



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 – September 28, 2010

Planning for the Future: Trails, Transit, & Active Transportation

by Jennifer Kalt, Healthy Humboldt Coalition Policy Director

After nearly 10 years of public hearings, community workshops, and hundreds of comments, the county's General Plan Update is at long last nearing completion. The current General Plan was adopted in 1984 and is woefully in need of updating. This update is crucial to promote responsible development, protect our environment, and provide safe, nurturing habitats for people and wildlife.

For the past 18 months, the county's Planning Commission has been conducting its final round of review before the plan goes before the Board of Supervisors for approval. Numerous public hearings will be held in the coming months to address transportation, economic development, and environmental protection, including open space, biological, and water resources.

On October 14, the County Planning Commission will begin discussing the "Circulation Element" of the General Plan Update, which addresses the county's transportation system, including trails, public transit, and short sea shipping, as well as cars. If you would like to see a bike lane on the route to your children's school, safer sidewalks in rural communities and business districts, more convenient bus service, or "complete" neighborhoods that include places to live, work, and shop, now is the time to make your opinions known.

The way we design our neighborhoods and roads can make it safe and easy for people to walk, bike, and take the bus. Or it can make it dangerous, difficult, or unpleasant. Many communities were designed with the automobile in mind, leaving residents with little choice other than to drive to work, school, and services.

Designing our communities to reduce our reliance on cars and fossil fuel means cleaner air and water and a healthier environment. Reducing the need to drive reduces greenhouse gas emissions, which is essential to slowing climate change. The less dependent we are on cars, the healthier we are.

Freedom from the need to drive is especially important for children and seniors. Children who can safely walk or bike to school are healthier. Seniors who can safely and easily get where they need to go without relying on cars are more independent. Through better planning, we can provide more housing options that reduce the need to drive and foster more connected neighborhoods.

Decreasing our reliance on cars also keeps more money in the local economy, since less money is spent on fuel. Fewer roads mean healthier budgets for our cash-strapped municipalities: our County Public Works Department has a \$150 million backlog in road maintenance costs. Maintaining roads in good condition costs \$20,000 per mile each year, and building new road costs the County \$1 million per mile!

Right now, through the County's General Plan Update we have an opportunity to shift the focus away from car-centered sprawl and toward community design strategies that preserve natural resources and promote healthy transportation choices for people of all ages and abilities. If we design our human habitat with the same reverence we often show our forests and rivers, our communities can be places that are safe, healthy, and enjoyable.

Healthy Humboldt, along with our member groups and supporters, is advocating for policies that will improve public transit, bicycle, and pedestrian options along with better streets, trails, and safe routes to schools. Specifically, we are calling for the County to adopt road standards that encourage efficient auto travel while creating streetscapes that are safe for pedestrians and bicyclists; prioritize funding for maintaining existing roads and retrofitting them for "Complete Streets" over new road construction; and support for a regional trail system for commuters as well as recreational uses.

For meeting updates, to become a member, or to find out more, visit www.healthyhumboldt.org or call 633-8478. Healthy Humboldt is a coalition of organizations and individuals working for a County General Plan that provides healthy housing and transportation choices while protecting our farms, forests, and watersheds. Member groups include Green Wheels, Sierra Club (North Group/Redwood Chapter), Northcoast Environmental Center, Humboldt Baykeeper, and the Humboldt Watershed Council.

Submit Written Comments by email: [mspencer@co.humboldt.ca.us](mailto:m Spencer@co.humboldt.ca.us)
By U.S. mail: Humboldt County Community Development Services,
3015 H Street, Eureka, CA 95501

Attend a Hearing on Thurs., Oct. 14 at the County Courthouse,
825 Fifth Street, Eureka

Updated hearing schedules: www.healthyhumboldt.org.
Info on the General Plan Update: www.co.humboldt.ca.us/gpu/
Tips on letter-writing: www.healthyhumboldt.org/involved-letter.html

[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

October: Sales For Survivors to benefit the Humboldt County Breast Health Project. Participating merchants donate a portion of their proceeds in support of National Breast Cancer Awareness Month. Schedule and info: www.hcbhp.org or 825-8345.

Friday, October 1: A Taste For Kids' Sake presenting local food, wine, and beer for tasting, along with music and silent and Dutch auctions. All proceeds benefit Northcoast Big Brothers, Big Sisters mentoring programs for children. 5:30 - 8:30 pm at the Adorni Center. \$25 advance, \$30 at the door. Info and tickets: 445-4871.

