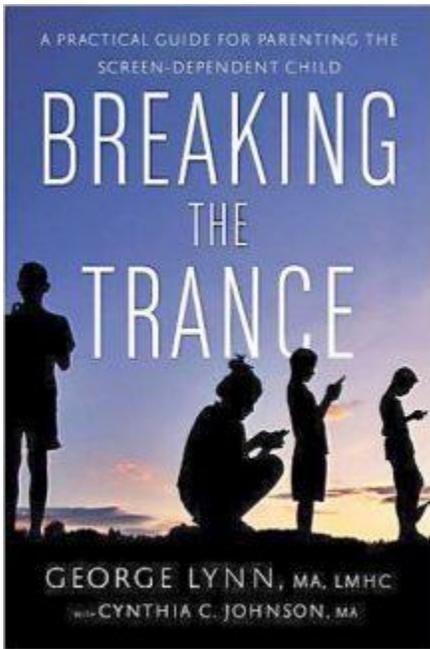


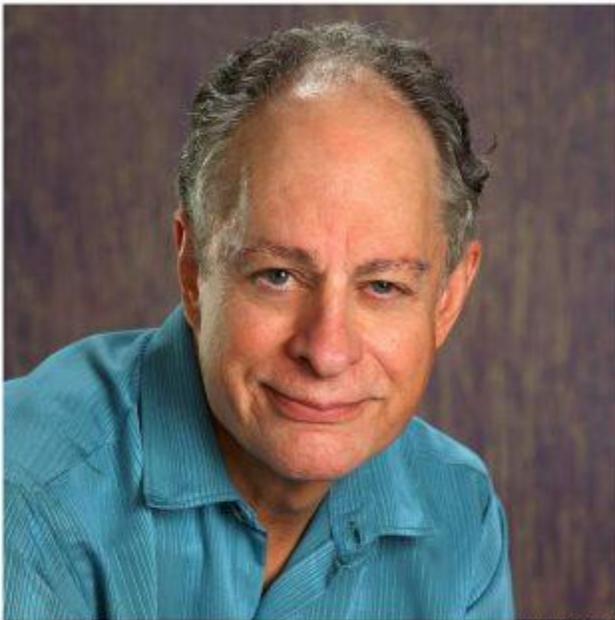
**The Union**  
**April 6, 2017**

**5 panelists to address child screen dependency at town hall in Nevada County**



Submitted photo |

George Lynn's book, "Breaking the Trance"



Vakker Portraits

Submitted photo |

George Lynn will lead a town hall at Nevada Theatre.  
Panelists Bios

— George Lynn: MA, LMHC, Author “Breaking the Trance”

Lynn is a licensed mental health counselor from Bellevue, Washington who has pioneered the use of psychotherapy for adults and children with neuropsychological issues. He has lectured internationally on the subject and is the author of four popular books on parenting children with extreme behavior challenges. “Breaking the Trance” was published in October 2016.

— Ron Charles: director, Yuba River Charter School, Nevada City, the first Waldorf Charter School in the country

Charles has been Waldorf charter educator since 2003 and has served as the school director since 2015. As a Waldorf-inspired school, YRCS institutes refrain from use of technology and “screens” for students, as it interferes with their developmental processes and curiosity and love of learning.

— Lorrie Fredrickson: school psychologist, Grass Valley School District & A New Day, board member

Fredrickson has worked in education for almost 30 years, receiving a master’s degree in educational counseling and educational psychology. She has worked as a school counselor and school psychologist for the Grass Valley School, supporting children pre-K through high school. She also serves as a case manager for the Adolescent Family Life Program.

— Annie Keeling: MFA, parent educator, founder of Start Small Parenting, NEO Youth Center board member

Keeling, a columnist for The Union, is a parent educator, writer, music teacher and founder of Start Small Parenting. Since 1998, she has brought her expertise in early childhood and behavior education to family programs locally and online, as well as private coaching.

— Jennifer Sale: behavioral health director, LCSW, Western Sierra Medical Clinic.

Sale is a licensed clinical social worker who has been providing counseling services for 25 years in Nevada County. She received her bachelor’s degree in psychology from UC Santa Cruz and master’s in social work from San Diego State.

Bellevue, Washington author and child psychology expert George Lynn will visit Nevada County April 18 to lead a public town hall on the issue of children's dependency on cellphones, tablets and computers.

Lynn is co-author of a new book, "Breaking the Trance: A Practical Guide for Parenting the Screen-Dependent Child."

The program will take place from 6 to 8 p.m. at the Nevada Theatre, 401 Broad St., Nevada City, and will be broadcast live on KVMR radio 89.5 FM. Admission is free.

Lynn will be joined on a panel by: Ron Charles, director of Yuba River Charter School; Lorrie Fredrickson, Grass Valley School District psychologist; Annie Keeling, parent educator; and Jennifer Sale, clinical social worker at the Western Sierra Medical Clinic.

The panel will discuss the impacts of over-use (and abuse) of computers, tablets and smartphones on young people's mental health, identity-development, self-concept and social organization.

Also, the panel will offer practical solutions parents can undertake to protect their children and assist teachers in bringing out the best in their students.

Melissa Seibold of KVMR Community Radio said the event is one of a series of town hall meetings organized by the radio station on important issues facing the community.

"Many parents report major struggles over the amount of 'screen time' their children spend on cellphones, tablets and computers," Seibold said. "Recreational screen media use is quickly replacing family time.

"Teachers see sleep-deprived children who are unable to focus and aren't keeping up in class," she added. "Some experts now describe the digital code in online games as an addictive substance like heroin, in the way it acts on the developing human brain.

"Worldwide revenues from creation of these 'substances' now tops \$100 billion," Seibold said. "What are parents to do?"

Seibold added that Lynn will also be going to Yuba River Charter School to speak to sixth, seventh and eighth graders at an Awareness Assembly the morning of April 18.

In addition, The Union science columnist Alan Stahler will interview Lynn on KVMR's "Soundings" at noon Tuesday with an opportunity for call-in questions, Seibold said.

Support for this event has been provided by the Rotary Club of Nevada City and Yuba River Charter School.

KVMR Town Hall Forums are a free, community service to the public.