

The Ridge




SAGE RIDGE
SCHOOL
OCTOBER 2020

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Background Image: Grade 7 Girls Physical Education



LIVING AND LEARNING IN THE ERA OF COVID

Ethan Wu
Staff Writer

The COVID-19 pandemic has impacted every aspect of life, especially the learning environment. The lifestyle of students has changed drastically. Usually students would go to school about 7 hours a day, and spend 6-8 hours at home, not counting sleeping time. Now, students would usually stay home about 13-15 hours, and it has become much more difficult to get exercise. This is undoubtedly a harmful aspect of the pandemic, because children and teens need at least 1 hour of exercise each day.

SOCIAL ISOLATION

Distance learning is especially hard for young children and working parents. It is imperative for young students to get lots of social interaction.

DIFFICULTIES FOR EDUCATORS

At the start of the pandemic, many schools and teachers were not prepared for distance learning. They would assign homework and videos, with minimal online teaching. Many kids became unmotivated and uninterested in learning, because they weren't learning much, and couldn't participate in activities that were supposed to help make learning interesting.

SETTING A NEW STANDARD

As a new student in distant learning in Sage Ridge, things for me have changed dramatically. Previously, I would only get about 1 to 2 online classes per subject every week, but now, I get online classes for all my subjects every day. To me, this is a huge improvement, because I can learn a lot more and faster.



Many students also feel socially isolated because they are unable to contact and see their friends in person. Social isolation increases the risk of mental health issues like depression, anxiety and premature death. That is why there are apps like Facetime, Discord, and Zoom, which can help people socialize and communicate with each other.

IT'S NOT ALL BAD

There are also many benefits of distance learning. For example, with extra time, people can discover new passions, dedicate more to their hobbies, and learn new things. Distance learning is also the safest way to learn during the pandemic, because it does not require being in crowded public places with people. Also, distance learning is relatively accessible; all you need is a computer and internet, and you can attend school from pretty much anywhere.

BENEFITS AND DRAWBACKS OF DISTANCE LEARNING

Cons:

- Social isolation
- Much harder to get enough exercise
- It's easy to feel less motivated
- In-person social interaction is no longer safe

Pros:

- Spend more time on hobbies or discover new ones
- The safest option for learning
- More accessible for those with computers

GIVING BACK TO THE COMMUNITY

Anne Thompson
Staff Writer

During this difficult era, it is easy to feel powerless and devastated by the losses felt all around the world. The future is uncertain and the present is frightening. Yet, the recent events of late do not serve as an excuse to resign ourselves to the inevitability of more catastrophe and give up on positivity. At this very moment in time, our community needs us most of all. Despite social distancing restrictions, there are still a vast number of ways that every one of you can help to better our community and perhaps by extension our world.

BECOME A TUTOR

Social distancing orders have greatly impacted the educational system throughout America. Many students lack access to the internet or a device needed to continue their education online. Additionally, it is especially challenging for many students, particularly very young students, to successfully learn through distance learning. For these reasons, a new organization, the Reno Alliance for Free Tutoring, or R.A.F.T for short, was founded by Hannah Branch, a high school senior from Wooster



High School. Through R.A.F.T., students in grades first through eighth are paired with a high school tutor who helps them with school work during 45 minute virtual video calls, all free of cost. All high school students who sign up to be tutors are volunteering their time to help our community, and I would highly recommend volunteering to any high schooler who has the opportunity to contribute their time to helping ensure that all students, regardless of financial status, receive a well rounded, high quality education. The organization is also looking for high schoolers who are capable and willing to tutor to Spanish speaking students!

DONATE FOOD

Unfortunately, the massive surge in unemployment brought upon by Covid-19 has made it difficult for many members of our community to be able to purchase basic necessities such as food, clothes, or hygiene products. Donating to food banks in our community, such as Northern Nevada Food Bank, is a fantastic way to help out less fortunate members of our community. Placing food into public pantries that are located

throughout the city of Reno, including the Biggest Little Free Pantry at 1135 Wilkinson Avenue, is another way to provide food to those in need. Additionally, consider donating money to organizations that serve meals to disadvantaged citizens in our community. Meals on Wheels is an amazing organization that delivers meals to senior citizens, and their services are important now more than ever due to the need for seniors to limit contact with the outside world as much as possible.

