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\$1 | Vol. 157 • No. 75

MID-WEEK EDITION | February 2 - 4, 2022



HEALTHY WEDNESDAY

How do teenagers know when a relationship is healthy?

READ MORE ON PAGE B1



SCHOOLS

Carson High seniors named Presidential Scholars candidates.

READ MORE ON PAGE A2



FOOD

Michelle Palmer says orange season is now.

READ MORE ON PAGE B2



SPORTS

Carson City's Jimmy Sapien is heading to the National Silver Gloves Championship.

READ MORE ON PAGE B4

WOMEN IN SPORTS DAY

Carson High School teachers and athletes celebrated for success

By Angila Golik | Special to the Nevada Appeal

On Feb. 4, 1987, President Ronald Reagan declared the first National Women in Sports Day in recognition of the history of women's athletics.

Each year since, girls and women in sports are recognized the first week of February with this national declaration. Like other days that have been deemed a national day of recognition, some people don't realize it exists. Others take time to spread awareness and messages about the importance of their time as a female athlete through the social media hashtag of #girlsandwomeninsportsday. In comparison to other facets of society, women's sports have not always been on an equal playing field to those of men's sports.



ATHLETES, A3

TOP, from left: Abby Golik, Abby Pradere, Annika Wick, Ashley Britt, Bella Kordonowy, Bella Wakeling, Cady Garrett.
MIDDLE, from left: Camille Larkin, Camryn Quilling, Emily Bell, Jill and Karen Beglin, Kailee Luschar, Kedre Luschar, Lily Bouza.
BOTTOM, from left: Madison Rabideau, Marissa Perez-Morris, Naycy Alvarez, Quinn Pulver, Valeria Martinez, Yanitzia Perez.

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WEATHER
Sunny today with a high in the upper 30s and a low in the middle teens.

ATHLETES

From page A1

Prior to Reagan's declaration of a national day to recognize the contributions of women athletes, Congress passed Title IX which is a federal civil rights law that prohibits sex-based discrimination in any school or other education program that receives funding from the federal government. According to an infographic by the Ohio University, "Before Title IX of the Education Amendment was signed in 1972, there were roughly 310,000 women and girls playing sports in colleges and high schools throughout the nation. Thanks to the law, there are currently over 3 million women and girls playing interscholastic sports today, a number that continues to grow each year."

Carson High School has seen an increase in numbers of girls playing at the collegiate level. According to Blair Roman, athletic director at CHS, the number of Division I signees from CHS has been twice the amount of girls than boys over the past six years plus.

Just in 2020-21 we had five females sign to play at Division I schools: Kedre Luschar, Amaya Mende-guia, Madison Rabideau, Karen Beglin and Camille Larkin.

In addition to the five Division I signers of the Class of 2021, seven females signed at various other collegiate levels making the group of 12 females from the Class of 2021 the largest group of females from Carson High to continue competing in college. The group included Naycy Alvarez, Cady Garrett, Abby Golik, Camille Kordonow, Quinn Pulver, Marissa Perez Morris and Emily Bell.

"The growth and opportunities we see in high school, intercollegiate, amateur, and pro sports today for females has had and will continue to have a positive impact. Athletics builds character, leaders, and team players. The current landscape of our society and our future is greatly impacted by this and does coincide in many ways in the growth of athletics for females in our society," Roman said.

Carson High has had a string of successful female athletes over the years. Jennifer Gray-Minifie, current health and PE teacher at CHS, takes every chance she gets to encourage girls to be involved with sports.

Gray-Minifie was Player of the State of Nevada in 1989 and 1990, helping CHS basketball win back-to-back state



Ann Britt

championships and going undefeated 64-0.

"Being an athlete made me the person I am today, disciplined, highly driven, a team player and wanting to maintain being physically active," Gray-Minifie said. "By participating in a team sport I learned so much from my high school coach and mentor Alana Williams to never quit. When the going gets tough in life I just never quit, my life has had many hills and valleys but I never quit, I think of myself as being very resilient."

These lessons carry through in her day-to-day teaching, as she encourages students to never quit. Minifie played Division I basketball at University of Kentucky for four years, where she said playing college basketball taught her life skills that she passed along to her own children, Jayden, who currently is a member of William Jessup's men's basketball team, and Shea, who played volleyball at the collegiate level.

Ann Britt, PE teacher and head varsity track coach for CHS, is also a role model for female athletes.

Britt is the first female to be hired as the head varsity track coach in the history of CHS according to Roman. Britt's experience with athletics as a young girl paved the way for current position.

