

Rio Dell-Scotia News

Dispensary opens

Matthew Bengtson, left, partner in Proper Wellness, speaks with Jim Brickley, Chamber Board member.



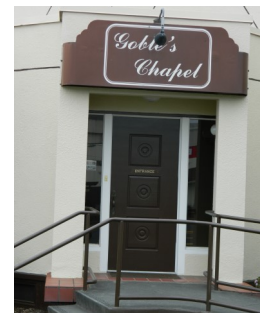
The first dispensary in Rio Dell opened last month at 116 Wildwood. Proper Wellness Center is open six days a week, 10 a.m. to 8 p.m. Business partners Tara Gurley, Simone Mellor, and Matthew Bengtson opened their first dispensary just a year ago at 517 5th Street, Eureka.

In addition to providing healthful alternatives to traditional medicines as part of their product line, the owners are focused on purchasing locally-produced products; giving back through participation in non-profit organizations; and keeping the neighborhoods vital where they do business, by picking up trash and creating a positive atmosphere around their store-fronts.

These were the promises of their business related to the Rio Dell City Council last summer when Proper Wellness was one of three businesses, from a field of six applications, approved to go forward with applying for a dispensary license.

Another of the initial trio of approved applications, Element7, initially planned a major make-over of a home adjacent to the post office on Wildwood, but instead has moved its intended location across the street to the former Green Bean restaurant where it plans to open after some construction. The third approved application, for Rio Dell Remedies, has been withdrawn. A fourth application was approved by the council last summer in the event one of the initial trio did not go forward. That firm, Humboldt Legacy, has now been given the opportunity to move ahead, according to Kevin Caldwell, the city's community development director.

Meet a chamber member Goble's Mortuary



Goble's Mortuary is a locally-owned, independent, full-service funeral provider that has been in business at the same location for 80 years. Owner Bryan Carnahan points out that he can offer cremation as well as other services through a crematorium he owns in Brookings, Oregon, something he says a lot of people don't realize is available.

An institution at the corner of L and 14th Streets in Fortuna, the business was founded by Rex Musser and family in 1940, then sold to Max Goble in 1946. Jim Widdoes came to work with the Gobles in 1961 and became a partner in the business in 1970. After Goble died in 2004, Widdoes took over the business, which Carnahan purchased in 2014. Widdoes still maintains an office there where he pursues his active role with the Shriners, which raises money for children's medical care.

Carnahan has been in the funeral business for 40 years. He grew up on a sheep and bee ranch in Shasta County, moving in with another family, which worked in the funeral industry, when his parents moved to Missouri in his teens. After a stint in the Marines (commemorated by the ring tone on his phone, the *Marines' Hymn*, and by memorabilia on his office wall from his time in the service and as a dive master) he trained in mortuary science in Southern California which included doing practice work on unclaimed bodies found on the city streets.

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News and Notes

Root 101 donates seeds to community garden

Deborah Fisher is thanking Root 101 in Rio Dell for donating last year's garden seeds to the community garden to be used by area residents. She notes the box of seeds will be available at the Rio Dell Community Resource Center for people in Rio Dell and Scotia, whether they garden at home or at the community site.

Health resources available at food pantries

Nurses from St. Joseph Health - Humboldt County are partnering with local Community Resource Centers to bring clinical outreach to those most in need. In the Eel River Valley, that means outreach that pairs up with monthly commodities food distribution sites in both Rio Dell and Loleta.

Come to the food pantry closest to you to stretch your household budget for nutritional items, get your blood pressure checked, and talk to a nurse about your most pressing health issues, at the same time. Food distribution and clinical outreach can be found at the following locations and times:

The Journey Church

95 Belleview Avenue

*Third Thursday of every month, 9 -11:30 a.m.

* for more information, call the Rio Dell Community Resource Center: (707) 764-5239

Loleta Community Church

218 Church Street

*Third Thursday of every month, 3 - 5 p.m.

*for more information, call the Loleta Community Resource Center: (707) 733-5239

Rio Dell schools set events [*The following may change as a result of Covid-19 health precautions.*]

The first week of April is Kindness week. On April 3 Panther Picnic will be held during regular lunch times. That will also be the day for monthly awards for grades K-3. On April 6, the Parent-Teacher Organization will meet at 4 p.m. in room 402.

