

# 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 – May 10, 2011

## Pentagon Spending: Will It Finally Be on the Table?

from the Friends Committee on National Legislation newsletter ([www.FCNL.org](http://www.FCNL.org))

Times are tough, and Congress is worried about deficits. Members from across the political spectrum—from very liberal to conservative—are urging careful attention to spending on effective programs, with clear missions and proven track records. Waste is anathema; accountability and transparency are the watchwords of the day.

The President's bipartisan commission on the deficit recommended cuts in Pentagon spending. The Sustainable Defense Task Force, convened by a bipartisan group in Congress, identified nearly \$1 trillion in potential cuts over the next ten years. Expert groups and volunteer commissions across the political spectrum issued a raft of recommendations; all agreed that Congress could and should cut \$70 to \$100 billion per year from Pentagon spending over the next 10 years.

Yet other than small trims here and there recommended by the Secretary of Defense (see "Just a Little Off the Sides, Please" in the September/October 2010 FCNL Washington Newsletter), Congress has been unwilling to grapple with the waste, redundancy, and open-ended objectives that characterize the Pentagon budget.

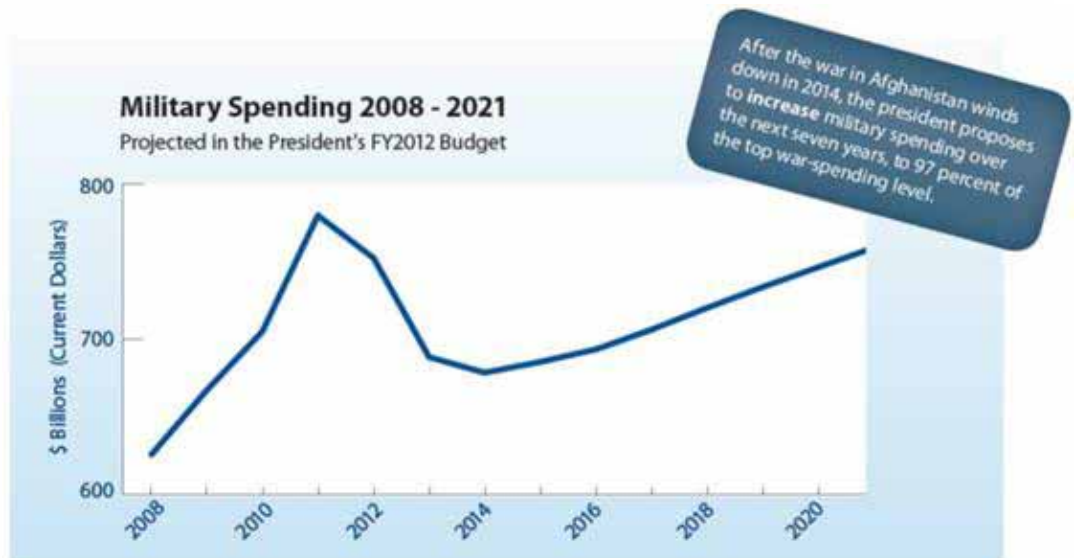
The size of the Pentagon budget is itself impressive. Military spending has doubled in the last 10 years, and it accounts for half of the discretionary spending that Congress allocates in appropriations bills every year. The United States spends almost as much as the rest of the world combined on its military. The U.S.

military presence in the world includes hundreds of military bases in Europe and Asia and 142,000 troops to staff these bases.

Pentagon spending is opaque and not at all accountable to Congress. The Pentagon has never completed an audit. The General Accountability Office has found that Pentagon contracts have incurred \$300 billion in cost overruns in the last five years—enough to fund eight out of twelve Cabinet departments for a year. In fact, Pentagon contracts are not transparent even to the Pentagon. Retired Army Lt. General John Vines was given an assignment to find out how many contracts the Pentagon has and what the thousands of contracts are accomplishing for Pentagon missions. Vines commented, "We don't even know if all this activity is making us safer."

Many members of Congress, encouraged by lobbyists for weapons manufacturers, support continued production of obsolete or unneeded weapons systems, even against Pentagon requests and advice. These legislators have been led to believe that military contracts are essential for job creation in their states and districts. In fact, military contracts are not a job-creation engine. According to a University of Massachusetts-Amherst study, military dollars spent in a state yield the least number of jobs, compared to investments in health, education, transportation, and even tax cuts. In 49 states, 94 percent of the state domestic product depends on other industries and services—not on military contracts. The fiftieth, Virginia, hosts the Pentagon and hundreds of related contractors; even so, 90 percent of the state's economy depends on other sectors.

