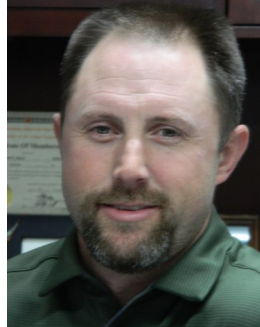


Rio Dell-Scotia News

Member profile: Mendes Supply succeeds through diversification



Jeff Mendes
President of
Mendes Supply



"I have five business cards and five email addresses," Jeff Meyer says as he looks across the warehouse floor from the landing of his second-floor office at Mendes Supply in Eureka. President of the organization billed as a purveyor of packaging supplies, fine paper and janitorial products, he notes most people have no idea the breadth of what the company, and its affiliated businesses, do.

Meyer has worked at Mendes Supply all his life; his father and a business partner owned the business that became Mendes in 1955, and he purchased it from them. A fourth-generation Humboldt County resident with roots in the timber industry, Meyer is aware of the need to diversify to remain competitive in a changing landscape, and he has done just that, expanding the product lines and venturing into new turf to take advantage of opportunities.

Today, companies such as Pacific Packaging and Containers Unlimited, which Meyer has launched from his Eureka base, design and produce products from coffee cups to protective wrap for pallets, lumber products and concrete house siding. "We produce boxes for C.Crane and Loleta Cheese," he says of local clients, but also ships throughout the nation, and world, receiving container loads of products for his clients from factories in China and Vietnam.

Recent innovations include selling on Amazon.com, and supplying products needed by the cannabis industry, including hoop house covers and child-proof packaging for retail sales. Unique market niches he has entered include selling and servicing commercial kitchen appliances used in bars and restaurants; supplying laundry services for casinos and hospitals; and fielding a team that strips and waxes floors in gymnasiums.

Meyer believes in supporting the local area, giving back, and helping youth. Most of the 46 employees staffing his locations in Eureka, Redding and Oroville have been with him for decades. "We offer full benefits and retirement," Meyer says, and he has more openings than he can fill for warehouse and driver positions. He is on the board of the Redwood Region Logging Conference and proud of the work the group does to offer scholarships to students majoring in forestry or planning to be a diesel mechanic or heavy equipment operator. Mendes supports youth athletics, another area in which he sees himself able to positively impact young people.

Much of the money Mendes Supply brings into the county from its world-wide operations stays here, Meyer adds, which he hopes will provide economic opportunities for the area's young people, including his own four children, including a set of triplets. While running five companies and keeping up with changing needs and technologies may seem daunting, Meyer maintains the energy to coach Little League sports and enjoy the outdoors with his wife, a Ferndale school teacher, and children.

Council nixes wind farm plan

The Rio Dell City Council discussed the proposed wind farm at its special meeting May 14. Three residents of Monument Road spoke in opposition to the plan, citing a number of concerns including safety, fire danger and impacts to the view. The four council members present opposed the plan with Mayor Garnes and Frank Wilson supporting the idea of green energy in concept, but voicing worries about the speed with which the project was moving and the number of unknowns that remained about the effects of the project on the environment and community. The council voted 4-0 to have staff write a letter in opposition to the project.

News and Notes

Scotia school sets events for June

The Scotia Parent-Teacher Organization meeting will be June 6 at 3:15 p.m. There will be early dismissal at 1 p.m. June 10-13. Graduation will be June 12 at 7 p.m. at the Winema Theater. The last day of school is June 13. The school board will meet June 19 and 20 at 7 p.m. in the school library.

Arts district sets cornhole tourney June 22

The Eagle Prairie Arts District is planning a fundraiser Sat., June 22 and seeks 20 teams of two people each to play in a cornhole tournament. The entry fee is \$40 per team and the event, sanctioned by the Humboldt chapter of the California Cornhole Association, will include a barbeque and other activities, according to arts president Francesca Cumerio.

