

Rio Dell-Scotia News

Food for People a key presence in the region

Food for People has been a vital partner in the lives of many in central Humboldt. In the past year, the non-profit has seen a new executive director, moved to a new facility, won a raft of “Best of” awards in the annual *North Coast Journal* competition (best non-profit, best cause, best volunteer opportunity), and continues to help people avoid food insecurity, defined by the U.S. Department of Agriculture as a situation in which “there is a lack of consistent access to enough food for every person in a household to live an active, healthy life.”

This 45-year-old organization began as a small food pantry, and was later designated the official food bank for Humboldt County. In 1998 it purchased its 9,000 square foot warehouse at 307 West 14th Street in Eureka – a facility that had to be torn down in 2020, after a city sewer pipe damaged it. The organization spread itself across four different locations as it carried on in these early days of the pandemic with new procedures such as contact-free food distribution.

Demand for food increased during the uncertainties of Covid, and then again when funds that became available to recipients of SNAP (Supplemental Nutrition Assistance Program, or food stamps), made available during the pandemic, dried up last year. While meeting these needs, the 22-employee organization with 250 monthly volunteers oversaw the construction of a new building at its former site, with three times the refrigeration space, and moved in this past summer.

Also this year, Anne Holcombe, Executive Director for 22 years, retired. She is credited with expanding the number of food pantries and starting offerings such as a “backpack” program that sends qualifying school children home with food for the weekend to offset food insecurity when there are no school breakfasts or lunches available.

Carly Robbins, who has worked as the organization’s Development Director for eight years, moved into the Executive Director position last July. Before joining Food for People, she worked for five years for Venue Tech Management Group, a consulting and theatre management firm specializing in the planning, development, and management of arts and entertainment facilities. She has a degree from Pratt Institute in New York City.

Carly Robbins



Robbins shared, “Food for People is entering a new chapter as we work to address the continuing rise in food insecurity locals while also settling into our brand-new facility. Food for People’s strength has always been our team; if not for the collective hard work, dedication, and creativity of our staff, we could not accomplish what we do to benefit the community. I am excited to be leading this organization at such a significant time of change.”

Today the organization operates 18 different programs at 92 sites across 29 towns and cities in Humboldt County, each designed to address food insecurity needs in specific populations and locations, including seniors, children, rural areas and disaster relief. An estimated 16,000 individuals each month are served by the organization, one in 12 county residents. **(To be continued next month.)**

Chamber seeks board members

October is the time that the chamber of commerce accepts applications for new board members to serve a staggered, three-year term on the seven-member board. To be considered for membership on the board, please send an email by October 10 to rdschamber@gmail.com briefly stating your interest, and contact information, and your name will be placed on the ballot for voting, along with the information you supply, in the November issue of this publication. Results will be announced in December.

Trunk or Treat slated in Rio Dell

There will be a Trunk or Treat starting at 6 p.m. on Halloween (Tues., Oct. 31) at Firemen’s Park in Rio Dell to provide a safe Halloween experience for families and children. Individuals wishing to participate are encouraged to park their vehicle by the fire hall to hand out candy (the ‘trunk’ part of this), or to make a donation to the fire department to support the effort. Other organizations interested in hosting a Trunk or Treat of their own are encouraged to come to this central location as well. Questions? Call 707.496.7211 or email riodellfiredepartment@gmail.com.

Free English language classes offered

Free classes for beginning to intermediate speakers of English are being offered Saturdays, from 11:30 a.m. to 12:30 p.m. through Dec. 2 at the Rio Dell Community Resource Center, 406 Wildwood, in Rio Dell. Taught by Mary Ann Hytken, founder and instructor for the non-profit English Express, the classes will feature vocabulary, pronunciation and conversation. The classes are funded by Providence St. Joseph Health.



