



Round Valley Reader



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PAST* PRESENT* FUTURE

APRIL 12, 2024

LICK YOUR PUPS!

Guest Column featuring Medie Jesena Parrott Pediatric and Psychiatric Nurse Practitioner Round Valley Indian Health Center/Yuki Trails

Rat moms, like human moms, show different levels of maternal nurture and affection. Some lick their pups a lot after they're born, others hardly do so, and the rest are somewhere in the middle. In research labs, when the little rat pups were separated from their moms and handled by researchers, they got very stressed out. The pups whose moms spent extra time licking and grooming them after these stressful events, grew up better able to deal with stress later in life compared to those whose moms were low lickers. Researchers also found that the baby rats who were highly licked grew up to be high-licking moms themselves, and rats who were not licked much as babies eventually became low-licking moms. To test if the licking trait was purely genetic, they cross-fostered these two groups and found that the rat babies of the low-lickers, when nurtured by high-licking foster moms, became high-licking moms themselves when it was their turn to have babies.

This is not just a cool story about rat pups, but also a very important concept for us to understand, because human brain chemistry is a lot like rats', except that with us, mothering can be done by fathers or practically anyone who is loving and attentive. We know that some of us are anxious, insecure, and easily stressed out; others are relaxed, confident, and resilient children and adults; and the rest of us have our moments! Were we just "born that way" because we have our parents' DNA or could our interactions with people and environment have shaped who we are? Well, both. We inherit genes from each of our parents' DNA, just as they inherited theirs from our grandparents, and so on. This is why we tend to look like our other family members, for example, the same height, skin, hair, and eye color. At the same time, we carry genes that are only turned on or expressed if they get signals from the environment, like licking. Well, for humans, licking would be the calm, constant love and attention from safe, familiar persons who consistently meet our needs for food, warmth, shelter, and connection. Nurturing as well as traumatizing experiences can cause epigenetic changes on our DNA that can start while we are fetuses in our moms' bellies and can happen throughout our lives. How well we handle stress, how we connect with others, what we eat, the air we breathe, how active we are, and whether we are happy, lonely, or angry a lot, all play a role in whether we are going to stay well or develop diabetes, asthma, cancer, heart disease, depression, addiction, and others.

Our genes can be turned on or off by our environment, experiences, and our own behaviors, and we can pass our epigenome down to future generations in the same way that we inherited our ancestors'. We cannot change our DNA, but we can change our epigenome. This is a hopeful message that we can choose to live the life we want for ourselves and our children.

So, lick your pups! Better yet, lick all the pups and each other in this community. Take care of each other's needs; keep each other safe; spend time together in mourning and in celebration; make sure the food, air, and water are clean and healthy; and take care of the land that takes care of you.

--Medie Jesena Parrott, Pediatric and Psychiatric Nurse Practitioner, Round Valley Indian Health Center/Yuki Trails

PRESENT: HEY COVELO,

HOW DOES YOUR GARDEN GROW?



A Round Valley Reader Spring Garden Companion written by Michelle Peñaloza, Planting Schedule from Garden Dawn

Nourish the Soil: At the heart of every successful garden lies healthy soil. Compost teas, brewed from a mixture of compost and water, are rich in beneficial microbes and nutrients, providing a nourishing tonic for your soil and plants alike. Herbal infusions like chamomile, nettle,

or comfrey, are known for their soil-enriching properties. You can apply these as a foliar spray on your plants or into the soil. Fermented seaweed or plant juices can provide a concentrated source of nutrients. Composting to close the loop on waste is also a great way to nourish the soil. Set up a compost bin or pile in your garden to recycle kitchen scraps and yard waste. Turn the compost regularly and maintain a balance of green and brown materials. By incorporating these practices you'll improve your soil with a more sustainable and regenerative approach to gardening.

Sow Seeds with Purpose: Did you know we have an amazing seed library housed within our wonderful library? The Round Valley Library is a great place to start when considering seeds for your garden in Covelo; these seeds are ones that have been loaned and reseeded and donated back—which means these are all plants that have been successfully grown in Round Valley. Once you've chosen your seeds, you might consider biodynamic planting practices, aligning sowing with lunar phases for optimal growth conditions.

Integrate Animal Husbandry: Keeping backyard chickens not only provides people with fresh eggs but also contributes to a more self-sustaining and resilient garden ecosystem. Many folks have goats, sheep, and cows in the valley. By utilizing composted animal bedding and animal droppings and manure to fertilize garden beds, farmers and gardeners can close the loop on nutrient cycling and enhance soil health.

