

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 – Mar. 8, 2011

Afghanistan: A Moment for Change

[courtesy of Friends Committee on National Legislation, www.fcnl.org]

The U.S. war in Afghanistan is entering its tenth year. Begun as a U.S.-led NATO invasion to respond to the September 11, 2001 attacks, the occupation has cost thousands of lives and billions of dollars. Much of Afghanistan remains an unstable hotbed of extremism and violence. Attacks are on the rise and civilian deaths are increasing. Evidence shows that the presence of foreign forces is uniting extremist groups that have diverse ideologies and feeding recruits to the Taliban and al Qaeda movements rather than quelling them.

The initial invasion, motivated by revenge, fear, and a misdirected desire to demonstrate strength, has given way to a more complicated and amorphous mission to bring peace, security, and stability to Afghanistan. Accomplishing these goals through military means is not possible, yet the U.S. strategy in Afghanistan remains focused on war.

President Obama has continued and expanded the military occupation of Afghanistan yet has been no more successful at defining clear U.S. objectives than was President Bush. Despite the announced goal to begin the withdrawal of U.S. combat forces in July 2011, we at FCNL are seeing clear evidence that the administration intends to continue the military occupation of Afghanistan until at least 2014.

How can the United States get from where it is today to an end to the war and a start on the reconstruction of Afghanistan? U.S. policy in Afghanistan, and the greater Middle East region as a whole, is at a crossroads. The cost of the war in lives and dollars is leading some U.S. policymakers to question the current military strategy and recognize its limitations. Yet the United States has failed to develop a new policy that responds effectively to the region's geography and history. This is a moment where change is possible.

Members of Congress and the administration still need to hear the message that war is not the answer in Afghanistan. Urge your representative and senators to speak out publicly against the war and to advocate for a new way forward.

Untangling the U.S. engagement in Afghanistan begins with an end to the U.S. military occupation. This necessary step is, however, not sufficient. The United States also needs to remain engaged in the reconstruction of the country through the provision of development and humanitarian aid de-linked from military activities; through engagement with Afghanistan's neighbors to promote regional security; and through support of constitutional reform and the brokering of political reconciliation among all Afghan groups, including the Taliban.

These steps must take place in the context of a shift in mindset that has not yet permeated through the community of U.S. policymakers. For decades, U.S. military might was seen as central to our country's security. Even after the end of the Cold War, many people perceived that U.S. influence in the world rested in large part on its superior military capability. The war in Afghanistan is just one example of the limitations of this worldview in efficiently and effectively pursuing U.S. interests. The United States is still struggling to adjust to the new global reality, where co-operation through non-military-based multilateralism holds the best chance for success.

[All opinions in editorials, action items, & calendar items are those of the writers, submitters, and involved organizations; and not necessarily the opinions of the HOPE Coalition or its volunteers. HOPE will consider rebuttal editorials from the progressive viewpoint.]