Other classes are offered, for instance online on Tuesday and Thursday evenings, from 6:30 to 7:30 p.m. Join on Zoom, using ID 707-443-5021, password 464816. Free classes for those studying for citizenship are offered at the Jefferson Community Center in Eureka from 12:30 to 2 p.m. on Saturdays through Dec. 9. They are financed by foundations, private donations and fundraisers.

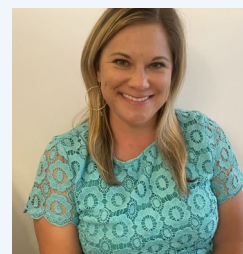
Hytken, a Humboldt County native, has been teaching English and English as a Second Language for 34 years, including locally, state-wide and overseas, from middle school grades through university level. She founded English Express, a DreamMaker Project of the Ink People, in 2016 and since that time has taught people from 33 countries, including Afghanistan and Thailand, and has seen 39 of them become citizens.

For more information, contact Hytken at 707.443.5021 or email her at maryannhytken@gmail.com.

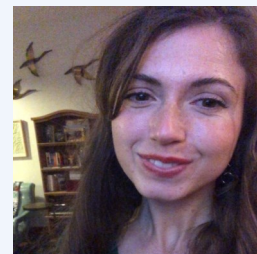
Two new teachers join Scotia staff

Jennifer Kamnikar and Anna Whitchurch join the Scotia school staff this fall, Kamnikar teaching the recently-added second section of third grade, and Whitchurch as a part-time Kindergarten teacher, job sharing with Kelley Vevoda.

Kamnikar, a Fortuna native and self-described "Army brat," had been living in the Bay Area with her husband, a firefighter and paramedic with the Oakland fire department. The pair returned to Humboldt County three years ago. "Covid hit, we had the chance to move and took it," she recalls. A physician's assistant for a decade, she began volunteering at her children's school and found she loved it. She moved on to substitute teaching, and is now preparing to launch what she calls her dream job. "So much happens in the third grade," she says. Her own two children are going into the fourth and first grade this fall.



Jennifer Kamnikar



Anna Whitchurch

The family is at home on a ranch on Grizzly Bluff, the road between Rio Dell and Ferndale, where they have begun raising beef cattle. For fun, the larger family entered as a team in the county fair chili cookoff. "We didn't win but had fun," she laughs.

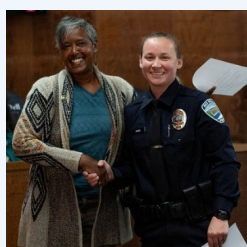
Whitchurch, a Russian-American, grew up bilingual. She graduated from UC Davis with a bachelor's degree in neurobiology, physiology and behavior, with a minor in Spanish, and taught English in Spain after graduating. She came to Humboldt County six years ago with her husband, a Fortuna native, and taught first grade for four years at Fuente Nueva Charter School in Arcata, which offers a Spanish-language immersion with an emphasis on arts and creating world citizens, as well as academics.

A new mom, Whitchurch has been substitute-teaching since last spring. "I am thrilled to be teaching at Scotia," she says, and to be able to "spend time with my sweet baby." She looks forward to investing in a more lasting relationship with her students than substitute-teaching allowed. "I love being around kindergarteners because we get to sing, dance and be silly together!" she says. "I love getting to know new people and celebrating people and events." Of her new charges she notes, "There is so much courage, boldness, creativity and kindness at this age."

Officers honored, new members join force

The City of Rio Dell has welcomed two new officers recently, and at a council meeting last month issued a proclamation of acknowledgement and thanks to former Chief of Police Jeffrey Conner, Sergeant John Beauchaine and Corporal Crystal Landry for their successful investigation into two separate cases of sexual abuse with minor. "Both cases had multiple victims and involved countless hours of investigation, court appearances and the stress of dealing with such cases. The quick arrests and the cases built" by the police department helped to present solid cases for judicial system to process, notes City Manager Kyle Knopp. Proclamations were also issued to members of the county District Attorney's staff for their part in the effort.

