with FDR vowing a "New Deal." In his first 100 days he expanded federal intervention in the economy and expanded the role of laissez faire. He launched the largest relief program in American history, extended federal regulation over the stock market, banks and transportation, and mandated the restructuring of mortgage debt to save homeowners from foreclosure. The Tennessee Valley Authority was a grand foray into national planning, designed to develop a vast region's resources under public ownership and control. The Agriculture Adjustment Act sought to restore farm income by guaranteeing parity prices to farmers who agreed to cut production. The National Industry Recovery Act (NIRA) was passed in June 1933, with the aim of putting millions of Americans back to work, gave government authority to regulate labor relations.

In contrast with the Obama administration, FDR was able to do this for two good reasons—one, he had an honest, liberal congress more interested in bringing the country out of the depression than being re-elected; and two, FDR appointed a cabinet of individuals each of whom was an expert in their field, sometimes called "the brain trust."

Republicans, like today, called FDR the worst names possible, but were a smaller minority in Congress than today, and had not yet developed the "buying" of congresspersons. Incidentally, historians have credited FDR with saving the country from a revolution.

The opponents of New Deal policies now turned to the conservative Supreme Court, which on "Black Monday", May 25, 1935, vetoed three major New Deal Programs including the National Industry Recovery Act (NIRA). FDR, in trying to resurrect some of his major legislation, suggested "packing the court." This, despite his vast popularity, was unsuccessful and looked upon with disfavor. He did gradually replace justices as they retired, and did actually appoint his ninth and last justice shortly after he was elected for an unprecedented third term.

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PEACE NEWS

The Redwood Coast Peace Poetry Contest: Teens Invited to Submit Peace Poetry. Submissions should focus on peace, the abolition of war, hate or violence, or peace-making in communities. The contest is open to all high school students in Humboldt County. Authors will be honored in a public ceremony and will be considered for one of five cash prizes of up to \$200. Entries must be received by March 8. Info: www.vfp56.org, Jon at 822-4595 or Carl at 616-6405.

Saturday, March 20: National and Local Peace March and Rally. Local organizing for this event is going on now. Please call for dates and times of meetings and/or to find out how you can become involved. Info: 442-8733.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Thursday - Saturday, February 25 - 27: HSU Theatre Presents Harold Pinter's "The Homecoming," directed by John Heckel. 7:30 pm in the Studio Theatre on the HSU campus. \$10, \$8. Info: 826-3928 or http://HSUStage.blogspot.com.

Friday, February 26: Benefit Concert by the Giovani String Quartet. High school students Signe Nicklaus, Chris Ives, Julio Lopez and Kira Weiss in a benefit performance for Friends of the Library. Doors open at 6:30, music at 7 pm. Reception follows at the Arcata Branch Library, 500 7th St. Suggested donation: \$5 - \$10. Info: 822-5954 or www.humlib.org.

Friday and Saturday, February 26 and 27: Friends of the Redwood Libraries Book Sale. 5 - 7:30 pm Friday for members only (memberships available at the door) and 10 am -3:30 pm Saturday at the Main Library, 1313 3rd St., Eureka. Info: 269-1910.

Friday and Saturday, February 26 and 27: Clowns Without Borders Benefit Performance, sending expeditions of laughter to areas of crisis worldwide. 6 pm Friday, 2 pm Saturday at Redwood Raks in the Old Creamery Bldg. \$10, \$8. Info: 845-5842.

Saturday, February 27: A Centennial Celebration of the Live of Morris Graves (1910-2010). Chamber Music lead by pianist and HSU Music Professor Daniela Mineva followed by a Fine Art Workshop lead by Artist and Educator Janice Sharman-Hand. Music at 1 pm, art at 2:30 at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Saturday, February 27: HSU International Cultural Festival, featuring the arts, crafts, dance, music and traditional food samples of more than 20 international cultures. Noon - 5 pm at HSU's Kate Buchanan Room. Free. Info: 826-5968.

Saturday, February 27: 19th Annual Indian Island Candlelight Vigil held every February to remember those who lost their lives in the 1860 Massacre and help heal the community. Prayer, song, and poetry. 6 to 8 pm at the west end of Woodley Island in Eureka. The community is welcome. Rain or shine. Please bring a candle. Info: 733-5055.

Sunday, February 28: Annual Soul Food Dinner hosted by the HSU Multicultural Center and the Afrikan Community Coordinators. Laugh, eat good food, and share stories. 6 - 9 pm at the Kate Buchanan Room at HSU. Info: 826-3364.

Thursday, March 4: First Thursday Film Series: "Dirt! The Movie." Get the 'dirt' on how industrial farming, mining and urban development has led us toward cataclysmic droughts, starvation, floods and climate change. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Thursday - Saturday, March 4 - 6: HSU Theatre Presents Harold Pinter's "The Homecoming," directed by John Heckel. 7:30 pm in the Studio Theatre on the HSU campus. \$10, \$8. Info: 826-3928 or http://HSUStage.blogspot.com.

Friday and Saturday, March 5 and 6: Humboldt Symphony. 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.