These facts have not yet translated into policy change. Your members of Congress need to keep hearing from you that the Pentagon budget should be the first thing they look at if they are looking for places to bring federal spending more in line with federal revenues. [see page 4]



*[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.]*

## ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Wednesday - Saturday, May 11 - 14:** "A Russian Promenade." Arcata's NPA high school students present an interactive comedy based on the works of Anton Chekhov. 7:30 p.m. Bayside Grange, 2297 Jacoby Creek Rd. \$10. Info: 822-3603.
- Thursday, May 12: Bike to Work Day - Arcata.** Ride a bike and wear a helmet for free hot drinks and snacks, bike tune-ups and drawings from 7 - 9 am at the Arcata Co-op. Info: 269-2061.
- Saturday, May 14: Fiesta de Mayo,** a benefit for the Humboldt Unitarian Universalist Fellowship. The Fiesta will include live and silent auctions of goods, services and antiques, a Mexican feast, entertainment by the Cinco de Mayo Dancers of Loleta Elementary School and a Corgi dog presentation. Dinner is \$10 adults, \$2.50 children and entrance is free. 2 - 7 pm at the Fellowship in Bayside. Info: 822-3793.
- Saturday, May 14: NANDA in "The Jacket," An Acrobatic Ninja Comedy Juggling Event!** An omnipotent jacket imbues the wearer with super human power in a show jam-packed with acrobatics, juggling, combat, music, and comedy. 8 pm at HSU's Van Duzer Theater. All ages. \$15, \$12, \$10. Info: 822-1575.
- Saturday and Sunday, May 14 and 15: Humboldt Arts Festival,** "A Celebration of Life!" Continuous live music, dance and circus performances, arts and crafts, food vendors and a sculpture garden. 10th and I Streets and surrounding areas. Arcata. Noon - 10 pm Saturday, noon - 5 pm Sunday. Info: www.humboldtartsfestival.com.
- Tuesday, May 17: Coming of Age Film Series** featuring "The Sunshine Boys" with Walter Matthau and George Burns. This film series celebrates Older Americans Awareness Month. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, May 19: Bike to Work Day - Eureka.** Ride a bike and wear a helmet for free hot drinks and snacks, bike tune-ups and drawings from 7 - 9 am at the Eureka Co-op. Info: 269-2061.
- Friday and Saturday, May 20 and 21; The Eureka Symphony** performing "Deep Summer Music" by Libby Larsen, Pyotr Ilyich Tchaikovsky's 5th Symphony and more. 8 pm at the Center for the Performing Arts in Eureka. \$16, \$9. Info: 442-1956.
- Saturday, May 21: NAACP Annual Soul Food Dinner** 4 - 7 pm at the Veterans Memorial Building, H and 10<sup>th</sup> Streets, Eureka. Tickets \$15 at the door. Info: Shirley or A.V. at 268-8287.
- Saturday, May 21: Brew at the Zoo.** Sample beers from Humboldt and Mendocino breweries and groove to live music by Blue Rhythm Revue. Pub fare available. 6 - 10 pm at the Sequoia Park Zoo in Eureka. \$25. 21 and over. Info: 442-5649.
- Saturday, May 21: 2011 Rutabaga Ball.** Who will reign supreme in kookiness and glory over the 2011 Kinetic Grand Championship? Come help crown the newest Rutabaga Queen! 7 pm at Portuguese Hall, 1185 11th St., Arcata. \$10. Info: 616-5703.
- Sunday, May 22: Bike Swap Meet.** Part of Bike Month. Bring your gently used bikes, gears and equipment. 10 am - noon in the parking lot of Bank of America, 2844 F St, Eureka. Info: 269-2061 or www.humbike.org.
- Tuesday, May 24: Coming of Age Film Series** featuring "True Grit" with John Wayne, Robert Duvall and Glenn Campbell. This film series celebrates Older Americans Awareness Month. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Saturday, May 28: "Flow," an Arcata Arts Institute Runway Event.** Clothing designed, constructed and modeled by Arcata High's AAI students. 8 pm at the D Street Community Center, Arcata. \$ 20. Info: 825-2400.
- Saturday - Monday, May 28 - 30: Kinetic Grand Championship,** starting Saturday with sculpture-viewing at 10:30 am at the Arcata Plaza, race start at noon and continuing through to Ferndale's Main Street on Monday. Schedule and info at: www.kineticgrandchampionship.com.

