

# Neighbors

of spanish springs

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*No Labels. No Limits. No Excuses.*



# No Labels. No Limits. No Excuses.

By Corrine Casanova

Photos by Tommie Guy  
Photography



The Boxx family embraces the philosophy, “No Labels. No Limits. No Excuses.” In fact, in 2018, Sarah Boxx created No Labels, No Limits, a podcast dedicated to breaking free of labels and limiting beliefs to achieve personal and professional success. Sarah shared, “This has so many meanings for me and I try to apply it to myself (personal and professional goals and dreams) and to be more generous and kind to others.”

Your neighbors Sherman and Sarah Boxx met professionally while working on a cross-sector response to Missing and Exploited Children for Washoe County (part of the National Office of Juvenile Justice). Washoe was the fifth county in the nation to do this work. Sarah explained, “I was the director of the Child Assault Prevention Project at that time and Sherman was a Sergeant with Sparks PD. We served on the MCAP team as colleagues for a few years as he continued championing children and families. I became the Executive Director of the Children’s Cabinet, Inc. The more I learned about Sherman, his sense of duty (to serve) and honor, along with his commitment to children and families, the more my respect grew.” They started dating in 1999 and married in 2001.

Sarah became a stepparent to Sherman’s two (nearly grown) children at the time. Today, Sandra Boxx, 39, is a nurse at Northern Nevada HOPES and great all-around mom to six amazing kids and lives nearby in Sparks. Steven Boxx, 37, is a Specialist with Washoe County Sheriff’s Office, and a super-great uncle to Sandy’s kids.

Sarah is a lifelong entrepreneur and started at a young age. As she shared all that she’s done it became clear she is a serial entrepreneur and a hard worker. “I am a lifelong learner and student. I love working and helping people succeed. My first job was addressing envelopes for a penny apiece for my dad under his desk when I was in second grade. At 12, I worked for a custom saddle maker, bottling and packaging saddle soap. I’ve worked in retail, warehousing, and family manufacturing. I launched and operated my wallpapering business. I began teaching women’s self-defense

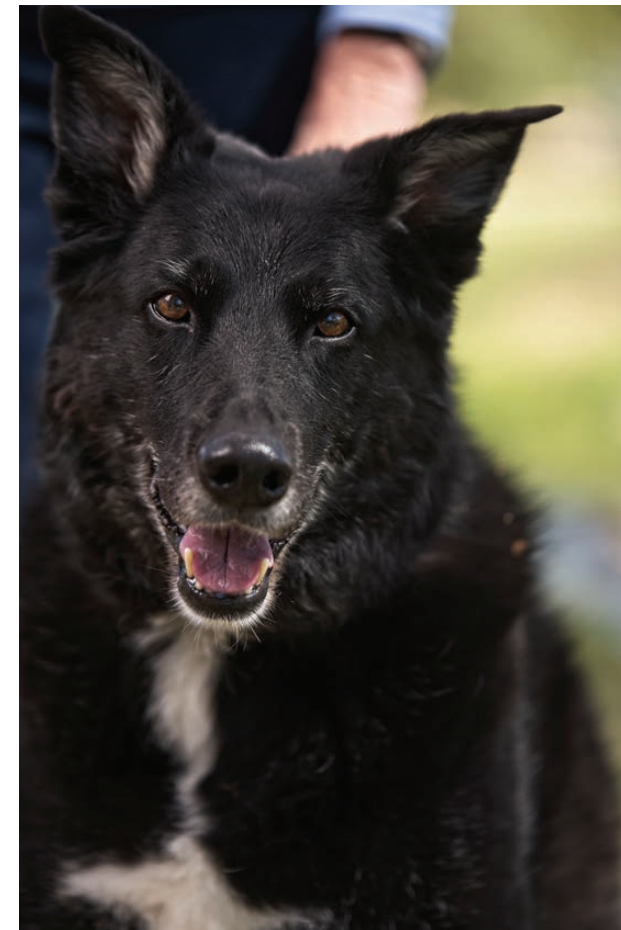
and empowerment in the late 80’s which brought me to Reno in 1991.” She paid cash for her first car, a ’66 Volkswagen van. She dreamed about having a Volkswagen van and earned enough money to purchase it and pay for the insurance, much to the chagrin of her father.

In the late 80’s, nonprofits and volunteering became an important part of her professional and personal life. She became a best-selling author of *The Changemaker Ripple Effect* in 2016. In 2020, she launched the Intentional Nonprofit Leaders Community membership, where she helps nonprofit executives who are overextended at work and home by showing them how to regain time, reduce stress, and lead strategically so they can live a life they love at work and at home. Sarah earned a Master of Art in Pastoral Counseling from St. John’s University and has a mediation certification from the Neighborhood Mediation Center, Reno, Nevada. Sarah also teaches strategic planning for UNR Excellence in Nonprofit Management. To learn more about Sarah go to her website: [www.sarahboxx.com](http://www.sarahboxx.com).

“Our shared passion is traveling in our RV with Klaus. Our dog, Klaus, is amazing (just as you’d expect me to say). He was left in a box to die outside an auto parts store late October 2010, along with his five other littermates. Northern California Border Collie Rescue fostered the pups and we formally adopted him on New Year’s Eve. That was 10 1/2 years ago. I love WALKING with my dog and hiking, especially in the morning. Nothing is more beautiful than to watch the sun rise and the colors and hues of the day slowly emerge,” Sarah said.

They’re planning an extended, multi-state trip in the near future as Sarah intentionally created her business to be “location-independent” and right-sized. Once travel opens up more, they plan to return to Europe and Scotland.

For fun, Sherman and Sarah enjoy attending Spring Training in Arizona as they are long-time baseball fans. They like to camp (glamp?) in their RV and travel to visit friends. Their



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last long trip was a River Cruise from Budapest to Amsterdam, and before that Italy and France. When they are at home, they enjoy BBQing and playing golf with friends. They enjoy watching the neighborhood children grow over the years. A recent highlight was hearing the joyful sounds from their neighbor's son's going away party who enlisted in the Marines.

Being a good neighbor is something the Boxx family takes seriously. Sarah explained, "I knew I wanted to live in Sky Ranch Surprise Valley, a non-HOA neighborhood, the moment we drove through in 2000. There is space between/around the homes and people are friendly. We bought our house before it officially went on the market. Our neighbors are GREAT as they are very laid-back and kind. We acknowledge one another on walks and while driving. When one of our neighbors leaves town we pay attention and look out for one another's homes."

In closing, Sarah shared, "We feel fortunate to live where people are thoughtful, generous, and kind to one another." After spending some time with the Boxx family, it's easy to see why their no labels, no limits, no excuses motto continues to make life such an adventure.



We are always looking for more neighborhood families to feature in the publication.

If you'd like to share your story - or know a neighbor you think would like to share theirs - please reach out!

Contact Corrine at [ccasanova@bestversionmedia.com](mailto:ccasanova@bestversionmedia.com).