



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. 22, 2011

Democrats Should Start Talking About GOP Shakedown by Robert Reich

[Comment by HOPE Editor Emeritus Mayer Segal: For many years I have been intrigued by the honesty and savvy of Robert Reich, former U.S. secretary of labor under Bill Clinton. He excelled as an author of several books on the U.S. economy, as a professor of Public Policy at U.C. Berkeley, and now as a columnist for the S. F. Chronicle's Sunday edition. After reading this column, I realized he was talking about the same subject I was going to write about—only much more polished and lucid.]

You can't fight something with nothing. But as long as Democrats refuse to talk about the almost unprecedented buildup of income, wealth and power at the top - and the refusal of the superrich to pay their fair share of the nation's bills - Republicans will convince people it's all about government and unions.

Republicans claim to have a mandate from voters for the showdowns and shutdowns they're launching. Governors say they're not against unions, but voters have told them to cut costs, and unions are in the way. House Republicans say they're not seeking a government shutdown but standing on principle. "Republicans' goal is to cut spending and reduce the size of government," says House leader John Boehner, "not to shut it down." But if a shutdown is necessary to achieve the goal, so be it.

The Republican message is that bloated government is responsible for the lousy economy that most people continue to experience. Cut the bloat, and jobs and wages will return.

Nothing could be further from the truth, but for some reason, President Obama and the Democrats aren't responding with the truth. Their response is: We agree, but you're going too far. Government employees should give up some more wages and benefits, but don't take away their bargaining rights. Private-sector unionized workers should make more concessions, but don't bust the unions. Nondefense discretionary spending should be cut, but don't cut so much.

In the face of showdowns and shutdowns, the "you're right, but you're going too far" response doesn't hack it. If Republicans are correct on principle, they're more likely to be seen as taking a strong principled stand than as going "too far." If they're basically correct that the problem is too much government spending, why not go as far as possible to cut the bloat?

The truth that Obama and Democrats must tell is that government spending has absolutely nothing to do with high unemployment, declining wages, falling home prices and all the other horrors that continue to haunt most Americans.

Indeed, too little spending will prolong the horrors for years more because there's not enough demand in the economy without it.

The truth is that while the proximate cause of America's economic plunge was Wall Street's excesses leading up to the crash of 2008, its underlying cause - and the reason the economy continues to be lousy for most Americans - is so much income and wealth have been going to the very top that the vast majority no longer has the purchasing power to lift the economy out of its doldrums. American's aren't buying cars (they bought 17 million new cars in 2005, just 12 million last year). They're not buying homes (7.5 million in 2005, 4.6 million last year). They're not going to the malls (high-end retailers are booming, but Wal-Mart's sales are down).

Only the richest 5 percent of Americans are back in the stores, because their stock portfolios have soared. The Dow Jones industrial average has doubled from its crisis low. Wall Street pay is up to record levels. Total compensation and benefits at the 25 major Wall Street firms had been \$130 billion in 2007, before the crash; now it's close to \$140 billion.

But a strong recovery can't be built on the purchases of the richest 5 percent. The truth is, if the superrich paid their fair share of taxes, government wouldn't be broke. If Wisconsin Gov. Scott Walker hadn't handed out tax breaks to corporations and the well off, Wisconsin wouldn't be in a budget crisis. If Washington hadn't extended the Bush tax cuts for the rich, eviscerated the estate tax, and created loopholes for private-equity and hedge-fund managers, the federal budget wouldn't look nearly as bad.

And if America had higher marginal tax rates and more tax brackets at the top - for those raking in \$1 million, \$5 million, \$15 million a year - the budget would look even better. We wouldn't be firing teachers or slashing Medicaid or hurting the most vulnerable members of our society. We wouldn't be in a tizzy over Social Security. We'd slow the rise in health care costs, but we wouldn't cut Medicare. We'd cut defense spending and lop off subsidies to giant agribusinesses, but we wouldn't view the government as our national nemesis.