## CHILDREN, YOUTH & ALL AGES

- Saturday, May 14: Second Saturday Family Arts Day: Magical May!** Activities for youth and families, including a performance by Shantaram the Magician and magical May art. Put on by the Humboldt Arts Council at the Morris Graves Museum. 2 - 4 pm at 636 F St., Eureka. Info: 442-0278.
- Saturday, May 14: READ with a Dog,** a special program for children to practice reading and communication skills with trained dogs and their handlers. Call ahead to reserve a time slot. Free. 1:30 - 3 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Wednesday, May 18: Family Literacy Night** presents a special musical evening with Ross MacKinney, Storyteller and Juggler. A free book will be available for each family. 6:30 pm at the Humboldt County Library, 1313 3<sup>rd</sup> St., Eureka. Info: 269-1910, www.humlib.org.
- Thursday, May 19: Share A Story "My River,"** short video, stories, and crafts. A free book is available for each participating family. 6:30 pm at the Arcata Branch Library, 500 7<sup>th</sup> St. Info: 822-5954 or www.humlib.org.
- Saturday, May 21: Fairy Tale Puppet Theater** with Terri Tripp. Free. 1 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.
- Local Sierra Club Group Offering Camp Scholarships.** Four "Camperships" are available for children in grades 4th through 8th to attend Wolf Creek Education Center in Orick, Redwood National & State Parks in July or August. The camps will feature hiking, science classes, and evenings around the campfire. Also available are scholarships to Redwood Park Science Camp. The deadline for receipt of applications is Monday, May 16. For more information or to obtain an application form, call 442-5444 or e-mail sueleskiw@suddenlink.net.

## PROTECT THE EARTH & ITS LIVING CREATURES

**Saturday, May 14: Search for Seabirds at Elkhead.** Scan the rocky shoreline for shorebirds (oystercatchers, turnstones, tattlers) and offshore rocks for nesting seabirds (murre, cormorants, puffins). We will attempt to identify the land-birds and flowering plants encountered along the trail to the bluffs. Bring a spotting scope if you have one. Meet at the Elk Head Parking lot at 8:30 am. This free trip for the general public is sponsored by Redwood Region Audubon Society. Info: Gary at 839-3373.

**Tuesday and Wednesday, May 17 and 18: Arcata Marsh Jogging Interpretive Tours** Join Megan McCue on two free jogging interpretive tours along 4 to 5 miles of trails. Tuesday will be a Sunset Jog starting at 7:30 pm. Wednesday is a Morning Jog at 7:30 am. The tour will include the Marsh proper and the oxidation ponds. Participants should bring water and must sign a waiver of liability. Meet at the Klopp Lake parking lot at the foot of South I Street. Info: Megan at 826-7487.

**Saturday, May 21: Humboldt Coastal Nature Center Dedication.** The public is invited to the dedication of the Humboldt Coastal Nature Center ~ Gateway to the Dunes. There will be something for everyone to participate in whether it's enjoying refreshments, witnessing the dedication, planting a native plant, going for a walk to the beach, participating in restoration or playing at the kids table. 10 am - noon off Highway 255 at Stamps Lane in Manila. Info: 444-1397 or [www.friendsofthedunes.org](http://www.friendsofthedunes.org).

**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, May 21: 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](mailto:info@accesshumboldt.net).

**Saturday, May 21: Access Humboldt Basic Field Certification** Learn proper use and handling of the basic field production equipment available for check out from AH. The camera packages available to members consist of Canon HV20 & HV40 Hi-Def cameras, a variety of microphones (stick, lavalier & shotgun), tripods, and more. 1 - 4 pm. Info and reservations: 476-1798 or email [info@accesshumboldt.net](mailto:info@accesshumboldt.net).

**Brochure Regarding Donating and Recycling.** The City of Arcata has produced a brochure (intended for departing college students) that lists many local options for donating, recycling or disposing of an assortment of household items. You can find "Hey Students; Don't Dump and Run" at Arcata City Hall, the library, local Laundromats or [www.cityofarcata.org](http://www.cityofarcata.org). Info: 822-8184.

## 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.



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

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Newsletter, **May 10, '11**. Vol. 17, Number 9. Published semi-monthly on 2nd & 4th Tuesdays; **next May 24, '11**. For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. May 19, '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.

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## Show Your Support for Pentagon Budget Cuts

### Write a Letter to the Editor

More and more people in the media and around the country understand that cutting the deficit requires cutting the Pentagon budget. Yet many members of Congress still aren't willing to act. Senators need to see evidence that their constituents support this point of view.

You can provide this evidence. Write a letter to the editor expressing your support for making reductions in the Pentagon budget to reduce the federal deficit. Mention your senators by name so they will see it.

