

Home Sewing Business Creates Baby, Child Togs



Rio Dell seamstress Sherri Daignault crafts

custom products, specializing in clothes and accessories for babies and young children, which she sells in a number of venues, including an online store at etsy.com and sproutkidsclimbing.com, the website of Hum Mums, a collective of area mothers who sew.

Her business, Handmade With Love & Kisses, also has a Facebook page displaying her creations.

"I get ideas on social media of what is trending, make a pattern, and try to improve on the original idea," she says.

Mother to children ages 13, 9 and 18 months, she credits her grandmother for teaching her to sew. A favorite model for her styles is daughter K'ema-na (Yurok for 'butterfly').

U.S. Bank Closes in Scotia

The Scotia branch of U.S. Bank closed its doors for the last time Sept. 22. Those with accounts at the bank are encouraged to visit the branch offices in Fortuna or Ferndale.

**Have a safe and happy
Halloween!**
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er? Like us on Face-
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Rio Dell-Scotia News

FREE!

OCTOBER
2016

VOL. XVI NO. X ~AROUND TOWN~

Rio Dell City Council Candidates' Forum October 6th, 6:30 pm, 406 Wildwood Avenue

A public forum will be held to hear from the three candidates for Rio Dell City Council. Sponsored by the Rio Dell Scotia Chamber of Commerce, it will be Thurs., Oct. 6 at 6:30 p.m. at the Chamber office, 406 Wildwood Ave., Rio Dell. The candidates will each have an opportunity to answer a set of questions concerning their proposals for Rio Dell, and those present can submit questions in writing to be directed to the candidates. Incumbent Mayor Frank Wilson; Susan Strahan and Bryan Richter are seeking a seat on the Rio Dell City Council. There are three candidates and two council positions, the two candidates with the most votes will win the seats. Attend and learn about the candidates to inform your vote. Are you registered to vote?

Meet The New Scotia School Superintendent



Chris Cox joined the Scotia school district on July 18 as superintendent/principal. He grew up in Santa Rosa where he was active in sports and music through high school, then majored in music at California State University-Fresno. One college degree was not enough for Cox, who went on for a master's degree from Ithaca College in Ithaca, New York.

In 1993 he became the instrumental music teacher at a small school in Chimacum, Washington. "After spending seven wonderful years" there, he says, he decided to move back to California to be closer to family. He became the band director at Eureka High School in 2000. While living in Eureka, he met his soon-to-be wife, Elizabeth. Their two sons, Marcus and Garrett, were quick to follow. Cox and his family moved around a bit, he says, living and teaching in San Diego County and Salinas before returning to Humboldt County in 2008 for posts including assistant principal at Winship Middle School in Eureka. Now in Scotia, he is working, he says, "with the best staff anyone could hope for." Former superintendent Ronan Collver is now superintendent of the Brisbane, California, school district.

Last Community Market of the Year

The Eagle Prairie Arts District will hold its last community market of 2016 on Sat., Oct. 8 from 3 to 8 p.m., featuring live music with the popular John David Young Conspiracy and Supertoons. Also planned is a sriracha chicken wing eating contest, co-sponsored by the Rio Dell Pizza Factory; beer and wine tasting, and four different types of chicken wings for purchase, each with a pizza gift certificate included. There will be bouncy houses for the kids, and a furniture restoration workshop led by local artist Amy Embree.



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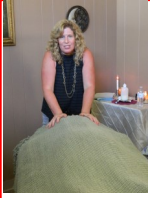
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News and Notes



Massage of Redwoods Moves

Massage of the Redwoods has moved to a new location, at 118 Main Street in Scotia, and will celebrate with an open house Fri., Oct. 21, from 6 to 8 p.m. The public is invited to see the new facility, with its earth tones, peaceful ambiance, and a larger space than in the past. Massage therapist



Cynthia Rogers has served the area for more than a decade, first at the

Eagle Prairie Professional Building in Rio Dell, and for the last five years at the Scotia Bluffs Medical Center. She has 21 years of massage experience, and offers flexible hours, punch cards and gift certificates. Her new location is next to the post office in the former Hair Haven salon. Rogers is a certified by the National Holistic Institute as a massage therapist and health educator, and uses a combination of massage styles including deep tissue massage, as well as her knowledge of herbs, homeopathic remedies and exercises to work with clients. "I started doing massage while working as a home health nurse in Marin County," she says, noting she would massage the hands and feet of her clients, which resulted in positive feedback. Massage is beneficial not just for stress reduction but for a range of conditions including poor circulation, which affects many elderly and disabled people, she notes. She provides both chair and table massages, with chair massages costing \$1 per minute for neck and shoulder work. Many of her clients have disabilities that she is able to work with to decrease their pain. A recent visit saw her working on a client of seven years, who remarked how much less back pain she has as a result of her regular massages. Married with four children, Rogers lives in Redcrest.