"In high school I participated in as many sports as I could," Britt said. "I played soccer, ran track, ran cross country, and played basketball. It was one of the things that kept me out of trouble and my grades up. I ended up getting a college scholarship to run track and play



Leah Hampton

soccer. This allowed me to venture out into the world and learn how to be the person I wanted to be. Sports took me to a school eight hours away from home. This experience allowed me to develop into a resilient confident adult."

Britt would play soccer and track at California Baptist College in Riverside for two years before transferring to University of Nevada, Reno, where she completed her physical education degree.

"As a female, athletics played a huge role in my life. It improved my confidence as a female. I was better equipped to deal with adversity in my life. It made me tougher physically and mentally," Britt said.

During the summers, Britt worked as a wildland firefighter.

"(Being a female athlete) gave me the confidence to embark on a job that was and still is dominated by men," Britt said. "I had to work harder than the guys to prove to them (and myself) that I could do the same job as well if not better. Being an athlete taught me to push through the pain and tiredness and keep going. Athletics has also helped me to communicate better and get out of my

comfort zone."

Her experiences also inspired her daughter Ashley, who now runs track at Lewis-Clark State College.

Carson High School math teacher, Leah Hampton, played women's basketball in Michigan in 1998 and 1999 at St. Clair County Community College.

"Playing sports meant everything to me. I loved all sports but especially basketball. I didn't really think of myself as a 'female athlete' until my middle school PE teacher stopped having me play with the girls and instead made me hoop with the guys," Hampton said. "I continued to play pickup games with anyone and everyone all throughout high school. Sometimes I got the best of the guys, and sometimes they got the best of me. Either way, I always held my own and knew that I belonged on any court that they were on."

Lessons from the court have filtered over into Hampton's career at Carson High, as well as into her everyday life.

"Being an athlete helped me to be the person that I am today because it taught



Jennifer Gray-Minifie

me to work hard for what I want. Being on teams taught me how to work with others. I learned how to not just consider what would be best for me, but what would be best for the entire team. As a team captain, I learned leadership skills. I also learned how to communicate effectively. Becoming a college-level athlete taught me that anything is possible. Good choices and hard work tend to lead to positive outcomes."

The present environment for women's sports is improving, from Major League Soccer to Women's National Basketball league and everything in between. Women in

sports should be celebrated, not for just the successes on the court or field, but because of the resilient, motivated female leaders that sports have created.

There are 20 Carson High female graduates currently playing at the collegiate level. To celebrate these young women during National Women in Sports Day, I caught up with them and asked them all two questions: What has been the best part of playing college sports? And what advice would you give young girls in sports thinking of playing collegiately?

ATHLETES, A6

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ATHLETES

From page A3



Alvarez

NACY ALVAREZ, COLLEGE OF SOUTHERN NEVADA BASKETBALL, CHS CLASS OF 2021

“The best part of playing college sports for me is being able to continue playing out of high school and competing at the next level as well as making new friends and connections. Playing at the next level allows you to better yourself as a player and shows you that there is always room to improve no matter what your skill level. On top of that you are able to be around other players who are just as passionate about the sport as you are. I have made so many new friends and I enjoy being around my team because we are always pushing each other to be better while making a lot of memories.

“Some advice I would give younger girls thinking about playing college is to be coachable and put in the work. At this level coaches are looking for players who will go out and do what they are told to do without attitude or back talk. If a player is able to take constructive criticism and use it to get better that is what will happen and it will be noticed. I believe younger players have to remember that they have to keep putting in the work in the off season and all year round. Believe in yourself and the talent you have will take you far.”



Jill and Karen Beglin

JILL BEGLIN, ST. JOHN'S UNIVERSITY GOLF, CHS CLASS OF 2019

“The best part of playing college sports so far has been forming friendships with my teammates.”

“For young girls that are interested in playing college athletics, email as many college coaches as possible because if you look hard enough there's probably a spot out there for you.”

KAREN BEGLIN, ST. JOHN'S UNIVERSITY GOLF, CHS CLASS OF 2021

“The best part of playing college sports has been how close I have

become with my teammates and all of the amazing people I have met through the golf and athletic department.”

“I would tell young girls to dream big, work hard and not give up.”



Bell

EMILY BELL, SANTA MONICA COMMUNITY COLLEGE VOLLEYBALL, CHS CLASS OF 2021

“The best part about college sports is how competitive they are and the environment that is created. The coaches and players are so dedicated to the sport and it makes it such a fun environment.”

“My advice to young girls would be to work hard and get to where you want to be. It's 100% worth it.”