STAY AT HOME

Arguably the most important way to help out our community is to stay home as much as possible. Limiting contact with



others significantly reduces the risk of infection and helps to prevent a surge in coronavirus cases that could very well completely overwhelm our healthcare system. This favor for our community is undoubtedly the most frustrating of all, as humans are naturally social creatures and spending months in isolation is especially hard on our mental health. It is imperative to check in with friends and relatives during this time, for your sake as much as theirs. Luckily, we live in a time where various apps, as well as the internet, can help us stay connected to our peers. Above all, it is important to keep in mind that the better job we do at social distancing, the sooner we will be able to return to a state of normalcy.

LEADERS OF THE COMMUNITY

During this unprecedented time in our lives, it is of paramount importance that we move forward with compassion and empathy for all members of our community. Billions of people across the world are grappling with the intense emotions brought about by recent world events and months of isolation. Amidst a global crisis, it is our duty as members of the Sage Ridge community to rise up and take action to fight injustice.

SAGE RIDGE SCHOOL KARMA BOX DESIGN CONTEST



WHAT IS A KARMA BOX?

It's a community initiative that allows people to give non-perishable food, hygiene products, toiletries, and other useful items to those in need.

HOW DOES IT WORK?

Karma Boxes are filled up with goods by anyone who wants to lend a helping hand to those in need.

If you're hungry or need some supplies, you can find the Karma Box location closest to you using the app.

If you want to lend a helping hand, find a Karma Box location near you and donate anything you can spare.

THE CONTEST

Sage Ridge Parent Association is excited to announce we will be participating in the "Karma Box Project." Students grades 7-12 are encouraged to enter designs that will represent our school in the community. Our future Karma box is located in art room 220 and is available for viewing to help better inspire design entries. Dimensions - Sides 16" wide x 36" tall, back 19" wide x 36" tall. The winning artist will then work on the Karma Box with Mrs. Ashton and the Media Arts Staff in room 220 to complete their masterpiece that will represent Sage Ridge School and help serve the community. ***Please submit entries to nashton@sageridge.org with "karma box" in the subject line. All entries must be submitted no later than 10/28/20.***

ADVISORY FUN



CHAMPION CHEVROLET

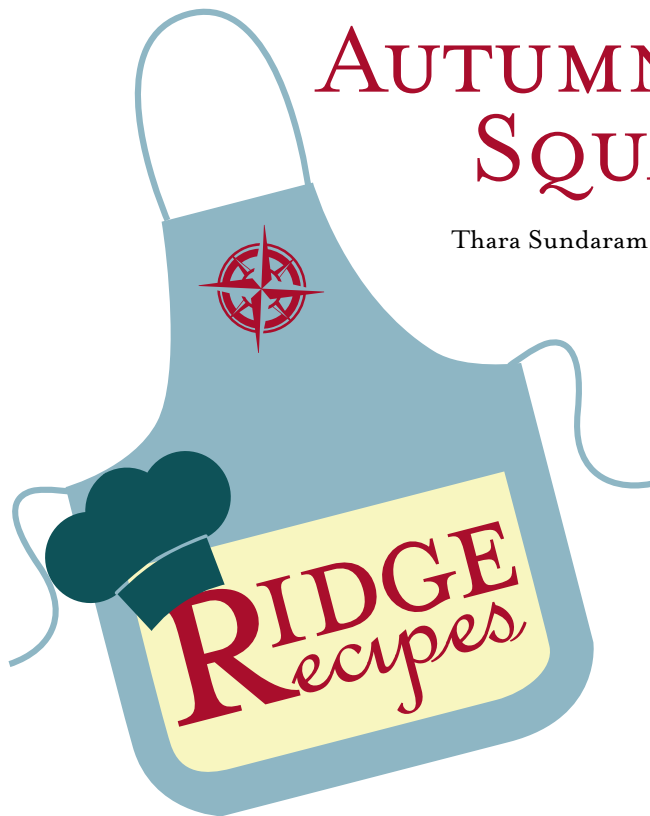
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AUTUMN BUTTERNUT SQUASH SOUP

Thara Sundaram, Vera van der Linden, Misha Sekhon
Club Writers



Sweet yet salty. Smooth and creamy. This Butternut Squash soup is the perfect meal to have on a chilly autumn day. Mild or spicy? Either way, this soup is packed with flavor. The blend of carrots, celery, a hint of apple, and some spices make the perfect additions to the base of butternut squash goodness. Once the soup is fully blended the vibrant orange shines through. Garnishes of sage and nuts can be added to the soup, or it can be left as its already perfect self. There is nothing left to do after making this spectacular soup... but eat it!

