

How to water wisely

Water restrictions started June 1 in Carson City. Even

addresses are allowed to water on Wednesdays, Fridays and Sundays, while odd addresses may water on Tuesdays, Thursdays or Saturdays. Monday is a no watering day for everyone. Automatic irrigation is not allowed, nor is it wise, between 10 a.m. and 6 p.m. The exceptions to the scheduled days are that hand watering is allowed on vegetables, flowers and shrubs and that new lawns can be watered as needed for 21 days.

Watering wisely is necessary, even after a lovely wet winter. Surface streams are already drying out. Washoe Lake has water, but is nowhere near what it was a few years ago. Lake Tahoe is looking good for now. However, groundwater still needs to be recharged.

For us, water conservation isn't something that happens only in the really dry years. It



JoAnne Skelly
In the Garden

is something that should be the norm in our area where the average annual precipitation is only seven inches or so.

How can we, being the water conscientious gardeners we are, use water wisely and still maintain our vegetable garden and ornamental plants? I once read that Indians and farmers in Nevada planted their crops in trenches below grade in order to capture all the water that might come their way. That way the water wouldn't run off. Our contemporary version of this is putting wells around all plants to contain the water for the plant's use. By adding mulch to the wells and around all plants, we can reduce evaporation and keep the soil moist longer.

Another important water efficiency tip is to water with a drip system on a timer rather than with an overhead sprinkler. This allows the water to go directly to the plants rather than to the empty places between plants. It also reduces weeds! Who wants to waste water on weeds? Using a timer means the plants will get a regular application of moisture, which helps plants stay healthy. Healthy plants are more drought tolerant.

Don't water when it's windy. All that valuable water simply blows away or evaporates before it has a chance to soak the soil deeply. The best times to water are early in the morning or late in the evening, so plants have a chance to absorb as much water as possible when it is cooler. Choose plants that are drought tolerant in the first place.

You can have a water-efficient landscape and garden that is attractive and productive.



JIM GRANT / NEVADA APPEAL

Boys & Girls Club members display sunblock and water toys that were donated to the club from employees at Carson Tahoe Health. Pictured in the back, from left, are Valerie Farris, Carson Tahoe Health, Lorri Baker, Carson Tahoe Health, Katie Leao, Boys & Girls Club, Kayleen Fogleman, Carson Tahoe Health and Kurt Meyer, Boys & Girls Club.

Carson Tahoe Health delivers summer fun to Boys & Girls Club

In Plain Sight Marketing

Each year, Carson Tahoe Health director of resource management, Kayleen Fogleman, along with the CTH holiday and special events committee, invites area children to the CTH Kids Christmas Party. This year, Fogleman is bringing Christmas in the form of summer fun toys and sunblock to the Boys & Girls Clubs in Western Nevada in June.

Fogleman said a notification was sent to employees asking for their kindness in donating sunscreen and water toys for the kids. Employees are collecting items in three CTH locations through the month of June, and Fogleman invites public contributions as well.

"Carson Tahoe Health's mission is to promote health and well-being in the community, it's what we stand for," Fogleman said. "We asked ourselves why just contribute to the kids during the

holidays? It's appropriate for kids to have sunblock and water toys to have a healthy, fun summer."

Fogleman and her team delivered the first batch of toys and sunblock on Monday to the Club, much to the delight of Club members.

"Carson Tahoe Health has been great for our kids," Katie Leao, chief professional officer for the Club, said. "The kids look forward to the Christmas party each year, and now they'll have a fun, safe way to beat the heat."

Donations of new water toys and sunblock can be brought to any one of the cafeterias at the Carson Tahoe Regional Medical Center, 1600 Medical Parkway; the Sierra Café at Carson Tahoe Sierra Surgery, 1400 Medical Parkway, and the Midtown Café at Carson Tahoe Specialty Medical Center, 775 Fleischmann Way in Carson City.

For more information, email info@carsontahoe.org.

'Marijuana in the Workplace' to be discussed

By Teri Vance
Special to the Nevada Appeal

A presentation Friday organized by Partnership Carson City and the district attorney's office will help employers and the public understand new laws governing drug use and what effect they will have on the workplace.

"Based on what we are seeing in Colorado and Oregon, it is important for Nevada businesses to understand their rights as an employer to have an efficient and safe workforce and the privacy rights of their employees concerning their marijuana use," said Kathy Bartosz, executive director of Partnership Carson City. "Equally important is a clear understanding of what

the new marijuana is, including how long it stays in the user's system, levels of impairment, and how it is being ingested including marijuana-infused drinks, vaporized, oils, lotions and edibles. Clearly, this isn't your daddy's little joint anymore. Not even close."

Part of the Carson City Chamber's Soup's On! Luncheon Series, Marijuana in the Workplace is scheduled for 11 a.m. to 1 p.m. Friday at Gold Dust West, 2171 East William St. Tickets cost \$10 per person and include lunch. RSVP by Wednesday.

The featured speaker is Jo McGuire, director of compliance and corporate training at Conspire, an employment screening services company

based in Colorado Springs.

McGuire was appointed to serve on the Colorado Governor's Task Force on marijuana regulation in 2012. She presently serves on the Drug and Alcohol Testing Industry Association Board of Directors, chairing the International Marijuana Education and Outreach Committee, and represented DATIA at the first annual Safe and Drug Free Workplace Congress of Latin America in 2015 and the United Nations General Assembly on the World Drug Problem in 2016.

To RSVP for this event, call 882-1565 or register online at http://www.carsoncitychamber.com/index.php/spotlight/details/soups_on_luncheon_marijuana_in_the_workplace

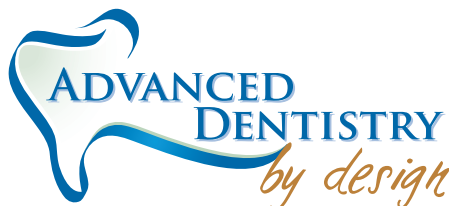
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