



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 – Aug. 23, 2011

Awful Deal to Prevent Debt Default

by Mayer Segal

What is the significance of the awful last minute deal that congress passed and the President signed in early August to prevent a default of our nation's debt?

Nancy Pelosi, was credited with the passage by getting a yes vote from 95 House Democrats including Rep. Gabrielle Gifford's, D-AZ, who appeared on the house floor for the first time since her near death assassination attempt six months ago. Pelosi said, "I'm not happy with it, but I'm proud of some of the accomplishments in it. That's why I'm voting for it."

That was not enough for the 95 mostly progressive House Democrats who voted no. 66 right-wing House Republicans also voted no. Our Congressman Mike Thompson defended his yes vote saying financial chaos would have resulted if the nation had defaulted on its obligations—also the agreement protected Social Security and Medicare. Surprisingly, economist Robert Reich said "we can breathe a sign of relief. The deal—as awful as it is—is still preferable to the economic catastrophe of a default on the debt of the U.S. government. The shame and outrage is that it ever came to this choice."

Both Thompson and Reich agree that the debt crisis was a phony deal. Thompson said the crisis had nothing to do with revenues and expenditures. It was orchestrated by Senate Republican leader Mitch McConnell who organized the debt-ceiling debate to "go after Obama." Seven months ago McConnell had said denying Obama a second term was "the single most important thing" he wanted to achieve. Since then, with the help of the Tea Party, he has prevented any discussion of Obama's agenda.

Reich said the deal doesn't raise taxes on America's wealthy and most fortunate—who are now taking home a large share of the nation's total income and wealth than they have since 1928 and whose tax rates are now lower than they have been since 1942. "Of the first trillion dollars of budget cuts a third will come out of defense spending. The other 2/3 will come out of education, job training, infrastructure, low-income housing, energy assistance, research and development of alternative energy sources, and other 'discretionary' programs.

Reich says that the only hope for the future is that "voters will tell their members of Congress—now on recess back home—to stop obsessing about future budget deficits and get to work on the real crisis of unemployment, falling wages, and no growth. Demand a bold jobs bill to restart the economy."

The deal did not satisfy credit rating agency Standard & Poor's which dropped—for the first time in its history—the U.S. top AAA rating by one notch to AA-plus. S&P also indicated it would likely downgrade the rating another notch in the next two years. They were pessimistic about Congress and the President's ability to stabilize their debt dynamics any time soon. The U.S. new credit rating also received a verbal blast from China who owns \$1.2 trillion of U.S. Treasury debt, the largest stake of any central bank. State-run Xenia said "the U.S. must slash its "gigantic military expenditure and social welfare costs and accept international supervision over U.S. dollar issues"

The history of the U.S. National debt is inexorably tied to its many wars, starting when we had to borrow money to fight the Revolutionary War, and Alexander Hamilton prepared a system of public debt to pay those loans. The August 2011 debt-ceiling crisis is no different. As Amy Goodman reports "not only did a compliant Congress agree to fund President George W. Bush's wars in Iraq and Afghanistan with emergency appropriations, they did so with borrowed money raising the debt ceiling 10 times since 2001 without quibbling.

The establishment of a debt ceiling has been tied to wars since 1917 during World War I when Congress wanted to prevent President Wilson from committing even more American troops and money to war. Since then even European Countries have established parliamentary control over the budget to limit a government's ability to run into debt for war—the main reason that governments ran into debt.

[continued on 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.]

PEACE NEWS

- Thursday, August 25: Dinner and Talk with Cindy Sheehan.** The focus of her tour is the urgent need to escalate environmental activism and awareness while looking at more effective ways of stopping the wars. Cindy will have copies of her book, "Not One More Mother's Child," on hand for signing. This is a fundraiser for the Humboldt Bay chapter of Veterans For Peace. \$15, \$10 with student ID \$15, \$10 w/student ID. Info: 826-0556 or hippiemash@yahoo.com.
- 2011 Peace Poetry Anthology Published.** The 2011 Redwood Coast Peace Poetry Anthology, published by the Humboldt Bay chapter of Veterans For Peace, will be available soon at local bookstores. The collection, featuring work by twenty local high school students, is also available free at www.vfp56.org/2011Anthology.pdf.