Friday, October 1: Eureka Chamber Music Series: Anton Nel, award-winning internationally-recognized pianist. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.

Saturday, October 2: Pastels on the Plaza. Local artists sponsored by local businesses create pastel works of art on the sidewalks of the Arcata Plaza. Info: Northcoast Children's Services 825-1302 or 825-1313 or www.ncsheadstart.org.

Saturday, October 2: 26th Annual Fortuna Apple Harvest Festival, annual town-wide festival with tastings, hayrides, music and more. All day. Info: 725-3959, 725-9261 or www.sunnyfortuna.com.

Saturday, October 2: "Club Shampoo," a musical benefit for the Arcata Playhouse and its youth programs. The Playhouse will be raising funds for their fifth annual Family Fun Series and to expand their teen program. Local performers, beer, wine and gourmet appetizers in a cabaret setting. \$15. Info and reservations: 822-1575.

Saturday and Sunday, October 2 and 3: Redwood Coast Bellydance Festival featuring live dancing and drumming performances, workshops, kids' activities, shopping bazaar, and more. Noon - 8 pm Saturday, noon - 6 pm Sunday at the Arcata Community Center. \$5, kids under 12 free. Info: 616-6876 or www.redwoodcoastbellydance.com.

Sunday, October 3: North Coast Co-op "Eat Local" Celebration Potluck. Bring a dish to share made from local ingredients and compete in the Localvore Recipe Contest. Prizes will be given. 5 - 7 pm at the Bayside Grange. Info: 826-8670, ext 132.

Tuesday, October 5: "Based on the Book" Cold Warriors Film Series featuring "Three Days of the Condor" (1975). Starring Robert Redford, Faye Dunaway, Cliff Robertson and Max von Sydow. Hosted by Bob Doran. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday, October 7: First Thursday Film Series: "Reel Injun," an insightful and entertaining feature length documentary about the evolution of the image of North American Native people ("The Indians") in famous Hollywood movies, from the silent era to today. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Thursday - Saturday, October 7 - 9: Live Music, Silent Movie with the ArMack High School Orchestra. "Phantom of the Opera" with Lon Chaney, accompanied by a full orchestra. At McKinleyville High, 7 pm each night with a 2 pm matinee on Saturday. \$5. Info: 826-0410.

Friday, October 8: "Reflections From Our Past, Envisioning Our Future," a benefit for the Seventh Generation Fund for Indian Development featuring a traditional salmon dinner and cultural performances as well as a silent auction. 6 - 9 pm at the Blue Lake Casino and Hotel. \$35. Info: 825-7640.

Saturday, October 9: "Dance Your Dessert Off" Benefit Barn Dance, featuring caller Tara Stetz and The Striped Pig String Band and an array of small desserts. Proceeds benefit Humboldt Bay Rowing Association junior scholarships. Each barn dance is taught before it is danced, partners not required. 7:30 - 11 pm at the Bayside Grange. \$10 dance only, treats \$2. Info: 822-5394.

Saturday, October 9: HSU Music Dept. Faculty Artist Series: Elisabeth Harrington, voice at 8 pm in the Fulkerson Recital Hall, HSU. \$8, \$3. Info: 826-3456.

Tuesday, October 12: "Based on the Book" Cold Warriors Film Series featuring "Goldfinger" (1964). Classic James Bond. Hosted by Wynston Jones. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Thursday - Saturday, October 14 - 16: Live Music, Silent Movie with the ArMack High School Orchestra. "Phantom of the Opera" with Lon Chaney, accompanied by a full orchestra. At Arcata High, 7 pm each night with a 2 pm matinee on Saturday. \$5. Info: 826-0410.

CHILDREN, YOUTH & ALL AGES

HSU Natural History Museum Re-opens! The museum is now open to the general public Tuesday through Saturday, 10 am - 5 pm. Info: 826-4479.

Wednesday, October 6: Share A Story " All for Fall," 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, October 9: Second Saturday Family Arts Day: Day of the Dead. Activities for youth and families, including Folkloric Dance 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.

