

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 – Oct. 25, 2011

Who's Minding the Supercommittee?

From the Hightower Lowdown, www.hightowerlowdown.org

When the 435 House members and 100 senators failed in July to agree on a long-term deficit reduction plan, the leaders appointed a committee. But don't sneer, for this is—cue the trumpets—a supercommittee! Made up of only a dozen lawmakers and perfectly balanced between Repubs and Dems, this panel is to find about \$1.5 trillion in spending cuts and new revenues to shrink the federal deficit.

The theory is that the group will be small enough to work together across partisan lines for the good of the country, free from the demands of special interests. The problem with theories is that reality has a way of intruding on their perfection. In this case, the intrusion is literal.

AT&T, Blue Cross Blue Shield, Citigroup, and GE will be there—not physically, but monetarily. These outfits are among the top donors of campaign cash to the twelve budgeteers. Wall Streeters alone have invested \$17 million in the campaigns of the supercommittee's six Republicans and \$15 million in the six Democrats. Meanwhile, Big Oil, the insurance giants, Wall Street bankers, and other corporate powers have mobilized lobbyists who're on a first-name basis with the members.

About 100 staffers who used to work for the super Congress members have now been hired by corporations to lobby their old bosses. A couple of dozen of Sen. Max Baucus' former aides are now lobbying him and the other eleven deficit whackers to protect the subsidies that oil, insurance, and other corporations receive from us taxpayers.

And they wonder why Congress and corporate lobbyists rank below E. coli bacteria in public approval ratings.

Contribution Profile of Members of the Deficit 'Super Committee'

From www.maplight.org

MapLight.org has conducted an analysis of campaign contributions to the 12 members of Congress appointed to the Joint Select Committee on Deficit Reduction.

The members of the so-called "Super Committee" are:

- Senators: Pat Toomey (R-Pa.), Jon Kyl (R-Ariz.), Rob Portman (R-Ohio), Patty Murray (D-Wash.), John Kerry (D-Mass.), and Max Baucus (D-Mont.)
- Representatives: Jeb Hensarling (R-Texas), Fred Upton (R-Mich.), Dave Camp (R-Mich.), Chris Van Hollen (D-Md.), Xavier Becerra (D-Calif.), and Jim Clyburn (D-S.C.).

Methodology: MapLight.org analysis of campaign contributions from Jan. 1, 2001 – Dec. 31, 2010 to the 12 members of the Joint Select Committee on Deficit Reduction. Campaign contributions and industry classifications established by the Center for Responsive Politics (OpenSecrets.org).

[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.]

Top 10 Industry Contributors to Super Committee Members (PACs and Employees)

Industry	Totals
Lawyers/Law Firms	\$31,529,149
Securities & Investment	\$11,221,416
Democratic/Liberal	\$9,647,264
Health Professionals	\$9,321,588
Real Estate	\$8,793,350
Education	\$8,568,460
Misc. Business	\$7,902,021
Business Services	\$6,563,524
Women's Issues	\$6,396,728
Insurance	\$5,693,595

Top 10 Organization Contributors (PACs and Employees) to Super Committee Members

Organizations	Totals
Club for Growth*	\$1,008,884
Microsoft Corp.	\$810,100
University of California	\$629,495
EMILY's List*	\$594,883
Goldman Sachs	\$592,684
Citigroup Inc.	\$561,081
JPMorgan Chase & Co.	\$494,316
Bank of America	\$349,566
Skadden, Arps, et al.	\$347,356
General Electric	\$340,935

*The Club for Growth's and EMILY's List's totals also includes contributions from its members.

PEACE NEWS

2011 Peace Poetry Anthology Published. The 2011 Redwood Coast Peace Poetry Anthology, published by the Humboldt Bay chapter of Veterans For Peace, should be available now at local bookstores. The collection, featuring work by twenty local high school students, is also available free at www.vfp56.org.

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.

Thursday, October 27: "Based on the Book" Master of Suspense: The Films of Alfred Hitchcock featuring "Shadow of a Doubt" (1943). Alfred Hitchcock considered this his favorite of all his films. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Hosted by Phillip Wright. Info: 269-1910, www.humlib.org.

Friday, October 28: Eureka Chamber Music Series: The Daedalus Quartet, quartet-in-residence at Columbia University and visiting artists at UPenn. 7:30 pm at the Cavalry Lutheran Church, 716 South Ave, Eureka. \$30. Info: 445-9650.