Ingredients

- 1 Medium Sized Butternut Squash
- 1 Yellow Onion
- 2 Cloves of Garlic
- 2 Whole Carrots
- 2 Celery Stalks
- 1½ Granny Smith Apples
- 1 Carton of Vegetable Stock
- 1 ½ tablespoon of seasoning (Cayenne, Salt, Pepper, Cinnamon, nutmeg)





Instructions

1. Use a peeler to peel the apples and carrots. Then chop up the celery, apples, squash, carrots, onion, and garlic.
2. Take the cayenne, salt, pepper, cinnamon, and nutmeg and mix (this makes the seasoning, and you can adjust the spices to fit your taste)
3. Take a pan, spread olive oil throughout it, turn the stove to medium heat, and add the onions to it.
4. Cook the onions until they are golden brown, then add the other vegetables and vegetable stock.
5. Mix, and occasionally sprinkle seasoning, until squash softens and becomes a puree.
6. Put the lid on the pot, turn the heat down to low, and let simmer for 5 to 10 minutes. Take the lid off, add a sprinkle more of seasoning, and put soup mixture into a blender.
7. Blend the soup until it turns a light orange color. Pour into bowls and garnish with whatever you like. Pine nuts, sage, and pecans make great toppings!



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The Sting: is a speakeasy and underground jazz club inspired variety show premiering at The Sage Ridge School. The show will showcase a range of talent from traditional irish dance performance to a rock out singing and piano duet! You won't want to miss out on the many talented performances these Sage Ridge Students have to offer.

Premiering November 14th
on the Sage Ridge School YouTube Channel!

Featuring



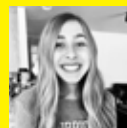
Michele Cho



Lilli De Jonghe



Sam Browder



Lilly Ferrell



Maddy Dutton



Keely Cobb
Theatrical Director



Dominic Vitale
Musical Director



Ben Browder
Stage Manager



Murron Polk



Rhea Skaria



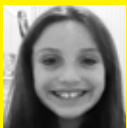
McKenna Kiely



Bryn Rogoff



Kate Clemetson



Sofia Jaferian



Ethan Wu



Harper Westfall



Milana
Gangloff



Amelie Harvey



Sitara Reganti



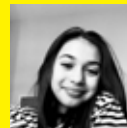
Heaven Torres



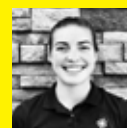
Jack Thompson



Scarlett
Lopiccio



Kara Asha
Dhingra



Libby Mulvaney

Set Design



Sam Carter



Nanki Sandhu



Erin Kilbourn



Sydney
Strominger



Nicole Ashton
Faculty Lead

CLIMATE CHANGE AND THE PANDEMIC

Tessa Mendez-Leal
Staff Writer

Climate change and Global Warming have become increasingly threatening to the human population over the years, with our greenhouse gas emissions only rising with every decade. Scientists have now announced that the clock is ticking, and time's almost up. With an estimated 12 years before life on earth becomes practically impossible, our planet is experiencing a global crisis. Of course, with this issue that humans have created, comes yet another issue just as pressing: Covid-19. The virus has spread rapidly throughout the globe, creating catastrophic results and death counts all over the world. With few options left to rely on and the lack of a vaccine, most countries have resorted to the solution of quarantine. Though this is great in terms of slowing down the spread of the virus, things have never been worse in the fight to manage climate change.



