



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 – Feb. 26, 2008

100-Foot Diet ("Victory Garden") Challenge Launch—by Anaise Dervaes

[In this day and age of human-caused climate change, over-consumption, and mounting waste; it is imperative to watch what we consume and throw away, and where it comes from and where it ends up—and to be careful about the energy consumption involved. Our area is fortunate to have groups that are working hard on climate action and the peak oil issue. One project of the local Peak Oil Action Group has been to promote a 250-mile diet, wherein all that is eaten comes from within that range. A bit hard to do, but worth the effort. Now comes a new look on the "grow your own" movement, the 100-foot diet. I thought folks would find this interesting – Michael]

It wasn't that long ago (1940s) that people planted Victory Gardens when it became necessary, due to wartime shortages, to grow their own food. Now, it's our turn.

If you want to fight against peak oil, climate change, and our consumerist culture, then join us by starting a living protest right in your own back (front) yards. Be the change, live the solution! Use your yard (or balcony or porch steps) not only to grow food but also to cultivate a healthier and more fulfilling life. There have been 100-mile diet and other eat local challenges. Now, homegrown revolutionaries are upping the ante by reducing the mileage to a few steps—to right outside your back or front door.

The challenge is simple. Beginning as soon as you can, prepare a meal at least once a week with only homegrown vegetables, fruit, herbs, eggs, dairy products, or meat, using as few store-bought ingredients as possible.

The purpose is plain—the waging of an all-out fight against the forces that keep you dependent on the system of petroleum-fueled food. The degree to which you rely on today's artificial corporate structure determines the extent of your vulnerability. Resolve to lessen your dependence on outside food sources.

The result is revolutionary. As you take back responsibility for your food supply, you'll experience the empowerment and fulfillment that comes from learning the basic skills of providing for yourself and your family. Let's sow the seeds of victory and get our hands dirty to fill our plates. Plant a Victory Garden today!

Planting a Victory Garden means:

- More nutritious food & better health
- Food security
- Improving quality of life
- Saving money
- Reducing food miles, fuel & energy dependence
- Reducing excessive packaging and effects of climate change

Guidelines: A meal must be comprised of food grown on your property or garden plot (literally or figuratively within 100 feet of your front or back door). If non-homegrown ingredients are needed, then we suggest following these modified locavore guidelines:

If not from backyard, then locally produced. If not locally produced, then organic. If not organic, then family farm. If not family farm, then local business. If not a local business, then fair trade.

Plan what food you can grow. Your first meal might only have a few herbs from small pots growing in your window, or sprouts sprouted in a jar. In northern climates, January is a good time to plan for spring gardening (think "seed catalogues"). Look around where you live and locate a space to plant a small garden. If you sow a variety of vegetables and fruit, soon you will have enough ingredients to prepare a full meal!

Moving Forward: Once you have planted your garden and have prepared a weekly homegrown meal, consider how you can expand your "farm," increase your garden's productivity, and, thereby, cook more homegrown meals per week. Then take a further step on the path to independence and victory by learning to preserve your garden harvest.

Keeping Track: Keep track of your progress. If you wish, once a week you are invited to leave a comment at www.urbanhomestead.org/journal/2008/01/06/100-foot-diet-challenge-launch/ to let others know of your progress.

© 2008 www.urbanhomestead.org - For more info: coming soon will be www.100FootDiet.org

[If you are interested in editorializing for HOPE, please pop an email with your ideas to mwelch@redwoodalliance.org. Thanks]

PEACE NEWS

Saturday, March 8: Poetry Reading: David Smith-Ferri Reads From His Book, "Battlefield Without Borders." All proceeds from book sales will benefit the Iraqi-American Direct Aid Initiative, which helps with medical expenses and programs for self-support for people in the Iraq refugee community. 7 pm at Northtown Books, Arcata. Info: 822-2834.

Saturday, March 15: National and Local Peace March, starting locally at 1 pm at the Muni Auditorium, 12th and F St. in Eureka. 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.

Saturday, March 15: Tabling Info for the Peace March; set up at the Gazebo, Old Town Eureka, as has been done in previous years. Each group will have to supply their own tables and any other setup. Monitors will watch the tables so that tablers may participate in the march. Info: 442-8733.