Friday, October 28: Monsters of Motown All-Ages Event featuring live music from the Motown era performed by Arcata Arts Institute music combos and the ArMack Jazz band. Enjoy great food, a haunted house, fabulous music, and prizes for best costume. 8 pm at the Arcata Veterans Hall. \$10, \$5. Support music in our schools! Info: 825-2400 or www.artsinstitute.net/live.

Friday – Sunday, October 28 – 30: Macabre Cabaret featuring a pirate ghost band, a deadly infomercial, a telling of the patchouli meaning of Halloween by the Humboldt Honeys, plus more acts, laughs, and music. 8 pm in the Carlo Theatre, Blue Lake. \$15. Info: 668-5663 x20 or www.dellarte.com.

Saturday, October 29: Hollywood, Heroes and Horrors; Sister Bingo for Humboldt Pride featuring a judged costume contest, food and drink, raffle, a Sister ritual and more. 6 – 9 pm at the Bayside Grange. \$20, \$15 w/student ID. Info: 834-4832 or www.eurekasisters.org.

Saturday, October 29:

Sunday, October 30: Spooky Puppet Show with Sean Powers and Gamelan Sekar Sequoia. 7 pm at the Arcata Playhouse, 1251 9th Street, Arcata. \$8, \$5 children. Info: 822-1575.

Wednesday, November 2: Pints for Non-profits for The Humboldt Chapter of Health Care for All. BBQ, live music, silent auction and WILPF quilt raffle. \$1 per pint of Mad River Brews sold will go to helping to bring affordable, equitable healthcare to all Californians. 5 – 8:30 pm at Mad River Brewery, 101 Taylor Way, Blue Lake. Info: 668-4151 or hcahumboldt@gmail.com.

Thursday, November 3: First Thursday Film Series: "We Still Live Here: Âs Nutayuneân." The Wampanoag saved the Pilgrims from starvation, and lived to regret it. Spurred on by their celebrated linguist Jane Little Doe Baird, the Wampanoag of Cape Cod and Martha's Vineyard are reviving their language more than a century after the last native speaker died. Free admission. 6 – 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.

Thursday, November 3: Spoken Word With Olga Loya. Nationally recognized storyteller presents a personal interpretation of the "Day of the Dead" through family stories, myths, folk tales and legends that demonstrate the power of ceremony to change the way we look at life and death. Free. 6:30 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 442-3320.

Friday, November 4: EPIC's 34th Annual Membership Meeting, Dinner and Celebration at the Mateel in Redway. Meeting, Mediterranean dinner, auction, awards (honoring Darryl Cherney) and live music by the Fishtank Ensemble. \$40 for dinner, dancing and music. \$20 for dancing and music only. Info: 822-7711 or wildcalifornia.org.

Saturday, November 5: Arcata Interfaith Gospel Choir's Annual Harvest Concert, directed by Jim Hubbard and accompanied by a full band. The newly re-formed AIGC Youth Choir will open the concert. Free refreshments will be served after. 7 pm at the Arcata Presbyterian Church, 11th and G St., Arcata. Suggested donation \$12. Info: 822-4444.

Sunday, November 6: Daylight Savings Ends. Set your clocks back one hour.

CHILDREN, YOUTH & ALL AGES

Saturday, October 29: Crafts to Celebrate the Day of the Dead, a craft program for all the community and all ages, presented by the Humboldt Comunidad and InkPeople. Learn how to make paper-cuts, or papel picado, paper flowers, masks, and noisemakers to honor your memories of loved ones. Free. 1 – 3 pm at the Humboldt County Library, 1313 3rd St., Eureka. Info: 269-1910, www.humlib.org.

Saturday, October 29: HUUF Halloween Festival. Join the King and Queen of Halloween for a non-scary celebration, with fairy-tale skits and warm refreshments. 5 - 8 pm at the Unitarian Fellowship in Bayside. Advance tickets required. Info: 822-3793.

Sunday, October 30: Spooky Skeleton Forest Tour, a Halloween event for kids and their adults. Join Friends of the Dunes and the Humboldt Bay National Wildlife Refuge for a fun Halloween nature hike at the Ma-le'l Dunes Unit in Manila. One hour tours will start every 30 minutes from 1– 4 pm. Come dressed in costume and bring a trick or treat bag! Space is limited; call 444-1397 to reserve a time slot.

Sunday, October 30: Boo at the Zoo! Family fun with games, activities, costume parade and contest, animal encounters and Zoo animals enjoying special jack-o-lantern treats. Noon – 4 pm at the Sequoia Park Zoo. Free with zoo admission. Costumes encouraged. Info: 442-5649 or www.sequoiaparkzoo.net.

