

~Artist of the Month~

Amy Embree

Amy is one of those artists that continues to impress with every new piece and creative idea she brings to the gallery. Her folk style painting, mixed with bright and often pastel driven colors, makes her work catch ones eye, and evokes a feeling of comfort and warmth. Her art is so mature, yet so child like, it really is a great example of folk art.

Amy paints custom doors, signs, bags, old windows, rustic signs, as well as canvases. There really seems to be nothing beyond her talents as an artist. She is always in demand as a face painter, and her ability to publish her work into fun and unique cards and prints has made Amy a very accessible artist, with pieces available in all price ranges.

Recently, Amy started a monthly workshop at the Gallery, and it was a huge success, enough to propel her idea of a Santa's workshop into this months Arts on the Avenue! Don't miss Amy's Dec 13th workshop, from 6-8pm, inside the Eagle Prairie Art Gallery & Gift Shop.

Amy Embree is showing at The Eagle Prairie Art Gallery & Gift Shop inside the Visitor Center, 406 Wildwood Ave Rio Dell, Ca

Rio Dell-Scotia

VOL. XIII NO. 12

~AROUND TOWN~

DECEMBER 2014

Nurturing Parenting Workshops Coming to Rio Dell!

The Nurturing Parenting Programs are a family-centered initiative designed to build and support nurturing parenting skills. The community based program the Rio Dell Community Resource Center will be featuring consists of 10 workshops that parents can attend independently based on the topics that interest them or in a series of a few to all 10 classes. The entire series runs for 5 weeks. **These workshops are free!**

Lessons include:

1. The Philosophy and Practices of Nurturing Parenting
2. Ages & Stages of Growth for Infants & Toddlers
3. Ways to Enhance Positive Brain Development in Children & Teens
4. Communicating with Respect
5. Building Self-Worth in Children
6. Understanding Feelings
7. Understanding & Developing Family Morals, Values & Rules
8. Praising Children & their Behavior
9. Alternatives to Spanking
10. Learning Positive Ways to Deal with Stress & Anger

The first workshop will meet Thursday November 6th from 5-6:30 p.m. in the main Building of Eagle Prairie Elementary School. There will be **free** childcare offered for those who bring their children (can supervise up to 10 kids per class). Snacks, coffee, and other refreshments provided. The workshops will continue to meet every Tuesday and Thursday at the same location from 4-6 P.M. until the series is complete. We will run through the topics in the order they are listed above.

In the spirit of the holiday season approaching the Community Resource Center is offering a small Thanksgiving turkey box to the first 5 families that attend 2 of the workshops before the week of November 24th.

To sign up for a workshop or for more information please call Jennifer at 707-764-5239.

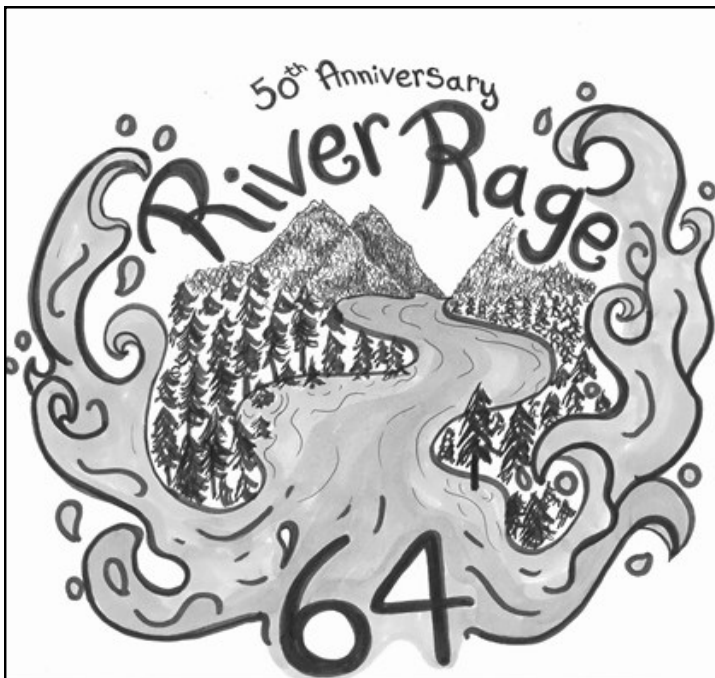


~LOCAL BUSINESS REVIEW~

RIO DELL ARTE' IS NOW OPEN THURSDAYS, FRIDAYS, AND SATURDAYS FROM 12 P.M. TO 6 P.M. NOW CARRYING **FRESH FLOWERS AND CHRISTMAS ROSES!!** FOR A MINIMUM PURCHASE OF \$25.00 YOU WILL GET A FRESH CHRISTMAS ROSE!

