

# BAINBRIDGE ISLAND REVIEW

SOUND  
PUBLISHING INC.



**Environment:** Bird study shows health of Puget Sound. Page A7



Friday, August 14, 2020 | Vol. 96, No. 33 | WWW.BAINBRIDGEREVIEW.COM | \$1.00



Steve Powell | Bainbridge Island Review

The beach at Fay Park has been busy even on not-so-nice days.

## COVID-19 brings families together at parks

BY STEVEN POWELL  
Bainbridge Island Review

### Second in a series

As horrible as COVID-19 has been, in some instances it has helped bring some families together.

Bainbridge Island parks director Terry Lande has seen it. Tourists and locals have flocked to parks on the island, especially on weekends when the sun is out.

"There's been a huge uptick,"

compared with regular summer use, he said, adding all the parks have been busy.

He said since people can't go to movies, a bar or do many other things, "What else do you do with your spare time?"

Lande said he's seeing families do what you don't see them do that much anymore - go on picnics together.

Playground rules can be confusing, he said, because they are OK to use if they are wooden, but not if

they're metal.

"Play at your own risk, and use your own wipes," he said of those playgrounds. "And wash your hands, kids."

Lande said people feel cooped up so they want to get out. They are jogging, walking on trails, biking and recreating on the water.

"It's a different world," he said, adding people are tired of being inside, afraid of COVID-19.

"There's a better way - life outside," he said.

That doesn't mean people can be irresponsible, he said. Per the governor's latest order people must wear masks and stay 6 feet apart from others outside their family in the parks, he said.

"About eighty percent of people are following the rules," Lande said.

He said many of the visitors are coming from across the water.

They "want to get out of Seattle," he said, adding camping spots on the island are usually full.

Due to COVID-19, however,

there are no ranger programs going on for campers.

"We're not encouraging groups of people," he said.

If too many do gather, such as the 25 kids at Hidden Cove dock one day, police are sent in to "break them up."

It's all about personal responsibility.

"People can't be shoulder to shoulder," he said.

TURN TO PARKS | A14

## BHS grad runs for mental health, addiction support

BY MARK KRULISH  
Bainbridge Island Review

On the surface, just about anyone would be envious of Greg Nance.

He grew up in a loving family and attended Bainbridge High School, where he was a three-time class president, a multi-sport athlete and a state champion and All-American debater. He earned a scholarship to the University of Chicago and then a Gates Scholarship to the University of Cambridge in the United Kingdom.

His resume as an adult is also impressive. His successful entrepreneurship has drawn acclaim from all over the globe. In his spare time, he has completed numerous physical challenges — reaching the summit of peaks worldwide, swimming some of the Earth's major rivers and completing the World Marathon Challenge in which he ran seven in seven days on seven continents.

But today Nance faces his greatest challenge — sharing the darkest moments of his life with the hope of helping the world. A deeper look reveals a time marked with drug addiction and mental health issues. He plans to share that story on a cross country run from New York to Seattle.

But first, on Aug. 18, Nance will run all 53 miles around the Bainbridge Island shoreline in one tidal cycle. A film crew will follow him on his journey to create what's known as a "proof of concept" to pitch to Netflix. The end result would be a documentary that raises



Photo courtesy Pete Saloutos

**Greg Nance, a 2007 Bainbridge High School graduate, will run the island's entire shoreline on Aug. 18 to raise awareness for mental health issues.**

awareness about the addiction epidemic gripping the U.S. and finding better ways to support people in need of help. As part of that film, Nance would undertake a 3,000 mile run from coast to coast.

Why 3,000 miles? Well, it's one mile for every day he has been sober.

### A tragedy hits home

Nance reached a crossroads in his life at age 16. His grandfather, Charlie, a veteran who served in the Battle of Iwo Jima during World War II, was his hero. He had only a 10th-grade education, but went on to become a business leader and devoted family man. He had incredible stories of courage and leadership, which enthralled his grandson.

TURN TO RUN | A15

## Churches worshiping differently

BY TYLER SHUEY  
Bainbridge Island Review

With the COVID-19 pandemic now reaching six months, some Bainbridge Island churches have reopened for limited in-person services to provide some sense of normalcy to members.

However, they are adhering to health guidelines to limit the potential spread of the virus.

With the uncertainty that looms over the community each day, faith and prayer have provided some with a welcomed sense of hopefulness and direction.

"It's been a very trying and difficult time but with a lot of hope and a lot of faith, I'm continuing to do as much and best as I can," Father Mark Kiszelewski of St. Cecilia Parish said. "It certainly has been gratifying to finally have people back in the church because that picks up my spirit and makes me want to continue to move forward."

