

## Member Profile: Crosbie Chiropractic, Launched in Rio Dell, Thriving in Fortuna



Colette Opincar, Dr. Crosbie, Leslie Ziegler

Crosbie Chiropractic, located next to Coast Central Credit

Union in the area of Ray's supermarket in Fortuna, actually began in Rio Dell in 2006, across from the Pizza Factory where the staff still congregates for celebratory lunch at times. Dr. Michael Crosbie, whose experience goes back more than 30 years, is a 1982 graduate of the Cleveland Chiropractic College in Los Angeles. He and his family moved to Humboldt County in 2001 from San Diego County. His resume speaks of methods within the field of chiropractic medicine in which he has been certified, including the Koren Specific Technique, which he is the only practitioner within 200 miles to offer.

Office manager Leslie Ziegler profiles the business with obvious enthusiasm for her work, colleagues and the benefits of chiropractic medicine. "I was a patient before I started working here," she says, noting that sessions leave patients feeling "awesome." Many people associate chiropractic medicine with addressing skeletal concerns such as problems with the muscles or joints of the shoulders, back, neck, arms or legs. It can also be used as a natural, drugless way to address issues as diverse as high blood pressure, skin conditions, fatigue, headaches, arthritis, asthma, sinus trouble, digestive problems, and stress.

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Wally and Sandra Close



## CC Market Sold

The popular market, deli and catering place in Rio Dell is undergoing changes. It has been purchased by the owner of Hoby's Market in Scotia, and the change will take place July 1. But while the store will be in new hands, **Sandra Close says she and husband Wally plan to keep the catering business going. She encourages those interested to call her at 764-5202 to discuss their catering needs.**

When he closes the door at CC Market and Deli for the last time on June 30, Wally Close will be ending a chapter that has defined his work life since his youth. His parents, Bob and Grace Close, bought the store, formerly called the Bellevue Food Shop, in 1955. At the time, there were cabins and a gas station in addition to the store. In those days when things were repetitively written out longhand, his parents shortened the name to CC Market; over time the cabins were torn down or turned into storage. Wally bought the business in 1969. Early on, there were five groceries in Rio Dell, he recalls, counting them out by name or location. One was the former Hogan's Market, on the west side of Wildwood near Columbus, which became Cacci's and more recently housed a thrift store. The Caccis' daughter was Sandra, who came to work at CC Market when her parents sold their store. "It was like Romeo and Juliet," Sandra says of the early days when their respective families were competing for business. Wally bought the Caccis' liquor license and some pieces of equipment when Sandra's parents closed their store, and in 1977 Sandra and Wally married. When they started the catering business, her mom pitched in to help.

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## Scotia Transition Moves Ahead



The move from the Last Company Town to a community with private home ownership moved ahead in Scotia when the Community Services District agreed April 27 to assume ownership and control of the town's facilities. Included are the wastewater treatment plant, drinking water distribution system, certain streets not maintained by the county, street lighting and storm drainage infrastructure, the Winema Theater, Scotia Museum, and popular parks and recreation facilities such as Fireman's Picnic Park, Carpenter Field ballpark, the Scotia soccer field, and the Scotia Community Forest.

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**SAVE THE DATE!**

**WILDWOOD DAYS IS COMING AUGUST 11 TO 13. WATCH FOR DETAILS AND BE A PART OF THIS COMMUNITY CELEBRATION!**

### **Monthly Community Markets Return June 10**

The monthly community market held during the summer months as part of Arts on the Avenue sponsored by the Eagle Prairie Arts District will be June 10, 5 to 8 p.m. in Rio Dell's town center. Live music, vendor booths, food and beverages for sale and art and kids activities will be among the planned offerings. Those wanting a vendor booth (\$10 for Rio Dell/Scotia residents and \$20 for others) should contact Dias Artistries at 783-3500.

### **Food for People Free Produce Distribution for June**

There will be a free produce distribution through Food for People the third Wednesday of each month, 11:30 a.m. to 1:30 p.m., at Fortuna Adventist Community Services, 2331 Rohnerville Road. This month's will be on Wed., June 21. This is in addition to the food distribution in Rio Dell at the fire hall.

### **Rio Dell Schools Hiring**

The Rio Dell School District will be hiring for the upcoming school year for instructional aides, cafeteria assistants, and a custodial position. If interested please pick up an application at the Eagle Prairie Elementary School Office.

### **Rio Dell Schools Slate Monthly Activities**

The Parent-Teacher Organization's Carnival will be June 2 from 5 to 8 p.m. On June 6 there will be a public hearing for LCAP, the Local Control Accountability Plan, part of a funding formula that involves each school district engaging parents and the community in planning. The June 7 board meeting is at 5:30 pm. Kindergarten graduation will be June 13, and 8th Grade graduation is June 14. There will be early release the week of June 12 to 15 at 1 pm. The last day of school will be June 15.

### **Scotia School**

The Parent-Teacher Organization meeting school library will be June 7 from 6 to 7 p.m. The 5th-8th Grade music concert will be at the Winema Theater will be June 8 from 7 to 8 p.m. Classes will dismiss at 1 p.m. June 12 to 15. Grade graduation will be at the Winema Theater June 14 7 to 8:30 p.m. The last day of school will be June 15. The school board will meet June 21 and 22 in the school library from 7 to 8 p.m.

### **Nurturing Parenting Program Meets**

The Nurturing Parenting Program is now available through the resource center. NPP focuses on discussions and activities which promote nurturing relationships between parents and children. This program is FREE to all community members and offers flexible scheduling, and meetings of 30 minutes or 1 hour. Please call and register with Peach Leath. Childcare will not be provided during NPP sessions.