Scotia sets yard sale

The annual Scotia community-wide yard sale will be June 28.

Scotia preps for Phase III

There have been 21 homes sold in Phase II, of the 75 available, according to Mary Bullwinkel, marketing director for Town of Scotia, LLC, as well as garages that have been purchased by homeowners with properties nearby. Plans are being made for Phase III infrastructure which needs to be completed before the third set of houses goes on the market.

The last building in Phase I to sell, the former Catholic church, has been purchased as a private home by a Bay Area couple, according to Bullwinkel. Meanwhile, the Scotia Inn, which had been in escrow, is back on the market, while the former hardware store has been purchased by Southern Trinity Health Services, Inc., which operates Scotia Bluffs medical clinic, as its new, future facility. Amanda Huber, chief operations officer for Southern Trinity, notes the move is a couple years out as significant changes need to be made in the building, which will involve engineering work. Scotia Bluffs operates at present in the former Scotia Hospital.

Council member resigns

Bryan Richter is resigning his post at the Rio Dell City Council due to a move to Eureka. The date the resignation will be effective, and the method to name a replacement, have not been finalized as of mid-May according to Mayor Debra Garnes.

Planning commission member named

Jacqui Wilson has been named to the Rio Dell planning commission, to fill out the term of Mike Strahan, which ends in December. She was one of two applicants for the slot, and was named when the other applicant, John McManus, withdrew his nomination.

Area businesses see ownership changes

Gary Singh of McKinleyville purchased CC Market on Eeloa Avenue in Rio Dell in April from Ranjeeth Singh of Ferndale, noting he was focusing on building out the inventory and making other changes before promoting the business more widely in the community. The Green Bean restaurant on Wildwood Avenue in Rio Dell, owned by Tawny Morse, has been sold and had its last day of business May 17.

Dispensary decision coming June 4

Six proposals have been received to open a dispensary in Rio Dell. The city council will address which will be awarded the opportunity to open at its regular meeting June 4.

Wildwood Days events set

Wildwood Days is Aug. 2 – 4 this year, bringing back favorites like Kid's Night on Friday, with the talent show, fire truck rides, and bounce houses sponsored by the Eagle Prairie Arts District which received community donations as a result of its GoFundMe drive. There's the annual Ernie Cannady car cruise, barbeque and dance at DJ's Burger Bar, followed by a street dance with the band Redline.

Saturday will again feature the bocce and softball tournaments, vendors in the park, and the parade, for which the theme will be celebrating 100 years of women's suffrage. A program honoring veterans will follow in Memorial Park. The band The Remedy will be playing Saturday night.

Sunday will see the car show and shine event managed each year by Mary Burns with the help of friends and family, the duck race sponsored by the Scotia Fire Department, and the fire fighters' barbeque at noon with music by Scotia Band, followed by a silent auction. (See Page 4)

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In this article we will look at what network and computer protection is available to you and how to exercise common sense Internet usage to help reduce the probability of you or your business being compromised.

Available Network and Computer Protection - Antivirus software monitors your computer for potential malicious threats. Your computer should have a functioning, properly licensed and updated antivirus program. At a minimum the software you choose should offer “real-time” scanning, as well as “scheduled” scanning functionality.

“Real Time” scanning allows the software to continually scan files as they are downloaded to your computer, and will notify you if the file (s) you receive contain malware.

“Scheduled” scanning allows the software to scan all the existing files (or selected files) on your computer hard disk in a systematic effort to locate existing files that “look like” a virus.

- For those of you using Microsoft Windows 7 (Windows 7 will no longer be supported as of 01/14/2020 – you should upgrade to Windows 10), Microsoft offers a free anti-virus product called Microsoft Security Essentials in 32-bit and 64-bit versions. It can be used by home users and small businesses with up to 10 computers. See Microsoft Software License Terms for more information.

- For those of you using Microsoft Windows 8 or higher, Windows Defender comes integrated with the operating system and provides antivirus protection as well as ransomware protection.