Bouza

LILY BOUZA, EDMONDS COMMUNITY COLLEGE BASKETBALL, CHS CLASS OF 2020

“The best part about playing college basketball would be the friendships I have made and overall, the opportunity I got to continue to play the sport I love.”

“Advice I would give young girls would be to go for it. Don't give up, put in the work. It's an opportunity of a lifetime, and it will bring the best memories that you will cherish forever.”



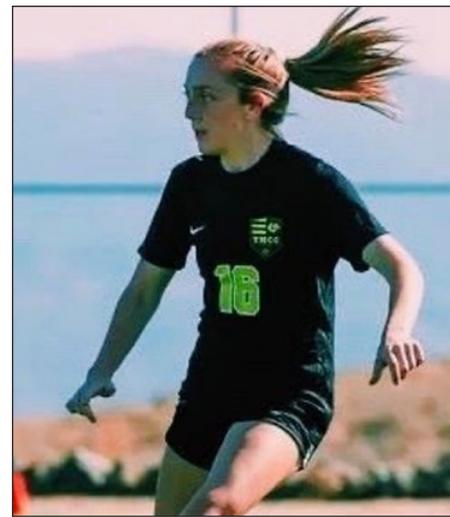
Britt

ASHLEY BRITT, LEWIS-CLARK STATE COLLEGE TRACK, CHS CLASS OF 2019

“I believe that the best part of playing

sports in college would be the people supporting you throughout your journey and the people that you meet along the way. You get to travel to new places and meet all sorts of new and interesting people. Every one of those people you meet will make an impact in your life whether it be an awesome coach who you might not always agree with or a new teammate that pushes you to do better. Whether you realize it or not, you are always learning something new from the people you surround yourself with.”

“The best advice that I could give to young girls is to go into it open-minded and to just have fun. No sport is worth it if you're not having fun. Granted, it's not always going to be sunshine and rainbows, but when it is, those are the days that remind you of why you started this sport in the first place. Personally, I wasn't sure if I would continue to run while I completed my degree, but looking back I am glad I did. I would have definitely regretted not giving it a shot. This is also the time in your life when you get to be yourself and learn and experience all kinds of new things, so go out and enjoy it!”



Garrett

CADY GARRETT, TRUCKEE MEADOWS COMMUNITY COLLEGE SOCCER, CHS CLASS OF 2020

“The best part about playing college sports is being able to make new friends and having amazing connections with your teammates in order to bring it out on the field.”

“The advice I would give to young girls would probably be to never give up and know your worth. Be confident!”



Golik

ABBY GOLIK, LINFIELD UNIVERSITY BASKETBALL, CHS CLASS OF 2020

“The best part of playing college sports has been being surrounded by an amazing group of dedicated, driven women who push me to be better on and off the court every day. I have also enjoyed getting to learn so much more about the game of basketball and experiencing a higher level of play.”

“I would tell young girls to continue to put in the extra work that will set you apart from others. Don't be afraid to push yourself out of your comfort zone. Playing a sport in college takes dedication in every area, so I would highly encourage you to work just as hard in school as you do on the court.”



Kordonowy

BELLA KORDONOWY, UNIVERSITY OF NEVADA SOFTBALL, CHS CLASS OF 2020

“The best part of playing UNR softball is getting better at the game and learning so much more about it, being able to travel to states I have never been to, making friends that will be in my life forever, and making unbelievable connections with my new, amazing coaching staff. Another great part is learning to have confidence and to trust my athleticism.”

“Playing at the D1 level is a 24/7 commitment. It gets really hard at times and at some points you might feel burnt out but if you find outside hobbies or you make sure you make time for other things such as hanging out with friends or with family will help you feel like you have another world other than the sport you are in. Also to be confident, to believe in yourself, to trust yourself and to always remember it's a game and it's supposed to be fun. Remember that you are enough and you made it to college because you are a hard working athlete. Sports do not define you. You are more than your jersey.”



Larkin

CAMILLE LARKIN, GEORGE MASON UNIVERSITY VOLLEYBALL, CHS CLASS OF 2021

“The best part of college sports for me is being surrounded by equally motivated, passionate, and talented women every day. They become family.”

“I would advise young girls to prioritize your work ethic. Talent and athleticism can carry you through middle and high school but once you get to college and everyone is equally talented, your work ethic is what will set you apart from the others.”



Kailee Luschar

KAILEE LUSCHAR, UNIVERSITY OF OREGON SOFTBALL, CHS CLASS OF 2020

“The best part of playing college sports has been playing with my sister and for the best team in the nation.

“College athletics is hard but with that you meet your best friends and become a better person.”