See a
recommended
**Greater Middle
East Reading
List**
on Page 4

PEACE NEWS

- Tuesday, March 15: Federal Budget Protest**, addressing the cuts to social services and increasing the military budget, without regard to military spending, and taxes for big corporations. 5 pm at the County Courthouse.
- Saturday, March 19: “On the Waterfront” Peace Demonstration** to be part of the national resurgence of active, sustained participation on critical issues. 1 pm at the foot of F St. in Eureka. Info: 616-2212.
- Friday, March 25: Beer and Bread: Benefit Beer Tasting** for Veterans for Peace and the Redwood Peace & Justice Center. Local breweries will provide specialty beers for tasting along with breads and spreads from local vendors. 5:30 - 7:30 pm at the Arcata Vet's Hall. \$15. 21 and over. Info: 826-0556 or hippiemash@yahoo.com.
- Ongoing: Humboldt WILPF Film Series: “The Plight of the Palestinians”** a 6-DVD series on the situation in Palestine created by the Cape Cod branch of WILPF. Films air for one hour on Tuesdays at 8:30 pm, Saturdays at 9 am and Sundays at 9:30 pm on Access Humboldt TV, Channel 12. Info: 476-1798.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday and Saturday, March 11 and 12: Boxtales Theater “Silly Rabbit, Tricksters are for Kids,”** using storytelling, music, masks, and movement to present world myths and folktales to audiences of all ages. 7 pm both nights and 2 pm on Saturday at the Arcata Playhouse, 1251 Ninth St. \$10, \$7. Info: 822-1575
- Saturday, March 12: HSU Music Dept. Faculty Artist Series: PianoVoce, Virginia Ryder and friends.** 7 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.
- Monday, March 14: 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.
- Thursday - Sunday, March 17 - 20: The Humboldt Juggling Festival.** Workshops, demonstrations, games, competitions and more. Free. Doors open each day at 10 am in the East Gym at HSU. Saturday night show at the Van Duzer followed by a world class fire show in HSU's Art Quad. Info: 826-3928
- Friday, March 18: Eureka Chamber Music Series: Daedalus Quartet,** Quartet in Residence at Columbia University and winners of many international competitions. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.
- Saturday, March 19: ArMack Gala Dinner and Concert.** Gourmet British meal, orchestral performance and silent auction to support the group's trip to London later this month. 5:30 pm at the Arcata Community Center. \$30. Info or reservations: 822-5453.
- Saturday, March 19: Arcata Rotary Spring Wine Festival.** Local wine, food, music, raffle and silent auction to benefit the Arcata Rotary's Community Service projects. 5:30 - 9 pm at the Kate Buchanan Room, HSU. \$40, \$70 couple. Info: 822-5117.
- Sunday, March 20: Hearts for Haiti;** the need continues. Dinner by Bless My Soul Café, silent auction, t-shirt sales and entertainment by Samba da Alegria and Steel Standing Pan Band. 5 – 8 pm at the Arcata High School Main Gym. \$10, \$5 students, kids.
- Friday, March 25: Beach Ball,** a benefit for Friends of the Dunes and Humboldt Surfrider. The event features live music, surf flicks, slideshows and a raffle. 7:30 pm at the Arcata Theater Lounge. 21- and-over. Info: www.friendsofthedunes.org or 444-1397.
- Friday, March 25: Beer and Bread: Benefit Beer Tasting** for Veterans for Peace and the Redwood Peace & Justice Center. Local breweries will provide specialty beers for tasting along with breads and spreads from local vendors. 5:30 - 7:30 pm at the Arcata Vet's Hall. \$15. 21 and over. Info: 826-0556 or hippiemash@yahoo.com.

CHILDREN, YOUTH & ALL AGES

- Saturday, March 12: The Cat in the Hat is Coming to Town** bringing hands-on activities to share with kids of all ages. Noon – 2 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Saturday, March 12: Second Saturday Family Arts Day: Women's Her-story Month** with stories from Anita Punla. 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.
- Wednesday, March 16: Family Literacy Night** presents a special evening of storytelling with Dan O'Gara. A free book will be available for each family. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, March 17: Share A Story “Cool Cats,”** short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Arcata Branch Library, 500 7th St. Info: 822-5954 or www.humlib.org.
- Saturday, March 19: Read With a Furry Friend.** Kids have fun and build confidence as they read to a Reading Education Assistance Dog. Please sign up ahead of time to reserve a space. 1:30 – 3 pm at the Humboldt County Library, 1313 3rd St, Eureka. Info: 269-1910, www.humlib.org.

Student Bird Art Contest. \$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 medium may be used. Info at 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. One entry per person. Artwork must be received by Friday, March 25.

Redwood Region Audubon Society Student Nature Writing Contest on the topic, “What nature means to me.” Entries should be up to 300 words in length; one entry per person. Cash prizes. Deadline: March 21. Info: tomleskiw@suddenlink.net.

Sundays, Ongoing: Youth Drum Circle for youth 10 - 21 years old. 5:30 - 7:30 pm at the Raven Project, 523 T St. in Eureka. Free. Info: 443-7099.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday and Sunday, March 12 and 13: 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.

Sunday, March 13: "Pussy Willow & Catkin Walk" with the North Coast Chapter of the California Native Plant Society. Meet leader John Bair at 1 pm at the Interpretive Center at the Arcata Marsh for a tour of these important early spring bloomers, the willows and alders. Learn other trees, shrubs, and common trailside weeds as well. Bring a hand lens or binoculars if you have them. Info: 822-2015.

Sunday, March 14: Free Public Field Trip to the Humboldt Bay National Wildlife Refuge. Join the Redwood Region Audubon Society for a leisurely, 2- to 3-hour trip intended for people wanting to learn the birds of the Humboldt Bay area. Meet at the Refuge Visitor Center off Hookton Road at 9 am. Info: Jude Power or David Fix at 822-3613.

Thursday - Wednesday, April 14 - 20: 16th Annual Godwit Days Spring Migration Bird Festival, over 100 field trips, workshops, lectures, boat trips, a banquet, and events out of the Arcata Community Center. Visit www.godwitdays.com to review the event schedule and register. Info: 826-7050 or 1-(800)-908-WING (9464).