St. Cecilia Parish is holding three masses on weekends, allowing up to 75 people for each. The Saturday evening mass is recorded on Facebook and Youtube so folks who uncomfortable or unable to attend church can still have a way to be a part of it. Kiszelewski also said the church has started to see more and more familiar faces attend the masses in person, some of whom he hadn't seen since the pandemic began in March. The church only recently opened back up for in-person services in late July.

"Before this (pandemic) hit, we were really seeing a giant upswing in terms of people coming to St. Cecilia," he said. "Because of the virus, everyone is afraid. I think now as people are coming back, they're trying to get back into the normal routine of things. They're starting to get more comfortable. We're starting to see people in that vulnerable category coming to church anyway saying, 'Well, we still have to continue to live our lives and live our faith' so that's why we're seeing people."

The church is following the COVID-19 requirements of the diocese, Gov.



Photo courtesy of Grace Episcopal Church

**Rev. Wren Blessing, Rector of Grace Episcopal Church participates in a service that is also available to be viewed online.**

Jay Inslee, and is also ensuring people are making reservations so the church is not overfilled beyond what is allowed.

The one aspect that is still missing is singing.

"People are a little frustrated with that because they would like to sing and the only thing we're doing currently is having music played at the normal places of the mass," Kiszelewski said. "When we sing, we really put a lot more air out. We're putting a lot more moisture out of our mouths, and it's traveling a lot further than just having a conversation with someone. The diocese has said hold off on that."

From Father Kiszelewski's point of view, starting out with virtual services when the pandemic began was a bit odd and took some getting used to.

"I think everyone who's doing them, we're all trying to Monday Morning Quarterback how to videotape these things. There's been a big learning curve on that. When we first started doing that when we didn't have anybody in the church, it was more difficult for me in a sense to have some excitement, you know, you're missing everybody. When we had that first weekend back with people in the church, it was a very moving experience for me. It was just

**"Because we worship together on Zoom, we can recognize faces of new participants — some are joining us from other cities, worshiping with extended family or friends."**

Rev. Wren Blessing  
Rector

great to see people."

### Episcopal Church

At Grace Episcopal Church they have not opened for in-person services, but are planning to do so in late August. Church members are regularly gathering virtually for prayer, worship, book and film studies, and partner ministries.

"We are seeing enthusiastic participation in book and film studies and in our online worship," Rev. Wren Blessing said, Rector of the church. "Because we worship together on Zoom, we can recognize faces of new participants — some are joining us from other cities, worshiping with extended family or friends. It is encouraging to meet people who have found an online church service an accessible way to try out church, or who have taken time to consider a return to a church community."

Blessing said the virtual services have resulted in the music team adapting to allow many guest musicians, even from out of the state. She also noted that some memorial services have also been delayed, and the church is "eager for a time when we can gather together safely for those."

TURN TO CHURCHES | A2



NEW LISTING - \$830,000 - 2385 ROBERTSON AVE NE



**MATTHEW PAIGE**  
360.259.1804  
matt@dennispaige.com



**DENNIS PAIGE**  
206.920.3824  
dennis@dennispaige.com

Realogics | Sotheby's  
INTERNATIONAL REALTY

# Inslee: Schools near hot spots should stay closed

BY JERRY CORNFIELD AND JOSEPH THOMPSON  
Herald Writers

OLYMPIA — Gov. Jay Inslee doesn't want schools in the state's coronavirus hot spots reopening this fall, but he stopped short Wednesday of ordering their closure, as he did in March.

Rather, at a news conference last week Inslee called for continued use of distance learning in public and private schools in counties like Snohomish, where the potentially deadly virus is spreading most rapidly.

"Unfortunately, as we've been talking about for the last few weeks with this virus, the rate of transmission is not low enough as we need it to be," Inslee said. "... These are strong recommendations and they are based on science, they are based on the health of our children, and they are based on the shared experience that we are not going to allow our state to be hammered by this virus the way other states and countries have been."

The governor outlined a recommendation from health and education leaders that divides the state's 39 counties into categories of low, moderate and high risk based on their respective infection rates.

Snohomish County is among 25 counties deemed high risk, which is defined as having 75 cases or more per 100,000 residents in a two-week period. Locally,

the Snohomish Health District is reporting about 100 cases per 100,000 residents, per a Friday report.

Nine counties are in the moderate-risk category, with 25 to 75 cases per 100,000, and five are in the low-risk category, with fewer than 25 cases per 100,000 residents.

"The vast, vast majority of Washington students are in (moderate- or high-risk counties)," Inslee said.

Schools in high-risk counties should strongly consider distance learning, with an option for limited in-person instruction for students with special needs, according to the recommendations.