Create Integrated Pest Management (IPM): Maintaining a balanced ecosystem is key to warding off pests without resorting to chemical interventions in your garden. Consider setting up bat boxes or birdhouses to attract friends who dine on garden pests like caterpillars. Purchase beneficial insects such as lady bugs to eat aphids, or praying mantids, which help by eating moths, mosquitoes, roaches, flies and aphids. Additionally, don't

underestimate the power of companion planting to deter pests. Here's a cool list of combos: Marigolds protect tomatoes from soil-borne pests; nasturtiums attract beneficial insects that prey on aphids, cucumber beetles, and squash bugs when planted alongside cucumbers and squash; basil deters aphids, whiteflies, and tomato hornworms, benefiting nearby tomato and pepper plants; lavender attracts pollinators and repels cabbage moths and aphids when planted near cabbage, broccoli, and kale; chives and garlic deter aphids, protecting roses from infestation, while sunflowers attract beneficial insects and birds as well as provide support for climbing beans—all of which create a balanced ecosystem that promotes a healthy and happy garden (and gardener!). 🌱 **Here's to growth and abundance for all Round Valley's fields, farms, and gardens! We hope everyone has a beautiful and bountiful season.** 🌱

Zone 8B Veg Planting Schedule

start seeds indoors		transplant/ sow directly				harvest					
jan	feb	mar	apr	may	jun	jul	aug	sep	oct	nov	dec
	brassicas							brassicas			
	lettuce							lettuce			
	peas							peas			
	root vegetables							root vegetables			
	chard/kale							chard/kale			
	garlic							garlic			
	alliums										
	peppers										
	sweet potato										
	tomato/eggplant										
	potato/yams										
	brussel sprouts										
	celery										
	squash										
	melons										
	beans										
	cucumber										
	corn										

Do you have archives from the past, present news, and/or imaginings for the future of Round Valley? Tell us in person at The Round Valley Farmers' Market, every Friday (where we will also have the latest issues of The Round Valley Reader!) Or email us at: coveloarts@gmail.com

**SATURDAY
4-20-24**

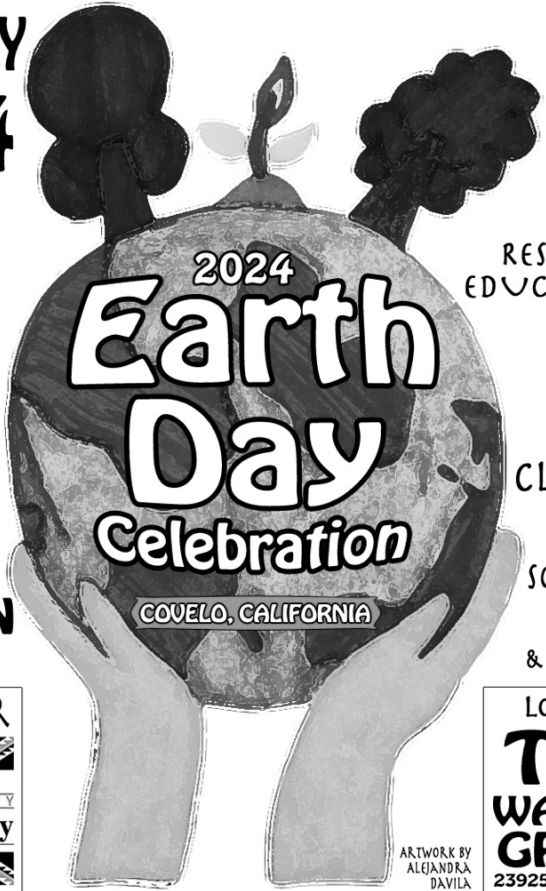
**11am-
Sunset**
RAIN OR SHINE

FEATURING
MUSIC BY

**BLUE
LUKE**

**SOUL
CIRCUS**

**MARJO
WILSON
TRIO**



A FUNDRAISER FOR
*Friends of the
ROUND VALLEY
public library*

RESOURCE &
EDUCATIONAL
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SWAP

SCAVENGER
HUNT

& MUCH MORE

LOCATION:

**THE
WALNUT
GROVE**
23925 HOWARD ST.

ARTWORK BY
ALEJANDRA
DAVILA

COMMUNITY GOINGS ON COMMUNITY GOINGS ON

3rd Annual

May 4th

Round Valley History Day

Round Valley Methodist Church
77940 Covelo Rd. Covelo, Ca

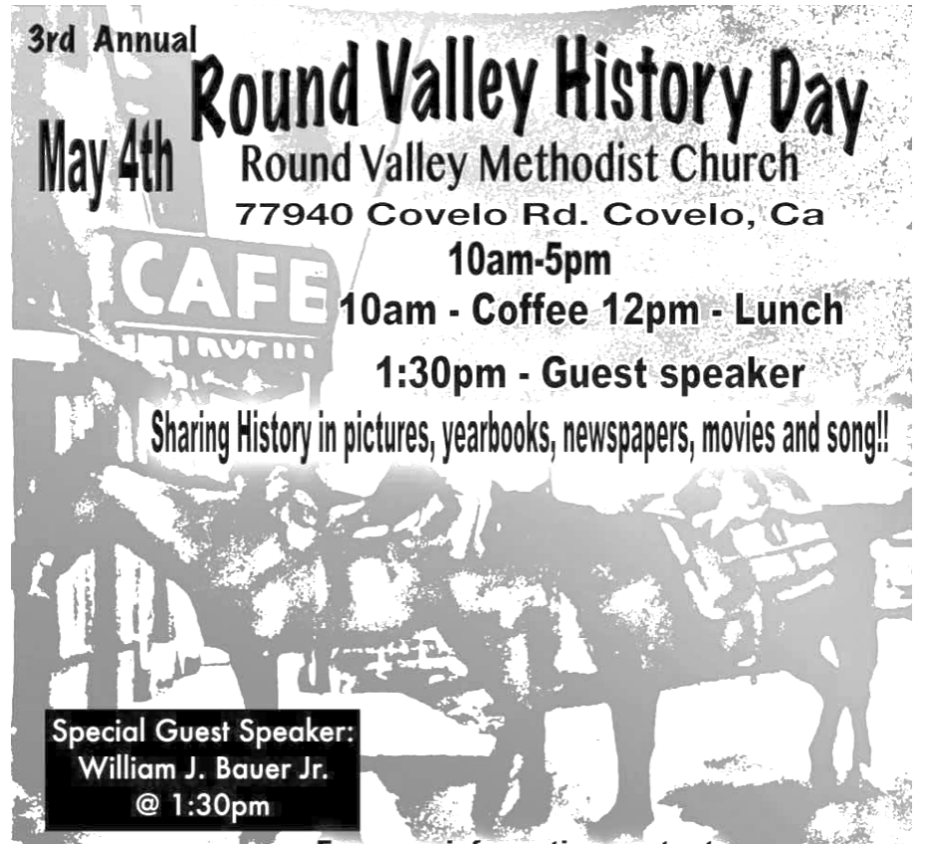
10am-5pm

10am - Coffee 12pm - Lunch

1:30pm - Guest speaker

Sharing History in pictures, yearbooks, newspapers, movies and song!!

Special Guest Speaker:
William J. Bauer Jr.
@ 1:30pm



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**HAVE SOMETHING TO SHARE
WITH OUR COMMUNITY?**

Send your community announcements,
events, local asks, & advertisements to
coveloarts@gmail.com



GOINGS ON COMMUNITY GOINGS ON

*Monday
Yoga*
New Time 6:30pm
@ the Legion Hall
No experience
necessary
I have mats to borrow
Donation based class
call Kiersten for more information
310-210-6042

ROUND VALLEY LITTLE LEAGUE PRESENTS
**TEXAS HOLD EM'
FUNDRAISER**

APRIL 14TH @ 1PM
ROUND VALLEY SENIOR CENTER

COME OUT AND SUPPORT OUR YOUTH!

SPAGHETTI PLATES FOR \$10
DRINKS AND BAKED GOODS FOR \$1
WILL ALSO BE AVAILABLE

ALL PROCEEDS GO TOWARDS
ROUND VALLEY
LITTLE LEAGUE YOUTH TEAMS

**Teen
Volunteers
NEEDED!**

**Help the library with Books,
Programs, Seeds and more**

Training program happens on Thursdays in April (the week after Spring Break.) Intern shifts available starting April 20th. Intern shifts fulfill Round Valley High School Community Service requirements and include a stipend.

For Youth ages 13 - 18 yrs
Training Dates: Thursday 4/11,
4/18, & 4/25, 4 - 5 pm.

This youth development program is offered once a year at the Round Valley Branch Library. Past participants are welcome to join the group again. Students who complete the program can use the library as a reference academically or professionally.



Round Valley Branch Library
23925 Howard St | Covelo, California 95428 | 707-983-6736 |
www.mendolib.org

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