On April 8 the school board will meet at 5:30 p.m. There will be an open house on April 9 at 5:30 p.m. On April 10 there will be early release at 1 p.m. (the after-school program will close at 4 p.m.) and there will be no school April 13 to 17 due to spring break.

On April 24 monthly awards will be presented, and on April 28, there will be a bike rodeo for fourth and fifth grades.

Scotia school slates activities [*The following may change as a result of Covid-19 health precautions.*]

The Parent-Teacher Organization will meet April 1 at 2:30 p.m. – No fooling! On April 9, the school board will meet at 7 p.m. April 13 to 17 is spring break.

Volunteers needed to staff visitor's center

The chamber of commerce office at 406 Wildwood Ave. in Rio Dell is also the visitor's center, with information in brochure racks and wi-fi that travelers can use to learn about the area, check in with family, and more. People are needed to staff the facility so it can stay open and available for these purposes – you can read, work on your laptop computer, on art or craft projects while there, visit with friends, play music, relax. When someone comes in, ask how you can help. Hours are flexible; you can do half-days, full-days, or . . . ? Contact the chamber on Tuesdays between 11 and 4 in person, or call 506-5081 or email rdschamber@gmail.com for more information or to sign up.

Chapman's dinosaurs

A trio of dino's are cavorting on the lawn in front of Chapman's Gem and Mineral Shop just north of Rio Dell on Highway 101. Staffers say the metal sculptures are just for fun.



Kiwanis Korner by Carole Arrington, secretary

The Kiwanis of Rio Dell and Scotia is planning to hold its second annual Fruhlingsfest, or Spring Festival, which was initially slated for March but postponed because of Covid-19 health concerns. A Fruhlingsfest is akin to an Oktoberfest and is traditionally held in Germany. Where an Oktoberfest celebrates the harvest season, a Fruhlingsfest celebrates the planting season, the season of renewal.

All proceeds from this event will be used to benefit the children of Rio Dell and Scotia. The Rio Dell and Scotia Kiwanis Club is planning to make this an annual event and anticipate it growing each year. Watch for the new date when it is rescheduled!

As we look forward to summer, we are pleased to announce that the monthly “Movie in the Park” will be back beginning in June. This promises to be another fun-filled summer event, perfect for a family outing.

If you would like to know more or to get involved, attend a local Kiwanis meeting. We meet on the second and fourth Wednesday of the month at the Rio Dell-Scotia Chamber of Commerce building, 406 Wildwood Ave, Rio Dell. Meetings begin at 6 p.m.

(Goble’s Mortuary Continued from Page 1) “The morgue there was so large, I recognize it on TV shows,” Carnahan chuckles at the memory.

Moving on to work at Angel’s Camp, where his duties included serving as deputy coroner, Carnahan later worked for 10 years in Palm Springs, where he found himself dealing with the rich and famous. An example was working with actor Larry Hagman to plan the funeral of Hagman’s mother, actress Mary Martin. On another occasion, Carnahan recalls, the phone rang so incessantly he couldn’t get his work done, with media questions about a deceased person unfamiliar to him. It turns out the man was a puppeteer and producer of children’s shows such as Captain Kangaroo.

Carnahan bought a funeral business in Selma, near Fresno, where many clients were migrant workers. Between those two experiences, he notes, “I became an expert on shipping bodies around the world.” He sold that business after 19 years to have surgery and recover, before coming to Humboldt County.

Carnahan employs three people full-time and a couple additional ones part-time. He encourages people to make an appointment to pre-plan and pre-pay their own funerals to lock in a price, save their heirs from needing to handle those duties, and ensure one’s own wishes are met. There are online forms at goblesmortuary.com to help with the process and prices for standard packages of services. The Brookings crematorium handles pets, he notes, in a separate area than is used for humans, so that is another way Goble’s can serve local families.

Chamber slates plans, activities to beautify the area

Honor someone, beautify downtown with a flag

The Rio Dell-Scotia Chamber has launched an effort to decorate Wildwood Avenue with a display of three-by-five foot, U.S. flags that would come mounted on poles that could be inserted in existing sidewalk holes previously made for the purpose. The flags would go up for holidays such as Memorial Day, July 4, Labor Day and Veterans Day weekends and other times such as for Wildwood Days.