Kedre Luschar

KEDRE LUSCHAR, UNIVERSITY OF OREGON SOFTBALL, CHS CLASS OF 2021

“The best part has been playing with teammates that always have your back.

“Advice I would give would be to work hard and always give 100%.”



Martinez

VALERIA MARTINEZ, LAKE TAHOE COMMUNITY COLLEGE SOCCER, CHS CLASS OF 2019

“The best part of playing college sports was unlocking my full potential. All of my experiences in college soccer have made me a better person. I didn’t know how much I was capable of until I played soccer at the collegiate level. College soccer has opened so many opportunities for me also. The memories I have made will follow me forever.”

“If I had any advice for young girls, I would tell them to never give up. There are going to be plenty of obstacles along the way, but the journey is so rewarding. This is such a special time as an athlete, and only a handful of people get the opportunity to experience this. Enjoy every moment of it, even the difficult times.”



Perez

YANITZIA PEREZ, TRUCKEE MEADOWS COMMUNITY COLLEGE SOCCER, CHS CLASS OF 2019

“The best part of playing college sports is to be able to experience playing at a higher level and having a lot of competition. I really enjoyed getting to meet people along the way, and to be able to see how much potential I have as an athlete.

“My advice to young girls is if you play college sports, you won’t regret it. It’ll probably be the best part about college and you’ll learn so much about yourself along the way. We’re only going to be young once, no regrets.”



Perez-Morris

MARISSA PEREZ-MORRIS, BLUE MOUNTAIN COMMUNITY COLLEGE SOCCER, CHS CLASS OF 2021

“The best part of playing at the college level has been the competition. It has definitely gotten harder for me, but it has made me a better player. It’s made me get out of my comfort zone which I have really appreciated. I’ve also made some really great friends within my team and all of the other sports teams at my school.

“College sports are really fun but they’re also a lot of work. Don’t feel frustrated if you think you’re not good enough to get to the next level. Working hard and staying determined will help you reach your goals.”



Quilling

CAMRYN QUILLING, CHANDLER-GILBERT COMMUNITY COLLEGE SOFTBALL, CHS CLASS OF 2020

“The best part about playing college sports has been being able to compete at a higher

level and experience the competitiveness of this level of play. I have also loved being able to play as much as I have and develop more as a player every single day.

“My advice to younger girls would be to grind and work hard every single day. Be open to new and uncomfortable things. Be very coachable as well. Put in the work to go to college. Get good grades. Also put in the work to get college coaches attention. If you really want to play at the higher level, do the work by emailing and calling and getting coaches attention. Do not rely on anyone else to do the work for you because at this level, it’s all about you.”



Rabideau

MADISON RABIDEAU, LOUISIANA TECH SOCCER, CHS CLASS OF 2021

“The best part of playing a college sport has been meeting all the new people and being able to play the sport I love at a high level of competition.

“The advice I would give to girls is to work hard and put in all the effort you can because playing a college sport is not an easy thing to do so you need to be willing to want to work.”



Pradere

ABBY PRADERE, UNIVERSITY OF SAN FRANCISCO TRACK, CHS CLASS OF 2019

“The best part of college sports so far has been the people I’ve met along the way and competing at a high level.”

“My best advice is to enjoy playing your sport as it goes by so fast!”



Pulver

QUINN PULVER, WHITMAN UNIVERSITY VOLLEYBALL, CHS CLASS OF 2021

“The best part of playing at Whitman has

been the friendships I have made with my teammates.”

“I would say to any younger girls thinking about playing sports is to keep practicing and put in time no matter what obstacles you face.”



Wakeling

BELLA WAKELING, CAL STATE LONG BEACH SOCCER, CHS CLASS OF 2018

“Playing college soccer has given me amazing opportunities, connections and lifelong friends. I wouldn’t be where I am today without the sport.

“Advice to young girls is to work very hard but also don’t forget to enjoy it. Seize every moment. There is a bright future for women in college sports.”



Wick

ANNIKA WICK, LAKE TAHOE COMMUNITY COLLEGE SOCCER, CHS CLASS OF 2020

“The best part about playing in college has been being able to compete at a higher level and growing with my teammates.”

“Work hard while you are in high school, in the classroom and on the field. The academic expectations are much higher in college and you must keep yourself accountable.”

Angila Golik is CHS teacher and mother of a female collegiate athlete.

“The growth and opportunities we see in high school, intercollegiate, amateur, and pro sports today for females has had and will continue to have a positive impact. Athletics builds character, leaders, and team players. The current landscape of our society and our future is greatly impacted by this and does coincide in many ways in the growth of athletics for females in our society.”

— Blair Roman
Athletic director, CHS