Use this web site to conveniently write and send a letter to the editor:

<http://bit.ly/FCNLbudget>

Here are some pointers and suggestions for writing your own letters:

- [Increase the chances that your letter will be published: refer to an article published in your newspaper that addressed the budget. If there are specific government programs that you have a connection to you can mention those as well.]
- Congress wants to cut the budget deficit, but members are focusing on only part of the picture. Cutting programs that help low- and moderate-income families and the elderly will increase hardship and damage our communities. Meanwhile, Congress is ignoring the huge growth in Pentagon spending in the past decade.
- More and more of the people I talk to and articles I read say that cuts to the Pentagon budget make sense. Organizations, political groups, think tanks, and experts from across the political spectrum agree that the Pentagon budget should be cut. [see [http://fcnl.org/issues/checkbook/who\\_says\\_we\\_can\\_and\\_should\\_cut\\_pentagon\\_spending/](http://fcnl.org/issues/checkbook/who_says_we_can_and_should_cut_pentagon_spending/) for opinion leaders who support Pentagon budget cuts.]
- This is the right moment to cut the Pentagon budget. The federal budget deficit is one of the most serious threats to U.S. national security, and cutting up to \$100 billion a year from the Pentagon will promote, not endanger, our security.
- I hope that my senators, [NAME] and [NAME], will listen to their constituents and work in the Senate to cut the deficit by cutting the Pentagon budget.

- - - 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** \_\_\_\_\_

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The HOPE Coalition • PO Box 385 Arcata, CA 95518 • [hopecoalition@igc.org](mailto:hopecoalition@igc.org) • [www.hopecoalition.org](http://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 550 Union St. Arcata in the Common Room (next door to Equinox). 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](http://www.accesshumboldt.net). Call or email for further info. 476-1798 or [info@accesshumboldt.net](mailto: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](mailto:animaladvocate4@yahoo.com).

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

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

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

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

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

**Global Stuff** call-in talk show with Jimmy Durchschlag, last Friday, 7 - 8 pm.

## PROTECT THE EARTH & ITS LIVING CREATURES

**Adopt-the-Bay**. Participate in a number of tasks aimed at maintaining a healthy Humboldt Bay. All welcome. Info: 443-0801.

**Audubon Society Field Trips**; Free field trips through the Arcata Marsh and Wildlife Sanctuary every Saturday at 8:30 am at the 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](mailto:info@friendsofthedunes.org). Complete calendar: [www.friendsofthedunes.org](http://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](mailto:climatechange@redwoodalliance.org); [www.redwoodalliance.org](http://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](http://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](http://www.clarkemuseum.org).

**First Street Gallery**; 422 First Street, Eureka. Tuesday - Sunday from noon - 5 pm. Info: 443-6363 or [www.humboldt.edu/~first](http://www.humboldt.edu/~first).

**Morris Graves Museum**; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. [www.humboldtarts.org](http://www.humboldtarts.org)

**The Ink People**; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 [www.inkpeople.org](http://www.inkpeople.org).

**Westhaven Center for the Arts**; 501 S. Westhaven Dr. Info: 677-0860, [www.westhavenarts.org](http://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](http://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](http://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/](http://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](http://www.EurekaGreens.com).

**Green Wheels;** Mondays 6:30 pm at the Northcoast Environmental Center. Info: [mail@green-wheels.org](mailto:mail@green-wheels.org) or [www.green-wheels.org](http://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](http://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](mailto:sheds@humboldt1.com).

**Mother Jones Club & Humboldt Communist Alliance.** Call for meeting times: [ncalview@igc.org](mailto: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](mailto:arcata@greens.org).

**Redwood Chapter ACLU** meets 3rd Tuesday at noon at 917 Third St. in Eureka. Blog at [redwoodaclu.blogspot.com](http://redwoodaclu.blogspot.com). Info: 215-5385.

**Sequoia Greens** of southern Humboldt. Call for meetings: 923-4488 or [encimer@hotmail.com](mailto: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.** 2<sup>nd</sup> and 4<sup>th</sup> 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](mailto: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](http://www.theswitchboard.org).

**Humboldt Domestic Violence Services Support Groups;** all services are free. Support groups Thurs. eves and Fri. afternoons, with therapeutic childcare offered. 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](http://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/](http://www.a1aa.org/VCOR/).

**The Area 1 Agency on Aging** sponsors many senior programs. Info: 442-9591 or [www.a1aa.org](http://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](mailto:info@emmacenter.org) or [www.emmacenter.org](http://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](http://www.lighthouse-sf.org).