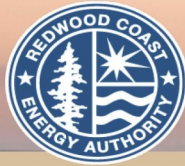
During that meeting, Officer Agustin Sierra was sworn in as the city's newest officer, joining Officer Aimee House as the newest members of the department. Mayor Debra Garne attributed the success of attracting new officers to the city, despite competition to join neighboring departments, to "the leadership of Chief Greg Allen."



**Mayor Debra
Grimes and
Officer Aimee
House**



**Newest RioDell
Officer Agustin
Sierra being
pinned by Wife**



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Scams and Scammers

By Billy Joe Long
PSA Computer Services



There are many types of scams and scammers. Over the next three articles I will talk to you about three different types of scams you may encounter while browsing the web, answering the phone or checking your email. In this article we will discuss "Browser Hijacks."

These are a common type of scam/attack that can happen when you are using your computer to browse the web. Here's how it works: scammers will have some type of "trigger" embedded in a web page you visit. These triggers are usually in the form of a link, image or ad. Have you ever heard of the term "clickbait"? That's what these are: phrases, or pictures that many people cannot resist clicking on or rolling a mouse over. If you do click on them or roll over them with your mouse it will trigger a routine (execute code) which can then pop up a dialog box with some kind of alarming text, such as "Virus Alert!"

Sometimes it will even be accompanied by alarming sounds, voices warning you that you have been infected or hacked and may even look like an antivirus software performing a scan and finding lots of infections! Note - until you click something or call that number on the screen, YOU ARE OKAY. What you do next will determine the outcome of this browser hijack scam. Do they get what they want - your money, control of your computer and perhaps you via extortion, or does it simply cost you a few minutes of your time ... it's up to you.

So, relax and ignore everything you see and hear on your computer in this moment. It's all geared to induce a state of panic. Panicking makes it difficult for us to think clearly and be more susceptible to making bad decisions. This is the goal of the scammers. Now that you're relaxed, we have two tried and true methods of ending this "Browser Hijack" scam without actually being scammed. One is for computer savvy users, the other is for the rest of us. You'll need to decide which one is right for you.

First way. Perform a [CTRL]-[ALT]-[DELETE] key combination press and then select "Task Manager" from the displayed menu. This will, as the name states, open the Task Manager utility. This utility lists all the currently running processes on your computer. It can be configured to show "More details" or "Fewer details" by toggling the option in the lower left of the dialog status bar. Either view will work for our purposes. Scan the list of processes for the name of the browser you are using to browse the web. Common browser names are: GoogleChrome, Firefox and Microsoft Edge. Right-click the browser name to display a shortcut menu. From the shortcut menu select the option "End task." This should close your browser AND the alarming virus message. Now open the same web browser you just closed and if asked to "Restore pages ..." **decline**. If you restore the pages, you'll be looking at the fake virus alert page again and starting over.

If this process seems a bit complex for you, then on to the second way. **Warning** - this process can cause data loss for any documents, currently open on your computer, which have not been saved. If you have data which needs to be saved, I encourage you to work through the "First way." If you absolutely cannot accomplish the first way, give me a call - the number is at the end of this article.

Okay, we are going to perform what is called a "hard stop" of your computer. Press and hold your power button for 4-6 seconds, until you hear it power off. This effectively closes all programs running on your computer - including the browser hijack. This is not ideal and should only be used as a last resort to deal with the browser hijack. Once it has powered off, simply power it back on and open the same web browser. If asked to "Restore pages ..." decline. If you restore the pages, you'll be looking at the fake virus alert page again and starting over.

In this article we talked about browser hijack scams, which are pretty straight forward to deal with. In the next article we'll discuss some basic phone scams and what you can do to protect yourself from them. If you have questions give PSA Computer Services a call at (707) 506-6802 or check us out on the web at <https://psa-2.com/>

**WATCH FOR "TRICK OR TREATERS" on Streets
on Halloween, October 31st**

Rio Dell-Scotia News

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Call the Rio Dell-Scotia Chamber of Commerce at 506-5081 to advertise.



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