Saturday, November 5: 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. April's book is "Freight Train/ Tren de Carga" Free. Noon to 2 pm. Info: 442-0278.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturday, October 29: Audubon Society Field Trip. Join leader Gary Lester for a 3-hour walk through the forests and along the bluffs of Patricks Point State Park in search of land- and seabirds. Wear sturdy shoes. Meet in front of the Park entrance at 8:30 am to walk in. Free parking is available along segments of Patricks Point Drive north of Trinidad (watch signs for legal areas). This field trip is free and for the general public. Info: 839-3373.

Sunday, October 30: Spooky Skeleton Forest Tour, a Halloween event for kids and their adults. Join Friends of the Dunes and the Humboldt Bay National Wildlife Refuge for a fun Halloween nature hike at the Ma-le'I Dunes Unit in Manila. One hour tours will start every 30 minutes from 1– 4 pm. Come dressed in costume and bring a trick or treat bag! To get there, take Hwy 255 and turn onto Young Lane. Follow the signs towards the Gun Club, and continue down the dirt road all the way to the end. Space is limited; call 444-1397 to reserve a time slot.

Saturday, November 5: North Group Sierra Club Hike to Russ Mountain in Ferndale. This 5-mile trip starts with leisurely stroll along Ferndale's Main Street, followed by a walk through the cemetery to a trail that winds and climbs through Russ Park on interconnecting Lytek Ridge Loop and Bluff Loop. Return along Grizzly Bluff Road and Ocean Street. Free and for the general public. Bring lunch and water. Carpools: Meet at 9 am at the Park & Ride lot Herrick Ave/Hwy 101 or 9:30 am at the Cream City Café, 543 Main St. in downtown Ferndale. Info: Xandra at 441-0702 or xandralydia@yahoo.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

Every Other Wednesday: Corporate Personhood Study Group. Democracy Unlimited is hosting a five session bi-monthly community study group, People Challenging Corporate Power. The anti-corporate personhood workshop will provide all the tools required for cerebral liberation, covering everything from the history of the rise of corporate power to the subjugation of our democracy through the elimination of regulations and the abuse of private property. Info: 269-0984 or email info@duhc.org.

Wanted: Board Members for the North Coast Stand Down. Four seats are open; seeking energetic and committed members to serve on this Board and help organize, coordinate and execute this event which provides services for all veterans, including dental care, massage treatment, haircuts, legal assistance, a job fair, VA referrals, and other services. Veterans are encouraged to serve on the Board, but it is not a requirement. Applicants are invited to submit a letter of interest via email to allan.dollison@us.army.mil or via mail to: North Coast Stand Down, PO Box 1012 Arcata, CA 95518-1012

Thursday, November 3: Humboldt County Human Rights Commission at 5 pm in Conference Room A in the County Courthouse. Items on the agenda include a discussion of The Brown Act, re-implementation of The Independent Observer Program, and the need for public restrooms throughout the county. Members of the public are invited. Info: 668-4095.

Saturday, November 5: 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: Extra Produce? Have a surplus? The food bank would be happy to take it off your hands. Info: Food for People at 445-3166.

MEETINGS

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, Oct. 25, 2011 **Page 4**
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Editorial: Page 1, **Calendar:** Pages 2 - 3, **Action Item:** this page.

Newsletter, **Oct. 25, '11.** Vol. 17, Number 20. Published semi-monthly on 2nd & 4th Tuesdays; **next Nov. 8, '11.** For calendar items PO Box 385, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Nov. 3, '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.

Two Important Petitions

♥ Join the “We the People” campaign!

They'll update you on the campaign, notify you about new actions to join, and provide information for your own grassroots organizing.

Please sign the people's pledge, reproduce the pledge, circulate it, and post it so others can see it and sign, too (at work, on your website and other social media sites, in coffee shops, etc.).

Join the campaign: www.WeThePeopleCampaign.org

♥ Motion to Amend

We, the People of the United States of America, reject the U.S. Supreme Court's ruling in Citizens United, and move to amend our Constitution to:

- Firmly establish that money is not speech, and that human beings, not corporations, are persons entitled to constitutional rights.
- Guarantee the right to vote and to participate, and to have our vote and participation count.
- Protect local communities, their economies, and democracies against illegitimate "preemption" actions by global, national, and state governments.

Sign the petition: www.MoveToAmend.org



- - - 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.