



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 – November 24, 2009

The Defining & Enabling Experience of Our "Civilization:" The Thanksgiving Myth

by S. Brian Willson; www.brianwillson.com

As we again plan to celebrate what "Americans" call Thanksgiving, let us pause for a moment of reflection. Let us recognize that accounts of the first Thanksgiving are mythological, and that the holiday is actually a grotesque celebration of our arrogant ethnocentrism.

Native Americans in the Caribbean greeted their 1492 European invaders with warm hospitality. They were so innocent that Genoan Cristoforo Colombo wrote in his log, "They willingly traded everything they owned ... They do not bear arms ... They would make fine servants ... They could easily be made Christians ... With fifty men we could subjugate them all and make them do whatever we want." This meeting set in motion a 500-year plunder of the Western Hemisphere, then spread to the remainder of the globe. And it has not stopped!

Historian Hans Kōning concludes that what sets the West apart is its persistence, its *capacity to stop at nothing*. Cultural historian Lewis Mumford declared, "Wherever Western man went, slavery, land robbery, lawlessness, culture-wrecking, and the outright extermination of both wild beasts and tame men went with him."

Jump 129 years to 1621, year of the supposed "first Thanksgiving." There is not much documentation of that event, but surviving Indians do not trust the myth. Natives were already dying like flies thanks to European-borne diseases. The Pequot tribe reportedly numbered 8,000 when the Pilgrims arrived, but disease had reduced their population to 1,500 by 1637, when the first, officially proclaimed, all-Pilgrim "Thanksgiving" took place. At that feast, the whites of New England celebrated their massacre of the Pequots. "This day forth shall be a day of celebration and thanksgiving for subduing the Pequots," read Massachusetts Bay Governor John Winthrop's proclamation. Few Pequots survived.

Moving 158 years further, we discover a ruthless campaign conducted in central New York in 1779 during our noble Revolutionary War. The Continental Congress was furious that a majority of the Iroquois Indians (those who coined the Seventh Generation philosophy) were siding with the British against the colonialists who were rapidly settling their lands. The booming capital town of the Seneca Nation was Kanadesaga at the head of Seneca Lake in the Finger Lakes region. In the summer of 1779, the Continental Congress instructed its Army's commanding general to take care of the Indian problem. George Washington complied. He ordered General John Sullivan "to lay waste ... that the country ... be ... destroyed," instilling "terror" among the Iroquois Indians in central New York; General Sullivan affirmed that "the Indians shall see that there is malice enough in our hearts to destroy everything that contributes to their support." Washington declared, "Our future security will be in their inability to injure us...and in the terror with which the severity of the chastizement they receive will inspire them" [Richard Drinnon, *Facing West: The Metaphysics of Indian Hating & Empire Building* (New York: Schocken Books, 1990), pp. 331-32].

The culminating day of "victory" was September 7, 1779. Total destruction of Kanadesaga and the forty other Seneca towns was accomplished by 4,500 troops, nearly one-third of the entire force of the Continental Army. The only major military campaign of that year, it was one of the most vicious scorched-earth campaigns in history. All orchards and food crops were destroyed, all buildings were looted, then burned. Many of the escaping Senecas were scalped and butchered. "After the battle ... Indian warriors ... were scalped; Lieutenant William Barton amused himself by skinning two Indians from the hips down to make two pairs of leggings, one pair for himself, the other a present for his major" [Morris Bishop, "The End of the Iroquois," *American Heritage*, October 1969, p. 78].

Jump 162 years to 1941, when I was born in Kanadesaga, renamed Geneva by that time. As a young boy I blissfully collected hundreds of Seneca arrowheads, storing them in a special protected box in my bedroom. A chapter in my seventh grade history textbook, "The Iroquois were the Indian Masters of the State," instructed that due to "destructive attacks on the frontier settlements, George Washington decided to send an army to crush the Indians ... The Six Nations never recovered from this blow." Europeans onward and upward!

