



Round Valley Reader



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Past * Present * Future

July 5, 2024



Scorching Temps in Round Valley: Weathering the Heat Wave

This week (you may have noticed, reader!) Covelo is experiencing an intense heat wave with temperatures, from July 5 to July 12, in the highs ranging from 100°F to 110°F. Such extreme heat can pose significant challenges, especially for residents without access to air conditioning. Staying safe during these times is crucial for both people and their animals, as well as for maintaining gardens. One of the most important steps to stay safe in the heat is to stay hydrated. Drink plenty of water throughout the day and avoid beverages with caffeine or alcohol, as they can lead to dehydration. Limiting sun exposure is also essential. Try to stay indoors during the hottest parts of the day. If you must be outside, wear lightweight, light-colored clothing, and a wide-brimmed hat to protect yourself from the sun.

Cooling down is vital. Taking cool showers or baths can help lower your body temperature. Using damp cloths or cool packs on your neck, wrists, and ankles can also provide relief. During hot weather, certain essential oils can provide a refreshing and cooling effect. Peppermint and eucalyptus oils are excellent for their instant cooling properties, while lavender can soothe heat-induced irritations. These oils can be used in various ways, such as in a cool compress, a refreshing spray, a diffuser, or a cool bath, to help you stay comfortable during the heat. While fans don't lower the temperature, they can help circulate air and make you feel cooler. At night, open windows to allow cooler air to circulate.

Be aware of the signs of heat-related illnesses such as heat exhaustion and heat stroke. Symptoms include heavy sweating, weakness, dizziness, nausea, and headaches. Seek medical attention if necessary.

For those with pets and livestock, ensuring their safety during a heat wave is equally important. Make sure pets have access to plenty of fresh water and shaded areas. For outdoor animals, consider providing extra water sources. Walk your pets during the cooler parts of the day, as hot pavements can burn their paws. Never leave animals in vehicles, even with windows cracked, as temperatures inside a car can rise rapidly, posing severe risks. Use wet towels to cool your pets or allow them to splash in shallow pools of water.

Maintaining your garden during a heat wave requires careful planning. Water your garden early in the morning or late in the evening to reduce evaporation. Deep watering is more effective than frequent shallow watering. Apply mulch around plants to retain moisture and keep the soil cool. Use shade cloths or temporary structures to protect plants from the harsh midday sun. Check the soil moisture regularly, as wilting plants can be a sign of both overwatering and underwatering.

During extreme heat, community support can be invaluable: check-in on your people, cool off in the river or under a sprinkler in the shade, and remember to drink lots of water. By taking these steps, you can help ensure the safety and well-being of yourself, your animals, and your garden. Stay cool and stay safe! --written by Michelle Peñaloza



Celebrate the Fourth of July weekend with various events in Mendocino County:

Fort Bragg

- **July 6:** Handmade Craft Fair – Hand-crafted items. 10 a.m., Town Hall.
- **July 6:** World's Largest Salmon BBQ – Grilled salmon, live music. 11 a.m.-6 p.m., South Noyo Harbor.
- **July 6:** Independence Day Fireworks – Fireworks display over the Pacific Ocean. 9:30 p.m., Noyo Headlands.

Point Arena

- **July 6:** Street Fair and Fireworks – Live music, food, crafts, fireworks. 4-11 p.m., Arena Cove.
- **July 7:** Independence Day Parade – Noon, Main St.

Ukiah

- **July 6:** Speedway Race & Fireworks – Racing and fireworks. 5 p.m., Ukiah Speedway.

Willits

- **July 3-6:** Frontier Days – Rodeo, dancing, live music, parade. Various times, Willits.

Check local laws regarding fireworks use and enjoy the celebrations safely!



PUBLIC SERVICE ANNOUNCEMENT

The Mendocino County Office of Emergency Services would like to remind Mendocino County residents and visitors that all fireworks are illegal in Mendocino County.

As we approach the 4th of July holiday, please remember that we are now in fire season, and it is dry in all areas of the County. The illegal use of fireworks poses a serious threat to the safety and well-being of everyone in our County.

CAL FIRE and local fire and law enforcement agencies are working together to enforce a zero-tolerance policy regarding the use and sale of illegal fireworks in Mendocino County this year. Please do your part to help protect Mendocino County from another devastating wildfire by celebrating the 4th of July safely and responsibly.

For fireworks enthusiasts, there are safe, organized, professional fireworks displays scheduled in Fort Bragg, Point Arena, and Ukiah this year! (See the schedule here! →)


10 WEEK PRODUCE SUBSCRIPTION

SUMMER JULY 5TH-10 WEEKS
 SEPT 6TH
 \$30/WEEK X 10 WEEKS = \$300

FALL SEPT 13TH-10 WEEKS
 NOV 15TH
 \$30/WEEK X 10 WEEKS = \$300

10% OFF TEACHERS AND HEALTHCARE WORKERS
20% OFF TRIBAL MEMBERS

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 707-354-4373
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Meet Behaviorist and Autism Specialist, Jillian Guevara

July, 19 2024

Autism 101
 10:00AM - 11:00AM

Open discussion or consult
 12:00PM - 1:00PM

Behavior 101
 2:00PM-3:00PM

Round Valley Family Resource Center
 76471 Henderson Lane
 Covelo, CA 95428

Light refreshments will be provided
 Spanish translation available
 Gift card raffle for participants



CREATE THE SKATE

Art Show and Auction Artists Invitation
 Exhibition will hang in the Round Valley Library Commons

The Round Valley Skatepark Project
 Fundraiser



DESIGN A SKATEBOARD
 Donate your art for a special exhibition

\$20 DEPOSIT ENTRY
 INCLUDES A USED BOARD
DEPOSIT WILL BE REFUNDED IF ARTIST DONATES ART TO AUCTION

ART SHOW INTAKE
 SEPT. 6TH-7TH
 IN THE LIBRARY COMMONS

BOARDS WILL BE AVAILABLE
 JULY 1ST
 EMAIL FOR PICK UP LOCATIONS

For more information and to enter
 Rvskateparkproject@gmail.com



CVFD FLEA MARKET

JULY 13 & 14
 10 AM - 3 PM

FREE ENTRY



COVELO AIRPORT/ REC CENTER
\$10 a booth per day for vendors
reserve your spot (707) 354-5545

WANT TO SHARE SOMETHING WITH OUR COMMUNITY?

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

COVELO'S 41st ANNUAL BLACKBERRY FESTIVAL

AUGUST 17-18

www.roundvalleyblackberryfestival.com