HOW TO MANAGE YOUR CARBON FOOTPRINTS

Though the pandemic is certainly a crisis to be handled with a somber expression, in terms of Climate Change, the advice is relatively the same as the behavior you were encouraged to emit before; the pandemic simply demands more of the same. Start appreciating a work environment in the natural light, go outside more often for natural warmth (but keep in mind that that particular piece of advice only really applies when the air quality is healthy). Take showers whenever you need to, but avoid long showers for pleasure rather than cleanliness. Keep the lights off in any room that you're not currently occupying, and use the AC sparingly. These specific times call for awareness as to your average energy consumption, for now is the time to be considerate not just of your own health and safety, but also that of other people.



THE ISSUE WITH QUARANTINE

With civilians staying at home all the time, the needs for different home appliances have increased. Whereas before lights would be turned off when you would leave to go to work, air conditioning was put to rest when you went to visit with your friends, now those appliances are used and needed much more consistently than before. The carbon footprint of each family has significantly increased, but it's hardly anyone's fault. The pandemic poses a threat to the globe, and it is the responsibility of every citizen to wear a mask if not for their own sake, than for others. Though you may not have a person at high risk waiting for you at home, your teacher, your friend, your student, your partner, your cousin, all might. Thus, it is important to be confident and practice social distancing, but do not forget to be aware of the amount of energy you use at home.

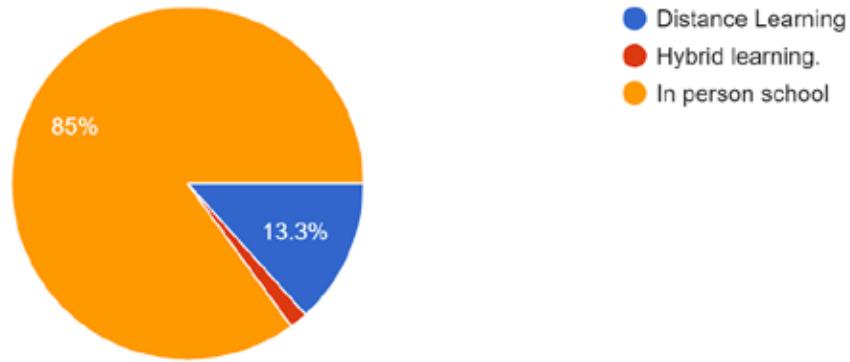


STUDENT SURVEY

EDUCATION AND SAFTY DURING THE PANDEMIC

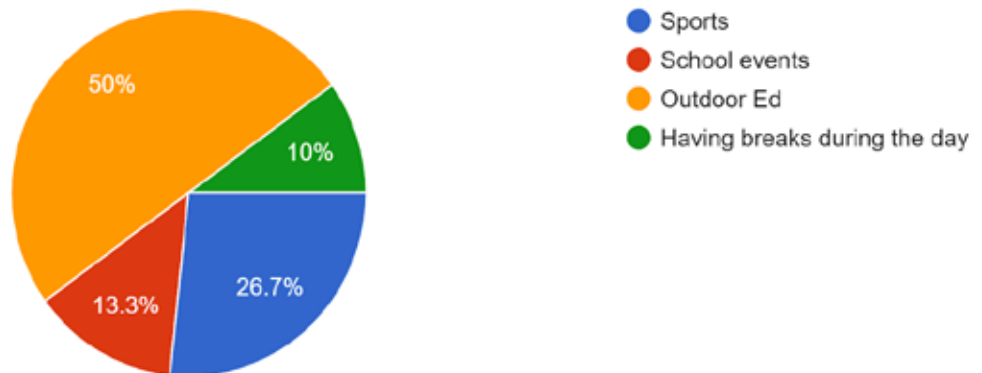
Are you doing distance learning or in person school?

60 responses



What do you miss most from before the pandemic?

60 responses



What have you learned about yourself during the pandemic?

- "How much I care for my community"
- "I work fine at home on my own, perhaps better."
- "In-person learning is exponentially more beneficial for me."
- "You may be in person or virtual, but you still can see each other on zoom and face time."
- "I have learned that I am stronger than I think I am."
- "I have learned how to connect with my family while needing to work on my studies at the same time, as well as how to take breaks."
- "I learned that I really like cooking."
- "I learned that I do well in distance learning and in person school"
- "That we adapt to changes and not everything is taken for granted."
- "That even though it is still hard to keep a distance from one another, we can still interact."
- "I learned that adapting during a pandemic and crisis, however difficult it may be, you can persevere and get through it in the end."