All in-person extracurricular activities, including sports and the performing arts, should be canceled under recommendations Inslee said were crafted in concert with the state Department of Health and the Office of the Superintendent of Public Instruction.

In moderate-risk counties, schools should consider in-person learning options for elementary students and those with special needs while maintaining distance learning for middle school and high school students.

Elementary students in low-risk counties should return for full-time in-person learning, under the recommendations. However, schools are encouraged to offer a blend of



Associated Press photo

Gov. Jay Inslee talks about his recommendations for the opening of schools.

in-person and distance learning for middle and high school students.

The new recommendations from the state also apply to private, tribal and charter schools, state Superintendent Chris Reykdal said during Wednesday's news conference.

"We're confident that folks will follow it," he said.

Neither the state's nor the health district's recommendations bar schools from trying to reopen. Wednesday's recommendation was meant to provide a framework for local leaders to make decisions, Inslee said.

It's unnecessary, he said, to mandate school closures if districts

follow the state's framework.

"Could that change? Certainly, it could change," Inslee said.

If schools choose to welcome students back, they must show the state they can do so safely.

Districts that choose remote learning must combat the issues they faced in the spring. Parents, teachers and administrators have all acknowledged problems surrounding online coursework, internet access and food insecurity.

"We are a long ways ahead of where we were last spring," Reykdal said. "We've done a lot of work here to be ready for this ... but nothing about this is ideal."

Also Wednesday, Inslee said

Reykdal's office will receive \$8.8 million in federal CARES Act funding to help pay for internet connectivity and technology needs for low-income families. In addition, the governor's office is working with philanthropists and technology associations to fill the technical needs of students amid the continuance of distance learning.

Statewide, school administrators started making plans to reopen as soon as they closed their doors in the spring.

In June, Reykdal told reporters he expected students would return to classrooms for the upcoming school year.

His office issued 55 pages of guidance and requirements school districts needed to follow to reopen with any degree of face-to-face instruction. He also directed districts to submit reopening plans to the state at least two weeks before the first scheduled day of classes.

At the time, Inslee issued a proclamation clearing the way for such a reboot of the state's education systems — while warning it might not happen.

"This virus is unpredictable and has upended our regular ways of doing everything. We cannot guarantee that school will open in fall," he said. "Kids need to be learning but they also need to be safe and healthy."

# Governor sets rules to open up long-term care facilities safely

BAINBRIDGE ISLAND REVIEW

Gov. Jay Inslee and officials from the state Department of Health and Department of Social and Health Services have announced a phased plan that goes into effect Aug. 12 for long-term care facilities to safely allow visitors, provide trips for residents outside the facility, group activities and more.

Along with being in Phase 2 like the rest of Kitsap County, additional factors include local virus activity,

facility access to testing and personal protective equipment, capacity at local hospitals, and virus activity within the facility. Before moving into a new phase, a facility or agency must go 28 days without a resident/client or staff member testing positive for COVID-19 and have a minimum 14-day supply of PPE on hand.

Information about the Safe Start for Long-Term Care plan is available on the FamHelp page of DSHS's website.

Also, social gatherings are one reason COVID-19 activity is high in Washington state. Fewer, shorter, safer interactions are crucial to preventing the spread of COVID-19. That is why Inslee and DOH have restricted social gatherings to no more than 5 people for counties in Phase 2, including Kitsap.

Here are some reminders about in-person gatherings: • Avoid touching surfaces where infected droplets from people talking, laughing, coughing or sneez-

ing may have landed. That means no communal food or drinks and don't share plates or utensils.

• Avoid close contact. Air hugs, air high fives and elbow bumps are safe ways to say hello and goodbye.

• Wear face coverings indoors at all times when not in your household. When outdoors, wear face coverings whenever you're 6 feet apart or less.

• Wash your hands with soap for 20 seconds.

What is allowed for Long-Term Care Facilities Visitation				
Washington State Department of Health and Department of Social and Health Services				
April 2020				
	1 Phase 1	2 Phase 2	3 Phase 3	4 Phase 4
Compassionate care visits	✓	✓	✓	✓
Window visits	✓	✓	✓	✓
Remote visits	✓	✓	✓	✓
Outdoor visits	✓*	✓	✓	✓
Indoor visits — DSHS permits no more than 5 people per visit, single visit only		✓	✓	✓
Limited indoor visits			✓	✓
Normal visitation				✓

\*Residents are limited to two visits each day.

## RUN

CONTINUED FROM A1

But when Charlie suffered a debilitating stroke, Nance's world crashed down around him. He saw his hero, still physically strong and mentally sharp in his later years, suddenly become powerless.

"It hit me like a ton of bricks," Nance said.