The final truth is, as income and wealth have risen to the top, so has political power. The reason all of this is proving so difficult to get across is the superrich, such as the Koch brothers, have been using their billions to corrupt politics, hoodwink the public, and enlarge and entrench their outsized fortunes. They're bankrolling Republicans, who are mounting showdowns and threatening shutdowns, and who want the public to believe government spending is the problem.

They are behind the Republican shakedown. These are the truths that Democrats must start telling, and soon. Otherwise the Republican shakedown could well succeed.

[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.]

PEACE NEWS

- 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.
- War Taxes? Pay Under Protest!** By April 15, 2011, join Quakers and write your legislators to say you are paying under protest the half of your tax bill that goes for war. Then tell Elizabeth Boardman eboardman@sbcglobal.net, or send her a copy of your letter. For suggestions call John Schaefer 825-9533. More info at laquaker.blogspot.com/2011/02/pay-your-taxes-under-protest.html

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- 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.
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- Saturday, March 26: Funeral Consumers Alliance of Humboldt Annual Meeting**, with guest speaker Dr. Michael Fratkin, founder and director of the Threshold Project, a service organization exploring the power of communication for those facing death. 1 - 3:30 pm at the Unitarian Fellowship in Bayside. Open to the public. Refreshments provided. Free. Info: 822-8599.
- Saturday, March 26 "Sisters! Doing It For Ourselves Bingo!!"** dedicated to the memory of Charles Vaughn and in celebration of the Sisters' 5th Anniversary. Proceeds will go towards replenishing the granting and operating funds for the Eureka Sisters. Bingo, raffles, silent auction and laughs. 6 pm at the Bayside Grange. \$20. 18 and over. Info: 834-4832 or www.eukasisters.org.
- Saturday, March 26: HSU Music Dept. Guest Artist Series: Pamela Mia Paul, Piano.** Ms. Paul is Professor of piano at the University of North Texas. 8 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.
- Sunday, March 27: SRPP Irish Tea and Celebrity Dessert Auction** to support the Advocacy programs of Six Rivers Planned Parenthood, including HSU's VOX Students for Choice, community education about reproductive choice issues, and coalition work with other statewide pro-choice groups. 2 - 5 pm. \$25. RSVP or more info: 442-2961.
- Sunday, March 27: Manila Plant Exchange.** Bring seeds, starts and plants to trade. Workshops, live music, a raffle and hot food will also be available. 11 am - 3 pm at the Manila Community Center. Info: 476-8173.
- Tuesday, March 29: North Coast Veteran's Resource Center Open House.** Tour the new Eureka veterans transitional housing facility and resource center on Fourth St between B and C. Tours will be from 11:30 am - 3 pm. A dedication ceremony will take place at 3 pm. Info: 443-4322 or www.ncvrc.net.
- Friday, April 1: Eureka Chamber Music Series: Arianna String Quartet with Guest Pianist Anton Nel**, performing an evening of piano quintets by Schuman, Brahms and Dvorak. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave. \$30. Info: 445-9650.
- Saturday, April 2: Plan It Green: The Next Generation**, featuring ten workshops, the Trade Show/Expo (50 booths) a Time Tunnel to the Future, the Electric/Kinetic Samba Parade, a petting zoo and a Kid's Zone. Free. 8 am - 8 pm at the Arcata Community Center. Info and schedules: 826-0665 or www.humboldtplanitgreen.org.
- Saturday, April 2: Siskiyou Land Conservancy Rites of Spring Celebration.** This family friendly event will feature the Matt Eakle Band, local food, an auction and a kids area. 6 pm at the Bayside Grange. \$35, \$15 for music only. Tickets or info: 498-4900.
- Thursday, April 7: Hospice of Humboldt Auxiliary Soup and Salad Lunch** to raise money for non-medical needs that Hospice patients may have such as bereavement books for children or shaving or hairstyling for patients. The lunch will be held in Pinochi Hall, behind St. Bernard's Church in Eureka. \$7.50. Info: Sabrina at 497-6260, ext. 104.
- Friday, April 8: League of Women Voters 2011 State of the Community Luncheon** honoring Byrd Lochtie and Humboldt Sponsors. 11:30 am at the Adorni Center. \$45, \$40 members. Info or tickets: 444-9252 or www.lwvhc.org.
- Saturday, April 9: Arcata Farmers Market Returns!** North Coast Growers Association farmers return to the plaza for the first market of the year. 9 am - 2 pm on the Arcata Plaza. Info: 441-9999.
- Saturday, April 9: McKinleyville Land Trust Dinner**, with speaker Briannon Fraley, Wiyot Tribe Cultural Director. Dinner, silent auction and raffle, chicken and veggie options. 5:30 - 8 pm at Azalea Hall in McKinleyville. \$20, \$15, \$10, Info; 839-LAND.