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday, August 26: Picnics on the Plaza,** featuring music by Monte Mar. Picnics on the Plaza are free, family-friendly events featuring live, local music from 11:30 am to 2 pm. Info: 822-4500.
- Saturday, August 27: UIHS Walk/Run and Health Fair,** featuring fitness activities, health screening and information booths, as well as special presentations on topics including empowering the community against domestic violence, traditional healing and communication. 10 am - 2 pm, presentations begin at 10:30 am. All ages. Info: Liz at 825-5070.
- Saturday, August 27: Father Oh Mary!'s Tapas And Tinis Fashion Show,** bringing the big hitters and local celebrities from the Bat 'N Rouge field to the stage where prospective softball players showcase their outfits for this year's Bat 'N Rouge kickoff party and Eureka Sisters fundraiser! All ages. \$10. Doors open at 6:30 at the Vet's Hall, 10th and I St, Eureka. Info: 834-4832.
- Sunday, August 28: Honor the Trees of Richardson Grove,** community potluck, music jam and a variety of presentations and activities for all ages. Bring food, instruments and bathing suits. Noon - 6 pm. Carpools available. Info: Maureen at 267-8960.
- Sunday, August 28: Localize It! Festival** featuring live music, kid's activities, Eat Local information and food samples from local food producers. Kick-off party for the Co-op's Eat Local Challenge. Noon - 4 pm at the Eureka Co-op. Free. Info: 443-6027.
- Wednesday, August 31: Lecture: "From Arcata To Palestine: The Arcata Marsh Continues To Inspire And Educate An International Audience,"** by Alaa Shelbaia, a Palestinian graduating engineering student from An-Najah National University, who is completing a two-month internship at the Marsh. 6:30 pm at the Interpretive Center, 569 S. G St. Free. Info: 826-2359.
- September: Local Food Month,** a county-wide celebration of local food, local farmers, and local abundance, intended to raise awareness of agriculture and healthy food systems in Humboldt County. Info: www.caff.org/humboldt/.
- Thursday, September 1: Opening Reception for "Multiply by Six Million: Portraits and Stories of Holocaust Survivors,"** photographer Evvy Eisen's 15-year-long project to create portraits of survivors living in California and to collect their personal histories. 4 - 6 pm at the Reese Bullen Gallery at HSU. Gallery open Tues. - Sat. Info: 826-5814 or rbg@humboldt.edu.
- Sunday, September 4: Benefit for the EPIC Richardson Grove Legal Fun,** featuring live music with the Marjo Wilson Band, Joanne Rand, and local musicians, dinner, silent auction, wine and beer and more. Doors open at 5 pm at Beginnings in Briceland. \$20 sliding scale. Info: Kelly at 923-0152 or Lauren at 923-3499.
- Monday, September 5: Annual Labor Day Picnic,** at Sequoia Park, Eureka, noon - 3 pm. Free; bring a can of food for Food Bank. Music, speakers, BBQ, salad, drinks, and games. Info: 443-7371 or 442-1751.
- Monday, September 5: 26th I-Block Party,** a benefit for the Arcata-Camoapa Sister City Project. Live music - Striped Pig Duo, Gordissimo with Rose Armin-Hoiland, and Vintage Soul - BBQ dinner, kids' activities, raffle, silent auction, and local microbrews. On I Street in Arcata between 10th and 11th from noon - 6 pm. Info: 822- 7130.
- Friday, September 9: 2nd Annual Bat N' Rouge Drag Softball** with the Eureka Sisters of Perpetual Indulgence and various local celebrities. Cheating is encouraged and home runs can be purchased. Proceeds benefit Arcata Forest Fund-Ridge Trail Project. \$15, \$75 (VIP w/dinner). Info: 845-3873.
- Friday and Saturday, September 9 and 10: Annual Storytelling Festival by the Sea.** Friday night and all of Saturday at Trinidad Town hall. The event will feature a slate of exceptional storytellers with songs and music. Lunch and dinner available also. Info: 499-8301 or 677-3840 or www.inkpeople.org.
- Saturday, September 10: Active Living Senior Show,** offering info on many topics such as reverse mortgages, hobbies, travel, health and wellness, educational classes, finances, living wills, volunteerism and more. 10 am - 3 pm in the Bayshore Mall common area. Free. Info: 444-3855.
- Saturday, September 10: HSU Music Dept. Faculty Artist Series: Music Department Faculty Welcome Concert;** 5 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.
- Monday, September 12: 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.
- Monday and Tuesday, September 17 and 18, 2011: 4th annual yard sale for Glimmer of Hope Afghan School Project.** 9 - 3 at Equinox, 470 Union St. Arcata. To donate gently used reusable items, to help, or for more info: Judi Rose rosebuds@humboldt1.com 822-2142

CHILDREN, YOUTH & ALL AGES

- Saturday, August 27: 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, September 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. September's book is "Gilbert, the Surfer Dude" by Diane deGroat. Free. Noon to 2 pm. Info: 442-0278.
- Saturday, September 10: KidCo Presents "Alice in Wonderland."** 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.

