



Tick Talk

Dangers lurk around trails and in tall grasses on our mountains and hills. There's the usual suspects — rattlesnakes, mountain lions, poison oak — but another, less visible threat also exists. With their babies clocking in at the size of a poppy seed, ticks can be found year-round in Marin, and they are “vectors,” or disease transmitters, with about 1 in 50 carrying Lyme disease. Most Lyme disease can be cured with antibiotics, especially if the infection is diagnosed and treated early; however, up to 20 percent of people who get it report symptoms for months and years, even after treatment. It's common for dogs to receive a Lyme vaccine, but their owners aren't so lucky. A Lyme vaccine for humans is currently in the first phase of FDA testing after a previous vaccine was discontinued in 2002. Until this new one or another one is available, here are some tips for staying tick-free on your outings. **KASIA PAWLOWSKA**

- **Wear light-colored clothing, long sleeves and long pants in areas where ticks may live.**
- **Shower and check for ticks after hikes for several days. In most cases, the tick must be attached for 36 to 48 hours or more before Lyme is transmitted.**
- **Apply repellent to your body and clothes containing permethrin or DEET.**
- **Talk to your doctor if you develop a bull's-eye-looking rash or experience fatigue, headache, fever and/or depression.**

Education Equality

The latest report commissioned by the Marin Community Foundation stated that Marin had the second-highest level of income inequality of any California county. Here are a few groups looking to bridge that gap. **LEELA LINDNER**

10,000 DEGREES This organization is dedicated to helping high school juniors and seniors from low-income backgrounds get to and *through* college. The San Rafael–based nonprofit focuses on instilling a college-going mindset early on and offers support like college road map workshops, financial aid management, year-round mentoring and local campus tours. 10000degrees.org

MARIN PROMISE Thirty partner organizations work together to change the education ecosystem in Marin. By connecting major players, this organization focuses on tracking educational milestones that are critical for ensuring a smooth path to future success. These include making sure students enter kindergarten prepared, are proficient in reading by third grade and have mastered critical math concepts by ninth grade. marinpromise.org

SCHOOLSRULE Seeing to it that every child in Marin has access to basic resources like books, nutritious food, and new technology is this organization's top priority. In the 2016–2017 school year, SchoolsRule distributed more than \$530,000 across 16 Marin districts, with the largest allocation going to Novato Unified District in the amount of \$130,000. schoolsrule.org

Bye, Bye Sugar

Local drinks that deliver flavor, without the fake stuff. **K.P.**



ALTA PALLA Mill Valley The makers of Hi-Ball energy drinks rolled out Alta Palla — “high ball” in Italian — in 2016. Made from organic and fair trade ingredients, the sparkling juices contain less sugar than most other similar product brands, but the real breakthrough came this year with the company's launch of zero-calorie Alta Palla organic sparkling waters. altapalla.com



FRED WATER Sausalito The makers of Fred Water had a simple mission — to make it hip and easy for people to drink more water and less of the other junk. To make that appealing they put the water in easily recognizable flask-shaped bottles that oh-so-conveniently fit in purses and pockets. Also, unlike other companies' versions, the bottles are designed to be both refillable and recyclable. fredwater.com



HINT Ross Hint, both in its Water and Fizz form, is big on numbers, one number to be specific — the goose egg. The beverages have zero sugar, zero diet sweeteners, zero stevia, zero preservatives, zero calories and zero GMOs. The company promotes a policy of zero fake, only adding natural fruit oils and essences to its drinks. drinkhint.com



RACEFUELZ San Rafael RaceFuelZ, a sports hydration and wellness drink, contains more than seven times the electrolytes of many leading energy drinks. On top of that, it also has no artificial sweeteners, colors, flavors or preservatives — just vitamins and minerals to fuel your body. racefuelz.com