You can purchase a flag for this purpose for \$50. The wooden pole would be engraved with the name of the donor or someone the donor wishes to honor. Here’s your chance to promote your business or organization by purchasing a flag, or honoring a friend, a veteran, or a family member, living or deceased. Mother’s Day and Father’s Day are coming up – how about getting Mom or Dad, Grandma or Grandpa, something they won’t have to declutter later? Something that honors them and shows you are supporting the community they raised you in or that has become your home?

Contact the chamber at 506-5081, or by email at rdschamber@gmail.com, with questions, or send your check to the chamber at PO Box 95, Rio Dell.



Light up, and paint the town: plans to be formed May 8

The chamber’s plans to create a destination for those wanting to see holiday lighting displays has moved ahead each year, with businesses and others committing a combined several thousand dollars each year to purchase lighting displays. (Continued on Page 4)

Rio Dell-Scotia News

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St. Joseph • Redwood Memorial

Submissions deadline for May newsletter copy is April 17
Call the Rio Dell-Scotia Chamber of Commerce at
506-5081 to advertise.

Ongoing Events

CalFresh/CalWorks: Did you know if you are eligible for either CalFresh or CalWorks? Come to the Community Resource Center to find out how to qualify and apply for both programs. You can also apply for CalFresh, CalWorks and MediCal at www.c4yourself.com

Senior Brown Bag Program: Food boxes given the **2nd Thursday** of every month for local seniors. Boxes distributed from 11:30 a.m.- 1 p.m. at the Church of Christ, 325 2nd Ave. in Rio Dell. To sign up call Food for People at 445-3166.

Rio Dell Library: Tuesday-11-4, Wednesday 1-6, Saturday- 11-4

There is a First 5 Puppet Story Time every **Saturday** at 11 a.m. 715 Wildwood Ave., 764-3333.

Emergency Food: Running low on food this week? Get a bag for your family or just for yourself at:

- **The Community Resource Center:** 99 Wildwood Ave., Rio Dell, no income verification is needed.
- **The Journey Church:** 95 Belleview Ave. Rio Dell, **Tuesday & Thursday** 9 a.m.- 11:30 a.m.
- **Bread for Life Food Pantry:** Journey Church, 95 Belleview Ave., **3rd Thursday**, from 9 a.m.-12 Noon, For more info call 764-5239.
- **Clothing Closet: Ruth's Room:** Rio Dell Baptist Church, 100 Butcher St., Rio Dell, **Tuesdays**, 9 a.m.– 12 Noon . Call 764-3811 for more information.

Women's Health Project: Breast and Gynecology Eel River Valley Outreach Center: 707-726-7919 or 825-8345.

Free exercise program open to all meeting at Chamber of Commerce: An exercise group meets Mondays, Wednesdays and Fridays at the, **Danco project community room, Center Street at Rigby, Rio Dell.** from 11:30 a.m. to 12:30 p.m. The group is open to all ages and seeks new members. Formerly called SAIL, it focuses on improving balance, flexibility and range of motion to help prevent falls and broken bones.

Free Produce Available: Those whose households qualify based on income are reminded of the monthly Mobile Produce Pantry that comes to the Rio Dell Volunteer Fire Department on the **second Wednesday** of each month, from 10 a.m. to 1 p.m. For more information, contact Food for People at 445-3166.

Light up, and paint the town continued from Page 3

This year, the chamber is also seeking community help organizing two activities that have generated a great deal of support and discussion on Facebook sites such as Rio Dell Neighborhood Watch. One involves promoting residential Christmas-time lighting displays to enhance the chamber-led effort of lighting on public property. The other addresses the idea of using donated paint and volunteer help to provide a facelift to downtown properties.

The chamber has set Friday, May 8 as its next quarterly mixer and invites all members of the Rio Dell and Scotia communities to address these efforts. The meeting will be held starting at 5:30 p.m. at the chamber office 406 Wildwood Ave., Rio Dell and include free refreshments.

The goal is to gather people interested in working on these efforts, organize committees to address them, and see what is possible to accomplish. How about a holiday decorating competition for individual homes, with categories and prizes, for residents of Rio Dell and Scotia? What categories should there be? What prizes can be sought? Who would judge? Here's your chance to brainstorm and be creative!

How could the painting project best be conducted? The chamber can offer guidance and insurance and supervision from a board member who is a professional house painter, but are there people with paint to donate and/or a few hours to work, to tackle painting the front of a home or business on Wildwood for which the owner has given permission for the work to be done?

Come meet like-minded people, form some committees and pitch in to paint and light up our communities! **Pg. 4**