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CORONAVIRUS PREVENTION

SOCIAL INTERACTION

CDC recommends that you wear masks in public settings around people who don't live in your household and to stay 6 feet away from others whenever possible. Masks help stop the spread of COVID-19 to others. Wear a mask that covers your nose and mouth to help protect others in case you're infected with COVID-19 but don't have symptoms.



Don't join the Dark Side, stay 6 feet apart!

HAND WASHING

Washing your hands is easy, and it's one of the most effective ways to prevent the spread of germs. Clean hands can stop germs from spreading from one person to another and throughout an entire community.



FOLLOW THESE FIVE STEPS EVERY TIME:

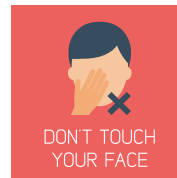
1. Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.

4. Rinse your hands well under clean, running water.

5. Dry your hands using a clean towel or air dry them.



USE HAND SANITIZER WHEN YOU CAN'T USE SOAP AND WATER

Washing hands with soap and water is the best way to get rid of germs in most situations. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains at least 60% alcohol. You can tell if the sanitizer contains at least 60% alcohol by looking at the product label.

HAMILTON

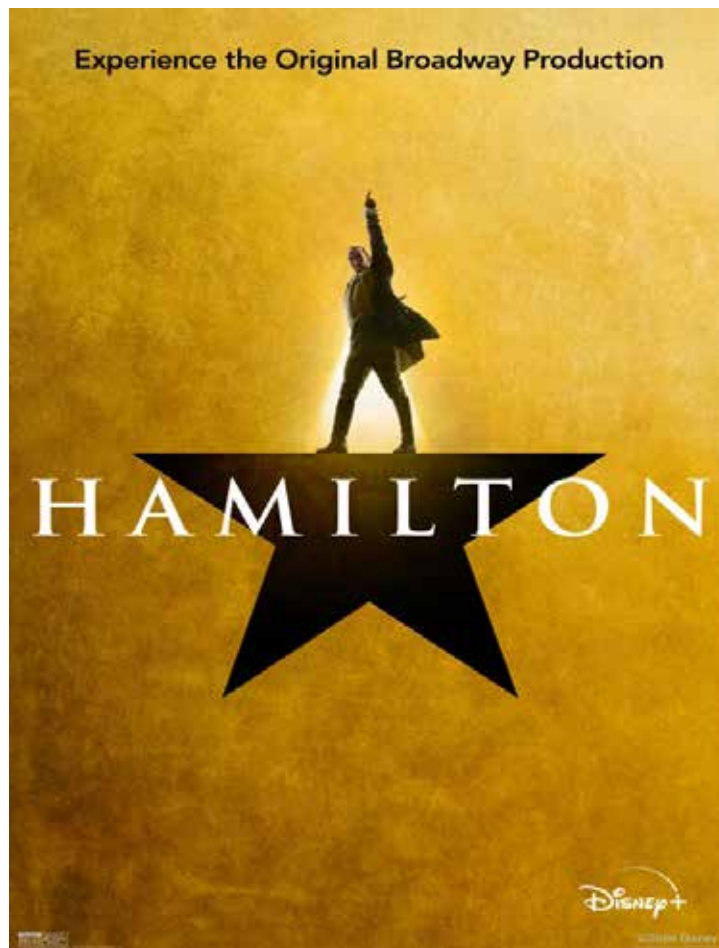
Tessa Mendez-Leal
Staff Writer



Already a Broadway sensation, the musical Hamilton by Lin Manuel Miranda has hit the big screen with Disney +, after making the rounds as a Broadway sensation and inspiring millions of people to take an interest not just in the arts but also the history of their country. When the show dropped, the app experienced a 72% increase in downloads, and the movie reached about 2.7 Million households worldwide. Hamilton follows the story



of Alexander Hamilton, an immigrant from Charlestown in Saint Kitts and Nevis, who wrote his way from pauper to Treasurer for the United States of America. Though the details of his life are controversial, including things such as the Reynolds



accomplishments. Lin Manuel Miranda turned heads not only to the show, but to history books, engaging the country in some of the forgotten moments of history that still stand relevant to our time. The story of the founding fathers was already a pivotal moment in the history of the United States of America, but the story could not have been told in a more captivating way; the struggle and epiphanies of America then, told by America now. Miranda found a new way to capture the identity of “American”, by telling the story of an Immigrant who helped found our country, challenging the ideas of what it means to be American, and what that meaning has become.