CHILDREN, YOUTH & ALL AGES

- Saturday, March 26: Bilingual Story Time.** Children and their parents are invited to enjoy fun stories and songs in Spanish and English. 1 pm at the Humboldt County Library, 1313 3rd St., Eureka. Free. Info: 269-1910.
- Saturday, April 3: 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. Free. Noon to 2 pm. Info: 442-0278.
- Wednesday, April 6: Share A Story.** 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, April 10: Second Saturday Family Arts Day.** 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. Free. Info: 442-0278.
- 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

Sunday, March 27: Manila Plant Exchange. Bring seeds, starts and plants to trade. Workshops, live music, a raffle and hot food will also be available. 11 am - 3 pm at the Manila Community Center. Info: 476-8173.

Saturday, April 2: "What's Blooming at Arcata Marsh?" Learn about some plant families, about flower parts, about native, non-native, and invasive species, and whatever else catches the eye of the participants. Meet at the Interpretive Center, 569 South G Street. Bring a hand lens or binoculars if you have them. Info: 826-2359.

Saturday, April 2: Plan It Green: The Next Generation, featuring ten workshops, the Trade Show/Expo (50 booths) a Time Tunnel to the Future, the Electric/Kinetic Samba Parade, a petting zoo and a Kid's Zone. Free. 8 am -8 pm at the Arcata Community Center. Info and schedules: 826-0665 or www.humboldtplanitgreen.org.

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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

Saturday, April 2: Household Hazardous Waste Collection. Maximum load limits for residents are 15 gallons or 125 pounds of hazardous waste. The cost for disposal is a flat fee of \$5. 9 am - 2 pm at the Hawthorne Street Transfer Station, 1059 W. Hawthorne Street, Eureka. Info: 441-2005.

MEETINGS

Saturday, March 26: Funeral Consumers Alliance of Humboldt Annual Meeting, with guest speaker Dr. Michael Fratkin, founder and director of the Threshold Project, a service organization exploring the power of communication for those facing death. 1 - 3:30 pm at the Unitarian Fellowship in Bayside. Open to the public. Refreshments provided. Free. Info: 822-8599.

Thursday, April 7: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. Commissioners will continue consideration of homelessness in the county and will discuss the status of the County Law Enforcement Liaison Committee and the County non-discrimination policy. Members of the public are invited. Info: 668-4095.

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. 22, '11.** Vol. 17, Number 6. Published semi-monthly on 2nd & 4th Tuesdays; **next Apr. 12, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Apr. 7, '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.

Demand Permanent Shutdown of GE Mark 1 Nuclear Reactors

There are 23 nuclear reactors currently operating in the United States using the same General Electric Mark I design as those that have failed so catastrophically at Fukushima.

The flaws in this design are fundamental, cannot be fixed, and have been documented for 40 years now. Please go here to send the following letter to President Obama. www.bit.ly/ShutThemDown

Dear President Obama,

There are 23 operating and aging GE Mark I reactors in the United States. This is the same design that has failed so catastrophically at Fukushima.

Top safety officials at the Atomic Energy Commission and later the Nuclear Regulatory Commission have warned about the flaws of this reactor design for the past 40 years.

The flaws in this design are fundamental and cannot be fixed.

Americans should not live in peril due to flawed reactor designs. Taken together, all 23 of these reactors provide less than 4% of the nation's electricity. There is ample reserve capacity available.

These reactors must be permanently closed now. Please inform me of the actions you will take to ensure their permanent shutdown.

Sign this letter at: www.bit.ly/ShutThemDown

- - - 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.