

## Health Wise Suicide Prevention Week

September 4th - 10th has been declared suicide prevention week, so let's take a closer look at this tragic way lives are lost every year.

Suicide is a serious community health problem. Suicide occurs across all age, economic, social, and ethnic boundaries.

As a community we can work together to prevent suicides by raising awareness about the problem and learning how to help friends and family through challenging times. Most people give warning signs when they are considering suicide. It is important to know the warning signs and how to respond to them.

Warning signs may include: feeling a loss of control with no hope for change or happiness, unable to sleep, eat, work or think clearly, an increase in alcohol or drug use, withdrawal from friends and family.

Talking about suicide does not cause someone to be suicidal. It's ok to ask someone if they are thinking about suicide. If they are considering suicide you can offer your support by: listening, allowing them to express their feelings, and offering to find help.

### If you are in crisis or concerned about someone call:

- Humboldt County Mental Health 24-hour Crisis Line 445-7715, toll free (888) 849-5728
- National Suicide Prevention Lifeline, 800-273-8255 or visit their website [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org)

For more information & Resource Packets: contact Kris Huschle, (707) 441- 5554. or visit the National Suicide Prevention Lifeline's website.



## Rio Dell

**September 6th & 20th: City Council** meets at 6:30 p.m. at City Hall.

**September 12th: School Board**, 5p.m.

**September 13th: Parks & Recreation Commission**, 6:30 p.m., City Hall.

**September 20th: General Chamber of Commerce meeting**, 12-1, Pizza Factory, buffet lunch available.

**September 20th: Chamber of Commerce Board Meeting**, 9:00 a.m., Chamber of Commerce.

**Tuesdays: Ruth's Room**, 10 - 1p.m.; Located at Rio Dell Baptist Church, 100 Butcher Road, Rio Dell.

**Tuesdays: Senior lunch** at the Church of Christ 325 2nd Ave. Reserve lunch, 764-3629.

**Tuesdays & Saturdays: Rio Dell Library open** 11 a.m. to 4 p.m., 715 Wildwood Ave. 764-3333.

**Wednesdays: Rio Dell Library open** 1-6p.m., 715 Wildwood Ave. 764-3333.

**Fridays: Play Group** for ages 0-5 with a parent from 10:00 a.m. to 12:00 noon at Early Head Start building, 95 Center St. 764-5239.

**Fridays: Senior lunch potluck**, 325 2nd Ave., Church of Christ.

## Scotia

**September 6th: School Board**, 6:30 p.m.

**Fridays: T.O.P.S.-Take Off Pounds Sensibly** 8:30-10:30 a.m., Scotia Union Church, 764-3025.

### Food Pantries

**Bread for Life** 143 Main Street, Scotia, 3rd Thursday, 10a.m. - 12 p.m. & following Friday.

**Emergency food** Assembly of God Church, 95 Belleview Ave. Rio Dell, Mon-Thurs, 9 am-noon.

### Clothing Closet

**Ruth's Room:** Rio Dell Baptist Church, New Hours posted under calendar! Call 764-3811 for more info.



### Rio Dell-Scotia News

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### Free Car Seat Safety Inspections

The CHP will be at **With Child Doula Services**, 3855 Rohnerville Road in Fortuna on Thursday, September 22, 2 - 4:00 p.m. and every 4th Thursday of the month.

## Health Wise

Health Wise is published as a community service. Information in Health Wise comes from a wide range of medical experts. If you have any concerns or question about specific content that may affect your health, please contact your health care provider.

## Rio Dell Play Group

Ages 0-5 with parent

Free, with Snack

Fridays~ 10:00-Noon

95 Center Street



**Massage of the Redwoods** Get a massage today!  
Cynthia Rogers, Masseuse  
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**Scotia Dental Center**  
New patients welcome  
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500 B Street, Scotia 764-5300



## Scotia Hardware & Rental

### September Bargains:

• painter's tape: \$5.99 • lawn rake: \$5.99  
• 8'x10' tarp: \$4.99 • leaf scoop: #3.99  
Main Street, Scotia • 764-1780



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## How Many Are In That Jar?



Dj's Burger Bar's September challenge, is to guess how many yellow Reeces Pieces are in their jar. Closest guess (without going over) wins a free medium blizzard!

## Rio Dell Library

Story time in the Rio Dell Library has been changed from Wednesday evening to Saturday morning, beginning September 10. Meet at the library for stories, rhymes, and fun with friends every Saturday morning at 10:30 a.m. The library is at 715 Wildwood Avenue; call Jeanine at 764-3333 for more information.

Library cleaning party Saturday September 10 at 9:30 am. Help us get the library clean for story time and other library activities.