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.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

Friday, February 29: Bodies that (Don't) Matter: Race, Gender, Sexuality & the Policing of Hip Hop, a free public talk with poet and hip hop artist Tim'm West. Tim'm West has taught at Stanford, Oakland School of the Arts, and Cesar Chavez Public Charter High School for Public Policy. 5:30 pm in Nelson Hall East 102, HSU. Info: Christina, 826-3479.

Saturday and Sunday, March 1 and 2: Humboldt Symphony at 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.

Thursday, March 6: First Thursday Film Series: "Iron Ladies Of Liberia" by Henry Ansbacher, Jonathan Stack and Daniel Junge. The film is an intimate documentary about Africa's first freely elected female head of state, Ellen Johnson Sirleaf, president of Liberia. 6 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Friday, March 7: HSU Music Dept. Guest Artist: Marcus Shelby Jazz Orchestra Performance. 8 pm in the Van Duzer Theater, HSU. \$15, \$10. Info: 826-3456.

Friday, March 7: Free Film, "In the Realms of the Unreal," an Emmy-nominated documentary about the life and work of reclusive Chicago janitor and writer/artist Henry Darger, by Oscar-winning director Jessica Yu. Free and open to the public. 7 pm at Westhaven Center for the Arts, 501 S. Westhaven Drive, Trinidad. Info: 677-9493.

Saturday, March 8: HSU Music Dept. Guest Artist: Gamelan X. 8 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.

Saturday, March 8: 9/11: Blueprint for Truth – The Architecture of Destruction, presentation by the founder of Architect and Engineers for 9/11 Truth, Richard Gage. 3 pm at the Labor Temple in Eureka. Info: 832-3916.

Sunday, March 9: Reception for Frances Moore Lappe. Fundraiser for Democracy Unlimited. Light refreshments. RSVP appreciated. 1 - 3 pm. Info: 269-0984.

Sunday, March 9: Public Talk and Booksigning with Frances Moore Lappe. 6:30 - 8:30 pm at the Plaza View Room, 3rd floor of the Jacoby Storehouse, Arcata. Info: 269-0984.

Wednesday, March 12: "Designing California Native Gardens." Alrie Middlebrook, author-owner of Middlebrook Gardens, a native plant landscaping company in San Jose, will talk about creative design in your garden with natives. Free. Everyone welcome. 7 pm at the Arcata Masonic Lodge, 251 Bayside Road near 7th and Union.

CHILDREN & YOUTH

Saturday, March 1: Amphibian and Reptile Discovery Day at the HSU Natural History Museum, 10 am - 5 pm. More than 30 different live species will be featured, presented by HSU's Herpetology class. Short talks, crafts and other hands-on activities will be ongoing all day. Free. Info: 826-4479.

Wednesday, March 5: Share A Story " Foolin' Around," short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Saturday, March 8: Second Saturday Family Arts Day: Women's Her-story Month. Activities for youth and families, including performances, hands-on arts projects, & interactive storytellers. Put on by the Humboldt Arts Council at the Morris Graves Museum. 2 - 4 pm at 636 F St., Eureka. Info: 442-0278.

Tuesday, March 11: Angela Lloyd, Storyteller. Musician, performing artist, storyteller, and one-woman band. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Student Bird Art Contest, sponsored by Redwood Region Audubon Society and Friends of the Arcata Marsh. \$500 in prizes will be awarded to students K - 12 who submit a drawing of one of 40 selected bird species. Artwork may be in color or black and white. Any media may be used (e.g., crayons, pastels, paint, pencil, collage). One entry per person. Info at the Arcata Marsh Interpretive Center and Strictly for the Birds in Old Town Eureka, or by sending a self-addressed stamped envelope to Sue Leskiw, 5440 Cummings Road, Eureka 95503. Deadline: March 31.

Audubon Writing Contest. Redwood Region Audubon Society's student writing contest deadline for receipt is March 21. Theme: "What Nature Means to Me." Info: tomleskiw@suddenlink.net.

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- CARE (2273).

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday and Sunday, March 8 and 9: Free Volunteer Training Workshop at Arcata Marsh, a training session for those interested in volunteering at the Arcata Marsh & Wildlife Sanctuary. Experts will teach attendees about birds, plants, wetlands, invertebrates, history, wastewater treatment process, and how to lead tours via lectures and field trips. Pre-registration required. Info: 826-2359.

Thursday, March 13: Breeding Habits of Shorebirds Lecture by Dr. Mark Colwell, HSU Wildlife (2007 HSU Scholar of the Year). The lecture will include breeding behaviors and nesting habitats of shorebirds, including the local Western Snowy Plover. 7 - 8:15 pm at HSU's Natural History Museum, 1315 G St. Info: 826-4479.