### **Food For People Summer Lunch Program**

The Rio Dell Community Resource Center is facilitating the Summer Lunch Program again from June 19 until August 25. Lunch is served from 12:15 to 12:45 p.m. at the Rio Dell Fireman's Park and from 1 to 1:30 p.m. at Scotia Elementary School. Find out how to get more food for your family!

### **Mail Carriers Net Almost a Ton of Donated Food**

More than 1900 pounds of food was donated in the May 13 mail carriers' annual food collection drive to benefit local food pantries. That's the total for Scotia and Rio Dell, according to area postmaster Katherine Coleman.

## **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 Bellevue Ave. Rio Dell, Tuesday & Thursday 9 a.m. - 11:30 a.m.
- **Bread for Life Food Pantry:** 143 Main Street, Scotia, 3rd Thursday, from 10 am -2 p.m., For more info call 764-5239.

## **Clothing Closet**

**Ruth's Room:** 100 Butcher St., Rio Dell, Rio Dell Baptist Church, Tuesdays 9 a.m. - 12 p.m. Call 764-3811 for more information.

## **Eagle Prairie Arts District**

406 Wildwood Avenue. Meetings are the 1st Thursday at 6 p.m. at the Gallery/Visitor's Center. Call 506-5081.

## **Women's Health Project**

Breast and Gynecology Eel River Valley Outreach Center: 707-726-7919 or 825-8345.

## **Friday Playgroups**

The Community Resource Center provides a First Five playgroup Fridays 10 a.m. to noon at the Early Head Start classroom, 95 Center St., Rio Dell.

## **SAIL**

Staying Active and Independent Living helps prevent falls and broken bones. This free program meets noon- 1 p.m. Mon., Wed., and Fri. at the Rio Dell Baptist Church, 100 Butcher St. Call Susan at 407-8707. Join us!

## **Monday Storytime**

Families with children 0-5 years old are welcome to join Community Resource Center staff at the Eagle Prairie School library room, Mondays from 8:20 to 9:20 a.m. to develop childhood literacy through stories and crafts. Snacks are provided. There will not be a Storytime when school is closed.

## **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.

## **Senior Group Meets for Lunch, Cards**

Rio Dell-Scotia seniors meet Tuesdays from 10 a.m. to 3 p.m. for cards and lunch at the chamber of commerce office, 406 Wildwood Ave., Rio Dell. Contact John at 764-3251 by noon the day before to have a \$3 lunch provided by CC Market, or just come for the cards.

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“It’s for everybody,” Zeigler stresses, since people can always improve the alignment of their bodies and gain the health advantages that come with that, even infants. “Think of the stress they experience in the birth process,” she says, recalling a recent newborn patient. Chiropractic treatments are best done preventatively, she adds, meaning as part of one’s health maintenance, rather than waiting for a condition to evolve that requires treatment. However, Medicare only covers treatments that are medically required. Other insurances address coverage in very different ways, so people need to check with their specific policy to know what is covered.

Zeigler explains that new patients start with an assessment, from which comes a treatment plan that typically involves periodic adjustments and might include exercises or physical therapy sessions between appointments to keep muscles strong. While some people envision chiropractic treatments as being harsh and potentially painful, Zeigler notes the Dr. Crosbie uses only gentle methods and techniques to assess patients and make adjustments needed to improve their health.

In addition to a range of techniques with names such as Palmer specific side posture; cold, low-level laser therapy; and contact reflex analysis, the office is a site for natural supplements and vitamins.

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“The California Bureau of Real Estate must issue a Final Subdivision Public Report for Phase 1 before home sales can be finalized in Scotia,” the town’s real estate marketing director Doug McCorkle said. Currently four of the 40 homes for sale in Phase 1 (a neighborhood called The Redwoods) are in escrow awaiting final closure. Available homes range from the mid \$100,000 range to slightly over \$200,000 for a two bedroom, one bath up to a four bedroom, two bath, both with and without garages.

## Rio Dell-Scotia News

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Submissions deadline for July newsletter copy is June 16th. Call the Rio Dell-Scotia Chamber of Commerce at 506-5081 to advertise.

St. Joseph Health 

St. Joseph • Redwood Memorial

## CC Market Sold Continued from Page 1.

The business under their ownership has weathered every type of natural disaster, Sandra notes – earthquakes, wind storms, a fire and flood. They have been like family to their 20 employees, some who have stayed with the business for decades. There has been remodeling and expansion – to a larger deli, and then to catering, which they started about 30 years ago.

“We’ve done a lot of catering,” Sandra says. For instance they’ve done an annual event with Forbusco Lumber for two decades. They do events for the Fortuna and Mad River Rotary Clubs, events at RiverLodge in Fortuna, events at the schools and for the Community Resource Center. Recalling a recent event, she said of the logistics and organization involved, “There were about 400 students, we got them into six lines and they were served and out in 45 minutes.”

“That’s why we aren’t selling until the end of June,” Sandra notes, pointing out the sale was agreed to a couple months before. “We had so many catering commitments we didn’t want to have to cancel on people.”

Their lives won’t change much after the sale, except there will be less to do. In addition to retaining the catering business, which will rely on the availability of commercial kitchens in the area, Sandra plans to continue teaching, a position she has held in the Scotia school district for 35 years. “It’s sad, but things don’t last forever,” she sighed at the thought of the change that was coming, with a glance around the food prep area where, at nearly 9 p.m. on a week night, she was busy getting ready for a catering event the next day. She’d already spent a day in the classroom and hours at the store, and would be in the classroom again the next morning, bright and early. “We’ve done a lot already,” she points to the enjoyment they experienced in their nearly 40 years of marriage. “We’ve traveled the world. We used to have a summer place in Myers Flat. Wally used to pilot his own airplane. He raced motorcycles and ski boats.” Now, slowed down with some health issues, his competitive instincts are played out on the Monopoly game board.