## Assembly of God Support

The Rio Dell Assembly of God at 95 Belleview Avenue is providing **free transportation** to attend services at 10:15 a.m. on Sundays, and the **free hamburger feed** at 4:00 p.m. Please call ahead of time at 764-5460 or Glenn at 764-2742. Church closed Fridays and Mondays.

## School Surplus Yard Sale

The Rio Dell School District will be holding a school surplus yard sale at 95 Center Street (PMU), on October 1st, from 9 a.m. - 3 p.m. The teachers are clearing out their rooms of old curriculums, manipulatives, educational games and more!

Proceeds from this event support the school district's cheer-leading team (for new uniforms). For more info, call 764-5694.

# Rio Dell-Scotia News

September 2011

Vol. X No 9

## ~ Around Town ~

### Wildwood Days: Thanks!

The Rio Dell Volunteer Fire Department would like to thank all volunteers and contributors to the success of this year's Wildwood Days. The event gets better every year, due to the support of our local community members and businesses.

### Scotia's Bread For Life Food Pantry

Scotia's Bread for Life food pantry is now the food pantry for both Rio Dell and Scotia residents. Commodities can be picked up once a month by income eligible households.

Distribution is the 3rd Thursday of the month for family names beginning with A-K (for example, if your last name is Harper, you would come on this day). For names beginning with L-Z, you come on the following Friday (for example, if your last name is Thompson). The September distribution will be on September 15th and 16th. The times for distribution are 10 - 12 p.m. at 143 Main Street.

HOUSE-HOLD SIZE	MONTHLY HOUSE-HOLD IN-COME	ANNUAL HOUSE-HOLD INCOME
1	\$1,361	\$16,335
2	\$1,839	\$22,065
3	\$2,316	\$27,795
4	\$2,794	\$33,525
5	\$3,271	\$39,255
6	\$3,749	\$44,985
7	\$4,226	\$50,715
8	\$4,704	\$56,445
9	\$5,181	\$62,175
10	\$5,659	\$67,905
Over 10	add \$478 each	add \$5,730 each

### Community Resource Center Needs Volunteers

Are you interested in giving back to the community you live in? The Rio Dell Community Resource Center is looking for dedicated volunteers. Possible opportunities include: After school snack program; backpack program, office assistant responsibilities, gardening, etc. There are also annual events you can become involved in, such as the holiday program and the Rio Dell Bike Rodeo. Please call 764-5239 to ask Brian how you may be of assistance.



### Donations Needed

The Rio Dell Community Resource Center accepts lightly used, washed clothing for children grades K-8th. If you have something you'd like to donate, please call 764-5239.

We also accept donations of back-to-school supplies, to help those children most in need. Items accepted include: backpacks, pens/pencils, folders, notepads, erasers, calculators and hygiene products.

Help us help those in need. Call today to see how you can make a difference!

### Back To School Night

The Rio Dell School district invites parents and families to attend back to school night, scheduled for September 15th at 6:30 p.m. This is a great opportunity to see your child's classroom and meet the teacher.



### Pathways To Health

Our Pathways to Health is program of the Community Health Alliance, and it's coming to Rio Dell! This free 6-week, chronic disease self-management workshop will be held at the Rio Dell Assembly of God on Tuesdays, October 11 - November 15th, from 10 - 12:30 p.m.

Do you have high blood pressure, diabetes, heart disease, arthritis or ANY chronic medical condition? Do you want to feel better? Do you care for someone who has a chronic medical condition? If you said "yes" to any of these questions, then **Our Pathways to Health** is for you.

## Special Event

St. Joseph Health System - Humboldt County will be holding their 13th annual Eel River Valley Family Health and Resource Fair on Saturday, October 1st at the Rohner Park Fireman's Pavilion in Fortuna from 10 - 2 p.m. Don't miss this opportunity to receive a wealth of up-to-date health information & free screenings!

Redwood Memorial and St. Joseph Hospitals will be joined by a variety of not-for-profit and for-profit organizations this day, to help support you in living a healthy lifestyle. From children's services to seniors, the gambit is covered at this event.

Free screenings currently scheduled include: fingerstick testing (glucose, anemia, cholesterol— no fasting required), bone density screening and blood pressure checks. Other currently scheduled services include: electronic health record management, Vial of Life, nutritional information, how to become a mentor, foster care information, traumatic brain injury services, blood donations, dental care for children, tobacco cessation, MediCal and other health insurance information and a whole lot more!

In addition to the above, a low-cost blood draw coupon will be given out for testings such as: Complete blood profile, thyroid stimulating hormone, prostate specific antigen, lipid panel and complete metabolic profile. There are a limited number of these coupons to be given out, and recipients will take the coupon to the Redwood Memorial Hospital Lab at their convenience, to have these tests done. For more information on the blood draw coupon and the event, call 764-5239 or visit [www.stjosepheureka.org](http://www.stjosepheureka.org).