Sunday, October 10: Second Sunday Afternoon Dance: The Dancer's Studio. Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

ELECTION INFO

Monday, October 18: Last Day to Register for the November 2 Election

[more on page 3](#)

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, October 2: Free Public Hike To Headwaters Forest Reserve. This 11-mile, medium-difficulty hike begins at parking lot at end of Elk River Road trailhead. Hike is level for first three miles, passing through scenic second-growth redwood forest along Elk River. Last two miles are steep climb and loop through beautiful old-growth section. Return along same route. Bring snacks & water. Carpools meet 9 am at Herrick Park & Ride lot off Hwy 101 or at trailhead at 9:30 am. No dogs. Info: 441-0702.

Saturday, October 9: Ebird Site Survey At Shay Park in Arcata. 8 am at Shay Park parking lot at east end of Foster Avenue. Expect to survey about 90 minutes, depending on how "birdy" it is. For more info on the ebird site survey, visit www.ebird.org/content/ebird/about/eBird_Site_Survey. Info: Rob 839-3493 or migratoriusfwlr@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

Mondays and Wednesdays, Ongoing: Art for the Young at Heart, a low-cost opportunity for folks over 50 to express themselves creatively. Set up as an open studio with individualized instruction, participants can experiment in watercolor painting techniques, hand-built low-fire ceramics, silk painting and more. Some introductory supplies will be provided. 6 – 9 pm at Arcata Elementary School, room 7. Instructor: Maureen McGarry. Info: the Ink People at 442-8413.

Saturday, October 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.

Saturday, October 2: DUHC Introductory 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. Become part of a community-based effort to reclaim power for people, not corporations. \$25-\$100 sliding scale; no one turned away for lack of funds. Pre-registration is necessary to attend this workshop and spaces are limited. Info: 269-0984 or e-mail info@DUHC.org.

MEETINGS

Thursday, October 7: 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.

NOVEMBER 2 ELECTION - CANDIDATE FORUMS

Monday, October 4: League of Women Voters Community Forums: Eureka City Council, Wards 1 and 3. 12:45 - 1:30 pm at the Wharfinger Building in Eureka. Info: 444-9252 or www.lwvhc.org.

Wednesday, October 6: League of Women Voters KEET TV Forums: Mayor, City of Eureka. 7:30 – 8:30 pm on Channel 13. Info: 444-9252 or www.lwvhc.org.

Thursday, October 7: League of Women Voters KEET TV Forums: District Attorney. 7:30 – 8:30 pm on Channel 13. Info: 444-9252 or www.lwvhc.org.

Monday, October 11: League of Women Voters Community Forums: Supervisor, 4th District and Mayor, City of Eureka. 12:45 - 1:30 pm at the Wharfinger Building in Eureka. Info: 444-9252 or www.lwvhc.org.

Monday, October 11: League of Women Voters KEET TV Forums: Eureka Measure N. 7:30 – 8:30 pm on Channel 13. Info: 444-9252 or www.lwvhc.org.

Wednesday, October 13: League of Women Voters KEET TV Forums: Supervisor, 4th District. 7:30 – 8:30 pm on Channel 13. Info: 444-9252 or www.lwvhc.org.

Thursday, October 14: League of Women Voters KEET TV Forums: Eureka City Council, Wards 1 and 3. 7:30 – 8:30 pm on Channel 13. Info: 444-9252 or www.lwvhc.org.

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.

"Conversation with Paul Mann," a new public affairs program covering national and international issues with local guests and callers. Tuesday evenings from 7:30 - 8:30 on KHSU FM 90.5. Studio line: 826-4805.



HOPE Coalition Newsletter & Calendar, Sept. 28, 2010 **Page 4**
PO Box 873 Arcata, CA 95518 **RETURN SERVICE REQUESTED**
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Editorial: Page 1, **Calendar:** Pages 2 - 3, **Action Item:** this page.

Newsletter, **Sept. 28, '10.** Vol. 16, Number 15. Published semi-monthly on 2nd & 4th Tuesdays; **next Oct. 12, '10.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Oct. 7, '10.** Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

Register to Vote!

September is National Voter Registration Month. The time to urge any unregistered famil members, friends, or neighbors to register is now.

The deadline for Californians to register to vote in the November 2nd election is Monday October 18th.

People may register to vote in California if they are:

- U.S. citizens
- Residents of California
- At least 18 years old as of November 2nd.
- Not in prison or on parole for a felony offense, and have not been judged by a court to be menially incompetent.

Voter registration forms are available at any U.S. Post Office, local libraries, DMV offices, and the Humboldt County Office of Elections in Eureka.

See Page 3 for a listing of Candidate Forums in Humboldt County.

- - - **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.