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

Friday - Sunday, March 7 - 9: 2008 Social Justice Summit, "Reclaiming SOUL! Remember something ancient. Imagine something new." HSU's MultiCultural Center's (MCC) annual Diversity Conference has evolved into the 2008 Social Justice Summit (SJS). Complete schedule at <http://now.humboldt.edu/events/2008-social-justice-summit/> or call 826-3369.

Saturday and Sunday, April 5 and 6: Permaculture: Designing for Self-Reliance Workshop. Techniques for holistic design, disaster preparedness, indigenous land stewardship, building healthy soil, managing on-site water, plant propagation, agroforestry, and mushrooms. The course will culminate with participants collaborating on a mini design project. The workshop will take place at CCAT. Info: Jeffrey Adams 774-392-4347 or jma50@humboldt.edu.

CR's Literary Magazine Accepting Poetry and Prose. Submission period open until March 26 for original poetry and fiction from community members. Info: 476-4370.

Ink People Call for Artists. Submit your art for mixed media show in April. The theme is Open Heart: Cultivating Love, Forgiveness and Heroes of Social Justice. Info: 826-7367 or (864) 353-4029.

Ongoing: Volunteer Center of the Redwoods (VCOR) sponsors many programs that support those who volunteer in our community, and the agencies that need volunteer assistance. 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. To find out about these and many other opportunities to volunteer and make your community a better place, contact the Volunteer Center at 442-3711 or check the website at <http://www.a1aa.org/VCOR/>.

Thursdays, 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. Info: 443-9659 or dbsahumb@sbcglobal.net.

MEETINGS

Tuesday, March 11: Humboldt County Human Rights Commission. Commissioners will continue to plan a forum to be held in April to consider the formation of a Citizen Law Enforcement Review Board. In addition, they will consider a study of homelessness in Humboldt County and will continue to plan for observances of The Universal Declaration of Human Rights leading up to the celebration of the signing of the document sixty years ago in December, 1948. Members of the public are invited and encouraged to attend. 6 pm in Conference Room A of the Eureka County Courthouse. Info: 268-2548.

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, Feb. 26, 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, **Peace for Israel & Palestine** this page.

Newsletter, **Feb. 26, '08**. Vol. 14, Number 4. Published semi-monthly on 2nd & 4th Tuesdays; **next Mar. 11, '08**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Mar. 7, '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 Mar. 7, 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.

Establishing the Ministries of Peace in Israel and Palestine!

The first major success of the campaign was announced this week. The Israeli and Palestinian negotiating teams on permanent peace status have decided to establish a new team called “Culture of Peace.” Yesterday I was suddenly called by the head of the Israeli Culture of Peace team to meet with him. I was informed that the decision to create the team was a direct result of our lobbying efforts to put the “Culture of Peace” formally into the Israeli-Palestinian negotiating process. I met with the head of the Israeli team and began putting the main issues that need to be decided on the agenda. My number one issue is the establishment of Ministries of Peace in Israel and Palestine that will be the main governmental bodies on both sides empowered with the tasks of implementing and coordinating the implementation of all of the non-military aspects of the future peace agreements.

I will make sure that this issue remains on the agenda. I informed the head of the team that I intend to succeed on this issue and that one of the main end results of the negotiations will be an agreement of both governments to establish Ministries of Peace!

There is a lot of work ahead. I hope to either be a member of the Israeli team or an advisor to the team. I stressed in my meeting that this team, more than any of the other teams, must develop a cooperative negotiating spirit and to avoid at all costs the typical adversarial mode of Israeli-Palestinian negotiations.

The second good news is that we in IPCRI are working very hard behind the scenes to secure a ceasefire between Israel and Hamas and it seems that we are making progress. But I can't say more about that now.

Gershon Baskin
 Israel/Palestine Center for Research and Information
 P.O. Box 9321
 Jerusalem 91092
www.ipcri.org

--- HOPE Coalition Membership Application ---

The Objective of the HOPE Coalition:

To synthesize and promote the individual visions of the organizations that make up Humboldt's environmentally and socially just community. These include, but are not limited to, the following types of organizations: Environmental, Social Justice, Peace, Labor, and Human Service.

Membership: Renewal []
 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 now 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.

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.