RIO DELL ARTE' IS LOCATED AT 378 WILDWOOD AVENUE HERE IN RIO DELL. IT'S DIRECTLY ACROSS FROM THE PHAT RABBIT BOUTIQUE AND NEXT TO DIAS ARTISTRIES, YOU CAN'T MISS IT. IF YOU'RE LOOKING FOR A BEAUTIFUL GIFT FOR THE HOLIDAYS THIS IS THE PLACE TO GO.

FLOWERS, POTTERY, FOUNTAINS, CHIMES, GARDEN ART, AND BEAUTIFUL FRESH FLOWERS!!! ALL PRICES INCLUDE SALES TAX AND ALL CREDIT CARDS ARE ACCEPTED.



Monday., December 8th, 6:30 pm at the Winema Theater in Scotia we will have screening excerpts of the High Water Mark, a new, locally-produced video. Music by the Scotia Band.

Saturday., December 13th from 11am to 4 pm at the Rio Dell Fire Hall we will have talks, videos, displays about the flood by the US Coast Guard, Humboldt County Historical Society, Red Cross, Cal-Trans and more! 11 am – 1 pm will be open mic so you can bring your own stories and memories too!

Sponsored by the Rio Dell – Scotia Chamber of Commerce. The logo was made by our local artist Eva Penkert – a.k.a. “Creature” of the Eagle Prairie Arts District. You can get this original logo on your very own commemorative gear! Go to www.CafePress.com/RiverRage'64 to order your unique gifts.

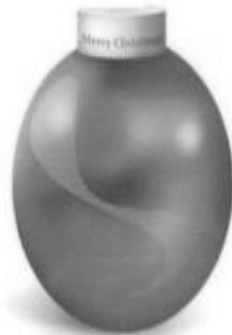
CHRISTMAS TOY SIGN UPS ARE HERE!

LIMITED SPACES AVAILABLE.

COME SEE US IN THE COMMUNITY RESOURCE CENTER

**COME SIGN UP TO GET YOUR TOYS AT THE RIO
DELL COMMUNITY RESOURCE CENTER LOCATED
IN THE EAGLE PRAIRIE ELEMENTARY SCHOOL-
RM. 107.**

**NEED MORE INFO?
CALL US AT 707-764-5239**



~Meeting Calendar~ Rio Dell/Scotia

Rio Dell Senior Center-

Senior Meeting & Lunch every week at The Church of Christ, 325 -2nd Ave., Rio Dell, 95562.

Meeting time- 10:30-3 p.m.

Lunch is catered by CC Market and is served at noon. Please call 764-3629 the Monday before to reserve a lunch if you plan to attend.

Senior Brown Bag Program- Food boxes given the 2nd Thursday of every month for local seniors. To sign up call Food for People at 445-3166 or the Rio Dell Community Resource Center at 764-5239.

Rio Dell Library-

Tuesday-11-4, Wednesday- 1-6,

Saturday- 11-4

There is Story Time held on Saturday starting at 11a.m. 715 Wildwood Ave, 764-3333.

Playgroup-

Every Friday ages 0-5 with a parent. 10-noon at Early Head Start building 95 Center Street, 764-5239.

T.O.P.S.-Take Off Pounds Sensibly 9:30-10:30a.m. Baptist Church 100 Bucher Street. 764-3025. Weigh-in @ 8:00 a.m.

Emergency Food-

The Journey Church, 95 Belleview Ave. Rio Dell, Tuesday & Thursday 9-11:30a.m.

Rio Dell Community Resource Center, 95 Center St. (707) 764-5239 M-F 8:30a.m.-4 p.m.