Pamphlet and Alexander’s curiously quick ride to power, there is no doubt towards the gravity of the man’s





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VISUAL ARTS COMPETITION



The Ridge Art Competition is meant to showcase student work, inspire the Sage Ridge Community, generate excitement about the arts and build confidence through creative expression.

LOWER SCHOOL WINNERS



FIRST PLACE
CATHERINE “CATZ” LOVELY, THIRD GRADE



SECOND PLACE
PRISCILLA TON, FOURTH GRADE



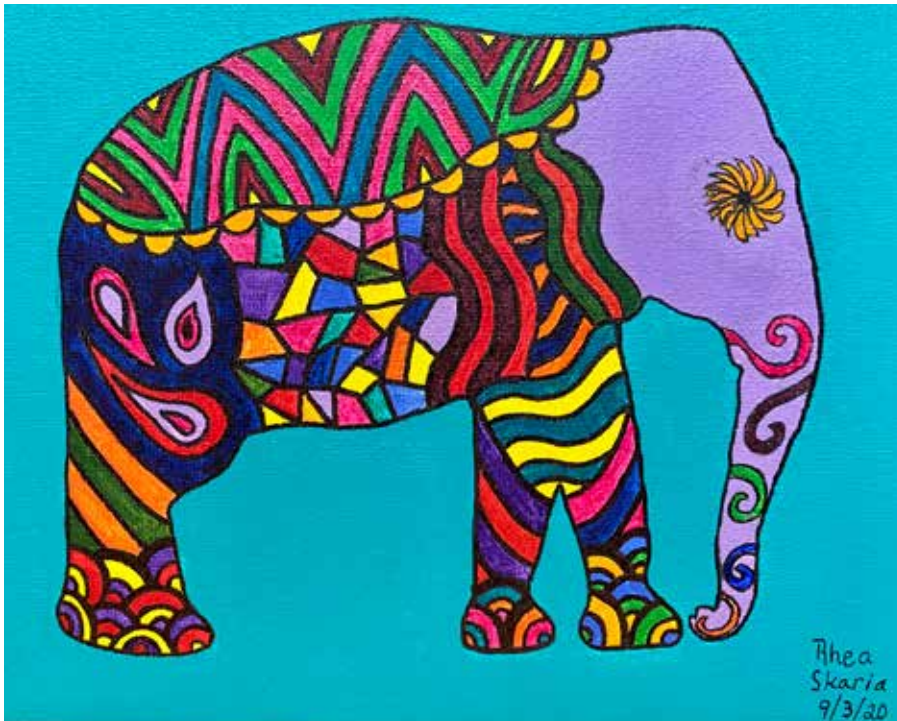
THIRD PLACE
VIOLET FERRELL, FOURTH GRADE

Submissions are now open for next quarter's Visual Arts Competition.

There are three Categories: Lower School, Middle School and Upper School. Please submit your work to Mrs. Ashton via email nashton@sageridge.org with “visual arts competition” in the subject line. Be sure to include your name, grade, title of work and medium's used in your creation. Submissions must be received by November 9th to be considered.

VISUAL ART COMPETITION WINNERS

MIDDLE SCHOOL



FIRST PLACE
RHEA SKARIA, EIGHTH GRADE



SECOND PLACE
THARA SUNDARAM, SEVENTH GRADE



THIRD PLACE
MATEO CARMONA, EIGHTH GRADE



THIRD PLACE
AVA WOHLTZ, SEVENTH GRADE



HONORABLE MENTION
OWEN HEAPHY
SIXTH GRADE



HONORABLE MENTION
OSCAR ANDERSON
SIXTH GRADE



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