Teenagers occasionally engaging in casual drinking is not unusual, and Nance, popular and ubiquitous, had been to a few parties in his young life. But after his crisis of faith, his alcohol use accelerated quickly. He went from drinking with friends on weekends, to drinking after class. He eventually graduated to drinking before class as well. Not long after, he got access to opiates through a friend.

The alcohol helped Nance self-medicate and mask his anxiety and depression. He was in deep denial, and worse, feared the social stigma he believed would follow being branded as an addict or mentally ill. He isolated himself and his pain instead of seeking help.

"I always felt like I was alone on that journey," Nance said.

He attributed his accomplishments to his relentless, goal-oriented personality. He tackled his athletic and academic pursuits with vigor and verve, taking countless swings off the batting tee and practicing and researching his debate arguments each night. Unfortunately, he followed his addiction with the same spirit. He worked hard and played hard.

And when his friends noticed he'd done too much "playing," he pivoted to another social group.

He wasn't able to keep it entirely buttoned up. When he began blowing off math class in favor of malt liquor and refused to turn in homework, Nance was suspended from the tennis team. But he was eventually welcomed back with open arms by coach Mike Anderson, who provided him with guidance during this difficult time.

Nance credits Anderson and debate coach Jeff Gans with helping him get back on his feet and reaching his potential. But despite receiving great support, he wasn't able to quit. He still felt the external pressure many teens experience to excel, especially when surrounded by similarly high-achieving peers.



Photo courtesy Pete Saloutos

Nance dealt with his own mental health and addiction issues during his teenage years on Bainbridge and while in college, but has now been sober for over eight years.

Nance estimated that he tried to quit over 100 times, but ended up bouncing back and forth between full-blown addiction and temporary sobriety.

"You don't feel like you can get help," Nance said. "What will people think? It's a really vicious cycle. You're alienated from the pain you're feeling."

### Hitting Rock Bottom

Nance's time at the University of Chicago foreshadowed the success he would have as an adult. He, along with several other students, established the American Investment Fellows Club, which sent members to local inner-city schools on the south side of Chicago to teach personal finance. It was eventually turned into Moneythink, which is still in operation today as a nonprofit.

While he and his co-founders were winning plaudits in the entrepreneurial and political world for their initiative, Nance's addiction continued. And they didn't stop at Cambridge, either, where he founded another successful

initiative, Dyad.com.

But for all of his accomplishments, he could not escape the hold of his addiction. He'd had three emergency room visits he didn't even remember; he'd woken up in Mexico with stitches in his hand and had no idea how that happened; but it wasn't until the day he was summoned to the provost's office at Cambridge that he'd reached another crossroads.

Having squandered his Gates Scholarship stipend and missed his rent payment, the provost looked him in the eye and called him a "disgrace."

"That was the moment I really had nowhere to go," Nance said.

Embarrassed, and attempting to process simultaneously his feeling of guilt and shame, he took off to the rainy English countryside to face up to his addiction once and for all. It was time to quit. He had his last drink on Dec. 28, 2011.

### Honoring a Milestone

On March 16 of this year, Nance celebrated his 3,000th day sober. He wanted to find a way to celebrate, to

take on something big to honor his greatest personal triumph.

But what does a man who has finished ultramarathons in 10 countries and has run 250 kilometers across the Gobi Desert with a knee injury do that could possibly top that?

Inspired by the number 3,000, Nance decided on a cross-country run. And along the way he'd tell his story of coming to terms with his challenges and connect with people who have similar difficulties along the way.

"I'm terrified of this, and that's exactly why I need to do it," Nance said.

Nance plans to average 40 miles per day over 75 days. He wants to put together a team of producers to set up community events to connect folks battling their own addictions and then follow up with them, all with the goal of reducing the shame and stigma surrounding mental health — the overarching theme being that overcoming addiction is a marathon, not a sprint.

He had initially planned to begin

his run in October, but given the state of the COVID-19 pandemic, it will most likely be delayed until spring or whenever he can begin safely.

For now, he'll settle for a jaunt around his home island. Nance plans to begin at 7 a.m. underneath the ferry dock. He'll begin with trekking poles until the tide is out far enough that he can run without them.

Well-wishers are encouraged to head to the beach. You can connect with him on Instagram@GregRunsFar. There will be a link to a live-tracker to mark his progress. He's got about eight hours to accomplish the feat, which essentially means he'll run back-to-back four-hour marathons. He's prepared by running a marathon every Monday morning since April.

Nance's ultimate hope is that his story can be the spark that inspires everyone to share their struggles and get the help they need.

"Your mind is far stronger than you realize," Nance said. "I want to channel that and build on that."