Sunday, March 7: HSU Theatre Presents Harold Pinter's "The Homecoming," directed by John Heckel. 2 pm in the Studio Theatre on the HSU campus. \$10, \$8. Info: 826-3928 or http://HSUStage.blogspot.com.

Monday, March 8: Open Mike at Poets on the Plaza. Original poetry, 5-minute time limit, no music. All ages. \$1 donation. 8 pm, sign-up 7:30 pm at the Plaza Grill View Room, 2nd Floor at the Jacoby Storehouse in Arcata.

Saturday, March 13: Humboldt Pie, the Third, a benefit for Tri-County Independent Living, featuring a pie baking contest, pie eating contest, 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).

CHILDREN, YOUTH & ALL AGES

Saturday, February 27: Spanish/English Story Time. Librarian Rachel Harwood reads stories in Spanish and/or English for children and families. 1 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910.

Sunday, February 28: Conservation Unlimited's Family Herp Day. Families are invited to bring their kids on a trip through the community forest, looking for local species of frogs and salamanders, learning about their natural history and their value to us. Spring is the best time to find amphibians, and this is a wonderful time to expose your children to some of the coolest, easiest to find, creatures in our area. The walk is free, and will meet at the community forest entrance at 14th and J Streets at 9 am.

Saturday, March 6: KEET's Kids Club at the Morris Graves Museum of Art, featuring short stories and art activities geared to youth 2 - 8 years old. Every family takes home a free book. March's book is "Clap Your Hands." Free. Noon to 2 pm. Info: 442-0278.

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.

The Redwood Coast Peace Poetry Contest: Teens Invited to Submit Peace Poetry (see "Peace News," above).

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, February 27: 32nd Annual Lupine Bash at the Lanphere Dunes Unit of Humboldt Bay National Wildlife Refuge. The Annual Lupine Bash is one of the largest restoration events coordinated by Friends of the Dunes and the US Fish & Wildlife Service. Tools, gloves and snacks will be provided. Bring a mug for coffee, drinking water and wear work clothes including closed-toe shoes. Meet at Pacific Union School in Arcata and carpool to the Dunes. 9:30 am - 12:30 pm. Info: 444-1397.

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, February 27: Food Security Forum 2010 with panelists John LaBoyteaux, Susan Ornelas, Linda Nellist, Anne Holcomb, Ann Anderson & Melanie Patrick. The forum will address issues of importance in our Humboldt County Food System. A community discussion and action plans will follow the panel discussion. 1:30 - 5:30 at the D Street Center in Arcata. Info and registration: 444-3325.

Friday and Saturday, March 5 and 6: 2010 Social Justice Summit "Liberating Paradigms," Reclaiming Community Rights. Keynote speaker is Pam Africa of MOVE Organization. Events take place in the Kate Buchanan Room at HSU. Schedule and info: 826-3369.

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

Thursday, March 4: The Humboldt County Human Rights Commission meets at 5 pm in Conference Room A in the county courthouse in Eureka. The Commission acts as "the eyes and ears" of the County Board of Supervisors and makes recommendations to The Board regarding issues of human rights in the county. At the beginning of each Commission meeting, time is set aside to hear from members of the public regarding human rights issues. The public is encouraged to attend. Info: 668-4095.

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, **Feb. 23, '10**. Vol. 16, Number 4. Published semi-monthly on 2nd & 4th Tuesdays; **next Mar. 9, '10**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Mar. 4, '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.

Resurrect the HOPE
 (continued from Page 1)

This was the most memorable revelation in my lifetime of the Supreme Court's power to subvert the intention of the framers of the Constitution to have three separate but equal decision makers to rule the country. In a wonderfully researched and documented recent book, James MacGregor Burns has written "Packing the Court"—"The Rise of Judicial Power and the Coming Crisis of the Supreme Court." In it he says "Much of the Supreme Court's power is unconstitutional. The framers of the Constitution never gave the court the authority to overturn the laws signed into being by Congress and the president. It was intended to referee constitutional disputes, but now its power goes beyond interpreting the rules—it can now create them."

Burns explains how the court's power changed so drastically, fundamentally changing the system of checks and balances. In so doing it gives disproportionate power to nine justices who were never elected, who aren't accountable to the people, and who are not above partisan politics. Many owe their position to party ties. He details how the court illegally appointed Bush to the presidency over Gore. What enlightened this writer was Burns comments about Obama. "Few presidents had scrutinized the Constitution and the powers of its judicial 'third branch' more closely than Obama had before entering the White House. ... As a professor of law at the University of Chicago, he had delighted in opening students' eyes to a Constitution that was 'a part not just of the past but of their present and their future.'"

At this point, it seems questionable to me whether Obama can stand up to the incredible powers of negative Republicans, really big unlimited sources of money, racism and lies, and a Supreme Court that just recently upheld the power of corporations to use their wealth to influence the elective process. There are many good thinkers out there that have plans and tactics they believe can help to restore democracy in the U.S. I hope to live long enough to see them come to fruition.

[I admit using freely material from Burns book and remarks by Senator Barney Frank in the Nation—Mayer]

--- 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 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 (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.

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.