The New Republic was formed in 1789, its 1787 Constitutional Convention having been conducted in enforced secrecy, never submitted to a popular vote. The third U.S. President, Thomas Jefferson (1801-1809) described his vision of an "empire of liberty," with expanded commercial enterprises and territory. In 1807 he advocated preventive war: "If the English do not give us the satisfaction we demand, *we will take Canada*, which wants to enter the Union; and when, together with Canada, we shall have the Floridas, we shall no longer have any difficulties with our neighbors; and it is the *only way of preventing them*" (emphasis mine) [William Appleman Williams, *The Contours of American History* (Cleveland: The World Publishing Company, 1961), p. 192]. Others openly talked of expansion into Spanish America and Canada for planter and merchant prosperity in new markets, saying that the patriotic and virtuous "wise framers" of the Constitution had "*too much wisdom to restrict Congress to defensive war*" [Ibid., p. 194].

Let us examine Humboldt, California in the mid 1800s. The 1849 gold rush brought a large influx of white miners and settlers to California, leading to virtual wipeout of California Indians by 1865-70. Between 1853 and 1861 there were at least fourteen wars waged against the Indians of California, with paramilitary campaigns continuing into the late 1860s. The population, once thought to have been as high as 700,000, was estimated to be 100,000 in 1849 partly due to grueling enslavement in the Catholic Missions. From 1849 to 1860 the population decreased by 65 percent to 35,000, due to systematic killings [Russell Thornton, *American Indian Holocaust and Survival: A Population History Since 1492* (Norman: University of Oklahoma Press, 1987), p. 109]. A detailed list of atrocities committed against Indians in California, including many in what is now Humboldt County, can be found in Sherburne F. Cook's *The Conflict Between the California Indian and White Civilization* [Berkeley: University of California Press, 1976].

[Continued on Page 4]

ENTERTAINMENT, CELEBRATIONS, & CULTURE

- Friday, November 27: Buy Nothing Day**, an informal day of protest against consumerism observed by social activists, traditionally observed on the day after Thanksgiving, one of the 10 busiest shopping days of the year.
- Friday and Saturday, November 27 and 28: "A Commedia Christmas Carol,"** Dell'Arte's 29th annual holiday show. 7:30 pm at the Carlo Theatre. Pay what you can preview. Info: 668-5663
- Friday and Saturday, November 27 and 28: The Blue Ox Craftsman's Days: Living History and Artisan Faire** featuring traditional artisans from around the area as they set up shop, display their wares, and interact with the public. Blue Ox Millworks, 1 X St, Eureka. Info: 444-3437 or www.blueoxmill.com
- Monday, November 30 and Through December 13: "A Commedia Christmas Carol,"** Dell'Arte's 29th annual free holiday show. 7:30 pm at the Van Duzer Theater, HSU (this date only). Bring a non-perishable food donation. The show will be performed at a variety of free venues around the county. Ticket locations and other info: 668-5663 or www.dellarte.com.
- Thursday, December 3: First Thursday Film Series: "Young at Heart,"** a wonderful documentary about a group of seniors who sing and perform rock and roll. Free admission. 6 - 7:30 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278 or www.humboldtarts.org.
- Friday, December 4: HSU Music Dept. Symphonic Band** at 8 pm in the Fulkerson Recital Hall, HSU. \$7, \$3. Info: 826-3456.
- Saturday, December 5: Giant ArMack Rummage and Bake Sale.** This sale benefits the Arcata – McKinleyville High School Orchestra. 8 am – 3 pm at the Arcata High Multi-purpose Room.
- Saturday, December 5: 20th Annual Candlelight Walk Through Ancient Forest.** Refreshments, music, campfire, and stories. Silent auction follows. 6 pm at Prairie Creek State Park. Info: 465-2144 or www.ncria.org.
- Sunday, December 13: Second Sunday Afternoon Dance: Dancers of the Redwood Raks World Dance Studio.** Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

CHILDREN, YOUTH & ALL AGES

- Monday, November 30 and Through December 13: "A Commedia Christmas Carol,"** Dell'Arte's 29th annual free holiday show. 7:30 pm at the Van Duzer Theater, HSU (this date only). Bring a non-perishable food donation. The show will be performed at a variety of free venues around the county. Ticket locations and other info: 668-5663 or www.dellarte.com.
- Saturday, December 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. Free. Noon to 2 pm. Info: 442-0278.
- Saturday, December 12: Second Saturday Family Arts Day: Winterscapes.** Activities for youth and families, including performances, hands-on arts projects, & interactive storytellers. Free. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.
- Sunday, December 13: Second Sunday Afternoon Dance: Dancers of the Redwood Raks World Dance Studio.** Free dance performances from local dance companies. 2 - 4 pm at the Morris Graves Museum, 636 F St., Eureka. Info: 442-0278.