**Redwood Mini Golf**  
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# 2011 WILDWOOD DAYS

## Chalk Art Contest

For the 2nd year in a row, Wildwood Days has included a chalk art contest display on the sidewalk of Wildwood Avenue, near the bocce courts. This year, there were three groups participating:

### Age Group: 1 - 12 years old

- 1st went to:** Darley Diaz got a medallion and a gift certificate for two games donated by Mini Putt.
- 2nd went to:** R.J. Allen who was a piece of art himself with his painted face got a medallion.
- 3rd went to:** Tripp Johansen was also our youngest contestant at 2 years old.

### Age Group: 13 - 18 years old

- 1st went to:** Sierra Hill got a trophy plus a fishing pole donated by Grundman's
- 2nd went to:** Arianna Willis and Sarah Gallaghen shared a medallion
- 3rd went to:** Halry Dillard (can pick up her medallion at the firehall)

### Age Group: 8 years and up

- 1st went to:** Tina Klesch got a trophy plus a \$50.00 gift certificate donated by the Pizza Factory
- 2nd went to:** Steve Johnston
- 3rd went to:** Lynn Freisen who was all the way from Huntsville ,Ont. Canada.


**SPECIAL THANKS** to Bill and Winifred Park for coordinating this year's chalk art contest, to those who donated materials and prizes, to the Rio Dell Volunteer Fire Department and to all of this year's participants! We hope to see more artists join the event next year!




Arianna Willis and Sarah Gallaghen



R.J. Allen



**Hazardous Waste in Rio Dell?  
Not Any Longer!**




On August 18th, community members came to Rio Dell's City Hall for the Household Hazardous Waste Collection event, thanks to a joint effort between Humboldt Waste Management Authority (HWMA) and the City of Rio Dell. Over 100 local residents attended the event with truck beds and carloads full of materials, such as: Paint (370 gallons: latex, oil, related materials), paint for reuse (35 gallons), aerosols (200 lbs), toxic liquids & solids (1,050 lbs: including acids, bases, oxidizers, pesticides), propane & mixed compressed gas (35 lbs), used motor oil & antifreeze (75 gallons), used oil filters (55 lbs), fluorescent bulbs/tubes (45 lbs), household batteries (400 lbs), vehicle batteries (450 lbs). That's over 2,500 lbs of waste, and 90% of the attendees were from Rio Dell and Scotia!

The event costs totaled \$8,525, or approximately \$85/vehicle. Event costs included shipping and disposal of the hazardous waste, event supplies, labor, and a trash bin from Eel River Disposal.

HWMA collects a Hazardous Waste Program Fee through the solid waste tipping fee from member jurisdictions, including Rio Dell, to help support funding mobile collections. Additionally, a \$5/vehicle fee and overage fees, collected at the time of drop off, round out revenue for collections (covering approximately 10% of collection costs). Additionally, materials collected that are of a reuse value are redistributed to the public through the reuse barn at HWMA's transfer station, located at 1059 W. Hawthorn Street in Eureka.

Thanks to all the residents who are helping to keep our Eel River Valley communities cleaner and safer for everyone.



**Reduce  
Reuse  
Recycle**

## 2011 WILDWOOD DAYS

# Duck Race Contest

The Monument Middle School Cheerleaders were very pleased with the success of the duck race this year. All proceeds from this event go to help fund the activities they participate in and the purchase of required uniforms and equipment. The Cheerleaders are also extremely grateful to all of their event sponsors. The businesses in Rio Dell, Scotia and Fortuna really stepped up, allowing the cheerleaders to offer five super Duck Race prizes and another forty prizes in our second chance drawing. Thank you sponsors!!!

**This year's Duck Race winners were:**

<b>1st Place:</b> Jackie Robinson (\$500)	<b>4th Place:</b> Kristen Hackleberg (\$100 gift cert/Pizza Factory)
<b>2nd Place:</b> Jeff Pocket (one night stay at Scotia Inn and \$50 in pub)	<b>5th Place:</b> Ginger Parker (\$50)
<b>3rd Place:</b> Russ Reynolds (\$100)	

Once again, thanks to sponsors and individuals who purchased tickets. The Cheerleaders will work hard to make you proud of them again this year!



**St. Patrick's Church**  
418 Church St., Scotia 764-5446  
Father Gary Sumpter

**Mass Schedule**  
Sunday's Mass 9:30 a.m.  
Weekday Mass Mon - Fri 8:00 a.m.  
Saturday's Mass 8:30 a.m.



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12 months: \$180



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