Saturdays, Ongoing: Redwood Region Audubon Society Free Public Field Trips at 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 AND MISCELLANEOUS

Tuesday, March 15: Humanizing Dementia, A Community Conversation. Humboldt County Dementia Care Coalition conference provides an overview of what humanizing dementia means, a discussion panel between people with dementia and their caregivers, an update about dementia and more. 9 am – 3 pm at the River Lodge in Fortuna. \$45. Info: 444-8254.

Saturday, March 19: Access Humboldt Community Media Center (CMC) Orientation. This 2-hour overview of the CMC is a prerequisite for all certifications and includes an introduction to the community resources and common procedures at Access Humboldt. 10 am – noon. Info and reservations: 476-1798 or email info@accesshumboldt.net.

Saturday, March 19: Access Humboldt Basic Field Certification. This three-hour course teaches participants the proper use and handling of the basic field production equipment available for check out from AH, as well as familiarizing them with proper check-out policies and procedures. 1 – 3 pm. Info and reservations: 476-1798 or email info@accesshumboldt.net.

Saturday, March 19: "Communication and Conflict Management" Workshop presented by Humboldt Mediation Services. Open to anyone interested in personal and community peace-building. Advance registration required. Info: 445-2505 or www.humboldtmediationservices.org.

Saturday, March 19: Democracy Unlimited Workshop: "Challenging Corporate Rule, Creating Democracy." This introductory workshop teaches the history and context for corporate power and will help participants gain the skills and knowledge necessary to reclaim our democracy from corporations. Cost is \$25 - \$100 sliding scale; Pre-registration is required. Info: 269-0984 or email info@DUHC.org.

MEETINGS

Wednesday, March 23: Challenging Corporate Power Study Group. Community study group examines how to challenge the status quo and assert the people's rights. Potluck dinner. 6:30 pm. Hosted by Democracy Unlimited. www.duhc.org. 269-0984.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

Ongoing: Humboldt WILPF Film Series: "The Plight of the Palestinians" a 6-DVD series on the situation in Palestine created by the Cape Cod branch of WILPF. Films air for one hour on Tuesdays at 8:30 pm, Saturdays at 9 am and Sundays at 9:30 pm on Access Humboldt TV, Channel 12. Info: 476-1798.

"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.



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

Newsletter, Mar. 8, '11. Vol. 17, Number 5. Published semi-monthly on 2nd & 4th Tuesdays; next Mar. 22, '11. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. Next deadline. Mar. 17, '11. Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Greater Middle East Reading List From the Friends Committee on National Legislation, www.fcni.org

Cutting the Fuse: The Explosion of Global Suicide Terrorism and How to Stop It (Robert A. Pape and James K. Feldman, The University of Chicago Press, 2010) After examining every suicide terrorist attack in the world between 1980 and 2009, these authors conclude that the majority of attacks are driven by foreign military occupation, not religious belief.

Through Veterans' Eyes: The Iraq and Afghanistan Experience (Larry Minear, Potomac Books, Inc., 2010) Drawing on scores of interviews, the author weaves together veterans' stories about why they enlisted, the impact of their deployment, the global war on terror, the high costs of tackling terrorism, and the need to better reintegrate returning veterans.

The Iran Primer: Power, Politics and U.S. Policy (Robin Wright, editor, US Institute for Peace, 2010) Fifty of the world's top Iran experts have contributed to this book, which offers an overview of Iran's politics, economy, military, foreign policy, and nuclear program. An online version, which is updated weekly based on new developments, is available at <http://iranprimer.usip.org>

"Israel, Iran and the United States," Thomas Pickering, U.S./MEPolicy Brief, September 2010, U.S./Middle East Project www.usmep.us/usmep/wp-content/uploads/2010-16-USMEPolicy-Brief.pdf The use of force against Iran would make any settlement between Israel and the Arabs more difficult, argues this veteran diplomat.

I stand with the people of Wisconsin, against the attack on the rights of middle class workers. Fair pay and safe working conditions can't be sacrificed just to please corporate campaign donors. This isn't about one state's budget, it's about ALL OF US joining together to bring back good jobs for real Americans.

- - - 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 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

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; Monthly meetings: 3rd Sunday at 3:30 pm, Boys & Girls Club, 3015 J St., Eureka. Info: 268-8287.

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 Tuesday 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); 550 Union St. Arcata in the Common Room (next door to Equinox) first Thursday of the month. 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.