PROTECT THE EARTH & ITS LIVING CREATURES

Saturdays, Ongoing: Free tours of 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.

COMMUNITY THANKSGIVING DINNERS

Wednesday, November 26: The Eureka Rescue Mission; free dinner open to all, served from noon - 4 pm at 110 2nd St., Eureka. Please call to volunteer or donate. Info: 443-4551.

Thursday, November 27: The Salvation Army; free dinner for seniors served at noon at Silvercrest Residence, 2141 Tydd St, Eureka. Reservations required. 445-3141.

Thursday, November 27: St. Vincent de Paul; free dinner for all served from 11 am - 1 pm at 35 W. 3rd St., Eureka. Volunteers and donations of any Thanksgiving type food welcomed. Info: 445-9588.

Thursday, November 27: The Northern Humboldt Ministerial Association; free dinner for all (turkey and vegetarian options) served from noon - 3 pm at the Arcata Veteran's Hall, 14th and J St. in Arcata. The Arcata Interfaith Gospel Choir performs at 11:30 am. Please call to volunteer or donate; specific foods may be requested. Info: Joan at 822-7917.

Calendar editor's note: The groups listed above that offer food services all year long can use donations and volunteers at other times of the year as well as Thanksgiving and the end-of-year holidays.

HOLIDAY CRAFTS FAIRS

Saturday and Sunday, November 28 and 29: The Ink People Center for the Arts at the Adorni Center, 10 am - 5 pm (4 pm Sunday). Entertainment, food, children's activities. Free. Info: 442.8413 or www.inkpeople.org.

Saturday, December 5: 8th Annual UIHS Winter Arts and Crafts Fair. Arts and crafts from local American Indian artists. 10 am - 5 pm at Potawat Village in Arcata. Hot food and beverages available. Info: 825-5000.

Friday - Sunday, December 4 - 6: Humboldt Artisans Crafts and Music Festival at Redwood Acres. Live entertainment, tree sale, refreshments. \$2 or toy donation. Info and hours: 444-8817.

Saturday and Sunday, December 12 and 13: Holiday Craft Market at the Arcata Community Center. Live music performances. Refreshments available. 10 am - 5 pm (4 pm Sunday). \$1 donation to youth scholarship fund. Info: 822-7091.

WORKSHOPS, CLASSES, MISCELLANY

MEETINGS

Thursday, December 3: The Humboldt County Human Rights Commission meets at 5 pm in Conference Room A in the county courthouse in Eureka. The public is encouraged to attend. 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.

"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.

Bill Moyers Journal Interviews and news analysis on a wide range of issues. PBS, KEET TV Channel 13 on Fridays at 9 pm and Wednesdays at 11:30 am, or on the Internet at www.pbs.org/moyers/journal. Info: 445-0813 or www.keet.org.



HOPE Coalition Newsletter & Calendar, Nov. 24, 2009
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Page 4 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, **November 24, '09**. Vol. 15, Number 21.
 Published semi-monthly on 2nd & 4th Tuesdays; **next Jan. 12, '10**. For calendar items PO Box 873, Arcata 95518 or e-mail to hopecoalition@igc.org. **Next deadline. Jan. 5, '09**.
 Write or e-mail for sample newsletter. Newsletter volunteers: Dave Keniston, Mara Segal, Mayer Segal, Michael Welch, Paloma Orinoco. Web site: www.hopecoalition.org.