New Fire Truck Arrives

The Rio Dell Volunteer Fire Department is taking possession of its newest piece of firefighting equipment, a half million dollar truck that has been a year in the making. It was built in Wyoming, Minnesota, at the Rosenbauer Motors facility, and further outfitted at Modesto. The truck's features enable it to respond to fires in locations that are challenging for existing equipment, among other advantages, and it fits the regular cycle of replacement that the department has established for its vehicles. Fire chief Shane Wilson notes, "We are very excited to present this new engine to the taxpayers of the district we serve and thank them for supporting us."

The Mill to Re-Open

The gym and martial arts facility on Wildwood in Rio Dell called The Mill will reopen Oct. 3. Hours will be 6 to 8 p.m. Mondays through Fridays. Jamie Gay asks those interested to stop by during those hours for an application and additional information. "We've had a lot of interest and inquiries just from word of mouth," she says.

Emergency Food

Running low on food this week? Get a bag for your family or just for yourself from the Community Resource Center, at Monument and Wildwood, Rio Dell; no income verification is needed.

Holiday Assistance

Are you and your family in need of holiday assistance this year? Visit the Rio Dell Community Resource Center and learn about possible help for food boxes and toys. We have options for single individuals as well!

Rio Dell School News

The PTO (Parent-Teacher Organization) meeting will be on Oct 3, and the school board will meet Oct. 12. Volleyball will be finishing up with games on Oct. 4 at Loleta and Oct. 5 at Rio Dell. Oct. 7 the 8th grade students will be going on a team building trip to Arcata. Make-up picture day will be Oct. 24. Red Ribbon Week, promoting a drug-free environment, is Oct. 24-Oct 28. The Halloween parade will be on Oct. 31st.

Scotia School News

Picture Day is Oct. 4. The Parent-Teacher Organization (PTO) will meet Oct. 5 from 6 to 7 p.m. in the library. The 8th Grade dinner and auction, an annual fundraiser, will be Oct. 6, tickets can be purchased from 8th graders. Volleyball and soccer games are ongoing throughout the month. The school board will meet Oct. 13 at 7 p.m.

Scotia Bluffs to Offer Saturday Hours

Scotia Bluffs Medical Center in Scotia is expanding its service to Saturdays, from 8 a.m. to 1 p.m. for urgent care, starting Oct. 15, to meet the needs of people who become ill over the weekend and would otherwise have to go to a hospital emergency room or wait until Monday for treatment.

The facility goes beyond what one typically expects from health care providers in many ways, its staff is quick to point out. Cheryl Wik, director of nursing, notes that walk-in patients are welcome. "Where else do you see that?" she asks. You don't need an appointment, just come in, Monday through Friday, 9 a.m. to 5 p.m. Two physicians, Drs. Michael Schafle and Frank Fisher, are on staff in Scotia. In addition to primary care, a licensed clinical social worker offers behavioral health services. CONTINUED PAGE 4

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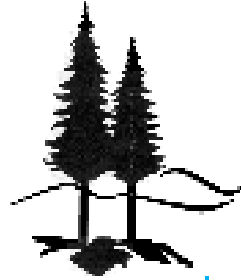
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~Meeting Calendar~

Rio Dell Senior Center:

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

Meeting time: 10:30 a.m. - 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. 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 First5 Puppet Story Time every second and fourth Saturday of the month starting at 11:00 am with story teller Kathy Frye. 715 Wildwood Ave, 764-3333.

Emergency Food

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

Rio Dell-Scotia Chamber of Commerce

406 Wildwood Ave., Rio Dell. For more info call 506-5081.

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: Rio Dell Baptist Church, Tuesdays 9 a.m. - 12 p.m. Call 764-3811 for more information.

Eagle Prairie Arts District

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 multi-purpose room at Monument Middle School, 95 Center St., Rio Dell. Call Susan at 407-8707. Join us!

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Call the Rio Dell-Scotia Chamber of Commerce at 506-5081 to advertise. Created by the Rio Dell - Scotia Chamber of Commerce, 406 Wildwood Ave., Rio Dell and the Rio Dell Community Resource Center, 99 Wildwood Ave. Rio Dell.

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FAITH CENTER SOUTH

This church service takes place every Sunday from 6 to 7:15 p.m. at the Winema Theater in Scotia.

Services include live music, a message, coffee and dessert. Children's ministries are provided at the Scotia Inn.

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Scotia Bluffs Expands Services CON'T

The center notes in several places in its communication with the public that it is there to help people, regardless of their ability to pay. Many are on Medical or Covered California policies but some have no insurance. "We have patients who are homeless," Wik points out. Those seeking new insurance coverage who are eligible for Covered California policies can get assistance signing up at the clinic, during the open enrollment period which runs October through January.

The historic Scotia facility was formerly the hospital where many in the area were born or cared for, and later became the site of a private medical practice. Since 2012 it has been a second site of Southern Trinity Health Services, a private non-profit organization founded 26 years ago in the small, remote community of Mad River just a mile over the Humboldt County line on Highway 36. "Some people confuse it with the Mad River Hospital in Arcata," Wik points out. Chief executive officer Lee Lupton notes the organization is a Federally Qualified Health Center, a designation meaning it focuses on the medically underserved, defined as living in an area with a shortage of medical professionals. Government grants fill in beyond the traditional billings that medical centers do to stay in business, and enable services that otherwise would not be possible.

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