PROTECT THE EARTH & ITS LIVING CREATURES

Ongoing Through September: Lost Coast Hikes With Sanctuary Forest; educational hikes that highlight the magnificent diversity of plant and animal life in the Sanctuary Forest, Sinkyone Wilderness State Park, and the King Range National Conservation Area. Info, reservations and schedules: 986-5415 or 986-1087 or www.sanctuaryforest.org.

Sunday, August 28: Morning Bird Watching Join Dr. Matt Johnson, HSU Wildlife Professor, for an early morning walk in the dunes and learn some basic bird watching techniques from 8 am - 9:30 am. Bring binoculars if you have them. Meet at the Humboldt Coastal Nature Center, 220 Stamps Lane, Manila. Info: 444-1397 or www.friendsofthedunes.org.

Sunday, August 28: Honor the Trees of Richardson Grove, community potluck, music jam and a variety of presentations and activities for all ages. Bring food, instruments and bathing suits. Noon - 6 pm. Carpools available. Info: Maureen at 267-8960.

Wednesday, August 31: Lecture: "From Arcata To Palestine: The Arcata Marsh Continues To Inspire And Educate An International Audience," by Alaa Shelbaia, a Palestinian graduating engineering student from An-Najah National University, who is completing a two-month internship at the Marsh. 6:30 pm at the Interpretive Center, 569 S. G St. Free. Info: 826-2359.

Saturday, September 10: Free Public Hike On Bull Creek Loop In Humboldt Redwoods State Park. This 8-mile, medium-difficulty hike begins at Rockefeller Loop Parking Area. Bring liquids, lunch, layers, and comfortable, sturdy footwear. No dogs. Must register in advance. Info: Melinda 668-4275 or mgroomster@gmail.com.

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, August 27: Free Electronic Waste Collection Event. 10 am - 2 pm at 5th and K Streets in Arcata (behind Bud's Mini Storage). To expedite the recycling and maintain safety, please have all cords tied up and recyclable items in the trunk or back seat. For more info or to find out what items can be recycled, call US Recyclers at 822-5416.

Saturday, September 3: 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.

Now, In Your Garden: "Plant a Row for the Hungry." Have a surplus? The food bank would be happy to take it off your hands. Info: Food for People at 445-3166.

MEETINGS

Thursday, September 1: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. Anyone with interest in or concerns about human rights in Humboldt County is encouraged to attend. Members of the public are invited. Info: 668-4095.

TALK SHOWS, COMMENTARY, & MEDIA SPECIALS

"Thursday Night Talk" hosted by David Cobb of Democracy Unlimited airs every Thursday 7:30 - 8:30 pm on KHSU FM 90.5. It is a live call-in show, so it's a great way to have your opinion heard by thousands of listeners. The studio line is 826-4805.



HOPE Coalition Newsletter & Calendar, Aug. 23, 2011 **Page 4**
PO Box 385, Arcata, CA 95518 **RETURN SERVICE REQUESTED**
 Printed on recycled paper with voluntary labor.

Save paper & \$\$. Let us know if you would rather receive this by email.

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

Newsletter, **Aug. 23, '11.** Vol. 17, Number 16. Published semi-monthly on 2nd & 4th Tuesdays; **next Sept. 13, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Sept. 18, '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.

Awful Debt Deal *[continued from page 1]*

The significance of the debt ceiling crisis to this writer has clearly demonstrated to me that the super-rich in this country even with their new found gains are running scared, or should be. Maintaining their influence as the world's sole superpower has become a challenge. Wars, even against "terrorists", are expensive and less popular. Giving only lip service to famine, poverty, and the on-going and potential environmental disasters is being questioned. As more families face jobs and home losses, cutbacks in educational opportunities, the ravages of oil, nuclear, and environmentally induced disasters, they are beginning to see that excessively high standard of living, hatred, and war are not the answer.

Or as William Greider, National Affairs correspondent for the Nation, maintains, "Whatever supposed solutions congress eventually enacts, the misleading quality of the debt crisis should become widely understood once the action is completed. The debt and deficits will probably keep expanding, because the economy will remain stagnant or worse, with near 10 percent unemployment and falling incomes, and that is fundamentally what drives deficits higher. It should become obvious that deficit reduction did nothing to revive economic growth or to create jobs. In fact, cutting federal spending may make things worse, because it withdraws demand from the economy at the very moment when demand for goods and services is woefully inadequate."

--- 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

GI Rights Hotline; provides accurate, helpful military counseling and information on military discharges, AWOL and UA, and GI Rights. [www. Glrightshotline.org](http://www.Glrightshotline.org) or 877-447-4487.

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. 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. Info: 336-2258, redwoodaclu@hotmail.com.

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 7 pm 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 4th Wednesday, location varies. Info: Sue at 822-3405 or suejh@humboldt1.com.

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. 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.

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.