- Both Microsoft Security Essentials and Windows Defender come at no additional cost – there’s nothing to buy, no subscriptions and no nagware – yeah I know, awesome!

Most antivirus tools can identify suspicious software based on a list of known threats called “definitions.” Definitions should be updated automatically by the software and new updates should be provided when new threats are discovered.

The next security item to discuss is a firewall. A firewall monitors incoming and outgoing traffic and allows or blocks specific traffic based on a defined set of security rules. A firewall is used to help screen out hackers, viruses, and worms that try to reach your computer over the Internet. At their most basic, firewalls work as a filter between your network and the Internet. You can configure your firewall, so it knows what you want to allow in and what you want to allow out. Everything else is blocked.

There are several different methods firewalls use to filter out information, and some are used in combination. These methods work at different layers of a network, which determines how specific the filtering options can be.

If you are using a Microsoft Operating System you have a firewall already. It is called “Windows Firewall” and can be enabled (if it is not already) to protect your computer.

Preventing Infection with Good Old Common Sense - Not only do we need to have the right tools, but we also must use a healthy dose of common sense today. Let’s look at email as an attack vector and as an example.

Slowing down to think before clicking and not letting curiosity or habit overtake us is the best defense against most malware attacks. The simple thought process used above to avoid the malicious link in the email can be applied to email attachments as well.

Let’s say you get to work in the morning, and you turn on your computer and open your favorite email program. If your email in-box is anything like mine, there’s probably a pretty long list of emails ready to be reviewed. Now let’s say one of the emails has a subject line reads, “For your eyes only ...” and in the body of the email is a link to some website. Here is where we need to exercise some restraint. Let’s ask ourselves some questions before clicking that link. For example, do I know the email address this email came from? Was I expecting this email? If the answer is no - then it is a great candidate for the Garbage bin, Spam box or Junk mailbox.

The Internet can be a dangerous and costly place. Network and computer security threats are a very real concern for businesses and home users alike. Make sure you have the right tools, and use common sense when working with email and when downloading content.

Rio Dell-Scotia News

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Submissions deadline for July newsletter copy is June 14

Call the Rio Dell-Scotia Chamber of Commerce at

506-5081 to advertise.

St. Joseph Health 

St. Joseph • Redwood Memorial

Ongoing Events

CalFresh/CalWorks:

Do 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.cyourself.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. -2 p.m., For more info call 764-5239.

Clothing Closet: Ruth's Room: Rio Dell Baptist Church, 100 Butcher St., Rio Dell, **Tuesdays** 9 a.m.- 2 p.m. 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 Rio Dell-Scotia Chamber of Commerce, 406 Wildwood Ave. in 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.

Weight-loss group meets at chamber office; Take Off Pounds Sensibly (TOPS) meets at the Chamber of Commerce office at 406 Wildwood Avenue in Rio Dell **each Friday morning**. Weigh-in is from 8 to 9:30 a.m. to

(News and Notes cont. from Page 2)

Rio Dell-Scotia Garden Club busy, thanks donors

The Rio Dell-Scotia Garden Club has been weeding the meridians on Wildwood Avenue, appreciatively armed with donated materials, including chips from the Humboldt Redwood Company, a pallet of potting mix from Root 101 Nursery, and two bags of worm castings from Heidi Chandler, owner of Love Me Two Times second-hand shop in Rio Dell.

The club is an outgrowth of the Eagle Prairie Arts District which sees gardens as an art form. "One of our main focuses will be to help beautify Wildwood Avenue, identify areas of improvement in Scotia, share plants, knowledge and resources among our members, and most of all to build community," notes Francesca Cumero, arts district president.

Travelers' brochure lists Rio Dell food stops

The new, annual Avenue of the Giants promotional brochure is out. There's a listing of the various restaurant options in town, from Wildwood Waffles in the north to The Patron Kitchen in the south, paid by the Rio Dell-Scotia Chamber of Commerce.