The Thanksgiving Myth [Continued from Page 1]

From 1857 to 1860, U.S. author/poet Bret Harte wrote for the *Northern Californian* and the *Humboldt Times*. Bret was privy to the white massacre of 188 Wiyot Indians on Indian Island in Humboldt Bay near Eureka on February 25, 1860, in which it was reported only one Wiyot child survived. Harte's story, entitled "Indiscriminate Massacre of Indians, Women and Children Butchered," included this account: "Little children and old women were mercilessly stabbed and their skulls crushed by axes. When the bodies were landed in Union [present day Arcata] a more shocking and revolting spectacle never was exhibited to the eyes of a Christian and civilized people. Old women, wrinkled and decrepit, lay weltering in blood, their brains dashed out and dabbed with long grey hair. Infants sparse a span long, with their faces cloven with hatchets and their bodies ghastly wounds... ." [*Northern Californian*, Vol. 2, Issue 9 (February 29, 1860), p. 1]. Harte fled as whites sought to lynch him.

In California as elsewhere, hordes of white frontier settlers, speculators, surveyors and other opportunists were establishing permanent settlements as they moved westward from the Atlantic Coast colonies, especially following cessation of the Seven Years War in 1763. Thousands of murders of Indigenous were proudly admitted by settlers and investors/speculators engaged in activities the equivalent of today's paramilitary death squads operating outside of "official" channels, i.e., acting parallel to or outside the jurisdiction of federal troops.

Preventive war using terror against civilians as ordered by the *government* carried out by *young male troops or paramilitary forces* are all "American" values. Such policies have been witnessed time and again in U.S. history, rationalized by our sense of being exceptional people. We remain in denial about our racist and arrogant origins. More redeeming values have been exhibited, such as civil disobedience and waves of progressive political movements. But the prevailing political and economic structures remain intransigently oligarchic. In simple terms, we remain a white male supremacy society of plutocrats supported by massive numbers of obedient consumers and laborers.

By revealing our social secrets (an oligarchy committed to selfish exploitation) and coming to the realization of the reality that has pre-empted our social myth (a democracy committed to equal justice), we can help catalyze a revolution of consciousness. Recognizing that obedience to our system is killing us is a grand first step for triggering the imaginative forces necessary to enable rapid movement toward a society based on mutual aid in which sustainable communities are built and nourished at the local level.

We have yet to come to grips with the original holocaust that is the defining and enabling experience of our "civilization." Embracing this "shadow" can ironically enable sudden and radical shifts as we are freed from expending the incredible unconscious energy needed to conceal our shame. Sharing our grief for what we have done to others, and ultimately *to ourselves*, will be experienced as tremendous relief.

--- 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 873 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

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.

The Ink People; 411 12th St, Eureka. Hours: Tuesday - Saturday, 11 am - 4 pm. Info: 442-8413 www.inkpeople.org.

Arcata Artisans Cooperative Gallery; H St. on the Plaza. Mon. - Sat. 10 - 6, Sun. 12 - 5. Info: 825-9133, www.arcataartisans.com.

Westhaven Center for the Arts; 501 S. Westhaven Dr. Info: 677-0860, www.westhavenarts.org.

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

Clarke Historical Museum; 240 E St., Eureka. Info: 443-1947 or www.clarkemuseum.org.

Morris Graves Museum; 636 F St., Eureka. Wed. - Sun. 12 - 5 pm. www.humboldtarts.org

MEETINGS

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; Regular 3rd Sunday at 3:30 pm, **PAC** at 2:30 pm, Cooper Gulch Ctr., 8th & Myrtle, Eureka. Info: 268-8287 or 442-2638.

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 Thursday 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); 1st Thursday at 7 pm in Arcata. 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.

Cyber Tribe; a local non-profit business where youth can use and gain knowledge in computers. Open to age 12 - 19. Info: 826-1160.

HSU's Natural History Museum, 1315 G St. Arcata. Free drop-in programs on Saturdays at 1 pm. Program info: 826-4479.

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.

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.

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.

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. DOORS lends support to volunteers with disabilities. Info on these and other volunteer opportunities: 442-3711 or www.a1aa.org/VCOR/.

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.