Bread for Life Food Pantry- 143 Main Street, Scotia, 3rd Thursday, 10-noon, & following Friday 10-noon. For more info call 707-764-5239

Clothing Closet-

Ruth's Room: Rio Dell Baptist Church, OPEN Tuesdays 10-1. Call 764-3811 for more information.

Chamber of Commerce-

Meetings are held the 3rd Tuesday of each month 12 p.m. at the Pizza Factory. Call (707)506-5081 for more info.

Eagle Prairie Arts District Meeting

Meetings are held on the 1st Thursday of each month at 6:30 PM in the Chambers Visitors Center. Call (707)506-5081 for more info.



FARMERS

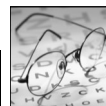
Mon-Friday 8:30
a.m.- 5:30 p.m.
534 12th Street
Fortuna, CA 95540



Phone : 707-725-5777
Fax: 707-725-5165
Email: rossinsur-
ance@northcoast.com



Fortuna Dental Center
New patients welcome
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Fortuna, CA 95540
725-0444



Brian Calvert O.D.

~family eye care~

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•764-5609



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Market:764-3073 Deli:764-2941

CC MARKET

1328 Eeloa Ave., Rio Dell, CA 95562

CINDY KREM O'DONNELL HAIR STYLIST

Call 499-8441

Hair Heaven in Scotia
(refer 3 people and your next
cut will be free!)



Palco Pharmacy
Scotia Shopping Center
Come in for friendly service

9-6 M-F, 10-2 Sat • 764-3591

Scotia Hardware & Rental

December Specials:

9 pc. wrench set- \$24.97

2 pk. Flash lights- \$9.99

Storage boxes- \$4.97

Christmas lights, decorations, and gifts
Now Available!

115 Main Street, Scotia

Phone # 764-1780



Mobile Engagement Vehicle (MEV)

The MEV van and Food for People's Free Choice Style Market truck will be at the Rio Dell Volunteer Fire Department on December 10th. The MEV can assist community members in exploring county resources they may qualify for and signing them up for those services. Both the MEV and Produce truck will be open to assist you from 1-3 p.m.

ACTION REALTY

Susan Pryor— Realtor

We Take Action for Your Needs

1055 Main St., #1, Fortuna CA

Cell: 707-845-2967 Office: 707-725-1820

Email: susanactionrealty@sbcglobal.net

Website: www.actionrealtyhumboldt.com

#01742845

Notary Signing Agent

VOLUNTEERS NEEDED



Eagle Prairie Art District
Rio Dell Scotia Chamber
Of Commerce needs vol-
unteers to meet and
greet the public. *Be a
part of art and the community.* For
more info please call (707) 506-
5081.

Rio Dell Smoke Shop has
moved to a new location!

Now located at 121 Wildwood
Ave. 2 doors down from the
Rural Health Clinic.



Truck and
auto parts

Open Mon-Fri

8:30-5:30, Sat 9-5, Sun: 10-4

33 Center Street, Rio Dell • 764-5632



The Strong and Better Balance Program

Strong and Better Balance Program
is for seniors or anyone wanting
to strengthen their bones or better
their balance to prevent falls and
broken bones.

This program is **FREE** of charge to
attend! The group will be meeting
at 1-2 pm every *Wednesday and
Friday* at the Baptist Church (100
Butcher Street, Rio Dell). Come on
out and join the many that are
already attending! If you would
like more information please call
707-764-3025.

764-5617



500 B Street
Scotia

Scotia Bluffs Community Health Center

We gladly accept Covered CA and Partnership
Health Plan of CA Benefits

*Providing Compassionate, Quality Health Care
Regardless of Ability to Pay*

*Proporcionar Cuidado Compasivo y de calidad
Sin importar la capacidad de pago*



750 Wildwood Ave, Rio Dell, CA (707) 764-3525



Massage of the Redwoods

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Masseuse

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Feel better fast

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mas-
sage
today!

Inside the Scotia Bluffs Community Health
Center- 502 B Street - Suite A - Scotia, CA

Rio Dell-Scotia News

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Deadline for submissions for 1/2015 is
12/15/14

Please call 506-5081 for Ad submissions

Created by the Rio Dell Community Re-
source Center

95 Center St., Rio Dell, CA 95562. 764-
5239, Fax 764-2249

